



ST. TIMOTHY'S EPISCOPAL
EST. HERNDON, VA • 1868

432 Van Buren Street
Herndon, VA 20170
p: 703-437-3790
www.saint-timothys.org

Sunday, March 3, 2024

Third Sunday in Lent

10:00 am



apprentice2jesus.com

Weekly Services:

Sunday, 8:00 a.m. Holy Eucharist Rite I, spoken
Sunday, 10:00 a.m. Holy Eucharist Rite I with choir (Godly Play for ages 3–9 in Rm. B-1)
Sábado, 7:00 p.m. Santa Eucaristía Rito II, en español

Staff

Church office hours are 9:00 AM to 3:00 PM Monday through Friday.

The Rev. Charles R. Cowherd, Rector (x12) priest@saint-timothys.org
The Rev. Brad Rundlett, Rector Emeritus
The Rev. Philene Ware Dunn, Interim Latino Supply Priest pwardunn@cox.net
Deb Angerman, Bookkeeper (x13) bookkeeper@saint-timothys.org
Julio Cuellar, Latino Service Musician juliocuellarmusic@yahoo.com
Todd Grivetti, Organist/Choirmaster (x16) music@saint-timothys.org
Allyson Showalter, Preschool Director (x14) sttimothypreschool432@gmail.com
Debbie Stolar, Parish Administrator (x10) office@saint-timothys.org

Information For Our First-Time Guests

We invite you to fill out a Welcome Card in the pew rack in front of you or on the podium in the Narthex. Please place the completed card in the offertory plate or give it to an usher.

Children are welcome to stay with parents in the Sanctuary or they may head downstairs for Godly Play after the reading of the Collect. For your convenience, there are also rocking chairs located at the back of the sanctuary to soothe the little ones and worship bags with quiet activities in the Narthex.

We invite you to share in Holy Communion. To receive, come forward and kneel/stand at an open space on the altar rail. Both bread (gluten free available on request) and wine (either sip from the chalice or allow the chalice-bearer to intinct) will be offered. If you don't wish to receive, we invite you to come forward for a blessing. Please indicate that by placing your arms across your chest.

HOLY EUCHARIST The Word of God

Prelude

Meditation on Finlandia'
At the tolling of the bell, all stand.

Brenda Portman

Opening Hymn (372)

Praise to the Living God!

Leoni

Opening Acclamation and Collect for Purity (BCP 323)

Celebrant: Bless the Lord who forgiveth all our sins.

People: His mercy endureth for ever. Amen.

Celebrant: Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. **Amen.**

Kyrie (WLP 835)

Kyrie eleison

Don Pearson

The Collect for the Day (BCP 167) – *Children may head downstairs after this reading.*

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: Almighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

Please be seated.

The Lessons

A Reading from Exodus 20:1-7

Then God spoke all these words: I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the LORD your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it. Honor your father and your mother, so that your days may be long in the land that the LORD your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbor. You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 19

James Frazier

Move to the next note of the chant on the underlined text.



- 1 The heavens declare the glory of God, *
and the firmament shows his handiwork.
- 2 One day tells its tale to another, *
and one night imparts knowledge to another.
- 3 Although they have no words or language, *
and their voices are not heard,
- 4 Their sound has gone out into all lands, *
and their message to the ends of the world.

- 5 In the deep has he set a pavilion for the sun; *
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run its course.
- 6 It goes forth from the uttermost edge of the heavens
and runs about to the end of it again; *
nothing is hidden from its burning heat.
- 7 The law of the Lord is perfect and revives the soul; *
the testimony of the Lord is sure and gives wisdom to the innocent.
- 8 The statutes of the Lord are just and rejoice the heart; *
the commandment of the Lord is clear and gives light to the eyes.
- 9 The fear of the Lord is clean and endures for ever; *
the judgments of the Lord are true and righteous altogether.
- 10 More to be desired are they than gold, more than much fine gold, *
sweeter far than honey, than honey in the comb.
- 11 By them also is your servant enlightened, *
and in keeping them there is great reward.
- 12 Who can tell how often he offends? *
cleanse me from my secret faults.
- 13 Above all, keep your servant from presumptuous sins;
let them not get dominion over me; *
then shall I be whole and sound, and innocent of a great offense.
- 14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, *
O Lord, my strength and my redeemer.

A Reading from 1 Corinthians 1:18-25

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Please stand.

Sequence Hymn (471)

We Sing the Praise of Him Who Died

Breslau

Please stand.

Holy Gospel: John 2:13-22

Celebrant: The Holy Gospel of our Lord Jesus Christ according to John.

People: Glory be to thee, O Lord.

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

Reader: The Gospel of the Lord.

People: Praise be to thee, O Christ.

Please be seated.

Sermon

The Rev. Charles R. Cowherd

Please stand as you are able.

The Nicene Creed (BCP 326)

**People: We believe in one God,
the Father Almighty,
maker of heaven and earth,
of all that is, seen and unseen.
We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,**

**of one Being with the Father;
Through him all things were made.
For us and for our salvation he came down from heaven:
by the power of the Holy Spirit he became incarnate from the Virgin Mary,
and was made man;
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried;
On the third day he rose again in accordance with the Scriptures;
he ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son;
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.**

**We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead, and the life of the world to come. Amen.**

Please stand, or kneel, as you are able.

The Prayers of the People (BCP 328)

Leader: Let us pray for the whole state of Christ's Church and the world.

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all men: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love. **Amen.**

Give grace, O heavenly Father, to all bishops and other ministers, especially to Michael, Mark, and Charles, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments. **Amen.**

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life. **Amen.**

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, especially Joe our president, Glenn our governor, and Sheila our mayor, that they may be led to wise decisions and right actions for the welfare and peace of the world. **Amen.**

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty. **Amen.**

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity. **Amen.**

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of Timothy and all thy saints, that with them we may be partakers of thy heavenly kingdom. **Amen.**

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. **Amen.**

Confession of Sin (BCP 331)

Celebrant: Let us humbly confess our sins unto Almighty God:

People: **Almighty God,**

**Father of our Lord Jesus Christ,
maker of all things, judge of all men:**

**We acknowledge and bewail our manifold sins
and wickedness,**

**which we from time to time most grievously have committed,
by thought, word, and deed, against thy divine Majesty,
provoking most justly thy wrath and indignation against us.**

**We do earnestly repent,
and are heartily sorry for these our misdoings;
the remembrance of them is grievous unto us,
the burden of them is intolerable.**

**Have mercy upon us,
have mercy upon us, most merciful Father;
for thy Son our Lord Jesus Christ's sake,
forgive us all that is past;
and grant that we may ever hereafter
serve and please thee in newness of life,
to the honor and glory of thy Name;
through Jesus Christ, our Lord. Amen.**

Absolution (BCP 332)

Celebrant: Almighty God, our heavenly Father, who of his great mercy hath promised

forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

Celebrant: If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the perfect offering for our sins, and not for ours only, but for the sins of the whole world.

(1 John 2:1-2)

Please stand

The Peace (BCP 332)

Celebrant: The peace of the Lord be always with you.

People: **And with thy spirit.**

Please be seated.

Welcome & Announcements

Offertory Sentence

The Offering

Choral Anthem

The Heavens Declare

Richard Shephard


(Psalm 19)

Please stand as you are able.

Presentation Hymn

Praise God, From Whom All Blessings Flow

Erhalt uns, Herr



Praise God, from whom all_ bless-ings flow; praise him, all crea-tures here be - low;



praise him a - bove, ye heaven-ly host: praise Fa - ther, Son, and Ho - ly Ghost.

The Holy Communion

The Great Thanksgiving (Prayer II, BCP 340)

Celebrant: The Lord be with you.

People: **And with thy spirit.**

Celebrant: Lift up your hearts.

People: **We lift them unto the Lord.**

Celebrant: Let us give thanks unto our Lord God.

People: **It is meet and right so to do.**

Celebrant: It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again. Therefore, with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

Sanctus (WLP 858)

Holy, Holy, Holy Lord

Land of Rest

Please stand or kneel, as you are able.

Celebrant: All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord; By, and with whom, and in whom, in the unity of

the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**
And now, as our Savior Christ hath taught us, we are bold to say,

All: **Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.**

Fraction Anthem (S169)

My Flesh is Food Indeed

Ray W. Urwin

The Administration of Communion

**Communion Hymn
(WLP 746)**

God the Sculptor of the Mountains

Sandria

Please stand.

Postcommunion Prayer (BCP 339)

Celebrant: Let us pray.

All: **Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. Amen.**

The Blessing

Celebrant: Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through Christ our Lord. **Amen.**

Closing Hymn (495)

Hail, Thou Once Despised Jesus

In Babilone

Please stand.

Dismissal (BCP 340)

Celebrant: Go in peace to love and serve the Lord.

People: **Thanks be to God.**

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PRAYER LIST:*(Please email careteam@saint-timothys.org with any prayer concerns.)*

Rest of the Soul: Caroline Arlington, Fred McBride (Shon Beury's father), Laura Murphy (mother of Shawn Sullivan), Thomas Dills (cousin of Kerrie Wilson), Trevor Brown (Sterling Volunteer Fire Department)

Health: Carmen Huizar (Rob Huizar's mother), Duncan Hutcheon (hip replacement), Kevin Loftus (intestine healing), Tina Pinkard (knee surgery)

Long Term: Sid, Maryanne, Chris W., Donna W., Chris, Chuck and Peggy, Christine Y., Sarah (recovering from brain surgery), Brad Rundlett, Catherine Hutcheon (Long Covid), David & Mabel Tettyfio (stroke, arthritis, hip pain), Brian Law, Jane Perry, AG Miamie (Parkinson's disease & Alzheimers), Jerry Vandenberg, Chris Connelly (Barb Kimmel's brother, severe depression), Barb Benson (friend of Bob Kimmel, Parkinson's), Cameron Barr

Vestry

Sr. Warden – Kristie Rudolph (2025)

Betsy Bosworth (2025)

Maria LaWalt (2025)

Matt Schumann (2027)

Carolyn Hamm (2025)

Vilma Lemus (2026)

Midori Yanagihara (2026)

Jr. Warden – Rick Wilson (2027)

Rob Huizar (2027)

John McGrath (alternate)

Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

LENTEN SERIES ADULT FORUM – Today at 9 AM

Join us in the Sanctuary (or view the Live Stream), at 9:00 am, to hear Parishioner Ronald Boggio lead us in the Lenten series entitled: "Psychology and Spirituality 2.0." Today is the third of a five-session series, **that will run through March 17th.**

LENTEN HEALING EUCHARISTS

Please join us in the Sanctuary, March 6th – March 27th for the Wednesday Healing Eucharists. Come and celebrate this liturgical season with a service of meditation and prayer.

THIS WEEK at ST. TIMOTHY'S

Sunday, March 3

- 8:00 AM Rite I Holy Eucharist – Sanctuary
- 9:00 AM Psychology & Spirituality 2.0 – Sanctuary & Livestream
- 9:15 AM Adult Choir Warm-up – Music Room
- 10:00 AM Rite II Holy Eucharist – Sanctuary/Livestream

Monday, March 4

- 12:15 PM Step into Recovery – AA
- 4:00 PM DanceWorx – Narthex
- 7:00 PM Hope For Today – Al Anon
- 8:30 PM Monday Night Milkshake Group – AA

Tuesday, March 5

- 4:00 PM DanceWorx – Narthex
- 7:00 PM Choir Rehearsal – Music Room
- 7:00 PM Boy Scout Troop 159 – Henry Hall

Wednesday, March 6

- 12:00 PM Lenten Healing Eucharist – Sanctuary
- 1:00 PM Shawl Ministry Meeting – Nathex
- 4:00 PM Community Engagement - Kitchen
- 4:00 PM DanceWorx – Narthex
- 7:30 PM SA Meeting
- 8:00 PM New Hopefuls AA

Thursday, March 7

- 7:00 PM Debtors Anonymous

Friday, March 8

- 10:00 AM Friday Gratitude AA

Saturday, March 9

- 9:00 AM Altar Guild Set-Up – Sanctuary
- 7:00 PM Rite II Santa Eucarista – Sanctuary

HYPOTHERMIA SHELTER DINNERS, March 16th

St. Timothy's has a long history of helping with meals for the shelter. We are scheduled **Saturday March 16th**. The meal should include a main course, appropriate sides (salad, vegetable, etc.), a dessert and beverages. We also provide paper goods, cups, and utensils. We drop the meals off around 6:00 and they are served by the shelter staff. If you are interested in helping by providing any part of the meal for one of these dates, please write to service@saint-timothys.org.

SERVICE MINISTRY LENTEN OUTREACH PROJECT

St. Timothy's will be collecting serviceable musical instruments, woodwind, brass & string, no keyboard, pianos, or recorders, for high school band and orchestra students from **February 25 – March 17**. They will be donated to Park View High School and Sterling Middle School, both Title 1 schools, with children from low-income families. **Service ministry will collect the instruments after the 8 & 10 am services on March 10 and 17.** For questions, please email service@saint-timothys.org.

FLOWER ARRANGING CLASS, March 17th

The Altar Guild will be hosting a flower arranging class for St Patrick's Day and an interest session on **Sunday March 17**. Anyone interested should meet in Henry Hall at 11:30 am. Please sign up by emailing altarguild@saint-timothys.org so we can ensure we have enough supplies.

EASTER FLOWERS

Would you like to donate for an Easter Flower to be displayed in our sanctuary? **If you wish, you may dedicate the flower to a friend or loved one.** Please contact the church by phone or email at Envelope located in the Narthex. **Mark your check, Easter Flowers.**