



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 16, 2025

Second Sunday in Lent

8:00 am



stock.adobe.com

Weekly Services:

| | |
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| Sunday, 8:00 am | Holy Eucharist Rite I, spoken |
| Sunday, 10:00 am | Holy Eucharist Rite I with Choir (during Lent) (Godly Play for ages 3–8, Sunday School for ages 9-12) |
| Sábado, 7:00 pm | La Santa Misa, en español |

Saint Timothy's Mission Statement

SAINT TIMOTHY'S MISSION IS TO RESTORE ALL PEOPLE
TO UNITY WITH GOD AND EACH OTHER IN CHRIST.

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 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.

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 |
| Ms. Ellie Singer , Seminarian | esinger@vts.edu |
| 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 |

Vestry

| | | |
|--|--------------------------|---------------------------------------|
| Sr. Warden – Rick Wilson (2027) | | Jr. Warden – Rob Huizar (2027) |
| Johnny Ellis (2028) | Varun Lal (alternate) | Vilma Lemus (2026) |
| Emily Litz (2026) | John McGrath (2028) | Wanda Rixon (2028) |
| Matt Schumann (2027) | Midori Yanagihara (2026) | |

Trustees

| | | |
|---------------|----------------|------------|
| Tom McLenigan | Keith Sinclair | Deke Smith |
|---------------|----------------|------------|

HOLY EUCHARIST- RITE I

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 (BCP 324)

Celebrant: Lord, have mercy upon us.

People: Christ, have mercy upon us.

Celebrant: Lord, have mercy upon us.

The Collect for the Day (BCP 166)

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from thy ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of thy Word, Jesus Christ thy Son; who with thee and the Holy Spirit liveth and reigneth, one God, for ever and ever. **Amen.**

Please be seated.

The Lessons

A Reading from Genesis 15:1-12, 17-18

The word of the Lord came to Abram in a vision, "Do not be afraid, Abram, I am your shield; your reward shall be very great." But Abram said, "O Lord God, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?" And Abram said, "You have given me no offspring, and so a slave born in my house is to be my heir." But the word of the Lord came to him, "This man shall not be your heir; no one but your very own issue shall be your heir." He brought him outside and said, "Look toward heaven and count the stars, if you are able to count them." Then he said to him, "So shall your descendants be." And he believed the Lord; and the Lord reckoned it to him as righteousness. Then he said to him, "I am the Lord who brought you from Ur of the Chaldeans, to give you this land to possess." But he said, "O Lord God, how am I to know that I shall possess it?" He said to him, "Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtledove, and a

young pigeon.” He brought him all these and cut them in two, laying each half over against the other; but he did not cut the birds in two. And when birds of prey came down on the carcasses, Abram drove them away. As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him. When the sun had gone down and it was dark, a smoking fire pot and a flaming torch passed between these pieces. On that day the Lord made a covenant with Abram, saying, “To your descendants I give this land, from the river of Egypt to the great river, the river Euphrates.”

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 27 (Read responsively)

1 The Lord is my light and my salvation; whom then shall I fear? *

the Lord is the strength of my life; of whom then shall I be afraid?

2 When evildoers came upon me to eat up my flesh, *

it was they, my foes and my adversaries, who stumbled and fell.

3 Though an army should encamp against me, *

yet my heart shall not be afraid;

4 And though war should rise up against me, *

yet will I put my trust in him.

5 One thing have I asked of the Lord; one thing I seek; *

that I may dwell in the house of the Lord all the days of my life;

6 To behold the fair beauty of the Lord *

and to seek him in his temple.

7 For in the day of trouble he shall keep me safe in his shelter; *

he shall hide me in the secrecy of his dwelling and set me high upon a rock.

8 Even now he lifts up my head *

above my enemies round about me.

9 Therefore I will offer in his dwelling an oblation with sounds of great gladness; *

I will sing and make music to the Lord.

10 Hearken to my voice O Lord, when I call; *

have mercy on me and answer me.

11 You speak in my heart and say, "Seek my face." *

Your face Lord, will I seek.

- 12 Hide not your face from me, *
nor turn away your servant in displeasure.
- 13 You have been my helper; cast me not away; *
do not forsake me, O God of my salvation.
- 14 Though my father and my mother forsake me, *
the Lord will sustain me.
- 15 Show me your way, O Lord; *
lead me on a level path, because of my enemies.
- 16 Deliver me not into the hand of my adversaries, *
for false witnesses have risen up against me, and also those who speak malice.
- 17 What if I had not believed that I should see the goodness of the Lord *
in the land of the living!
- 18 O tarry and await the Lord's pleasure; be strong, and he shall comfort your heart; *
wait patiently for the Lord.

A Reading from Philippians 3:17-4:1

Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. But our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. He will transform the body of our humiliation that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself. Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Please stand.

Holy Gospel: Luke 13:31-35

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

People: **Glory be to thee, O Lord.**

Some Pharisees came and said to Jesus, "Get away from here, for Herod wants to kill you." He said to them, "Go and tell that fox for me, 'Listen, I am casting out demons and performing cures

today and tomorrow, and on the third day I finish my work. Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed outside of Jerusalem.' Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! See, your house is left to you. And I tell you, you will not see me until the time comes when you say, 'Blessed is the one who comes in the name of the Lord.'"

Reader: The Gospel of the Lord.

People: Praise be to thee, O Christ.

Please be seated.

Sermon

The Rev. Charles R. Cowherd

Please stand.

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 Sean, Mark, Charles, Philene, and Ellie, 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 Donald our president, Glenn our governor, and Keven 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

The Offering

Offertory Prayer

All: A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me. AMEN

~ Deuteronomy 26

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,

The Sanctus (BCP 334)

All: **Holy, holy, holy, Lord God of Hosts:
Heaven and earth are full of thy glory.
Glory be to thee, O Lord Most High.**

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.

The Fraction (BCP 337)

Celebrant: Christ our Passover is sacrificed for us.

People: **Therefore let us keep the feast.**

The Invitation (BCP 338)

Celebrant: The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

Administration of Communion

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: Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord.
Amen.

Please stand,

Dismissal (BCP 340)

Celebrant: Let us go forth into the world, rejoicing in the power of the Spirit.

People: Thanks be to God.

PRAYER LIST:

(Please email careteam@saint-timothys.org with any prayer concerns.)

Rest of the Soul: Leslie Allen

Health: Clayton Davis, Kenneth Leight, Peter, Ralph Tildon, Tony Collins, Stephanie Mathis, Lynne, Dr. Stephen Cooksey, Walter Lopez, Sidney Fisher, Hugh Masters

Long Term: Sid, Maryanne, Chris W., Donna W., Chris, Chuck and Peggy, Sarah (recovering from brain surgery), Brad Rundlett, Catherine Hutcheon (Long Covid), David & Mabel Tettyfio (stroke, arthritis, hip pain), Brian Law, Jane Perry, Jerry Vandenberg, Chris Connelly (Barb Kimmel's brother, severe depression), Barb Benson (friend of Bob Kimmel, Parkinson's), Elizabeth Martinson, Ted Grivetti, Will LaWalt, Cecelia Kimble (Shon Beury's mother), David Caines (cancer), Naomi & Chuck Voorhees (Parkinson's), Philly Hoffman (kidney cancer)

LENTEN HEALING EUCHARISTS

Please join us in the Sanctuary, **March 12th – April 16th** 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 16

- 8:00 AM Rite I Holy Eucharist – Sanctuary
- 9:00 AM Lenten Series – Sanctuary/Livestream
- 9:15 AM Choir Warm-up – Music Room
- 10:00 AM Rite I Holy Eucharist – Sanctuary/Livestream

Monday, March 17

- 12:15 PM Step Into Recovery AA
- 7:00 PM Hope For Today Al Anon
- 8:30 PM Monday Night Milkshake Group AA

Tuesday, March 18

- 9:15 AM Staff Meeting – Conference Room
- 4:00 PM DanceWorx – Narthex
- 6:30 PM Scouts Troop 159 - Loft

Wednesday, March 19

- 12:15 PM Lent Healing Eucharist – Sanctuary
- 4:00 PM DanceWorx – Narthex
- 6:30 PM Worship Committee Meeting – Zoom
- 7:30 PM Finance Committee Meeting - Zoom
- 7:30 PM SA Meeting

Thursday, March 20

- 7:00 PM Debtors Anonymous
- 7:00 PM Choir Rehearsal – Music Room/Sanctuary

Friday, March 21

No Events

Saturday, March 22

- 8:00 AM MOST Breakfast
- 9:00 AM Altar Guild Set-Up – Sanctuary
- 7:00 PM La Santa Misa – Sanctuary

LENTEN SERIES CONTINUES

Join us in the Sanctuary (or view the Livestream), at 9:00 am, to hear Parishioner Ronald Boggio lead us in the Lenten series entitled: “Psychology and Spirituality 3.0.” This is a five-session series, that will run **through April 6th** and will focus on the longstanding Christian tradition of contemplative prayer and mysticism, seeking to show how these are not reserved to a special few, but in fact a call to all Christians. We will begin with an understanding of the psychological roots of contemplative prayer/mysticism, while discussing practical ways to approach these activities. We will also look at the lives and teachings of several important mystics in the history of the church to glean how their experiences may enrich our own.

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 office@saint-timothys.org by **April 7th** with your special dedication. You may also use a Flower Envelope located in the Narthex. **Mark your check, Easter Flowers.**

HELP DECORATE THE SANCTUARY FOR EASTER – April 19th

The Altar Guild will be decorating the Sanctuary for Easter services on April 19th at 9 am until completed. The Altar Guild welcomes anyone who wishes to help. Don't have time but still want to help? at 703-391-2950.