



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

432 Van Buren Street  
Herndon, VA 20170  
p: 703-437-3790  
[www.saint-timothys.org](http://www.saint-timothys.org)

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Sunday, March 2, 2025

*Last Sunday after the Epiphany*

10 am



### Weekly Services

Sunday, 8:00 am      Holy Eucharist Rite I, spoken  
Sunday, 10:00 am    Holy Eucharist Rite II with Choir  
                                 (Godly Play for ages 3–8, Sunday School for ages 9-12)  
Sábado, 7:00 pm     La Santa Misa, 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](mailto:priest@saint-timothys.org)  
**The Rev. Brad Rundlett**, Rector Emeritus  
**The Rev. Philene Ware Dunn**, Interim Latino Supply Priest      [pwardunn@cox.net](mailto:pwardunn@cox.net)  
**Ms. Ellie Singer**, Seminarian      [esinger@vts.edu](mailto:esinger@vts.edu)  
**Deb Angerman**, Bookkeeper (x13)      [bookkeeper@saint-timothys.org](mailto:bookkeeper@saint-timothys.org)  
**Julio Cuellar**, Latino Service Musician      [juliocuellarmusic@yahoo.com](mailto:juliocuellarmusic@yahoo.com)  
**Todd Grivetti**, Organist/Choirmaster (x16)      [music@saint-timothys.org](mailto:music@saint-timothys.org)  
**Allyson Showalter**, Preschool Director (x14)      [sttimothypreschool432@gmail.com](mailto:sttimothypreschool432@gmail.com)  
**Debbie Stolar**, Parish Administrator (x10)      [office@saint-timothys.org](mailto:office@saint-timothys.org)

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## 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 and wine will be offered (or a rice wafer/separate chalice for those allergic to wheat/ gluten intolerant). If you do not wish to receive communion, 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

*Where You Are*

John Druitt, guitar

*At the tolling of the bell, all stand.*

#### Opening Hymn (8)

*Morning Has Broken*

Bunessan

#### Opening Acclamation (BCP 355)

Celebrant: Blessed be God: Father, Son, and Holy Spirit.

**People: And blessed be his kingdom, now and forever. Amen.**

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

#### Gloria (S 278)

*Gloria in excelsis*

William Mathias

#### Opening Collect (BCP 216) - *Children may head downstairs after this reading.*

Celebrant: O God, who on the holy Mount revealed your wonderfully transfigured Son to his chosen witnesses, and inspired The Rev. Dr. Edmund Woodward a century ago to build the Cathedral Shrine of the Transfiguration at Shrine Mont – a sacred place where all are welcome to bask in God’s love: Grant that those who visit this place may find peace, your presence, and the inspiration to return to our communities as your disciples bringing hope and reconciling love to a world desperate for your light; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one

God, for ever and ever. **Amen.**

## The Lessons

### A Reading from Exodus 34:29-35

Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. When Aaron and all the Israelites saw Moses, the skin of his face was shining, and they were afraid to come near him. But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them. Afterward all the Israelites came near, and he gave them in commandment all that the Lord had spoken with him on Mount Sinai. When Moses had finished speaking with them, he put a veil on his face; but whenever Moses went in before the Lord to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded, the Israelites would see the face of Moses, that the skin of his face was shining; and Moses would put the veil on his face again, until he went in to speak with him.

Reader: The Word of the Lord.

People: **Thanks be to God.**

## Psalm 99

Robert Knox Kennedy

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



- 1 The Lord is King; let the people tremble; \*  
he is enthroned upon the cherubim; let the earth shake.
- 2 The Lord is great in Zion; \*  
he is high above all peoples.
- 3 Let them confess his Name, which is great and awesome; \*  
he is the Holy One.
- 4 "O mighty King, lover of justice, you have established equity; \*  
you have executed justice and righteousness in Jacob."
- 5 Proclaim the greatness of the Lord our God and fall down before his footstool; \*  
he is the Holy One.
- 6 Moses and Aaron among his priests, and Samuel among those who call upon his Name; \*  
they called upon the Lord, and he answered them.

7 He spoke to them out of the pillar of cloud; \*  
they kept his testimonies and the decree that he gave them.

8 O Lord our God, you answered them indeed; \*  
you were a God who forgave them, yet punished them for their evil deeds.

|| 9 Proclaim the greatness of the Lord our God and worship him upon his holy hill; \*  
for the Lord our God is the Holy One.

### **A Reading from 2<sup>nd</sup> Corinthians 3:12-4:2**

Since, then, we have such a hope, we act with great boldness, not like Moses, who put a veil over his face to keep the people of Israel from gazing at the end of the glory that was being set aside. But their minds were hardened. Indeed, to this very day, when they hear the reading of the old covenant, that same veil is still there, since only in Christ is it set aside. Indeed, to this very day whenever Moses is read, a veil lies over their minds; but when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit. Therefore, since it is by God's mercy that we are engaged in this ministry, we do not lose heart. We have renounced the shameful things that one hides; we refuse to practice cunning or to falsify God's word; but by the open statement of the truth we commend ourselves to the conscience of everyone in the sight of God.

Reader: The Word of the Lord.

People: : **Thanks be to God.**

*Please stand as you are able.*

### **Gospel Song**

*King Jesus is All*

Call and Response song

#### Chorus:

King Jesus is all (King Jesus is all)  
My all in all (my all in all)  
And I know that he'll answer...  
Me when I call...  
Walkin' by my side...  
I'm satisfied...  
King Jesus is all...  
My all in all...

#### Verse:

Well, I went out to seek the Lord (Oh yeah!)  
I got down on my knees (Oh yeah!)  
I prayed my first prayer (Oh yeah!)  
You know the Holy Ghost met me there (Oh yeah!)  
Well, I stepped on the rock, ooo, the rock was sound, ooo  
The love of God came a-tumblin' down  
The reason that I know that he saved my soul  
Is I dug down deep and I found pure gold

**Holy Gospel: Luke 9:28-36**

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

**People: Glory be to you, Lord Christ.**

Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, "Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah"--not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!" When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

Celebrant: The Gospel of the Lord.

**People: Praise to you, Lord Christ.**

**Sermon**

The Reverend Charles R. Cowherd

*Please stand as you are able.*

**The Nicene Creed (BCP 358)**

**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, Form III (BCP 387)**

Father, we pray for your holy Catholic Church;

**That we all may be one.**

Grant that every member of the Church may truly and humbly serve you;

**That your Name may be glorified by all people.**

We pray for all bishops, priests, and deacons;

**That they may be faithful ministers of your Word and Sacraments.**

We pray for all who govern and hold authority in the nations of the world;

**That there may be justice and peace on the earth.**

Give us grace to do your will in all that we undertake;

**That our works may find favor in your sight.**

Have compassion on those who suffer from any grief or trouble;

**That they may be delivered from their distress.**

Give to the departed eternal rest;

**Let light perpetual shine upon them.**

We praise you for your saints who have entered into joy;

**May we also come to share in your heavenly kingdom.**

Let us pray for our own needs and those of others.

*Silence.*

*Celebrant will add a concluding collect.*

### **Confession of Sin (BCP 360)**

Celebrant: Let us confess our sins against God and our neighbor.

**All: Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.**

### **Absolution (BCP 360)**

Celebrant: Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.  
**Amen.**

*Please stand.*

### **The Peace (BCP 360)**

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

**People: And also with you.**

### **Welcome/Announcements**

### **Offertory Sentence**

### **The Offering**

### **Choral Anthem**

*Great is Thy Faithfulness*

arr. Maureen Howell

Great is thy faithfulness, O God, my Father; There is no shadow of turning with thee. Thou changest not, thy compassions, they fail not; As thou hast been, thou forever wilt be.	Summer and winter and springtime and harvest, Sun, moon, and stars in their courses above Join with all nature in manifold witness To thy great faithfulness, mercy, and love.
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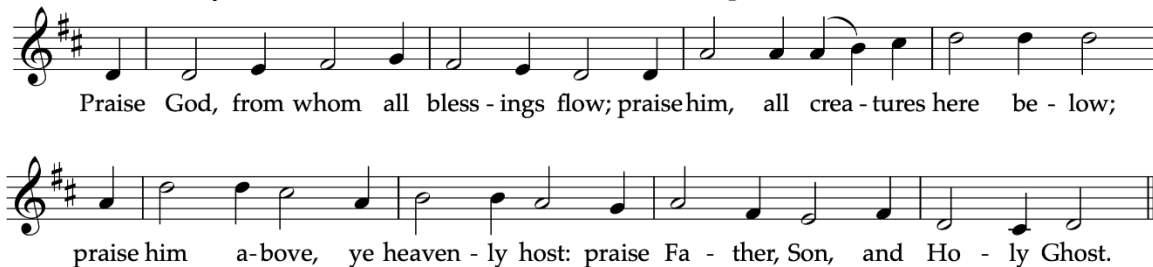
Great is thy faithfulness, Morning by morning new mercies I see. All I have needed thy hand hast provided; Great is thy faithfulness, Lord unto me.	Pardon for sin and a peace that endureth, Thine own dear presence to cheer and to guide; Strength for today and bright hope for tomorrow, Blessings all mine and ten thousand beside.
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*Please stand as able.*

**Presentation Hymn**

*Praise God, From Whom All Blessings Flow*

Puer nobis



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.

**Holy Communion – Eucharistic Prayer C (BCP 369)**

**The Great Thanksgiving (BCP 369)**

**Celebrant:** The Lord be with you.

**People:** **And also with you.**

**Celebrant:** Lift up your hearts.

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

**Celebrant:** Let us give thanks to the Lord our God.

**People:** **It is right to give God thanks and praise.**

**Celebrant:** God of all power, Ruler of the Universe, you are worthy of glory and praise.

**People:** **Glory to you for ever and ever.**

**Celebrant:** At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

**People:** **By your will they were created and have their being.**

**Celebrant:** From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

**People:** **Have mercy, Lord, for we are sinners in your sight.**

**Celebrant:** Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

**People:** **By his blood, he reconciled us.**

**By his wounds, we are healed.**

**Celebrant:** And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

**Sanctus (S 128)**

*Holy, Holy, Holy Lord*

William Matthias



*Stand or kneel, as you are able.*

Celebrant: And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord. On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, “Take, eat: This is my Body, which is given for you. Do this for the remembrance of me.” After supper, he took the cup of wine, gave thanks, and said, “Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.” Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

**People: We celebrate his death and resurrection, as we await the day of his coming.**

Celebrant: Lord God of our Ancestors: God of Abraham, Isaac, and Jacob; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

**People: Risen Lord, be known to us in the breaking of the Bread.**

Celebrant: Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN.**

And now as our Savior Christ has 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 (S 165)**

William Matthias

**The Invitation (BCP 364)**

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**

## Communion Hymns (654)

*Day by Day*

Sumner

*Oh Happy Day*

Call and Response song

Chorus:

Oh happy day, (Oh happy day)

Oh happy day, (Oh happy day)

When Jesus washed (Oh, when he washed)

Oh when he washed (When Jesus washed)

When my Jesus washed (When Jesus washed)

He washed my sins away! (Oh happy day)

Oh happy day, (Oh happy day)

Verse: (sing three times)

He taught me how to watch,

Fight and pray

Night and day

And live rejoicing

Everyday (everyday)

*Please stand or kneel, as you are able.*

## Postcommunion Prayer (BCP 366)

Celebrant: Let us pray.

**All: Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

## Blessing

Celebrant: May Christ, the Son of God, be manifest in you, that your lives may be a light to the world; and the blessings of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

## Closing Hymn (671)

*Amazing Grace*

New Britain

## Dismissal (BCP 366)

Celebrant: Alleluia, alleluia. Let us bless the Lord.

People: **Thanks be to God. Alleluia, alleluia.**

## Postlude

*Festival Alleluia*

Dan Miller

## PRAYER LIST

*(Please email [careteam@saint-timothys.org](mailto:careteam@saint-timothys.org) with any prayer concerns.)*

**Rest of the Soul:** Catherine Bullock

**Health:** Clayton Davis, Kenneth Leight, Peter, Ralph Tildon, Tony Collins, Stephanie Mathis, Lynne

**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)

## THIS WEEK at ST. TIMOTHY'S

### Sunday, March 2

- 8:00 AM Rite I Holy Eucharist – Sanctuary
- 9:00 AM Coffee Hour (Shrine Mont) – Henry Hall
- 9:00 AM Guitar and Choir Warm-up – Music Room
- 10:00 AM Rite II Holy Eucharist – Sanctuary/Livestream
- 11:00 AM Coffee Hour (Shrine Mont) – Henry Hall

### Monday, March 3

- 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 4

- 9:15 AM Staff Meeting – Conference Room
- 4:00 PM DanceWorx – Narthex
- 6:00 PM Shrove Tuesday – Pancake Supper – Henry Hall
- 6:30 PM Scouts Troop 159 – Loft

### Wednesday, March 5

- 12:15 PM Ash Wednesday Service – Sanctuary
- 1:00 PM Shawl Ministry - Narthex
- 4:00 PM DanceWorx – Henry Hall
- 7:00 PM Ash Wednesday Bilingual Service - Sanctuary
- 7:30 PM SA Meeting

### Thursday, March 6

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

### Friday, March 7

No Events

### Saturday, March 8

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

## SHRINE MONT SUNDAY – Today!

We are excited to celebrate Shrine Mont's Centennial today. We will have a special Shrine Mont service and Coffee Hour after the 8 & 10 am services, complete with Shrine Mont songs, St. Tim's Shrine Mont memories, and apple butter.

## SHROVE TUESDAY PANCAKE SUPPER – March 4th

Join us with your friends and family at St. Timothy's, Henry Hall, from 6 – 7:30 pm for pancakes and more! We ask if you plan to attend, to please put your name and the number attending on the signup sheet in Henry Hall. Hope to see you there!

## **ASH WEDNESDAY - March 5<sup>th</sup>**

Join us for the spoken 12:15 pm service and 7 pm bilingual service with choir. The 7 pm service will also be available by livestream.

## **LENTEN SERIES ADULT FORUM – Begins March 9<sup>th</sup>**

**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 3.0.” This is a five-session series, **that will run through March 6<sup>th</sup>**, 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.

## **LENTEN HEALING EUCHARISTS – starts March 12<sup>th</sup> at 12:15 pm**

Please join us in the Sanctuary, March 12<sup>th</sup> – April 16<sup>th</sup> for the Wednesday Healing Eucharists. Come and celebrate this liturgical season with a service of meditation and prayer.

## **ALTAR GUILD SPONSORSHIPS**

Are you looking for a way to honor a special occasion like a birthday or anniversary or to remember a departed loved one? Consider sponsoring Altar Flowers! Simply sign up for the Sunday you would like to sponsor using the sign-up sheet posted outside of the church offices. After signing up, simply use a Flower Envelope and drop your donation in the offering on a Sunday or mail it to the church office. Be sure to note Flower Donation on the memo line if giving by check. Suggested donation is \$65.

## **VACATION BIBLE SCHOOL, July 21 – July 25<sup>th</sup>**

We are excited to host a week of summer fun, faith, and fellowships here at St. Timothy’s. The camp will run from 9 AM to 4 PM Monday through Friday and feature music, games, and lots more. Registration has begun for both campers (ages 4 to rising 5<sup>th</sup> grade) and volunteers. You can access the link by going to [saint-timothys.org](http://saint-timothys.org), see the latest eNews, or picking up the VBS QR Code form in the Narthex. Contact [priest@saint-timothys.org](mailto:priest@saint-timothys.org) for more information.