



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 2, 2025

Last Sunday after the Epiphany

8 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
The Rev. Brad Rundlett , Rector Emeritus	
The Rev. Philene Ware Dunn , Interim Latino Supply Priest	pwaredunn@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

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.

For those with little ones, there are rocking chairs located at the back of the sanctuary 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.

Vestry

Sr. Warden – Rick Wilson (2027)

Johnny Ellis (2028)

Emily Litz (2026)

Matt Schumann (2027)

Varun Lal (alternate)

John McGrath (2028)

Midori Yanagihara (2026)

Jr. Warden – Rob Huizar (2027)

Vilma Lemus (2026)

Wanda Rixon (2028)

Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

HOLY EUCHARIST- RITE I

At the tolling of the bell, please stand.

Opening Acclamation and Collect for Purity (BCP 323)

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

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

Gloria (BCP 324)

All: **Glory be to God on high,
and on earth peace, good will towards men.
We praise thee, we bless thee,**

we worship thee,
we glorify thee,
we give thanks to thee for thy great glory,
O Lord God, heavenly King, God the Father Almighty.
O Lord, the only-begotten Son, Jesus Christ;
O Lord God, Lamb of God, Son of the Father,
that takest away the sins of the world,
have mercy upon us.
Thou that takest away the sins of the world,
receive our prayer.
Thou that sittest at the right hand of God the Father,
have mercy upon us.
For thou only art holy;
thou only art the Lord;
thou only, O Christ,
with the Holy Ghost,
art most high in the glory of God the Father. Amen.

The Collect for the Day

Celebrant: The Lord be with you.

People: And with thy spirit.

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 (Read Responsively)

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 2nd 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.

Holy Gospel: Luke 9:28-36

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

People: Glory be to thee, O Lord.

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 be to thee, O Christ.

Please be seated.

Sermon

The Reverend 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: **Most merciful God,**
we confess that we have sinned against thee
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved thee with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of thy Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in thy will,
and walk in thy ways,
to the glory of thy Name. 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: This is a true saying, and worthy of all men to be received, that Christ Jesus came into the world to save sinners. *1 Timothy 1:15*

Please stand

The Peace (BCP 332)

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

People: And with thy spirit.

Welcome & Announcements

The Offering

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 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. Because in the mystery of the Word made flesh, thou hast caused a new light to shine in our hearts, to give the knowledge of thy glory in the face of thy Son Jesus Christ our Lord. 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.

Blessed is He that cometh in the name of the Lord.

Hosanna in the highest.

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, he brake 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 whom, 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: Alleluia. Christ our Passover is sacrificed for us.

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

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

Post-Communion 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: 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.**

Please stand.

Dismissal (BCP 340)

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

People: Thanks be to God. Alleluia, alleluia.

PRAYER LIST

(Please email 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 – Sanctuary
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 5th

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 9th

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 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.

LENTEN HEALING EUCHARISTS – starts March 12th at 12:15 pm

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.

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 25th

Vacation Bible School! 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 5th grade) and volunteers. You can access the link by going to saint-timothys.org, the latest eNews, or scanning the VBS QR Code form in the Narthex. Contact priest@saint-timothys.org for more information.