



**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)

Sunday, March 23, 2025

*Third Sunday in Lent*

10:00 am



*wallpaperflare.com*

### Weekly Services:

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

### Staff

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

<b>The Rev. Charles R. Cowherd</b> , Rector (x12)	<a href="mailto:priest@saint-timothys.org">priest@saint-timothys.org</a>
<b>The Rev. Brad Rundlett</b> , Rector Emeritus	
<b>The Rev. Philene Ware Dunn</b> , Interim Latino Supply Priest	<a href="mailto:pwaredunn@cox.net">pwaredunn@cox.net</a>
<b>Ms. Ellie Singer</b> , Seminarian	<a href="mailto:esinger@vts.edu">esinger@vts.edu</a>
<b>Deb Angerman</b> , Bookkeeper (x13)	<a href="mailto:bookkeeper@saint-timothys.org">bookkeeper@saint-timothys.org</a>
<b>Julio Cuellar</b> , Latino Service Musician	<a href="mailto:juliocuellarmusic@yahoo.com">juliocuellarmusic@yahoo.com</a>
<b>Todd Grivetti</b> , Organist/Choirmaster (x16)	<a href="mailto:music@saint-timothys.org">music@saint-timothys.org</a>
<b>Allyson Showalter</b> , Preschool Director (x14)	<a href="mailto:sttimothypreschool432@gmail.com">sttimothypreschool432@gmail.com</a>
<b>Debbie Stolar</b> , Parish Administrator (x10)	<a href="mailto:office@saint-timothys.org">office@saint-timothys.org</a>

## 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

*Aria*

Flor Peeters

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

### 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 166) – *Children may head downstairs after this reading.*

Celebrant: The Lord be with you.

**People: And with thy spirit.**

Celebrant: Almighty God, you know that we have no power in 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 lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

*Please be seated.*

## **The Lessons**

### **A Reading from Exodus 3:1-15**

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God. Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain." But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." He said further, "Thus you shall say to the Israelites, 'I am has sent me to you.'" God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': This is my name forever, and this my title for all generations."

Reader:           The Word of the Lord.

People:           **Thanks be to God.**

## Psalm 63:1-8

James Frazier

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



- 1 O God, you are my God; eagerly I seek you; \*  
my soul thirsts for you, my flesh faints for you,  
as in a barren and dry land where there is no water.
- 2 Therefore I have gazed upon you in your holy place, \*  
that I might behold your power and your glory.
- 3 For your loving-kindness is better than life itself; \*  
my lips shall give you praise.
- 4 So will I bless you as long as I live \*  
and lift up my hands in your Name.
- 5 My soul is content, as with marrow and fatness, \*  
and my mouth praises you with joyful lips,
- 6 When I remember you upon my bed, \*  
and meditate on you in the night watches.
- 7 For you have been my helper, \*  
and under the shadow of your wings I will rejoice.
- 8 My soul clings to you; \*  
your right hand holds me fast.

## A Reading from 1 Corinthians 10:1-13

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness. Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These

things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

Reader: The Word of the Lord.

People: **Thanks be to God.**

*Please stand.*

### **Sequence Hymn (148)**

*Creator of the Earth and Skies*

Uffingham

*Please stand.*

### **Holy Gospel: Luke 13:1-9**

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

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

At that very time there were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them--do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did." Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.'"

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 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**

### **Offertory Sentence**

### **Choral Anthem**

*What Wondrous Love is This*

arr. G. Schroth

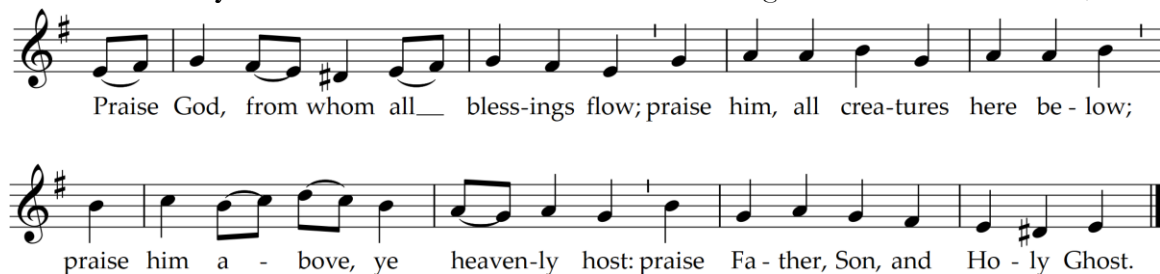
(If you would like to reflect on the text while you listen, it can be found in Hymn 439).

*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.



## 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,

### 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 (S 169)**

*My Flesh is Food Indeed*

Ray W. Urwin

## **The Administration of Communion**

**Communion Hymn  
(WLP 754)**

*When from Bondage We are Summoned*

Haywood's Home

*Please kneel or stand as able.*

### **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 (142)

*Lord, Who Throughout These Forty Days*

St. Flavian

*Please stand.*

## Dismissal (BCP 340)

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

People: **Thanks be to God.**

## Postlude

*Prelude & Fugue in A Minor*

J. S. Bach

*CLI Copyright License #21359315.*

## PRAYER LIST:

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

**Repose of the Soul:** Mike Maser, Hugh Masters, Joan Gbenyon, Dr. Stephen Cooksey

**Health:** Ralph Tildon, Tony Collins, Stephanie Mathis, Lynne, Walter Lopez, Sidney Fisher, Ed Lippincott (brother of Anne V.)

**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 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.

## THIS WEEK at ST. TIMOTHY'S

### Sunday, March 23

- 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 24

- 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 25

- 9:15 AM Staff Meeting – Conference Room
- 4:00 PM DanceWorx – Narthex
- 6:30 PM Scouts Troop 159 – Loft
- 7:00 PM Vestry Meeting – Conference Room

### Wednesday, March 26

- 12:15 PM Lent Healing Eucharist – Sanctuary
- 4:00 PM DanceWorx – Narthex
- 7:30 PM SA Meeting

### Thursday, March 27

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

### Friday, March 28

- 11:00 AM Joan Gbenyon Funeral – Sanctuary
- 6:00 PM – Contreras Quincenera Rehearsal

### Saturday, March 29

- 9:00 AM Altar Guild Set-Up – Sanctuary
- 4:00 PM Contreras Quincenera – Sanctuary
- 7:00 PM La Santa Misa – Sanctuary

## 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.

## SERVICE MINISTRY LENTEN OUTREACH PROJECT

We are excited to announce that this year's Lenten Outreach project is to collect lightly used sports equipment suitable for elementary, middle and high school aged children. In particular, the most desired items we are collecting are: **Baseball bats, Baseballs, Lacrosse sticks, Pee-wee footballs.** The equipment will be distributed to local sports organizations supplying families and individuals of need. **The Service Ministry will be in the Narthex collecting equipment at the 8:00 AM and 10:00 AM services on April 6 and 13.** For questions, please email [service@saint-timothys.org](mailto:service@saint-timothys.org).

## CONFIRMATION/ RECEPTION and REAFFIRMATION CLASSES

Classes are being formed in anticipation of our episcopal visit on **Saturday June 7, 2025 at 7 PM.** We already have more than 30 members of St. Timothy's interested in these sacramental rites! If you have not expressed interest or need more information, please contact Charles soon ([priest@saint-timothys.org](mailto:priest@saint-timothys.org))! Classes for adults (and older youth) **will begin on the Sunday (9 AM in the Sanctuary) after Easter (April 27<sup>th</sup>) and will be held throughout May.** These will also be livestreamed so don't worry if you miss one! The Youth class schedule is still being determined but be on the lookout for more details in the coming weeks.