



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

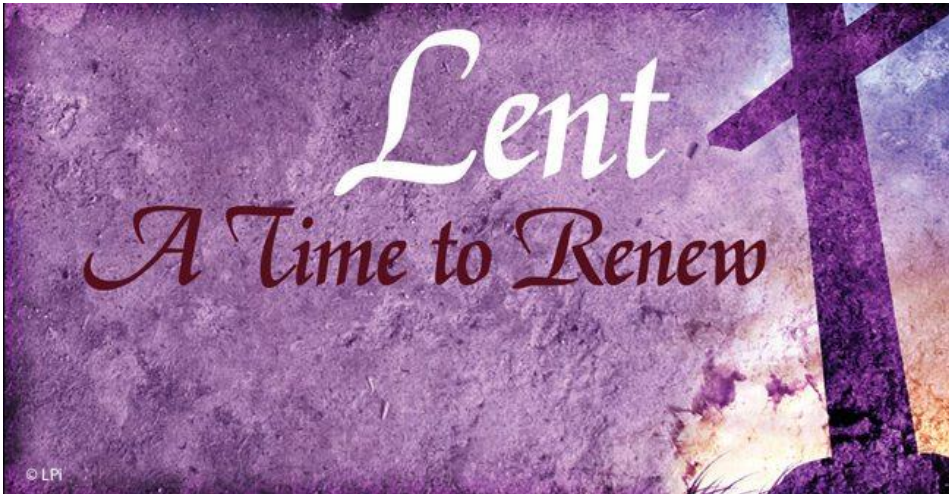
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[www.saint-timothys.org](http://www.saint-timothys.org)

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Sunday, March 9, 2025

*First Sunday in Lent*

8:00 am



*stpaulsboulder.com*

**Weekly Services:**

Sunday, 8:00 a.m.

Holy Eucharist Rite I, spoken

Sunday, 10:00 a.m.

Holy Eucharist Rite I with Choir (Godly Play for ages 3–9 in Rm. B-1)

Sábado, 7:00 p.m.

Santa Eucaristía Rito II, en español

**Saint Timothy's Mission Statement**

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

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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 (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.*

<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:pwardunn@cox.net">pwardunn@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>

## Vestry

<b>Sr. Warden</b> – Rick Wilson (2027)		<b>Jr. Warden</b> – 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
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# HOLY EUCHARIST- RITE I

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

## 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.**

## The Great Litany (BCP 148)

Celebrant: O God the Father, Creator of heaven and earth,

**People: Have mercy upon us.**

Celebrant: O God the Son, Redeemer of the world,

**People: Have mercy upon us.**

Celebrant: O God the Holy Ghost, Sanctifier of the faithful,

**People: Have mercy upon us.**

Celebrant: O holy, blessed, and glorious Trinity, one God,

**People: Have mercy upon us.**

Celebrant: Remember not, Lord Christ, our offenses, nor the offenses of our forefathers; neither reward us according to our sins. Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and by thy mercy preserve us for ever.

**People: Spare us, good Lord.**

Celebrant: From all evil and wickedness; from sin; from the crafts and assaults of the devil; and from everlasting damnation,

**People: Good Lord, deliver us.**

Celebrant: From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred and malice; and from all want of charity,

**People: Good Lord, deliver us.**

Celebrant: From all inordinate and sinful affections; and from all the deceits of the world, the flesh, and the devil,

**People: Good Lord, deliver us.**

Celebrant: From all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy Word and commandment,

**People: Good Lord, deliver us.**

Celebrant: From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine,

**People: Good Lord, deliver us.**

Celebrant: From all oppression, conspiracy, and rebellion; from violence, battle, and murder; and from dying suddenly and unprepared,

**People: Good Lord, deliver us.**

Celebrant: By the mystery of the holy Incarnation; by the holy Nativity and submission to the Law; by thy Baptism, Fasting, and Temptation,

**People: Good Lord, deliver us.**

Celebrant: By thine Agony and Bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial; by thy glorious Resurrection and Ascension; and by the Coming of the Holy Ghost,

**People: Good Lord, deliver us.**

Celebrant: In all time of our tribulation; in all time of our prosperity; in the hour of death, and in the day of judgement,

**People: Good Lord, deliver us.**

Celebrant: We sinners do beseech thee to hear us, O Lord God; and that it may please thee to rule and govern the holy Church Universal in the right way,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to illumine all bishops, priests, and deacons, with true knowledge and understanding of thy Word; and that both by their preaching and living, they may set it forth, and show it accordingly,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to bless and keep all thy people,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to send forth laborers into thy harvest, and to draw all mankind into thy kingdom,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to give to all people increase of grace to hear and receive thy Word, and to bring forth the fruits of the Spirit,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to bring into the way of truth all such as have erred, and are deceived,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to give us a heart to love and fear thee, and diligently to live after thy commandments,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee so to rule the hearts of thy servants, the President of the United States, and all others in authority, that they may do justice and love mercy, and walk in the ways of truth,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to make wars to cease in all the world; to give to all nations unity, peace, and concord; and to bestow freedom upon all peoples,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to show thy pity upon all prisoners and captives, the homeless and the hungry, and all who are desolate and oppressed,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to give and preserve to our use the bountiful fruits of the earth, so that in due time all may enjoy them,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to inspire us, in our several callings, to do the work which thou givest us to do with singleness of heart as thy servants, and for the common good.

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to preserve all who are in danger by reason of their labor or their travel,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to preserve, and provide for, all women in childbirth, young children and orphans, the widowed, and all whose homes are broken or torn by strife,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to visit the lonely; to strengthen all who suffer in mind,  
body, and spirit; and to comfort with thy presence those who are failing and infirm,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to support, help, and comfort all who are in danger,  
necessity, and tribulation,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to have mercy upon all mankind,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to give us true repentance; to forgive us all our sins,  
negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to  
amend our lives according to thy holy Word,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to forgive our enemies, persecutors, and slanderers, and to  
turn their hearts,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to strengthen such as do stand; to comfort and help the  
weak-hearted; to raise up those who fall; and finally to beat down Satan under our  
feet,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to grant to all the faithful departed eternal life and peace,

**People: We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to grant that, in the fellowship of St. Timothy and all the  
saints, we may attain to thy heavenly kingdom,

**People: We beseech thee to hear us, good Lord.**

Celebrant: Son of God, we beseech thee to hear us,

**People: Son of God, we beseech thee to hear us.**

Celebrant: O Lamb of God, that takest away the sins of the world,

**People: Have mercy upon us.**

Celebrant: O Lamb of God, that takest away the sins of the world,

**People: Have mercy upon us.**

Celebrant: O Lamb of God, that takest away the sins of the world,

**People: Have mercy upon us.**

Celebrant: O Christ, hear us.

**People: O Christ, hear us.**

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: Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. **Amen.**

*Please be seated.*

### **The Lessons**

#### **A Reading from Deuteronomy 26:1-11**

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "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. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. 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." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

Reader: The Word of the Lord.

**People: Thanks be to God.**

## **Psalm 91:1-2, 9-16 (Read responsively)**

- 1 He who dwells in the shelter of the Most High, \*  
**abides under the shadow of the Almighty.**
- 2 He shall say to the Lord, "You are my refuge and my stronghold, \*  
**my God in whom I put my trust."**
- 9 Because you have made the Lord your refuge, \*  
**and the Most High your habitation,**
- 10 There shall no evil happen to you, \*  
**neither shall any plague come near your dwelling.**
- 11 For he shall give his angels charge over you, \*  
**to keep you in all your ways.**
- 12 They shall bear you in their hands, \*  
**lest you dash your foot against a stone.**
- 13 You shall tread upon the lion and adder; \*  
**you shall trample the young lion and the serpent under your feet.**
- 14 Because he is bound to me in love, therefore will I deliver him; \*  
**I will protect him, because he knows my Name.**
- 15 He shall call upon me, and I will answer him; \*  
**I am with him in trouble; I will rescue him and bring him to honor.**
- 16 With long life will I satisfy him, \*  
**and show him my salvation.**

## **A Reading from Romans 10:8b:13**

"The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

Reader:           The Word of the Lord.

People:           **Thanks be to God.**



*Please stand.*

### **Holy Gospel: Luke 4:1-13**

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

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

After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

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*

### **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. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. 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 26:5-10a*

## 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 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: 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: 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.**

*Please stand.*

## Dismissal (BCP 340)

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

People: **Thanks be to God.**

## PRAYER LIST:

*(Please email [careteam@saint-timothys.org](mailto: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

**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 9

8:00 AM Rite I Holy Eucharist – Sanctuary

9:00 AM Choir Warm-up – Music Room

9:00 AM Lenten Series – Sanctuary/Livestream

10:00 AM Rite I Holy Eucharist – Sanctuary/Livestream

### Monday, March 10

12:15 PM Step Into Recovery AA

7:00 PM Hope For Today Al Anon

7:30 PM Service Ministry Meeting – Conference Room

8:30 PM Monday Night Milkshake Group AA

### Tuesday, March 11

9:15 AM Staff Meeting – Conference Room

4:00 PM DanceWorx – Narthex

6:30 PM Scouts Troop 159 - Loft

### Wednesday, March 12

12:15 PM Lent Healing Eucharist – Sanctuary

4:00 PM DanceWorx – Narthex

7:30 PM SA Meeting

### Thursday, March 13

7:00 PM Debtors Anonymous

7:00 PM Choir Rehearsal – Music Room

### Friday, March 14

No Events

### Saturday, March 15

9:00 AM Altar Guild Set-Up – Sanctuary

7:00 PM La Santa Misa – Sanctuary

## **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.

## **ADULT FORUM – Begins Today!**

**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 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](mailto: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 19<sup>th</sup>**

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? Please consider making a donation for Easter flowers. For more information contact **Mary McLenigan at 703-391-2950.**

## **HYPOTHERMIA MEALS – March 15<sup>th</sup>**

A huge thanks to the following folks for providing a meal for 85 hungry neighbors at the Cornerstones Hypothermia Shelter on Saturday, March 1<sup>st</sup>: Bob & Shon Beury, Ron Boggio, Bobbe Duquette, Carol Fleming, Julie Gray-Roller, Carolyn & Andrew Hamm, Holly Hartge, Rob Huizar, Gerritt Peck, Alex & Matt Schumann, Cathy Cuttrell and Annemarie Smith.

If you are looking *for an opportunity to put your faith to work*, St. Timothy's will also provide a meal for the shelter on **Saturday, March 15<sup>th</sup>**. If you are interested in helping by providing tossed green salad, brownies or ice cream to round out the main course (pizza will be ordered and paid for by Service), please contact [service@saint-timothys.org](mailto:service@saint-timothys.org).

## VACATION BIBLE SCHOOL, July 21 – July 25th

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), the latest eNews, or scanning the VBS QR Code form in the Narthex. Contact [priest@saint-timothys.org](mailto:priest@saint-timothys.org) for more information.

# CALENDAR OF EVENTS



Ash Wednesday, March 5th - 12:15 & 7 PM \*

Wednesday Healing Eucharist, March 12th - April 16th - 12:15 PM

Palm Sunday, April 13th - 8 & 10 AM

Maundy Thursday, April 17th - 7 PM \*

Good Friday, April 18th - 7 PM \*

La Gran Vigilia Pascual, abril 19th - 7 PM

Easter Sunday, April 20th - 8 & 10 AM \* (with Easter Egg Hunt at 11 am)

\*with choir and special music



Scan HERE to visit the St. Timothy's Website



