



The WORD

March 2025

Dear St. Timothy's Family,

Lent will begin this year, as it does every year, with Ash Wednesday. On Wednesday March 5th, we will have services at 12:15 pm (Spoken service, note the time change from last year's 12 pm) and at 7 pm (with Choir, Livestreamed.) Ash Wednesday is one of our most solemn services of the year (as it begins the penitential season) and one of the most public (because you get an ash on your forehead!) I invite you to attend either in person or online to one of those services.

I want to use this space to say a little about what Lent means in our church calendar and in our lives together.

Lent, of course, is a time of preparation for Holy Week and Easter (April 20th this year). It is a time when we are invited to take on practices of self-examination, repentance, prayer, fasting, self-denial, and meditating on our relationship with God. That having been said, whenever Lent is set to begin, I think of the COVID year and how much that Lent was upended by the global pandemic. I remember someone saying: "We don't need any more self-denial this year!"

Here we are in 2025, different year, same church calendar, more or less. How are you anticipating this season? How do its practices and emphases relate to the context that you find yourself in this troubled and broken world? Those questions are open-ended but not rhetorical! My sense is that they best can be discerned in community and via the time-old traditions of the Church. But I am biased 😊.

On Sundays, you will notice that our sanctuary and worship service will adopt significant changes. The frontals and vestments will change from the vibrant green of Epiphany (or radiant white of Baptism) to the more somber and reserved purple. That color symbolizes the pain and suffering that Christ endured on his way to the cross. Paradoxically, it also is the traditional color for royalty. Therefore, it also points to the Resurrection, and our hopeful preparation for rebirth at Easter, while reminding us of Christ's sovereignty in heaven.

In keeping with the Lenten mood of penitence and reflection, the Altar Guild will also refrain from flowers in the church, using simpler and sparser arrangements.

On the 1st Sunday of Lent (March 9, 2025), we will say/sing the Great Litany at the beginning of the



service. This extended, deeply penitential, prayer serves as an inflection point that marks the beginning of the Lenten Season, particularly if you were not able to attend on Ash Wednesday,

All throughout Lent, you will notice additional changes in our liturgy. At the beginning of the service, we will start with the Penitential Order (*Book of Common Prayer*, pg. 319) which includes the Confession. This orients us, from the beginning, towards a posture of humility and contrition. The word “Alleluia” is, of course, excised from the service. (Please do not feel too bad if one “slips out”!) We also say/sing the *Kyrie* (with its focus on mercy) rather than the *Gloria* (or some other more praiseworthy prayer) as a part of our service music. Finally, the lessons and hymnody will also reflect the Lenten atmosphere.

This all sounds somewhat “doom and gloomy.” On many of these Sundays, we will have newcomers who are trying out our church (oftentimes folks want to seek out a church before Easter) and I find myself almost apologizing for the bleak outlook. There is, though, a great joy in Lent, not only obviously in the Easter hope at its conclusion, but also in the very act of going through Lent’s disciplines. It is hard, but so is life. It is difficult, but this world is difficult. My Ash Wednesday sermon usually ends with that note: putting the ash on is not a form of disfigurement but an acknowledgment of who we are in front of God. Nothing then is more beautiful than a somber Lenten hymn, or a child with ash on their forehead, or any of us stripping ourselves down in front of Creator who loves us still the same.

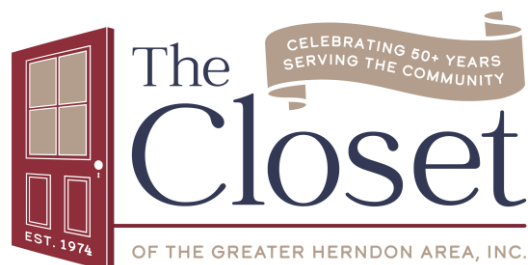
Yours in Christ,

CHARLES+

P.S. I almost forgot to mention two more offerings in our Lenten Season:

- 1) our Wednesday Healing Eucharists at 12:15 pm, beginning March 12th and running through Holy Week.
- 2) our Sunday Adult Forum series, “Psychology and Spirituality (3.0!)- Demystifying Mysticism.” Ron Boggio will look at mysticism and how it’s practiced at 9 AM in the Sanctuary (also livestreamed.) It begins Sunday March 9th and runs through the last Sunday of Lent.

P.S.S. Technically not in Lent, but don’t forget about the Pancake Supper/ Shrove Tuesday gathering at 6 pm in Henry Hall on March 4th!



What’s new at The Closet – check out the spring clothes that are appearing on the racks.

St. Timothy provides volunteers to The Closet (as does every congregation that is on the Board.) At this time there are three parishioners at St. Tim's who volunteer – Tricia Mussante, Julie Gray Roller and me.

The Closet needs more volunteers! Maybe you have more time available throughout the day and want to do something good for the community (it feels good.) The Closet asks volunteers to give 3 hours a month between 8:30 and 4:30. If you are interested, please reach out to me (mhhvirginia@verizon.net or phone 703.785.8797.) *I would be happy to meet you at The Closet at a time convenient for you to meet the manager and learn about the different volunteer opportunities.* Students are welcome (7th grade or older). If a Scout troop is looking for a service opportunity, The Closet can work with the leaders to plan a time and sketch out a project.

The Closet returns excess funds to the local community – volunteers plus paid staff make The Closet a success.

Please consider volunteering.
Respectfully submitted by Holly Hartge



Mark your calendars - St. Timothy's Shove Tuesday Pancake Supper!!

When: Tuesday, March 4th 6 – 7:30 pm

Where: Henry Hall

Menu: Pancakes, ham, applesauce, coffee, apple juice etc...

Come indulge in pancakes, ham, applesauce, coffee, and apple juice. It's a time to share laughter, stories, and good company as we build connections within our church family.

We encourage everyone to bring their friends and family to enjoy a wonderful evening of fellowship. Your presence will undoubtedly enhance the warmth and sense of community that makes St. Timothy's make our church family so vibrant. We look forward to seeing you there!



Image courtesy of vecteezy.com

Lenten Adult Forum

Psychology and Spirituality 3.0: *Demystifying Mysticism*. These sessions 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. The series will begin on March 9, the first Sunday of Lent at 9:00 AM in the church and will continue at that time for a total of 5 weeks.

Join Herndon Village Network and Make Some Friends along the Way!

Herndon Village Network (HVN) provides senior citizens with *free*, unlimited access to day and evening transportation on weekdays and weekends. This more organized concept of neighbors helping neighbors encourages older residents to age in the Herndon community and allows them to maintain established routines and connections. Now celebrating its 10th anniversary, HVN has provided over 4,500 rides to doctor appointments, grocery stores, religious services, social engagements, and more!

Would you like to join HVN? If you are age 55 or older and reside anywhere in Herndon 20170 or select 20171 areas including Brightview Dulles Corner, Kendrick Court Apartments, or nearby apartments, you are eligible for HVN transportation services. For a one-time registration fee of \$20, you will enjoy unlimited access to transportation provided by our friendly, vetted, volunteer drivers. Apply online at <https://herndonvillagenetwork.org/join/> or via phone at 703-375-9439.

Would you like to drive with HVN? If you are age 25 or older with an excellent driving record, you are eligible to serve as a volunteer HVN driver. Volunteers undergo vetting, and HVN pays for secondary car insurance. It's so easy and flexible, as you decide how often you would like to help and select from a number of ride requests via an automated system. Best of all, you'll be making a difference in the lives of local senior citizens! Apply online at <https://herndonvillagenetwork.org/volunteer/>.

Dark Days

When do we see "dark days?"
Is it the winter season when one pays
Attention to snow, wind and gales?
Or those dark days when fear prevails
And faith is surely tried and tested
And prayers are being bested
By cynics, unbelievers, those who have gone astray
But still look for that glorious day
When faith is restored and been retrieved
And peace and love are both received.

Strife and cruelty, injury and crime,
Should not be the subject of our time.
"God is Love" is the old text
And words we should utter next,
Not "revenge", "attack" and "kill"
Not one of which is God's will.
As His people, we should only ask,
"What is our duty and blessed task?
What did the Lord above decree?"
Surely it is that we are all free.

Through prayer and love for each other,
Such love as given by any mother,
Especially that shown by the one
Chosen by God to bear His Son,
Who came to show the Way to Heavenly bliss,
And yet that is what we all now miss,
Despite our prayers and fervent strive
To follow the Way and thus arrive
In constant praise and humble prayer
And stay with Love in God's blessed care.

Respectfully submitted by Jill Cox

News From the Service Ministry

Haiti Agape

A huge THANK YOU to those who contributed to the Haiti School Fund over the past weeks. At this writing (2/25/25) donations are around \$15,000, so we are making steady progress on our goal of \$25,000, and continuing to keep the school open for another year. If you haven't had the opportunity, please know that your gift, be it large or small, is deeply appreciated at any time. If giving by check, make it out to St. Timothy's with Haiti School Fund on the memo line, or by credit card on the church website credit card portal, selecting Haiti School Fund. [Haiti School Fund](#)

Hypothermia Meals

St. Timothy's is scheduled to provide two meals for Cornerstones' Hypothermia Shelter during the month of March. The Service Ministry is handling the March 1st dinner; however, we are looking for a few volunteers to help with the meal on Saturday, March 15th. 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 the Service Ministry), please contact service@saint-timothys.org.

News from North Carolina

You may recall that the SM supported The Episcopal Church of the Transfiguration in Bat Cave, NC with a small financial contribution last December. Jr Warden Rob Huizar (also vestry liaison to the Service Ministry) was able to visit Bat Cave and meet their Rector, The Rev. John Roberts in January. Rob shared photos of his visit, the church and his impressions of the devastation left behind by Hurricane Helene. We are happy to report that after 21 weeks away from their building, congregants of the ECT were able to worship together inside their church on February 23rd!! There is still much work to do in the area but returning to their beloved sanctuary is a huge step.

Lenten Outreach

The Service Ministry will announce an exciting new Lenten Outreach Project in the coming weeks. Stay tuned to the weekly eNews for another opportunity to put your faith to work by helping area youth - and do a little more clearing out of your garage and basement!

LINK

Thank you for continuing to bring food items to church. As always you may leave your donation in the large basket just outside the office. Another food drive will be coming up in April.

Vestry 2025



Rick Wilson (2027) – *Senior Warden*
rwilson20@verizon.net
703-629-4972



Vilma Iveth Lemus Magano (2026)
lemusvilma3@gmail.com
240-299-5522



Wanda Rixon (2028)
SQueenofE@aol.com
703-209-7661



Midori Yanagihara (2026)
midorijon@erols.com
703-709-0860



Varun Lal (Alternate)
703-244-1544
Varun.p.lal@gmail.com



Matt Schumann (2027)
matthew_schumann@hotmail.com
703-843-5465



Rob Huizar (2027) – *Junior Warden*
(713) 391-5214
rhuizar@gmail.com



John McGrath (2028)
jdksmcgrath@verizon.net
(703) 376-1176



Johnny Ellis (2028)
Jellis.ems@gmail.com
845-926-7673



Emily Litz (2026)
Emhas001@goucher.edu
201-887-2173



St. Timothy's Episcopal Church
 432 Van Buren Street, Herndon, VA 20170
 Voice: 703-437-3790 Fax: 703-787-9781
www.saint-timothys.org

Service Times

Saturday: 7 pm Spanish Service/Rite II
 Sunday: 8 am Rite I (English)
 Sunday: 10 am Rite II (English)
 Also available via Zoom
 (Livestream on YouTube/
 Facebook/Website)

Please check the website for up-to-date information about opportunities to worship

Welcome New Members

To transfer your membership to St. Timothy's or to find out if you are a registered member, contact the church office (office@saint-timothys.org) or fill out the Parishioner Information Form.

Editor of The Word

Ron Boggio
wordeditor@saint-timothys.org

Submission deadline for the

April 2025 issue:

Monday, March 24th

If we do not have an email address for you and your family, or if your email has changed, send the information to office@saint-timothys.org.

The Word is published monthly and emailed to members and friends the first week of the month. It also appears on the website. If you wish to receive a copy by mail, please notify the church office (office@saint-timothys.org). Copies of *The Word* are also available in the office.

Rector

The Rev. Charles R. Cowherd
priest@saint-timothys.org
 703-437-3790 x12



Organist/Choirmaster

Mr. Todd Grivetti
music@saint-timothys.org
 703-437-3790 x16



Parish Administrator

Ms. Deb Stolar
office@saint-timothys.org
 703-437-3790



Bookkeeper

Ms. Deb Angerman
bookkeeper@saint-timothys.org
 703-437-3790 x13

St. Timothy's Pre-School Director

Ms. Allyson Showalter
sttimothypreschool432@gmail.com
 703-437-4767



Duane Hartge – Treasurer treasurer@saint-timothys.org
Rose Berberich - Registrar

