



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

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

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Sunday, March 30, 2025

*Fourth Sunday in Lent*

8:00 am



*ar.inspiredpencil.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

### **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.*

**The Rev. Charles R. Cowherd**, Rector (x12)

[priest@saint-timothys.org](mailto:priest@saint-timothys.org)

**The Rev. Brad Rundlett**, Rector Emeritus

**The Rev. Philene Ware Dunn**, Interim Latino Supply Priest

[pwaredunn@cox.net](mailto:pwaredunn@cox.net)

**Ms. Ellie Singer**, Seminarian

[esinger@vts.edu](mailto:esinger@vts.edu)

**Deb Angerman**, Bookkeeper (x13)

[bookkeeper@saint-timothys.org](mailto:bookkeeper@saint-timothys.org)

**Julio Cuellar**, Latino Service Musician

[juliocuellarmusic@yahoo.com](mailto:juliocuellarmusic@yahoo.com)

**Todd Grivetti**, Organist/Choirmaster (x16)

[music@saint-timothys.org](mailto:music@saint-timothys.org)

**Allyson Showalter**, Preschool Director (x14)

[sttimothyspreschool432@gmail.com](mailto:sttimothyspreschool432@gmail.com)

**Debbie Stolar**, Parish Administrator (x10)

[office@saint-timothys.org](mailto:office@saint-timothys.org)

## **Vestry**

**Sr. Warden** – Rick Wilson (2027)

**Jr. Warden** – 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

# HOLY EUCHARIST- RITE I

## 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 (BCP 324)

Celebrant: Lord, have mercy upon us.

**People: Christ, have mercy upon us.**

Celebrant: Lord, have mercy upon us.

## The Collect for the Day (BCP 167)

Celebrant: The Lord be with you.

**People: And with thy spirit.**

Celebrant: Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

*Please be seated.*

## The Lessons

### A Reading from Joshua 5:9-12

The Lord said to Joshua, "Today I have rolled away from you the disgrace of Egypt." And so that place is called Gilgal to this day. While the Israelites were camped in Gilgal they kept the passover in the evening on the fourteenth day of the month in the plains of Jericho. On the day after the passover, on that very day, they ate the produce of the land, unleavened cakes and parched grain. The manna ceased on the day they ate the produce of the land, and the Israelites no longer had manna; they ate the crops of the land of Canaan that year.

Reader: The Word of the Lord.

**People: Thanks be to God.**

## Psalm 32 (Read responsively)

- 1 Happy are they whose transgressions are forgiven, \*  
**and whose sin is put away!**
- 2 Happy are they to whom the Lord imputes no guilt, \*  
**and in whose spirit there is no guile!**
- 3 While I held my tongue, my bones withered away, \*  
**because of my groaning all day long.**
- 4 For your hand was heavy upon me day and night; \*  
**my moisture was dried up as in the heat of summer.**
- 5 Then I acknowledged my sin to you, \*  
**and did not conceal my guilt.**
- 6 I said, "I will confess my transgressions to the Lord." \*  
**Then you forgave me the guilt of my sin.**
- 7 Therefore all the faithful will make their prayers to you in time of trouble; \*  
**when the great waters overflow, they shall not reach them.**
- 8 You are my hiding-place; you preserve me from trouble; \*  
**you surround me with shouts of deliverance.**
- 9 "I will instruct you and teach you in the way that you should go; \*  
**I will guide you with my eye.**
- 10 Do not be like horse or mule, which have no understanding; \*  
**who must be fitted with bit and bridle, or else they will not stay near you."**
- 11 Great are the tribulations of the wicked; \*  
**but mercy embraces those who trust in the Lord.**
- 12 Be glad, you righteous, and rejoice in the Lord; \*  
**shout for joy, all who are true of heart.**

## A Reading from 2 Corinthians 5:16-21

From now on, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against

them, and entrusting the message of reconciliation to us. So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

Reader: The Word of the Lord.

People: **Thanks be to God.**

*Please stand.*

**Holy Gospel: Luke 15:1-3, 11b-32**

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

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

All the tax collectors and sinners were coming near to listen to Jesus. And the Pharisees and the scribes were grumbling and saying, "This fellow welcomes sinners and eats with them." So Jesus told them this parable: "There was a man who had two sons. The younger of them said to his father, 'Father, give me the share of the property that will belong to me.' So he divided his property between them. A few days later the younger son gathered all he had and traveled to a distant country, and there he squandered his property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired hands have bread enough and to spare, but here I am dying of hunger! I will get up and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands."' So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his slaves, 'Quickly, bring out a robe--the best one--and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!' And they began to celebrate. "Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, 'Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.' Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, 'Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so

that I might celebrate with my friends. But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!" Then the father said to him, 'Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.'"

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, 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**

### **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 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, 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 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: Look down in mercy, Lord, on your people who kneel before you; and grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Christ our Lord.. **Amen.**

*Please stand,*

## Dismissal (BCP 340)

Celebrant: Let us go forth into the world, rejoicing in the power of the Spirit.

People: **Thanks be to God.**

## 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, Stephen Cooksey

**Health:** Ralph Tildon, Sidney Fisher, Ed Lippincott (brother of Anne V.), Lise (sister to Peter H.), Emmanuel Recinos Alfaro, Bill Perry, Peter Hwoschinsky

**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), Walter Lopez

## 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 30

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 31

12:15 PM Step Into Recovery AA  
7:00 PM Hope For Today Al Anon  
8:30 PM Monday Night Milkshake Group AA

### Tuesday, April 1

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

### Wednesday, April 2

10:00 AM Red Cross Blood Drive – Henry Hall  
12:15 PM Lent Healing Eucharist – Sanctuary  
1:00 PM Shawl Ministry – Music Room  
4:00 PM DanceWorx – Narthex  
7:30 PM SA Meeting

### Thursday, April 3

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

### Friday, April 4

No Events

### Saturday, April 5

9:00 AM Altar Guild Set-Up – Sanctuary  
1:00 PM Generation's Ministry – Conference Room  
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.