



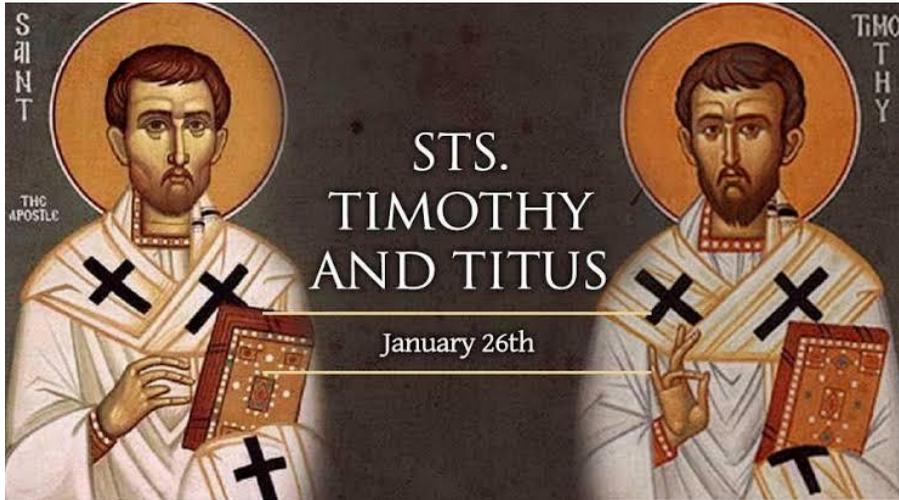
**ST. TIMOTHY'S EPISCOPAL**  
EST. HERNDON, VA • 1868

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

Sunday, February 1, 2026

*Fourth Sunday after the Epiphany*

10 am



[www.bomilyhub.com](http://www.bomilyhub.com)

### Weekly Services

Sunday, 8:00 am	Holy Eucharist Rite I, spoken
Sunday, 10:00 am	Holy Eucharist Rite II with Choir (Godly Play for ages 3–8, Sunday School for ages 9-12)
Sábado, 7:00 pm	La Santa Misa, en español

### Staff

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

<b>The Rev. Charles R. Cowherd</b> , Rector (x12)	<a href="mailto:priest@saint-timothys.org">priest@saint-timothys.org</a>
<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> , Senior Seminarian	<a href="mailto:esinger@vts.edu">esinger@vts.edu</a>
<b>Ms. Marie Esther Duvert</b> , Seminarian	<a href="mailto:mduvert@vts.edu">mduvert@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:sttimotherspreschool432@gmail.com">sttimotherspreschool432@gmail.com</a>
<b>Debbie Stolar</b> , Parish Administrator (x10)	<a href="mailto:office@saint-timothys.org">office@saint-timothys.org</a>



in this present time, that with sure confidence we may look for our blessed hope, the Holy Spirit, one God, now and for ever. **Amen.**

## The Lessons

### A Reading from Isaiah 42:1-7

Here is my servant, whom I uphold, my chosen, in whom my soul delights; I have put my spirit upon him; he will bring forth justice to the nations. He will not cry out or lift up his voice or make it heard in the street; a bruised reed he will not break, and a dimly burning wick he will not quench; he will faithfully bring forth justice. He will not grow faint or be crushed until he has established justice in the earth, and the coastlands wait for his teaching. Thus says God, the Lord, who created the heavens and stretched them out, who spread out the earth and what comes from it, who gives breath to the people upon it and spirit to those who walk in it: I am the Lord; I have called you in righteousness; I have taken you by the hand and kept you; I have given you as a covenant to the people, a light to the nations, to open the eyes that are blind, to bring out the prisoners from the dungeon, from the prison those who sit in darkness.

Reader: The Word of the Lord.

People: **Thanks be to God.**

### Psalm 30:1-5

Robert Knox Kennedy

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



1 I will exalt you O Lord, because you have lifted me up \*  
and have not let my enemies triumph over me.

2 O Lord my God, I cried out to you, \*  
and you restored me to health.

3 You brought me up O Lord, from the dead; \*  
you restored my life as I was going down to the grave.

4 Sing to the Lord, you servants of his; \*  
give thanks for the remembrance of his holiness.

|| 5 For his wrath endures but the twinkling of an eye, \*  
**his favor for a lifetime.**

## A Reading from Acts 16:1-10

Paul went on also to Derbe and to Lystra, where there was a disciple named Timothy, the son of a Jewish woman who was a believer, but his father was a Greek. He was well spoken of by the brothers and sisters in Lystra and Iconium. Paul wanted Timothy to accompany him, and he took him and had him circumcised because of the Jews who were in those places, for they all knew that his father was a Greek. As they went from town to town, they delivered to them for observance the decisions that had been reached by the apostles and elders who were in Jerusalem. So the churches were strengthened in the faith and increased in numbers daily. They went through the region of Phrygia and Galatia, having been forbidden by the Holy Spirit to speak the word in Asia. When they had come opposite Mysia, they attempted to go into Bithynia, but the Spirit of Jesus did not allow them; so, passing by Mysia, they went down to Troas. During the night Paul had a vision: there stood a man of Macedonia pleading with him and saying, "Come over to Macedonia and help us." When he had seen the vision, we immediately tried to cross over to Macedonia, being convinced that God had called us to proclaim the good news to them.

Reader: The Word of the Lord.

People: **Thanks be to God.**

*Please stand as you are able.*

### Sequence Hymn (232)

*By All Your Saints Still Striving*

Nyland



1 By all your saints still striv - ing, for all your saints at rest,  
2 Saint Ti - mo - thy, the faith - ful, "Let none des - pise your youth."  
3 Then let us praise the Fa - ther and wor-ship God the son



1 your ho - ly Name, O Je - sus, for ev - er - more be blessed.  
2 Stand wit-ness to God's peo - ple, in life and love and truth.  
3 and sing to God the Spi - rit, e - ter - nal Three in One.



1 You rose, our King vic - tor - ious, that they might wear the crown  
2 "To guard the trust, to run the race," and serve in hum - ble grace;  
3 Till all the ran - somed num - ber who stand be - fore the throne



1 and ev - er shine in splen - dor re - flect - ed from your throne.  
2 reach past all bounds, like Je - sus, till faith be - holds His face.  
3 a - scribe all power and glo - ry and praise to God a - lone.

## **Holy Gospel: John 10:1-10**

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

**People: Glory be to you, Lord Christ.**

“Very truly, I tell you, anyone who does not enter the sheepfold by the gate but climbs in by another way is a thief and a bandit. The one who enters by the gate is the shepherd of the sheep. The gatekeeper opens the gate for him, and the sheep hear his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes ahead of them, and the sheep follow him because they know his voice. They will not follow a stranger, but they will run from him because they do not know the voice of strangers.” Jesus used this figure of speech with them, but they did not understand what he was saying to them. So again Jesus said to them, “Very truly, I tell you, I am the gate for the sheep. All who came before me are thieves and bandits, but the sheep did not listen to them. I am the gate. Whoever enters by me will be saved and will come in and go out and find pasture. The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

Celebrant: The Gospel of the Lord.

**People: Praise to you, Lord Christ.**

## **Sermon**

Ellie Singer

*Please stand as you are able.*

### **The Nicene Creed (BCP 358)**

**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**

Leader: Let us pray for the whole state of Christ's Church and the world.

Leader: For peace throughout the world,

**People: that God's justice may guide relations between countries around the world.**

Leader: For the holy church of God,

**People: that it may grow spiritually, living out the values of the Gospel in good times and in bad times.**

Leader: For all bishops, priests, and deacons,

**People: that they may worthily preach the Word and administer the Sacraments.**

Leader: For all who hold executive, legislative or judicial office in our nation, state and community.

**People: that they may exercise their authority to ensure that all people are treated with due process of law.**

Leader: For immigrants in our own country and throughout the world,

**People: that they may know God's love through our ministry to them.**

Leader: For the poor, for the oppressed, for those who have lost health care and for the unemployed,

**People: that we may redouble our efforts to stand by them and seek justice for them.**

Leader: For the sick, their families and those who care for them,

**People: that they may know God's healing touch.**

Leader: For the dead, the dying and their loved ones,

**People: that they may know God's comfort and peace.**

Leader: For us and our community,  
People: **that united in love with St. Timothy and all the saints, we may grow in loving acceptance of all God's creation.**

Leader: Send down your blessings on your servants who labor in government, who so generously devote themselves to helping others. Grant them courage when they are afraid, wisdom when they must make decisions, strength when they are weary, and compassion in all their work. In these trials, grant them the peace that passes all understanding and allow them the patience and courage to faithfully serve you in their neighbor.

People: **Amen.**

Celebrant: Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate.

People: **Amen.**

*Silence.*

### **Confession of Sin (BCP 360)**

Celebrant: Let us confess our sins against God and our neighbor.

All: **Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.**

### **Absolution (BCP 360)**

Celebrant: Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

*Please stand.*

### **The Peace (BCP 360)**

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

People: **And also with you.**

### **Welcome/Announcements**

### **Offertory Sentence**

### **The Offering**

## Choral Anthem

*The Servant Song*

arr. David Schwoebel

If anyone would be first,  
They shall be the last of all,  
Be the servant of all.

-Richard Gillard-

We are travelers on a journey,  
Fellow pilgrims on the road;  
We are here to help each other  
Walk the mile and bear the load.  
I will hold the Christlight for you  
In the nighttime of your fear;  
I will hold my hand out to you,  
Speak the peace you long to hear.

Sister, let me be your servant,  
Let me be as Christ to you;

Let you be my servant, too.  
Brother, let me be your servant,  
Let me be as Christ to you;  
Pray that I may have the grace to  
Let you be my servant, too.

I will weep when you are weeping,  
When you laugh, I'll laugh with you;  
I will share your joy and sorrow,  
Till we've seen this journey through.  
When we sing to God in heaven,  
We shall find such harmony,  
Born of all we've known together  
Of Christ's love and agony.

-Mark 9:35-

*Please stand as able.*

## Presentation Hymn

*Praise God, From Whom All Blessings Flow*

Puer nobis

Praise Him all creatures here below  
Praise Him above ye heavenly hosts  
Praise Father, Son, and Holy Ghost.

## Holy Communion – Eucharistic Prayer C (BCP 369)

### The Great Thanksgiving (BCP 369)

Celebrant: The Lord be with you.

**People: And also with you.**

Celebrant: Lift up your hearts.

**People: We lift them to the Lord.**

Celebrant: Let us give thanks to the Lord our God.

**People: It is right to give God thanks and praise.**

Celebrant: God of all power, Ruler of the Universe, you are worthy of glory and praise.

**People: Glory to you for ever and ever.**

Celebrant: At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

**People:** **By your will they were created and have their being**

Celebrant: From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another

**People:** **Have mercy, Lord, for we are sinners in your sight.**

Celebrant: Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

**People:** **By his blood, he reconciled us.**

**By his wounds, we are healed.**

Celebrant: And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

## **Sanctus (S 128)**

*Holy, Holy, Holy Lord*

William Mathias

*Please stand or kneel, as you are able,*

Celebrant: And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord. On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." After supper, he took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

**People:** **We celebrate his death and resurrection, as we await the day of his coming.**

Celebrant: Lord God of our Ancestors: God of Abraham, Isaac, and Jacob; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

**People:** **Risen Lord, be known to us in the breaking of the Bread.**

Celebrant: Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN.**

And now as our Savior Christ has 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 bread is broken. Silence is kept.*

**The Fraction (S 165)**

*Jesus, Lamb of God*

William Mathias

**The Invitation (BCP 364)**

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**

**Communion Hymn (WLP 800)**

*Precious Lord, Take My Hand*

Thomas A. Dorsey

*Please stand or kneel, as you are able.*

**Postcommunion Prayer (BCP 366)**

Celebrant: Let us pray.

All: Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

**Blessing**

Celebrant: May Almighty God, who led the Wise Men by the shining of a star to find the Christ, the Light from Light, lead you also, in your pilgrimage, to find the Lord. **Amen.**

**Closing Hymn (708 v 1, 2, 1)**

*Savior, Like a Shepherd Lead Us*

Sicilian Mariners

**Dismissal (BCP 366)**

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

People: Thanks be to God. Alleluia, alleluia.

**Postlude**

*The Heavens Declare the Glory of God*

Benedetto Marcello  
(1686 – 1739)

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# PRAYER LIST

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

**Rest of the Soul:** Joseph Sieh (brother of Kathryn), Nancy Litwak, Kai, Dustin Blake Hamilton, Vicki Beerman (Belinda Collins' cousin), Celestina Johnson (Barbara Johnson's mother)

**Health:** Peter Hwoschinsky, Melissa Druitt (concussion/vision), Dan Nichols (cancer), Karen Nichols (cancer), Bill Nichols (heart disease), Giovanni Tagnesi, Weldon Showalter, Sr. (father of Jim Showalter), Belinda Collins (back surgery), Walter Hinostroza, Sarah Daly (mother of Sarah Daly), Walter Hinostroza, John Freeman, Fred Johnson, Marion Essig

**Long Term:** Sid, Maryanne, Chris W., Donna W., Chris, Chuck and Peggy, Catherine Hutcheon (Long Covid & sudden hearing loss), David & Mabel Tettyfio (stroke, arthritis, hip pain), Brian Law, Jane Perry, Jerry Vandenberg, Chris Connelly (Barb Kimmel's brother, severe depression), Barb Benson (Parkinson's), Eric Benson (heart failure), Elizabeth Martinson, Cecelia Kimble (Shon Beury's mother), Philly Hoffman (kidney cancer), Maria Fernandez, Ed Patterson (brain tumor), Dick Joyce (spinal surgery), Mike Delacy and Arnie Goldman (friends of Ron Boggio), MaryAnn Garrahan, Eleanor Day

## THIS WEEK at ST. TIMOTHY'S

### Sunday, February 1 – LINK Food Drive

8:00 AM Rite I Holy Eucharist – Sanctuary

9:15 AM Adult Choir Warm-up – Music Room

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

11:00 AM St. Timothy's Annual Meeting – Henry Hall

### Monday, February 2

12:15 PM Step into Recovery – AA

7:00 PM Hope For Today – Al Anon

8:30 PM Monday Night Milkshake Group – AA

### Tuesday, February 3

9:30 AM Staff Meeting – Conference Room

12:00 PM North Fairfax Clericus – C1 + Henry Hall

### Wednesday, February 4

10:00 AM Hablamos Espanol – Conference Room

10:00 AM Red Cross Blood Drive – Henry Hall

1:00 PM Shawl Ministry – Narthex

4:00 PM DanceWorx – Narthex

### Thursday, February 5

7:00 PM Choir Rehearsal – Music Rm./Sanctuary

7:00 PM Freedom from Debt

### Friday, February 6

No Events

### Saturday, February 7

9:00 AM Altar Guild Set-Up – Sanctuary

7:00 PM La Santa Misa – Sanctuary

## 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

# 2026 Vestry Elections and Annual Meeting Today

## Vestry Elections

St. Timothy's elections for Vestry members are underway, available at all three of this weekend's services. Voting by absentee ballot is now closed.

The candidates running for the positions are Christine Cozza, Terry Dominiak, Varun Lal, Gene Mechling, and Sharon Nachman.

## Annual Parish Meeting

After the 10 am service today, join us in Henry Hall to hear and discuss the Church Ministries reports, the 2026 budget and learn the results of the Vestry Elections.

Lunch will be served.

## **SAVE THE DATE: A Taste of New Orleans – February 10<sup>th</sup>**

Cocktails and small plates. Come out and join us for a fun and informative evening. Presented by the Generations Ministry. More details are coming soon.

## **BLESSING BAGS**

On **February 15th, after the 10 am service**, the Women of St Timothy's will be filling Blessing Bags to be distributed at the Embry Rucker shelter. There will be refreshments and a conversation about the women's ministry. For questions or more information, contact Anne Vandenberg ([alvanden56@gmail.com](mailto:alvanden56@gmail.com)).

## **SHROVE TUESDAY AT ST. TIM'S**

Join us in **Henry Hall on February 17th from 6 - 7:30pm** for pancakes, sausage links, pork, turkey, coffee, apple juice and more! We ask if you plan to attend, to please put your name and the number attending on the sign-up sheet in Henry Hall or by scanning the QR code in this week's eNews.