



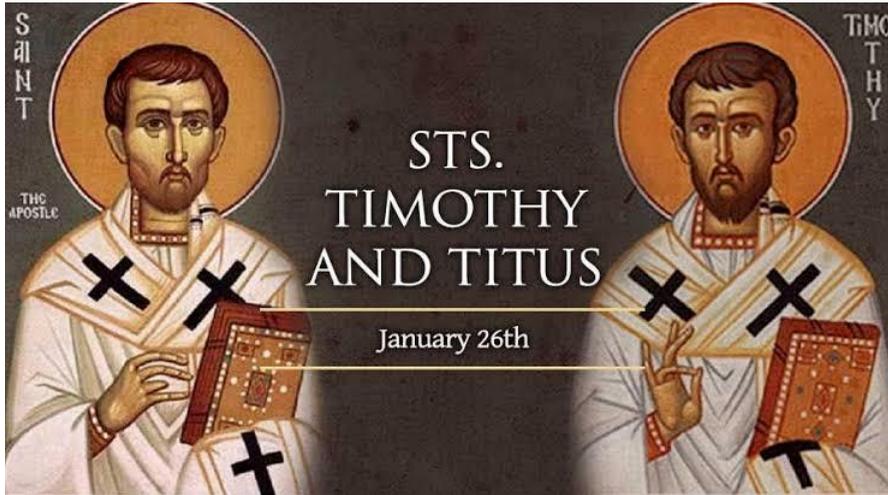
ST. TIMOTHY'S EPISCOPAL
EST. HERNDON, VA • 1868

432 Van Buren Street
Herndon, VA 20170
p: 703-437-3790
www.saint-timothys.org

Sunday, February 1, 2026

Fourth Sunday after the Epiphany

8 am



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.

The Rev. Charles R. Cowherd , Rector (x12)	priest@saint-timothys.org
The Rev. Philene Ware Dunn , Interim Latino Supply Priest	pwaredunn@cox.net
Ms. Ellie Singer , Senior Seminarian	esinger@vts.edu
Ms. Marie Esther Duvert , Seminarian	mduvert@vts.edu
Deb Angerman , Bookkeeper (x13)	bookkeeper@saint-timothys.org
Julio Cuellar , Latino Service Musician	juliocuellarmusic@yahoo.com
Todd Grivetti , Organist/Choirmaster (x16)	music@saint-timothys.org
Allyson Showalter , Preschool Director (x14)	sttimotheypreschool432@gmail.com
Debbie Stolar , Parish Administrator (x10)	office@saint-timothys.org

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.

For those with little ones, there are rocking chairs located at the back of the sanctuary 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 and wine will be offered (or a rice wafer/separate chalice for those allergic to wheat/ gluten intolerant). If you do not wish to receive communion, we invite you to come forward for a blessing. Please indicate that by pacing your arms across your chest.

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

At the tolling of the bell, please stand.

Opening Acclamation and Collect for Purity (BCP 323)

Celebrant: Blessed be God, Father, Son, and Holy Spirit.

People: And blessed be his kingdom, now and 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.**

Gloria (BCP 324)

**All: Glory be to God on high,
and on earth peace, good will towards men.
We praise thee, we bless thee,**

we worship thee,
we glorify thee,
we give thee thanks to thee for thy great glory,
O Lord God, heavenly King, God the Father Almighty.
O Lord, the only-begotten Son, Jesus Christ;
O Lord God, Lamb of God, Son of the Father,
that takest away the sins of the world,
have mercy upon us.
Thou that takest away the sins of the world,
receive our prayer.
Thou that sittest at the right hand of God the Father,
have mercy upon us.
For thou only art holy;
thou only art the Lord;
thou only, O Christ,
with the Holy Ghost,
art most high in the glory of God the Father. Amen.

The Collect for the Day (BCP 163)

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: Almighty God, who called Timothy to be an evangelist and teacher, and made him strong to endure hardship: Strengthen us to stand fast in adversity, and to live godly and righteous lives 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 (Read responsively)

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.

Holy Gospel: John 10:1-10

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

People: Glory be to thee, O Lord.

“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 be to thee, O Christ.

Please be seated.

Sermon

Ellie Singer

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

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.**

Please stand

Confession of Sin (BCP 331)

Celebrant: Let us humbly confess our sins unto Almighty God:

People: **Most merciful God,
we confess that we have sinned against thee
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved thee with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of thy Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in thy will,
and walk in thy ways,
to the glory of thy Name. 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: This is a true saying, and worthy of all men to be received, that Christ Jesus came into the world to save sinners. *1 Timothy 1:15*

Please stand

The Peace (BCP 332)

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

People: And with thy spirit.

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 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. Who in the obedience of thy saints hast given us an example of righteousness, and in their eternal joy a glorious pledge of the hope of our calling. 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 341)

All: Holy, holy, holy, Lord God of Hosts:

Heaven and earth are full of thy glory.

Glory be to thee, O Lord Most High.

Blessed is He that cometh in the name of the Lord.

Hosanna in the highest.

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, he brake 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: Alleluia. Christ our Passover is sacrificed for us.

People: **Therefore let us keep the feast. Alleluia.**

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

Post-Communion 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: 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.**

Please stand.

Dismissal (BCP 340)

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

People: Thanks be to God. Alleluia, alleluia.

PRAYER LIST

(Please email 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 Español – 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

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 10th

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).

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.

ST. TIMOTHY'S PRE-SCHOOL 2026 - 2027 REGISTRATION

January 12: Registration begins for currently enrolled families

January 20: Registration begins for church members and alumni families

January 26: Registration begins for new families

Contact sttimothypreschool432@gmail.com or 703-437-4767 for more information.