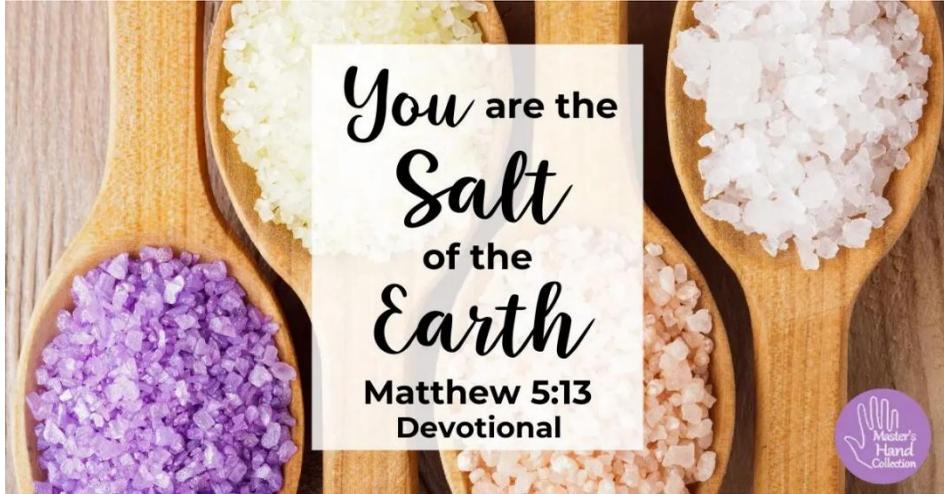




Sunday, February 8, 2026

Fifth 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)	sttimothypreschool432@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 – Rob Huizar (2027)

Jr. Warden – Wanda Rixon (2028)

Christine Cozza (2029)

Terry Dominiak (alternate)

Johnny Ellis (2028)

Varun Lal (2029)

John McGrath (2028)

Gene Mechling (2029)

Sharon Nachman (alternate)

Matt Schumann (2027)

Rick Wilson (2027)

Trustees

Tom McLenigan

†Keith Sinclair

Deke Smith

*Flowers are given by Julie Gray Roller
in memory of Rex Roller and our anniversary*

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 164)

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: Set us free, O God, from the bondage of our sins and give us, we beseech thee, the liberty of that abundant life which thou hast manifested to us in thy Son our Savior Jesus Christ; who liveth and reigneth with thee, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

The Lessons

A Reading from Isaiah 58:1-9a

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practiced righteousness and did not forsake the ordinance of their God; they ask of me righteous judgments, they delight to draw near to God. "Why do we fast, but you do not see? Why humble ourselves, but you do not notice?" Look, you serve your own interest on your fast day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard

on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 112:1-10 (Read responsively)

1 Hallelujah! Happy are they who fear the Lord *

and have great delight in his commandments!

2 Their descendants will be mighty in the land; *

the generation of the upright will be blessed.

3 Wealth and riches will be in their house, *

and their righteousness will last for ever.

4 Light shines in the darkness for the upright; *

the righteous are merciful and full of compassion.

5 It is good for them to be generous in lending *

and to manage their affairs with justice.

6 For they will never be shaken; *

the righteous will be kept in everlasting remembrance.

7 They will not be afraid of any evil rumors; *

their heart is right; they put their trust in the Lord.

8 Their heart is established and will not shrink, *

until they see their desire upon their enemies.

9 They have given freely to the poor, *

and their righteousness stands fast for ever; they will hold up their head with honor.

10 The wicked will see it and be angry; they will gnash their teeth and pine away; *

the desires of the wicked will perish.

A Reading from 1 Corinthians 2:1-12

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, "What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him"—these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

Reader: The Word of the Lord.

People: Thanks be to God.

Please stand.

Holy Gospel: Matthew 5:13-20

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

People: Glory be to thee, O Lord.

Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. "You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. "Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

Celebrant: The Gospel of the Lord.

People: Praise be to thee, O Christ.

Please be seated.

Sermon

Marie Esther Duvert

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. Because in the mystery of the Word made flesh, thou hast caused a new light to shine in our hearts, to give the knowledge of thy glory in the face of thy Son Jesus Christ our Lord. 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: Kai, Dustin Blake Hamilton, Vicki Beerman (Belinda Collins' cousin), Celestina Johnson (Barbara Johnson's mother), Dan Nichols

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

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 8

- 8:00 AM Rite I Holy Eucharist – Sanctuary
- 9:00 AM Sunday Adult Forum – Henry Hall/Livestream
- 9:15 AM Adult Choir Warm-up – Music Room
- 10:00 AM Rite II Holy Eucharist – Sanctuary/Livestream
- 11:00 AM Women of St. Timothy's Meeting – Conference Rm.

Monday, February 9

- 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, February 10

- 9:30 AM Staff Meeting – Conference Room
- 7:00 PM "A Taste of New Orleans" – Henry Hall

Wednesday, February 11

- 4:00 PM DanceWorx – Narthex
- 6:30 PM Worship Committee – Zoom
- 7:00 PM Social Justice Ministry Meeting – CR.

Thursday, February 12

- 7:00 PM Choir Rehearsal – Music Rm./Sanctuary
- 7:00 PM Freedom from Debt

Friday, February 13

No Events

Saturday, February 14

- 9:00 AM Altar Guild Set-Up – Sanctuary
- 7:00 PM La Santa Misa – Sanctuary

SEMIQUINCENTENNIAL LECTURE #1 – Today!

As the United States celebrates its 250th birthday this year, Charles+ will offer a series of talks throughout the year that take a look at the intersection between faith and our nation's history. The first will take place this Sunday in **Henry Hall at 9 am** and is also available via livestream.

HAITI AGAPE – Today!

This Sunday we kick off our three-week Hope for Haiti Agape to raise funds for St. Mathieu's Episcopal School in Chapoteau Haiti. Today you will be hearing a message about our history with Haiti, how this important work started and the work of the Episcopal Diocese of Haiti and its 250 rural schools. On **February 22nd**, our seminarian Marie Esther Duvert, a native of Haiti, will share her story and on **February 15th**, we expect to broadcast a special message from Pr. Kesner Gracia, the Priest in Charge at St. Mathieu's. Check in Henry Hall for video presentations from past mission trips, photos and a taste of Haitian chocolate!

SAVE THE DATE: A Taste of New Orleans – February 10th at 6:30 pm

Cocktails and small plates. Come out and join us for a fun and informative evening. Presented by the Generations Ministry.

SUNDAY ADULT FORUM: “The Psychology and Spirituality of St. Paul”

Join us in person or by Livestream at 9 am for the 5-week series, “The Psychology and Spirituality of St. Paul, led by parishioner Ron Boggio. Unlike Jesus, whom we know through the Gospel writers, Paul's letters allow us to examine his development of Christian thought in his own words. This provides unique insight into his psychology, spirituality, and theology. The series begins **February 15th** and runs through **March 22nd**.

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 Cornerstones. 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 - 7:30 pm** 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

Preschool registrations are now open in NOVA. Please email sttimothypreschool432@gmail.com or call the office if you are interested in a tour or learning more about the preschool.