



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

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

Sunday, March 1, 2026

Second Sunday in Lent

8 & 10 am



stock.adobe.com

Weekly Services:

Sunday, 8:00 am	Holy Eucharist Rite I, spoken
Sunday, 10:00 am	Holy Eucharist Rite I (during Lent) 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-timothis.org
The Rev. Philene Ware Dunn , Interim Latino Supply Priest	pwardunn@cox.net
Ms. Ellie Singer , Senior Seminarian	esinger@vts.edu
Ms. Marie Esther Duvert , Seminarian	mduvert@vts.edu
Deb Angerman , Bookkeeper (x13)	bookkeeper@saint-timothis.org
Julio Cuellar , Latino Service Musician	juliocuellarmusic@yahoo.com
Todd Grivetti , Organist/Choirmaster (x16)	music@saint-timothis.org
Allyson Showalter , Preschool Director (x14)	sttimothispreschool432@gmail.com
Debbie Stolar , Parish Administrator (x10)	office@saint-timothis.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.

At 10 am 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.

HOLY EUCHARIST - Rite I

The Word of God

Prelude

We Pray Now to the Holy Spirit

Dietrich Buxtehude

At the tolling of the bell, all stand.

Opening Hymn (401)

The God of Abraham Praise

Leoni

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 (WLP 835) ~ 8 am spoken / 10 am sung

Kyrie eleison

Don Pearson

Celebrant: Lord, have mercy upon us.

People: Christ, have mercy upon us.

Celebrant: Lord, have mercy upon us.

The Collect for the Day (BCP 166) – At 10 am children may head downstairs after this reading.

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from thy ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of thy Word, Jesus Christ thy Son; who with thee and the Holy Spirit liveth and reigneth, one God, for ever and ever. **Amen.**

Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Reader: The Word of the Lord.

People: Thanks be to God.

Please stand as you are able.

Sequence Hymn (634)

I Call on Thee, Lord Jesus Christ

Ich ruf zu dir

Holy Gospel: John 3:1-17

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

People: Glory be to thee, O Lord.

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things? “Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of

Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. “Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

Reader: The Gospel of the Lord.

People: **Praise be to thee, O Christ.**

Please be seated.

Sermon

The Rev. Charles R. Cowherd

Please stand as you are able.

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 kneel, or stand, as you are able.

The Prayers of the People

Leader: O God, in this Lenten Season and always, you are our God; eagerly we seek you, as in a barren and dry land where there is no water. Guide us with your mighty hand and outstretched arm.

Leader: Jesus Christ, Son of God,

People: Guide us in wisdom.

Guide us in truth.

Guide us in love.

Leader: We pray for your church throughout the world, for the Anglican Communion, for The Episcopal Church and for St. Timothy's.

People: **With Christ as the rock beneath our feet and our citizenship assured in heaven, help us who bear your name to live with integrity, bringing forth fruit to nourish this hungry world.**

Leader: We pray for this nation and for all the nations of your world.

People: Wherever we are living in righteousness, strengthen us; wherever we have lost our way, guide us and make us repentant that we may find the way we should go.

Leader: We pray for your world that is fractured by greed and fear, and by privilege and discrimination.

People Through your Christ make us one with yourself, not counting our trespasses, but grafting us to your gospel of reconciliation that we, your image bearers, might be transformed into the righteousness of God.

Leader: We pray for this town of Herndon and all who have made this their home;

People: Create in us a spirit of true community where we, like you, would seek one another's safety and nurture, as a hen who gathers her brood under the shadow of her wing.

Leader: We pray for our family, friends and neighbors who are laboring beneath burdens too heavy to bear: for refugees and immigrants, for those without homes or adequate employment, for respectable households concealing domestic violence or addiction; for those unjustly detained and for all the oppressed.

People: **Merciful God, join our eyes, our hearts and our hands to yours, that together we may provide them a way out and give them strength to endure.**

Leader: We pray for all those who have asked us to pray:
For whom else shall we pray?

*(Pause- the **People** add their own prayers either silently or aloud)*

People: **Forge for them a way through the wilderness; be for them a river in the desert.**

Leader: We pray for those who have died,

People: **May everything that has passed away be gathered into Christ's new creation, that all may see your goodness in the land of the living.**

Celebrant: Gracious God, our refuge and stronghold, the God in whom we put our trust; guide your people through our Lenten wilderness, have mercy on us and answer us as we call, though Christ the Lord of all, who is generous to everyone who calls upon him. **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 hone 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 as you are able.

The Peace (BCP 332)

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

People: **And with thy spirit.**

Please be seated.

Welcome & Announcements

Offertory Prayer

All: If thou bring thy gift to the altar, and there rememberest that thy brother hath aught against thee, leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

~Matthew 5:23,24

The Offering

Choral Anthem

God So Loved the World

John Stainer

(John 3:16)

Please stand as you are able.

Presentation Hymn

Praise God, From Whom All Blessings Flow

Erhalt uns, Herr



Praise God, from whom all_ bless-ings flow; praise him, all crea-tures here be - low;



praise him a - bove, ye heaven-ly host: praise Fa - ther, Son, and Ho - ly Ghost.

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,

Sanctus ~ 8 am spoken / 10 am sung *Hoby, Hoby, Holy Lord* Land of Rest
(WLP 858)

**People: Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.
Hosanna in the highest.**

Please kneel, or stand, 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 bread is broken. Silence is kept.

Fraction ~ 8 am spoken / 10 am sung

Anthem (S 169)

My Flesh is Food Indeed

Ray W. Urwin

Celebrant: Christ our Passover is sacrificed for us;

People: Therefore let us keep the feast.

The Administration of Communion

Communion Hymn (688)

I to the Hills Will Lift Mine Eyes

Burford

Please kneel, or stand, as you are 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: Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through Christ our Lord. **Amen.**

Closing Hymn (473)

Lift High the Cross

Crucifier

Please stand as you are able.

Dismissal (BCP 340)

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

People: **Thanks be to God.**

Postlude

Crucifier

John Leavitt

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PRAYER LIST:

(Please email careteam@saint-timothys.org with any prayer concerns.)

Rest of the Soul: Dan Nichols, Terry Arndt, Dahl Frederics

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, Vera Rideout, William Savage, Richard Williams (lung cancer), David Manser, Linda H.

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, Tootie Cornwell, Lang Tran

THIS WEEK at ST. TIMOTHY'S

Sunday, March 1

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

Monday, March 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, March 3

- 9:30 AM Staff Meeting – Conference Room

Wednesday, March 4

- 10:00 AM Hablamos Español - Conference Rm.
- 12:15 PM Healing Eucharist Service – Sanctuary
- 1:00 PM Shawl Ministry Meeting - Narthex
- 4:00 PM DanceWorx – Narthex

Thursday, March 5

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

Friday, March 6

No Events

Saturday, March 7

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

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

SUNDAY ADULT FORUM: Today!

Join us in person in **Henry Hall** or by **Livestream** at **9 am** for the third Sunday of our 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. After today the series will take a one-week break, then resume on March 15th.

LENTEN HEALING EUCHARISTS – 12:15 pm

Please join us in the Sanctuary, February 25th – April 1st for the Wednesday Healing Eucharists. In this semiquincentennial (250th) year of our nation’s founding, we will celebrate the feast day of a different “American” saint. Last Wednesday was Elizabeth Seton, and this coming Wednesday will be John and Charles Wesley.



Easter Flowers Dedications

Would you like to donate for an Easter Flower to be displayed in our sanctuary? If you wish, you may dedicate the flower to a friend or loved one.

Please contact the church by phone or at office@saint-timothys.org by March 23rd with your special dedication. Mark your check, Easter Flowers. Please note, that in deference to those with allergies, there will not be Easter lilies in the sanctuary. Flowers/plants may be picked up in the Narthex after the April 12th service.

Decorate the Church

The Altar Guild will be decorating the Sanctuary for Easter services on April 4th at 9 AM until completed. The Altar Guild welcomes anyone who wishes to help and enjoy some fellowship. Don't have time but still want to help? Please consider making a donation for Easter flowers. For more information contact altarguild@saint-timothys.org.





Service Ministry

Lenten Outreach 2026

This year, St. Timothy's Lenten Outreach is partnering up with “**She Believes in Me**”, a non-profit started in 2018 and based in Herndon. The mission's purpose is to inspire and empower our community by providing life skills, emotional support, and resources to vulnerable children and their families in Herndon and the surrounding areas.

Throughout March, you will be hearing about the organization and then, please join us **March 29th, at 11:30 am, in Henry Hall** to help assemble 50 Easter baskets for children in need in our community. We will also be looking for donations of the treats and toys to fill the baskets. This sign up sheet for these donations will be located in Henry Hall starting the weekend of March 7th. For questions please email service@saint-timothys.org.

Once again, thanks to St. Timothy's for *putting your faith to work* to serve our neighbors.



Tree-mendous adventure awaits!

St. Tim's would like to invite you to our 2026 Vacation Bible School: July 27 - Friday July 31. VBS will be open to ages 4 to rising 5th grades and run from 9am to 12pm. (Cost: \$50 per child w/ scholarships available). In a change from last year, the afternoons (12pm to 4pm) will be run by trusted teenagers (\$100 per child). Save the date now. Volunteers registrations will be available soon.

Scan the **QR code** to
Register your camper.



DIOCESAN DISCIPLESHIP DAY

AT ST. TIMOTHY'S EPISCOPAL CHURCH, HERNDON, VA

Next Sunday, March 8th, we are blessed to welcome two members of the Bishop's staff to hear about Diocese-wide programs related to discipleship.

The Reverend Canon Ricardo Sheppard, Canon for Discipleship, will **preach at both Sunday services** while Ricardo+ and Greg Randall, Director of Shrine Mont Camps, and Tyler Henderson, Pathways to Prayer and Practice Grant Director, will lead our Sunday Adult Forum (9 AM in Henry Hall and via livestream) with the following title: **"From Hearers to Doers: Discipleship Across Generations"**

This forum will explore what it means to be disciples of Jesus across all ages, children, youth, and adults. Grounded in James 1:22, we will reflect on how we move from simply hearing God's Word to living it out in daily life. Together we'll share stories, engage in conversation, and commit to practical steps for being "doers of the Word."



BISHOP STEVENSON CALLS NEXT
DIRECTOR OF SHRINE MONT CAMPS

Mr. Greg Randall



BISHOP STEVENSON CALLS
CANON FOR DISCIPLESHIP
THE REV. RICARDO SHEPPARD