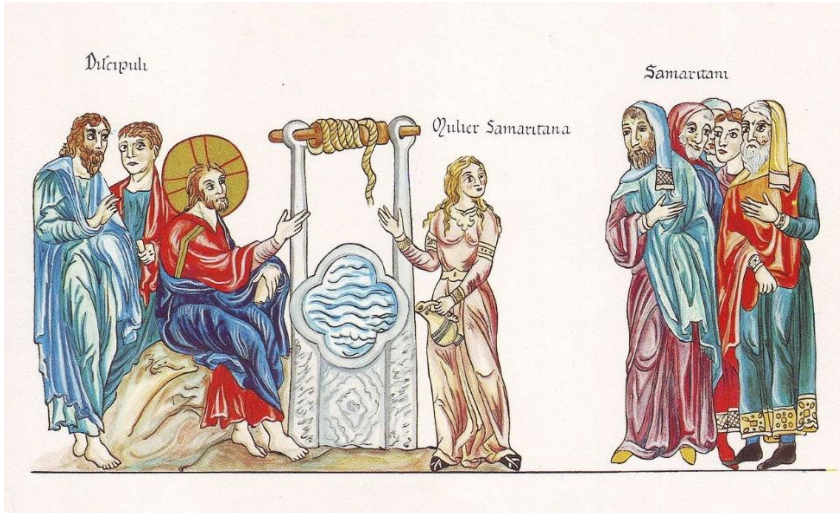




Sunday, March 8, 2026

*Third Sunday in Lent*

8 & 10 am



*liturgytools.net*

### 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.*

<b>The Rev. Charles R. Cowherd</b> , Rector (x12)	priest@saint-timothys.org
<b>The Rev. Philene Ware Dunn</b> , Interim Latino Supply Priest	pwaredunn@cox.net
<b>Ms. Ellie Singer</b> , Senior Seminarian	esinger@vts.edu
<b>Ms. Marie Esther Duvert</b> , Seminarian	mduvert@vts.edu
<b>Deb Angerman</b> , Bookkeeper (x13)	bookkeeper@saint-timothys.org
<b>Julio Cuellar</b> , Latino Service Musician	juliocuellarmusic@yahoo.com
<b>Todd Grivetti</b> , Organist/Choirmaster (x16)	music@saint-timothys.org
<b>Allyson Showalter</b> , Preschool Director (x14)	sttimothypreschool432@gmail.com
<b>Debbie Stolar</b> , 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.

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

*Vocalise*

Daniel Gawthrop

*At the tolling of the bell, all stand.*

### Opening Hymn (690)

*Guide Me, O Thou Great Jehovah*

Cwm Rhondda

### 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)

*Lord, Have Mercy*

Don Pearson

(8 am) Celebrant: Lord, have mercy upon us. (10 am sung) **Lord, have mercy.**

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

Celebrant: Lord, have mercy upon us. **Lord, have mercy.**

### The Collect for the Day (BCP 167) – *At 10 am, children may head downstairs after this reading.*

Celebrant: The Lord be with you.

**People: And with thy spirit.**

Celebrant: Almighty God, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all

adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

*Please be seated.*

## **The Lessons**

### **A Reading from Exodus 17:1-7**

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

Reader:           The Word of the Lord.

People:           **Thanks be to God.**

### **Psalms 95 ~ 8 am spoken / 10 am sung, both by the half verse**

James Frazier

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



- 1 Come, let us sing to the Lord; \*  
let us shout for joy to the Rock of our salvation.
- 2 Let us come before his presence with thanksgiving \*  
and raise a loud shout to him with psalms.
- 3 For the Lord is a great God, \*  
and a great King above all gods.
- 4 In his hand are the caverns of the earth, \*  
and the heights of the hills are his also.



- 5 The sea is his, for he made it, \*  
and his hands have molded the dry land.
- 6 Come let us bow down, and bend the knee, \*  
and kneel before the Lord our Maker.
- 7 For he is our God, and we are the people of his pasture and the sheep of his hand. \*  
Oh, that today you would hearken to his voice!
- 8 Harden not your hearts, as your forebears did in the wilderness, \*  
at Meribah, and on that day at Massah, when they tempted me.
- 9 They put me to the test, \*  
though they had seen my works.
- 10 Forty years long I detested that generation and said, \*  
"This people are wayward in their hearts; they do not know my ways."
- || 11 So I swore in my wrath, \*  
"They shall not enter into my rest."

### **A Reading from Romans 5:1-11**

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Reader: The Word of the Lord.

People: **Thanks be to God.**

*Please stand as you are able.*

**Holy Gospel: John 4:5-42**

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

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

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water." Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you." Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him. Meanwhile the disciples were urging him, "Rabbi, eat something." But he said to them, "I have food to eat that you do not know about." So the disciples said to one

another, “Surely no one has brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest?’ But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.” Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

Reader: The Gospel of the Lord.

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

*Please be seated.*

**Sermon**

The Rev. Ricardo Sheppard

*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 (BCP 328)**

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 the honor and glory of thy Name;  
through Jesus Christ, our Lord. Amen.

### **Absolution (BCP 332)**

Celebrant: Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

Celebrant: If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the perfect offering for our sins, and not for ours only, but for the sins of the whole world.  
*(1 John 2:1-2)*

*Please stand 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**

Celebrant: 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**

*Like as the Hart Desireth the Waterbrooks*

Herbert Howells

Text from Psalm 42: 1-3

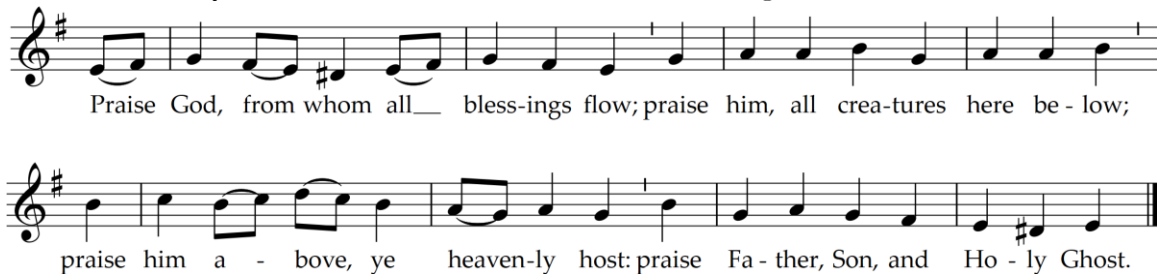
(1892-1983)

*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 (WLP 858)

*Holy, Holy, Holy Lord*

Land of Rest

**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 Anthem (S 169)**

*My Flesh is Food Indeed*

Ray W. Urwin

(8am) Celebrant: Christ our Passover is sacrificed for us;   (10 am sung response):

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

**My flesh is food, indeed,  
And my blood is drink indeed,  
Says the Lord.**

## The Administration of Communion

### Communion Hymn (692)

*I Heard the Voice of Jesus Say*

The Third Tune

*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 (699)

*Jesus, Lover of My Soul*

Aberystwyth

*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

*Aberystwyth*

Ashley Grote

*Music inserts used by permission. One License A-740942*

# PRAYER LIST:

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

**Rest of the Soul:** Terry Arndt, Dahl Frederics, Andrew Mechling (brother of Gene Mechling), Dora Berthe Ebobisse (mother of Eugene Nkomba), Sincere Allah (friend of Jennifer Boysko)

**Health:** Peter Hwoschinsky, Melissa Druitt (concussion/vision), Karen Nichols (cancer), Bill Nichols (heart disease), Weldon Showalter, Sr. (father of Jim Showalter), Belinda Collins (back surgery), Sarah Daly (mother of Sarah Daly), Walter Hinostraza (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 8

- 8:00 AM Rite I Holy Eucharist – Sanctuary
- 9:15 AM Adult Choir Warm-up – Music Room
- 10:00 AM Rite I Holy Eucharist – Sanctuary/Livestream
- 11:30 AM Haiti Ministry Meeting – Conference Room

### Monday, March 9

- 12:15 PM Step into Recovery – AA
- 7:00 PM Hope For Today – Al Anon
- 7:30 PM Service Ministry Meeting – Conference Rm.
- 8:30 PM Monday Night Milkshake Group – AA

### Tuesday, March 10

- 9:30 AM Staff Meeting – Conference Room

### Wednesday, March 11

- 12:15 PM Healing Eucharist Service – Sanctuary
- 4:00 PM DanceWorx – Narthex
- 6:30 PM Worship Committee Meeting – Zoom
- 7:00 PM Social Justice Ministry Meeting Cf. Rm.

### Thursday, March 12

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

### Friday, March 13

No Events

### Saturday, March 14

- 9:00 AM Altar Guild Set-Up – Sanctuary
- 12:00 PM Andy Keathley Memorial Service – Henry Hall
- 7:00 PM La Santa Misa – Sanctuary

## Vestry

**Sr. Warden** – Rob Huizar (2027)

Christine Cozza (2029)

Varun Lal (2029)

Sharon Nachman (alternate)

Terry Dominiak (alternate)

John McGrath (2028)

Matt Schumann (2027)

**Jr. Warden** – Wanda Rixon (2028)

Johnny Ellis (2028)

Gene Mechling (2029)

Rick Wilson (2027)

## Trustees

Tom McLenigan

†Keith Sinclair

Deke Smith

# DIOCESAN DISCIPLESHIP DAY

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

**This Sunday, March 8th**, we are blessed to welcome three 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 exploring 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**



## 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](mailto: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](mailto: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](mailto:service@saint-timothys.org).

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



## Easter Egg Stuffing Party


Join us on **March 29th** after the **10 am service, in Henry Hall** to stuff the plastic eggs with candies for the upcoming Easter Egg Hunt on **April 5th**.

We are looking for donations of bags of candy for this event. You may bring them with you that day or drop them off at the church during office hours or Sunday morning.

**Questions: Contact the church office at [office@saint-timothys.org](mailto:office@saint-timothys.org).**



## **EASTER EGG HUNT**

 **APRIL 5TH**

St. Timothy's will have a Easter Egg Hunt immediately after the 10 am service on Easter Sunday. All children 12 and under are invited to participate. Please bring a basket (or other container) and meet at the Narthex. If you have any questions or would like to volunteer, especially our teens, please email the church office at [office@saint-timothys.org](mailto:office@saint-timothys.org).

 [www.saint-timothys.org](http://www.saint-timothys.org)



SEMIQUINCENTENNIAL  
LECTURE #2



As the United States celebrates its 250<sup>th</sup> 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 second will take place on Sunday March 29th, 2026 in Henry Hall at 9 AM, also available via livestream

MAUNDY  
THURSDAY  
SOUP SUPPER

Please join us for a quiet and contemplative supper hosted by The Generations Ministry on Maundy Thursday, **April 2 at 6 pm.**

In **Henry Hall**, will share a simple meal of international origin, comprised of meatless soup, fresh bread, cheeses, olives and wine. After supper we will proceed to the Sanctuary for the Maundy Thursday service.

The ministry is looking for volunteers to make soups, along with a short description of its background and the recipe details.

There is a sign up sheet in Henry Hall for those who can attend and help out with soups. If you have any questions, please email [generations@saint-timothys.org](mailto:generations@saint-timothys.org).



**H O L Y**

**JOIN US FOR CHURCH SERVICES**  
IN PERSON OR LIVESTREAM

**3.29.26 | 4.1.26 | 4.2.26 | 4.3.26 | 4.5.26**

<b>Palm Sunday</b> 8 & 10 PM	<b>Healing Eucharist</b> 12:15 PM	<b>Maundy Thursday</b> 7:00 PM	<b>Good Friday</b> 7:00 PM	<b>Easter Sunday</b> 8 & 10 AM
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**W E E K**