



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

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

Sunday, June 19, 2022

*Second Sunday after Pentecost*

8 a.m.



**Weekly Services:**

Sunday, 8:00 a.m.	Holy Eucharist Rite I, spoken
Sunday, 10:00 a.m.	Holy Eucharist with Choir (Godly Play for ages 3–9 in Rm. B-1)
Sábado, 7:00 p.m.	Santa Eucaristía Rito II, en español

**Saint Timothy's Mission Statement**

**SAINT TIMOTHY'S MISSION IS TO RESTORE ALL PEOPLE  
TO UNITY WITH GOD AND EACH OTHER IN CHRIST.**

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## Information For Our First-Time Guests

We invite you to fill out a Welcome Card which can be found 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.

All children are welcome to stay with parents in the Sanctuary during worship. For your convenience, there are two rocking chairs located at the back of the sanctuary to help soothe fussy children. Please feel free to use them when needed. If you prefer, the Toddler Room at the end of the hall to the right outside the Sanctuary also has rockers and a few small toys you are welcome to use.

We invite you to share in the Sacrament of Holy Communion. To receive, come forward and accept the bread. If you are allergic to wheat or are gluten intolerant, please ask the person serving bread to give you a rice wafer.

If you do not wish to receive Holy Communion, we invite you to come forward for a blessing during Holy Communion. Place your arms across your chest to signify your desire for a blessing.

### Staff

*Summer church office hours are 9:00 AM to 3:00 PM **Tuesday** through Friday.*

**The Rev. Charles R. Cowherd**, Priest-in-Charge (x12)

[priest@saint-timothys.org](mailto:priest@saint-timothys.org)

**The Rev. Franklin Morales**, Spanish Service Priest

[franklinmoracas@gmail.com](mailto:franklinmoracas@gmail.com)

**Deb Angerman**, Bookkeeper (x13)

[bookkeeper@saint-timothys.org](mailto:bookkeeper@saint-timothys.org)

**Julio Cuellar**, Spanish Service Music Director

[juliocuellarmusic@yahoo.com](mailto:juliocuellarmusic@yahoo.com)

**Todd Grivetti**, Organist/Choirmaster (x16)

[music@saint-timothys.org](mailto:music@saint-timothys.org)

**Allyson Showalter**, Acting Preschool Director (x14)

[sttimothypreschool432@gmail.com](mailto:sttimothypreschool432@gmail.com)

### Vestry

**Co-Sr. Warden** – Betsy Bosworth (2025)

**Co-Sr. Warden** – Carolyn Hamm (2025)

**Jr. Warden** – Maria LaWalt (2025)

Tom Davis (2024)

David Dopsovic (2024)

Tatiana Martinez (2023)

Hugh Masters (Alt – 2023)

Kristie Rudolph (2025)

Ralph Tildon (2023)

Paige Williamson (2024)

### Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

*This Sunday's Altar Flowers are given in thanksgiving for Rex Roller's Birthday  
by Julie Gray-Roller, Cynthia Roller-Cook, and Jeremy Cook*

## Second Sunday after Pentecost

Holy Eucharist: Rite I

### The Word of God

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

#### Opening Acclamation (BCP 323)

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

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

#### The Collect for Purity (BCP 323)

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.**

#### Trisagion (BCP 324)

Celebrant: Holy God,  
Holy and Mighty,  
Holy Immortal One,

People: **Have mercy upon us.**

#### The Collect for the Day (BCP 178)

Celebrant: The Lord be with you.

People: **And with thy spirit.**

Celebrant: O Lord, we beseech thee, make us to have a perpetual fear and love of thy holy Name, for thou never failest to help and govern those whom thou hast set upon the sure foundation of thy loving-kindness; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

#### The Lessons

##### A Reading from 1st Kings 19:1-4, 8-15a

Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me, and more also, if I do not make your life like the life of one of them by this time tomorrow." Then he was afraid; he got up and fled for his life, and came to Beer-sheba, which belongs to Judah; he left his servant there.

But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O Lord, take away my life, for I am no

better than my ancestors." He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God. At that place he came to a cave, and spent the night there.

Then the word of the Lord came to him, saying, "What are you doing here, Elijah?" He answered, "I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away."

He said, "Go out and stand on the mountain before the Lord, for the Lord is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, "What are you doing here, Elijah?" He answered, "I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." Then the Lord said to him, "Go, return on your way to the wilderness of Damascus."

Reader:           The Word of the Lord.

People:           **Thanks be to God.**

### **Psalm 43 (Read responsively)**

1 Give judgment for me, O God,  
and defend my cause against an ungodly people; \*  
**deliver me from the deceitful and the wicked.**

2 For you are the God of my strength;  
why have you put me from you? \*  
**and why do I go so heavily while the enemy oppresses me?**

3 Send out your light and your truth, that they may lead me, \*  
**and bring me to your holy hill and to your dwelling;**

4 That I may go to the altar of God,  
to the God of my joy and gladness; \*  
**and on the harp I will give thanks to you, O God my God.**

5 Why are you so full of heaviness, O my soul? \*  
**and why are you so disquieted within me?**

6 Put your trust in God; \*  
**for I will yet give thanks to him,  
who is the help of my countenance, and my God.**

### **A Reading from Galatians 3:23-29**

Now before faith came, we were imprisoned and guarded under the law until faith would be revealed. Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. But now that faith has come, we are no longer subject to a disciplinarian, for in Christ Jesus you are all children of God through faith. As many of you as were baptized into Christ have clothed yourselves with Christ. There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. And if you belong to Christ, then you are Abraham's offspring, heirs according to the promise.

Reader: The Word of the Lord.

**People: Thanks be to God.**

*Please stand.*

### **Holy Gospel: Luke 8:26-39**

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

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

Jesus and his disciples arrived at the country of the Gerasenes, which is opposite Galilee. As he stepped out on land, a man of the city who had demons met him. For a long time he had worn no clothes, and he did not live in a house but in the tombs. When he saw Jesus, he fell down before him and shouted at the top of his voice, "What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me" -- for Jesus had commanded the unclean spirit to come out of the man. (For many times it had seized him; he was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the demon into the wilds.) Jesus then asked him, "What is your name?" He said, "Legion"; for many demons had entered him. They begged him not to order them to go back into the abyss.

Now there on the hillside a large herd of swine was feeding; and the demons begged Jesus to let them enter these. So he gave them permission. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned.

When the swineherds saw what had happened, they ran off and told it in the city and in the country. Then people came out to see what had happened, and when they came to Jesus, they found the man from whom the demons had gone sitting at the feet of Jesus, clothed and in his right mind. And they

were afraid. Those who had seen it told them how the one who had been possessed by demons had been healed. Then all the people of the surrounding country of the Gerasenes asked Jesus to leave them; for they were seized with great fear. So he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but Jesus sent him away, saying, "Return to your home, and declare how much God has done for you." So he went away, proclaiming throughout the city how much Jesus had done for him.

Celebrant:           The Gospel of the Lord.

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

*Please be seated.*

**Sermon**

The Rev. Charles R. Cowherd

*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 (BCP 328)**

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

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all men: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love. **Amen.**

Give grace, O heavenly Father, to all bishops and other ministers, especially to Michael, Susan, Jennifer, Mark, and Charles, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments. **Amen.**

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life. **Amen.**

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, especially Joe our president, Glenn our governor, and Sheila our mayor, that they may be led to wise decisions and right actions for the welfare and peace of the world. **Amen.**

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty. **Amen.**

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity. **Amen.**

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of Timothy and all thy saints, that with them we may be partakers of thy heavenly kingdom. **Amen.**

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. **Amen.**  
*Please kneel as you are able.*

## **Confession of Sin (BCP 331)** *(said together)*

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.

*Please stand*

## **The Peace (BCP 332)**

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

**People: And with thy spirit.**

*Please be seated.*

## **Welcome & Announcements**

### **The Offering**

*Please stand.*



## The Holy Communion

### The Great Thanksgiving (Prayer I, BCP 333)

Celebrant: The Lord be with you.

**People: And with thy spirit.**

Celebrant: Lift up your hearts.

**People: We lift them to 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 on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. 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 334)

**All: Holy, holy, holy, Lord God of Hosts:  
Heaven and earth are full of thy glory.  
Glory be to thee, O Lord Most High.**

*Stand or kneel, as you are able.*

All glory be to thee, Almighty God, our heavenly Father, for that thou of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of 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 ye all of this; for this is my Blood of the New Testament, 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, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, 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; rendering unto thee most hearty thanks for the innumerable benefits procured

unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord;

By whom, and with 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 has taught us, we are bold to say,

**All:                    Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.**

### **The Fraction (BCP 337)**

Celebrant:            Christ our Passover is sacrificed for us.

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

### **The Invitation (BCP 338)**

Celebrant:            The Gifts of God for the People of God.

### **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.

### **Season of Pentecost Blessing**

**Celebrant:** May the Spirit of truth lead you into all truth, giving you grace to confess that Jesus Christ is Lord, and to proclaim the wonderful works of God; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

*Please stand.*

### **Dismissal (BCP 339)**

**Celebrant:** Let us go forth in the name of Christ.

**People:** **Thanks be to God.**

## **THIS WEEK at ST. TIMOTHY'S**

### **Saturday, June 18**

**9:00 AM Altar Guild Set-Up - Sanctuary**

10:00 AM Overdose Loss Support Group

**4:00 PM Spring Organ + Instruments Recital- Sanctuary**

**7:00 PM Rite II Santa Eucaristia- Sanctuary/ Outside**

### **Sunday, June 19**

**8:00 AM Rite I Holy Eucharist – Sanctuary**

9:00 AM Worship Service for Holy Trinity Parish

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

**10:00 AM Holy Eucharist – Sanctuary + Livestream**

### **Monday, June 20**

12:15 PM Monday Gratitude AA

4:00 PM DanceWorx

7:00 PM Boy Scout Troop 159

7:00 PM Hope Al-Anon

8:30 PM Herndon/Hunters Woods Group AA

### **Tuesday, June 21**

4:00 PM DanceWorx

**7:00 PM Vestry Meeting – Narthex**

**7:30 Latino Ministry Prayer Meeting (off-site)**

### **Wednesday, June 22**

4:00 PM DanceWorx

**5:30 PM Community Engagement Mtg**

8:00 PM New Hopefuls AA

### **Thursday, June 23**

12:15 PM Came to Believe AA

**7:00 PM Choir Rehearsal – Music Room**

### **Friday, June 24**

10:00 AM Friday Gratitude AA

6:30 PM Phoenix Reflections AA

9:30 PM Friday Night Lights AA

## **“RITE WHAT?” Discussion– Sunday. June 26, 9:00 am**

Join us in the sanctuary after the 8:00 am service for a conversation about Rite I, Rite II and everything in between. Coffee will be set up in the Narthex to grab a cup and then we will gather to talk about our liturgy and why we do what we do! All are welcome to join.

## **“THE BIG CLEAN”- ST. TIMOTHY’S SUMMER 2022**

Over the past few years (particularly during COVID), the church has managed to collect a lot of "stuff" in various nooks and crannies of our building. Now we need to launch a rigorous cleanup and cleanout to prepare the church building for future ministry. If you or your ministry have items stored at the church (in the Attic Loft/ bookshelves, Henry Hall, kitchen, storage closets, offices, etc.) please go through them, and discard or donate what you no longer use. Anything remaining must be clearly marked with ministry name, date reviewed, and point of contact name and phone number. **This should be completed by July 17<sup>th</sup> so that cleanup activities can begin.** Stay tuned for further information on opportunities to help.

## **SAVE THE DATE #1- ST. TIMOTHY’S BLOCK PARTY**

Join us for an afternoon of music and food! St. Timothy's is hosting a benefit concert on **Saturday, July 23rd starting at 4:30 pm**, featuring *Big Al's Garage*, a local Herndon band, and food trucks carrying a range of food choices. Bring a blanket, a cooler, and a frisbee!

## **SAVE THE DATE #2- ST. TIMOTHY’S SHRINE MONT WEEKEND**

Our parish will again be headed off to Shrine Mont, this year from **Friday September 16- Sunday September 18, 2022**. Shrine Mont is the Diocese of Virginia’s Conference Center and is located in the Shenandoah Valley. It’s the perfect place for a restful, fun, and spiritually nourishing retreat weekend. Look for signups in the future!

## **WELCOME to our NEW BISHOP-ELECT!**

On Saturday, June 4, 2022, more than 450 lay and clerical delegates gathered at St. Stephen’s and St. Agnes School in Alexandria, VA for a special convention to elect the 14th Bishop Diocesan of the Diocese of Virginia. The delegates elected **the Rev. Canon Mark Stevenson** on the second ballot. Bishop-Elect Mark will be ordained and consecrated a bishop in the Episcopal Church on Saturday, December 3, 2022, in Richmond, VA.

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

**Rest of the Soul:** Greg L. Jeff Leonard (neighbor of Sandy Schanne)

**Health:** Florita, Cameron, USMA Class of 1968.

**Long Term:** Sid, Maryanne, Mabel, David, Chris W., Donna W., Chris, Chuck, Christine Y., Sally