



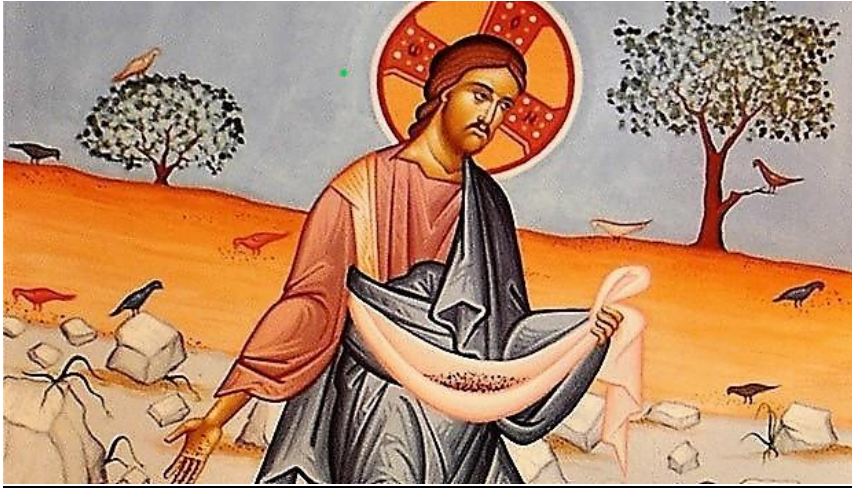
**ST. TIMOTHY'S EPISCOPAL**  
EST. HERNDON, VA • 1868

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

Sunday, July 16, 2023

*Seventh Sunday after Pentecost*

8 a.m.



*Biggatholics.blogspot*

### **Weekly Services:**

Sunday, 8:00 a.m.	Holy Eucharist Rite I, spoken
Sunday, 10:00 a.m.	Holy Eucharist Rite II 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.

## 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.

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 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 placing your arms across your chest.

## Staff

*Church office hours are 9:00 AM to 3:00 PM Monday through Friday.*

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

**Deb Angerman**, Bookkeeper (x13)

**Julio Cuellar**, Latino Service Musician

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

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

**Debbie Stolar**, Parish Administrator (x10)

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

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

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

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

[sttimothyspreschool432@gmail.com](mailto:sttimothyspreschool432@gmail.com)

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

## Vestry

**Sr. Warden** - Maria LaWalt (2025)

Betsy Bosworth (2025)

Carolyn Hamm (2025)

Paige Williamson (2024)

Tom Davis (2024)

Vilma Lemus (2026)

Rick Wilson – Alternate

**Jr. Warden** – Kristie Rudolph (2025)

David Dopsovic (2024)

Matt Schumann - Alternate

Midori Yanagihara (2026)

## Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

*Flowers are given by the Jeanne Bennett  
In memory of my husband Guy William Bennett, III*

# 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.**

## Kyrie (BCP 324)

Celebrant: Lord, have mercy upon us.

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

Celebrant: Lord, have mercy upon us.

## The Collect for the Day (BCP 179)

Celebrant: The Lord be with you.

**People: And with thy spirit.**

Celebrant: O Lord, we beseech thee mercifully to receive the prayers of thy people who call upon thee, and grant that they may both perceive and know what things they ought to do, and also may have grace and power faithfully to fulfill the same; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. **Amen.**

## The Lessons

### A Reading from Genesis 25:19-34

These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the LORD for his wife, because she was barren; and the LORD granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she said, "If it is to be this way, why do I live?" So she went to inquire of the LORD. And the LORD said to her, "Two nations are in your womb, and two peoples born of you shall be divided; the one shall be stronger than the other, the elder shall serve the younger." When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterward his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them. When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob. Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau

said to Jacob, “Let me eat some of that red stuff, for I am famished!” (Therefore he was called Edom.) Jacob said, “First sell me your birthright.” Esau said, “I am about to die; of what use is a birthright to me?” Jacob said, “Swear to me first.” So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

Reader: The Word of the Lord.

People: **Thanks be to God.**

### **Psalm 119:105-112 (Read responsively)**

Lucerna pedibus meis

105 Your word is a lantern to my feet \*  
**and a light upon my path.**

106 I have sworn and am determined \*  
**to keep your righteous judgments.**

107 I am deeply troubled; \*  
**preserve my life, O LORD, according to your word.**

108 Accept, O LORD, the willing tribute of my lips, \*  
**and teach me your judgments.**

109 My life is always in my hand, \*  
**yet I do not forget your law.**

110 The wicked have set a trap for me, \*  
**but I have not strayed from your commandments.**

111 Your decrees are my inheritance for ever; \*  
**truly, they are the joy of my heart.**

112 I have applied my heart to fulfill your statutes \*  
**for ever and to the end.**

### **A Reading from Romans 8:1-11**

There is no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law-- indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you.

Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Reader: The Word of the Lord.

**People: Thanks be to God.**

*Please stand as you are able.*

**Holy Gospel: Matthew 13:1-9, 18-23**

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

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

Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!" "Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

Celebrant: The Gospel of the Lord.

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

**Sermon**

The Rev. Charles R. Cowherd

*Please stand as 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 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, Mark, and Charles, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and and duly administer thy holy Sacraments. **Amen.**

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, 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.**

### **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,**  
**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 way,  
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: Come unto me, all ye that travail and are heavy laden, and I will refresh you.  
*(Matthew 11:28)*

*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 II, BCP 340)**

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 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.**

*Stand or kneel, as you are able.*

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: 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. 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.**

#### **Blessing**

Celebrant: The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst 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.**

## PRAYER LIST:

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

**Rest of the soul:** Jo Lombard (Mother of Kathy Lombard), Máximo Vélez (Father of Daniel Vélez-Rivera+)

**Health:** Jeannie Bates, Christie Donaldson (brain surgery), Clayton Davis (neck & head pain), Topsy, Stephen Eichelberger (health issues due to Agent Orange), Vincent Roque (surgery), Stephanie D. (diverticulosis), Laura W., Jimmy Dowell (Uncle of Michelle Davis), Maryam R. (hit by car), Marcel Jacks (grief), Heather S. (complex health emergency), Teresa A. (heart and other health needs), Diane K. (pulmonary concern), Kathleen Kinsolving (foot surgery), Don Durand (stroke)

**Long Term:** Sid, Maryanne, Chris W., Donna W., Chris, Chuck and Peggy, Christine Y., Sarah (recovering from brain surgery), Brad Rundlett, Catherine Hutcheon (Long Covid), David & Mabel Tettyfio (stroke, arthritis, hip pain), Brian Law, Jane Perry, Caroline Arlington (stroke), AG Miamée (Parkinson's disease & Alzheimers)

**Mission Work:** St. Mathieu's School in Haiti, North Fairfax Region trip to Dungannon

## THIS WEEK at ST. TIMOTHY'S

### Sunday, July 16

8:00 AM Rite I Holy Eucharist – Sanctuary

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

10:00 AM Rite II Holy Eucharist – Sanctuary &

#### Livestream

7:30 PM Serenity Seekers Al Anon – Virtual

### Monday, July 17

12:15 PM Step Into Recovery AA

4:00 PM DanceWorx – Narthex

6:30 PM Boy Scout Troop 159

7:00 PM Hope For Today Al Anon

8:30 PM Monday Night Milkshake Group AA

### Tuesday, July 18

4:00 DanceWorx

### Wednesday, July 19

4:00 PM DanceWorx

6:30 PM Fiance Committee Meeting- ZOOM

7:30 PM Latino Ministry Prayer – Offsite

7:30 PM SA Meeting

8:00 PM New Hopefuls AA

### Thursday, July 20

12:15 PM Came to Believe AA

7:00 PM Debtors Anonymous

### Friday, July 21

10:00 AM Friday Gratitude AA

9:30 PM Friday Night Lights AA

### Saturday, July 22

8:00 AM MOST Breakfast

9:00 AM Altar Guild Set-Up – Sanctuary

7:00 PM Rite II Santa Eucarista - Sanctuary

## **SUPPORT FOR OUR SATURDAY SPANISH-SPEAKING SERVICE**

The departure of Father Franklin Morales was a great loss for St. Tim's but we are fortunate to have the Reverend Philene Ware Dunn, currently serving as our Interim Spanish Supply Priest, while we look for Father Franklin's replacement. Now is a great time to bolster support for our Spanish-speaking members by attending a Saturday service and showing that we are "One St. Timothy's".

To help in this commitment, select an upcoming Saturday to attend through the SignUp Genius link below (although one is always welcome to drop in anytime!):

**<https://www.signupgenius.com/go/10C0C4AAFAA2DABF58-vestry>**.

If you have any question please reach out to the church office.

## **SHRINE MONT RETREAT WEEKEND SIGN-UP AVAILABLE!**

St. Timothy's is headed to Shrine Mont for our retreat weekend on **September 15th-17th, 2023**.

This is a wonderful opportunity to rest, recharge, and renew with your parish family! You can reserve your spot by emailing Rob Huizar, Trip Coordinator, at **[rhuizar@gmail.com](mailto:rhuizar@gmail.com)**.

Please indicate in your email the size of your group, if you prefer single occupancy or double occupancy, as well any dietary or mobility restrictions. Below are the rates for the weekend stay, please know there are scholarships available (as well as day pass [\$30] opportunities):

**Double Occupancy: \$182; Single Occupancy: \$240; Youth 4-13: \$120; Children 0-3: Free!**

In the meantime, check out the Shrine Mont website at **[www.shrinemont.com](http://www.shrinemont.com)** and be on the lookout in the coming weeks for more info about programming, etc.

## **PRESCHOOL SUMMER HOURS**

The preschool office summer hours are Monday – Friday, 9-2:00 p.m. The office will be closed July 10 – 14<sup>th</sup>.

## **THE CLOSET TOY SALE – July 15th**

Preparation for the sale (sorting, pricing, and display) will be at Moose Lodge, Herndon, 779 Center Street, from Monday July 10th through July 14th. Volunteers are asked to sign up on SignUpGenius - **<https://tinyurl.com/ClosetToySale2023>**. High School Students are especially needed on Monday, July 10th (2:00-4:00pm) and Saturday, July 15th (12:30-4:00pm). The Closet will verify students' hours for school credit, which we know is important to them.