



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

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

Sunday, July 9, 2023

Sixth Sunday after Pentecost

8 a.m.



Illustration by Annie Henrie Nader

Weekly Services:

Sunday, 8:00 a.m.
Sunday, 10:00 a.m.
Sábado, 7:00 p.m.

Holy Eucharist Rite I, spoken
Holy Eucharist Rite II with Choir (Godly Play for ages 3–9 in Rm. B-1)
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)

priest@saint-timothys.org

Deb Angerman, Bookkeeper (x13)

bookkeeper@saint-timothys.org

Julio Cuellar, Latino Service Musician

juliocuellarmusic@yahoo.com

Todd Grivetti, Organist/Choirmaster (x16)

music@saint-timothys.org

Allyson Showalter, Preschool Director (x14)

sttimothyspreschool432@gmail.com

Debbie Stolar, Parish Administrator (x10)

office@saint-timothys.org

Vestry

Sr. Warden - Maria LaWalt (2025)

Jr. Warden – Kristie Rudolph (2025)

Betsy Bosworth (2025)

Tom Davis (2024)

David Dopsovic (2024)

Carolyn Hamm (2025)

Vilma Lemus (2026)

Matt Schumann - Alternate

Paige Williamson (2024)

Rick Wilson – Alternate

Midori Yanagihara (2026)

Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

*Flowers are given by the Cowherd Family
In thanksgiving for Charles and Leonard Cowherd*

HOLY EUCHARIST- RITE I

At the tolling of the bell, please stand.

Opening Acclamations (BCP 323)

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

People: **And blessed be his kingdom, now and for ever. 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 God, who hast taught us to keep all thy commandments by loving thee and our neighbor: Grant us the grace of thy Holy Spirit, that we may be devoted to thee with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who liveth and reigneth with thee and the same Spirit, one God, for ever and ever. **Amen.**

The Lessons

A Reading from Genesis 24:34-38, 42-49, 58-67

The servant said to Laban, "I am Abraham's servant. The LORD has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. And Sarah my master's wife bore a son to my master when she was old; and he has given him all that he has. My master made me swear, saying, 'You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; but you shall go to my father's house, to my kindred, and get a wife for my son.' "I came today to the spring, and said, 'O LORD, the God of my master Abraham, if now you will only make successful the way I am going! I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, "Please give me a little water from your jar to drink," and who will say to me, "Drink, and I will draw for your camels also" —let her be the woman whom the LORD has appointed for my master's son.' "Before I had finished speaking in my heart, there was Rebekah coming out with her water jar on her shoulder; and she went down to the spring, and drew. I said to her, 'Please let me drink.' She quickly let down her jar from her shoulder, and said, 'Drink, and I will also water your camels.' So I drank, and she also watered the camels. Then I asked her, 'Whose daughter are you?' She said, "The daughter of Bethuel, Nahor's son, whom Milcah bore to him.' So I put the

ring on her nose, and the bracelets on her arms. Then I bowed my head and worshiped the LORD, and blessed the LORD, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son. Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left." And they called Rebekah, and said to her, "Will you go with this man?" She said, "I will." So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. And they blessed Rebekah and said to her, "May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes." Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way. Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb. Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, and said to the servant, "Who is the man over there, walking in the field to meet us?" The servant said, "It is my master." So she took her veil and covered herself. And the servant told Isaac all the things that he had done. Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 45:1-11 (Read responsively)

Eructavit cor meum

- 11 "Hear, O daughter; consider and listen closely; *
forget your people and your father's house.
- 12 The king will have pleasure in your beauty; *
he is your master; therefore do him honor.
- 13 The people of Tyre are here with a gift; *
the rich among the people seek your favor."
- 14 All glorious is the princess as she enters; *
her gown is cloth-of-gold.
- 15 In embroidered apparel she is brought to the king; *
after her the bridesmaids follow in procession.
- 16 With joy and gladness they are brought, *
and enter into the palace of the king.
- 17 "In place of fathers, O king, you shall have sons; *
you shall make them princes over all the earth.
- 18 I will make your name to be remembered
from one generation to another; *
therefore nations will praise you for ever and ever."

A Reading from Romans 7:15-25a

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

Reader: The Word of the Lord.

People: Thanks be to God.

Please stand as you are able.

Holy Gospel: Matthew 11:16-19, 25-30

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

People: Glory to you, Lord Christ.

Jesus said to the crowd, “To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, ‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’ For John came neither eating nor drinking, and they say, ‘He has a demon’; the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.” At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

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 the great shepherd of thy flock, Jesus Christ our Lord; who after his resurrection sent forth his apostles to preach the Gospel and to teach all nations; and promised to be with them always, even unto the end of the ages. 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 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 9

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 10

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

7:30 PM Service Ministry Meeting - Narthex

8:30 PM Monday Night Milkshake Group AA

Tuesday, July 11

4:00 DanceWorx

Wednesday, July 12

4:00 PM DanceWorx

6:30 PM Worship Committee Meeting- ZOOM

7:30 PM Latino Ministry Prayer – Offsite

7:30 PM SA Meeting

8:00 PM New Hopefuls AA

Thursday, July 13

12:15 PM Came to Believe AA

7:00 PM Debtors Anonymous

Friday, July 14

10:00 AM Friday Gratitude AA

9:30 PM Friday Night Lights AA

Saturday, July 15

9:00 AM Altar Guild Set-Up – Sanctuary

7:00 PM Rite II Santa Eucarista - Sanctuary

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 the church office, office@saint-timothys.org

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 and be on the lookout in the coming weeks for more info about programming, etc.

ANNOUNCEMENT

Due to safety concerns, all those entering St. Timothy's are asked not to enter the building through the lower level during preschool hours. All should instead come into the church via the upper entrance, through the red doors near the office. If you require the handicapped entrance, please use the **RING** doorbell or call ahead.

PRESCHOOL SUMMER HOURS

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

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.