



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

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

Sunday, September 3, 2023

Fourteenth Sunday after Pentecost

8 a.m.



www.maristmessenger.co.nz

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)

priest@saint-timothys.org

The Rev. Philene Ware Dunn, Interim Latino Supply Priest

pwardunn@cox.net

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 Caitlyn Smith
In thanksgiving for our 23rd wedding anniversary*

HOLY EUCHARIST- RITE I

At the tolling of the bell, please stand.

Opening Acclamations (BCP 323-324)

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

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

Celebrant: Hear what our Lord Jesus Christ saith:

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

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 181)

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: Lord of all power and might, who art the author and giver of all good things: Graft in our hearts the love of thy Name, increase in us true religion, nourish us with all goodness, and bring forth in us the fruit of good works; 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 Exodus 3:1-5

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the LORD appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the LORD saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac,

and the God of Jacob.” And Moses hid his face, for he was afraid to look at God. Then the LORD said, “I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.” But Moses said to God, “Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?” He said, “I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain.” But Moses said to God, “If I come to the Israelites and say to them, ‘The God of your ancestors has sent me to you,’ and they ask me, ‘What is his name?’ what shall I say to them?” God said to Moses, “I AM WHO I AM.” He said further, “Thus you shall say to the Israelites, ‘I AM has sent me to you.’” God also said to Moses, “Thus you shall say to the Israelites, ‘The LORD, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you’: This is my name forever, and this my title for all generations.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 105:1-6, 23-26, 45c (Read responsively)

Jerome Webster Meachen

1 Give thanks to the LORD and call upon his Name; *

make known his deeds among the peoples.

2 Sing to him, sing praises to him, *

and speak of all his marvelous works.

3 Glory in his holy Name; *

let the hearts of those who seek the LORD rejoice.

4 Search for the LORD and his strength; *

continually seek his face.

5 Remember the marvels he has done, *

his wonders and the judgments of his mouth,

6 O offspring of Abraham his servant, *

O children of Jacob his chosen.

23 Israel came into Egypt, *

and Jacob became a sojourner in the land of Ham.

24 The LORD made his people exceedingly fruitful; *

he made them stronger than their enemies;

25 Whose heart he turned, so that they hated his people, *
and dealt unjustly with his servants.

26 He sent Moses his servant, *
and Aaron whom he had chosen.

45 **Hallelujah!**

A Reading from Romans 12:9-21

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers. Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, “Vengeance is mine, I will repay, says the Lord.” No, “if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.” Do not be overcome by evil, but overcome evil with good.

Reader: The Word of the Lord.

People: Thanks be to God.

Please stand as you are able.

Holy Gospel: Matthew 16:21-28

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

People: Glory to you, Lord Christ.

Just then a Canaanite woman from that region came out and started shouting, “Have mercy on me, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, “God forbid it, Lord! This must never happen to you.” But he turned and said to Peter, “Get behind me, Satan! You are a stumbling block to me; for you are setting your mind not on divine things but on human things.” Then Jesus told his disciples, “If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? “For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there

are some standing here who will not taste death before they see the Son of Man coming in his kingdom.”

Celebrant: The Gospel of the Lord.

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

Sermon

The Reverend 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 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, 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.**

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 ways,
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: This is a true saying, and worthy of all men to be received, that Christ Jesus came into the world to save sinners. (*1 Timothy 1:15*)

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. For you are the source of light and life, you made us in your image, and called us to new life in Jesus Christ our Lord. 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.

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, 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 blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you for ever. **Amen.**

Please stand.

Dismissal (BCP 340)

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

People: Thanks be to God.

PRAYER LIST:

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

Rest of the Soul: Anna Beckett (Midori Yanagihara's Mother-In-Law)

Health: Dustin Vandenberg, Bill Morse (heart, stroke), Andy Keathley

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 Miamee (Parkinson's disease & Alzheimers), Jerry Vandenberg, Fred McBride

THIS WEEK at ST. TIMOTHY'S

Sunday, September 3

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, September 4

12:15 PM Step Into Recovery AA

7:00 PM Hope For Today Al Anon

8:30 PM Monday Night Milkshake Group AA

Tuesday, September 5

4:00 PM DanceWorx

Wednesday, September 6

1:00 PM Shawl Ministry – Narthex

4:00 PM Community Engagement – Kitchen

4:00 PM DanceWorx - Narthex

7:30 PM Latino Ministry Prayer – Offsite

7:30 PM SA Meeting

8:00 PM New Hopefuls AA

Thursday, September 7

12:15 PM Came to Believe AA

7:00 PM Choir Rehearsal – Music Room

7:00 PM Debtors Anonymous

Friday, September 8

10:00 AM Friday Gratitude AA

9:30 PM Friday Night Lights AA

Saturday, September 9

9:00 AM Altar Guild Set-Up – Sanctuary

7:00 PM Rite II Santa Eucarista - Sanctuary

WELCOME HOME SUNDAY – A Huge Success!

By any stretch of the imagination, Welcome Home Sunday was a huge success! From the first offering in our Sunday Adult Faith Formation series (We are the Church) to the fabulous picnic in Henry Hall following the service, it was joyful to be together as “One St. Timothy’s”! Other highlights included videos from the Rev. Kesner Gracia, Priest in Charge at our school in Chapoteau, Haiti and Jacob Venet, the school’s director. It was announced that Charles will become the 20th Rector of St. Timothy’s effective October 1, with a Celebration of New Ministry on Sunday, November 5th at 4:00 pm. More about that to follow.

Thank you to all who made the day such a great success including Anne Vandenburg and the Community Engagement team for masterminding the event, the MOST team for setup and cleanup, Keith Sinclair and Johnny Ellis, our grill masters, and to everyone who shared a dish or pitched in to cleanup.



HOPE FOR HAITI
Supporting St. Mathieu's School, Chapoteau

HAITI AGAPE – Thank you!

A huge thank you to everyone who contributed to the Haiti School Fund! To date giving to the fund totals \$15,803 and we know donations are still coming in. If you haven't contributed there is still time! The total cost for the school year is \$21,000. Please consider helping our children at St. Mathieu's School in Chapoteau, Haiti. Donations may be made by check to St. Timothy's with Haiti School on the memo line, or by credit card at the St. Timothy's online portal, selecting Haiti School Fund, using the drop down box.

FAITH FORMATION for ALL AGES – Fall 2023

Sunday Adult Forums

Last week's Preacher's Kids Forum was a rousing success as we heard from 5 parishioners who have experience as 'PKs!' Amazing stories included: a clergy parent baptizing their daughter's dolls and what happens when you get pulled over as a teenager and your priest father is the chaplain to the Herndon PD! If you missed, you can check it out on our home page : www.saint-timothys.org. Thanks to all the panelists!

Our "I am the Church, You are the Church, We are the Church" sequence continues with another forum **next week on Sunday September 10th at 9 AM in the Sanctuary.**

We had so much fun last year with our Ecumenical Round Table where different members shared how they landed at St. Timothy's Episcopal Church... that we decided to do so again! This discussion will feature a different cast from St. Tim's describing their faith journey. Come hear from the following members of your church family talk about how they ended up in the Episcopal church: Stephanie Eskins-Gleason (Yoga/ Sacred Studies), Sarah Hobson (French Huguenot), Betty Beard (Adult Convert) and Johnny Ellis (Non-denominational)

(Join us in the Sanctuary during the 9 am hour or by livestream)

Outside Church- Teens and 'Tweens

Our first "Outside Church" is under our belt and we are looking forward to the next on **Sunday September 10.** (Other dates this Fall: 24 Sept, 1 Oct, 22 Oct.) Here's how it works: during the 10 AM Sunday Service, children and youth from 4th grade and up are invited to leave after the Collect and head to the outdoor chapel, weather permitting, where our kids will have time to gather, learn a bible story, and play on our beautiful church grounds. We will rejoin worship before communion. Come join the fun!

Godly Play- Age 3 to 3rd Grade

Godly Play continues to roll with our lively and energetic bunch. **Godly Play is held every Sunday at the 10 AM** service as our youngest members head downstairs with Mrs. Smith and Ms. Litz to "work" on their lesson for that week.. Parents can communicate via the email: godlyplay@saint-timothys.org.

CHURCH OFFICE CLOSED - September 4th, 2023

The church office will be closed September 4th in observance of Labor Day.