



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

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

Sunday, June 2, 2024

Second Sunday after Pentecost

8 a.m.



Mark 2:27

Jesus said to them, "The Sabbath was made for man, and not man for the Sabbath."

chasingthewind.net

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 3–8, Sunday School for ages 9-12)
Sábado, 7:00 p.m.	La Santa Misa, 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, Rector (x12)

priest@saint-timothys.org

The Rev. Mario Meléndez, Associate Rector (x11)

mario@saint-timothys.org

The Rev. Brad Rundlett, Rector Emeritus

Deb Angerman, Bookkeeper (x13)

bookkeeper@saint-timothys.org

Julio Cuellar, Latino Service Musician

julocuellarmusic@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 – Kristie Rudolph (2025)

Jr. Warden – Rick Wilson (2027)

Betsy Bosworth (2025)

Carolyn Hamm (2025)

Rob Huizar (2027)

Maria LaWalt (2025)

Vilma Lemus (2026)

John McGrath (alternate)

Matt Schumann (2027)

Midori Yanagihara (2026)

Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

*Flowers are given by Gio & Hugo
In memory of Maria Garcia*

HOLY EUCHARIST- RITE I

At the tolling of the bell, please stand.

Opening Acclamation and Collect for Purity (BCP 323)

Celebrant: Alleluia. Christ is risen.

People: The Lord is risen indeed. Alleluia.

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 Mighty,
Holy Immortal One,

People: Have mercy upon us.

The Collect for the Day (BCP 177)

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: O God, whose never-failing providence ordereth all things both in heaven and earth: We humbly beseech thee to put away from us all hurtful things, and give us those things which are profitable for us; 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 1 Samuel 3:1-10

Now the boy Samuel was ministering to the LORD under Eli. The word of the LORD was rare in those days; visions were not widespread. At that time Eli, whose eyesight had begun to grow dim so that he could not see, was lying down in his room; the lamp of God had not yet gone out, and Samuel was lying down in the temple of the LORD, where the ark of God was. Then the Lord called, "Samuel! Samuel!" and he said, "Here I am!" and ran to Eli, and said, "Here I am, for you called me." But he said, "I did not call; lie down again." So he went and lay down. The Lord called. The LORD called again, "Samuel!" Samuel got up and went to Eli, and said, "Here I am, for you called me." But he said, "I did not call, my son; lie down again." Now Samuel did not yet know the LORD, and the word of the LORD had not yet been revealed to him. The LORD called Samuel again, a third time. And he got up and went to Eli, and said, "Here I am, for you called me." Then Eli perceived that the LORD was calling the boy. Therefore Eli said to Samuel, "Go, lie down; and if he calls you, you shall say, 'Speak, LORD, for your servant is listening.'" So Samuel went and lay

down in his place. Now the LORD came and stood there, calling as before, “Samuel! Samuel!” And Samuel said, “Speak, for your servant is listening.”

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 4:1-15, 12-17 (Read Responsively)

- 1 LORD, you have searched me out and known me; *
**you know my sitting down and my rising up;
you discern my thoughts from afar.**
- 2 You trace my journeys and my resting-places *
and are acquainted with all my ways.
- 3 Indeed, there is not a word on my lips, *
but you, O LORD, know it altogether.
- 4 You press upon me behind and before *
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me; *
it is so high that I cannot attain to it.
- 12 For you yourself created my inmost parts; *
you knit me together in my mother's womb.
- 13 I will thank you because I am marvelously made; *
your works are wonderful, and I know it well.
- 14 My body was not hidden from you, *
**while I was being made in secret
and woven in the depths of the earth.**
- 15 Your eyes beheld my limbs, yet unfinished in the womb;
all of them were written in your book; *
**they were fashioned day by day,
when as yet there was none of them.**
- 16 How deep I find your thoughts, O God! *
how great is the sum of them!
- 17 If I were to count them, they would be more in number than the sand; *
to count them all, my life span would need to be like yours.

A Reading from 2 Corinthians 4:5-12

We do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, “Let light shine out of darkness,” who has shone in our

hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. So death is at work in us, but life in you.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Please stand as you are able.

Holy Gospel: Mark 2:23-3:6

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

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

One sabbath Jesus and his disciples were going through the grainfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, "Look, why are they doing what is not lawful on the sabbath?" And he said to them, "Have you never read what David did when he and his companions were hungry and in need of food? He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions." Then he said to them, "The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath."

Again he entered the synagogue, and a man was there who had a withered hand. They watched him to see whether he would cure him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, "Come forward." Then he said to them, "Is it lawful to do good or to do harm on the sabbath, to save life or to kill?" But they were silent. He looked around at them with anger; he was grieved at their hardness of heart and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

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 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 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; according to whose true promise the Holy Ghost came down from heaven, lighting upon the disciples, to teach them and to lead them into all truth; uniting peoples of many tongues in the confession of one faith, and giving to thy Church the power to serve thee as a royal priesthood, and to preach the Gospel to all nations. 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.

Celebrant: 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 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.

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 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: Sue Bosworth (Tom Bosworth's mother)

Health: Cathey Melton (Kristie Rudolph's mother), Tram Do (Ron Boggio's mother-in-law), Christine Sellers & George Ellis (Dorothy Fonow's cousins)

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, AG Miamee (Parkinson's disease & Alzheimers), Jerry Vandenberg, Chris Connelly (Barb Kimmel's brother, severe depression), Barb Benson (friend of Bob Kimmel, Parkinson's), Cameron Barr

THIS WEEK at ST. TIMOTHY'S

Sunday, June 2

8:00 AM Rite I Holy Eucharist – Sanctuary

9:00 AM Confirmation Class – Sanctuary

9:30 AM Adult Choir Warm-up – Music Room

10:00 AM Rite II Holy Eucharist – Sanctuary & Livestream

Monday, June 3

12:15 PM Step Into Recovery AA

4:00 PM DanceWorx – Narthex

7:00 PM Hope For Today Al Anon

8:30 PM Monday Night Milkshake Group AA

Tuesday, June 4

4:00 PM DanceWorx

7:00 PM Scouts Troup 159

Wednesday, June 5

10:00 AM Blood Drive – Henry Hall

1:00 PM Shawl Ministry – Narthex

1:45 PM Staff Meeting – Conference Room

4:00 PM Community Engagement - Kitchen

4:00 PM DanceWorx

7:30 PM SA Meeting

Thursday, June 6

7:00 PM Debtors Anonymous

Friday, June 7

10:00 AM Friday Gratitude AA

Saturday, June 8

9:00 AM Altar Guild Set-Up – Sanctuary

7:00 PM La Santa Misa – Sanctuary

LADIES SALAD LUNCHEON – June 9th

“Women of St. Tim’s, next Sunday we plan to gather in fellowship at a salad luncheon in the parish hall after the 10 o’clock service. Please call or email if you have questions or want to sign up to bring something. If you are making a salad, it can be fruit, meat, pasta, vegetable, dessert, or whatever. If making a salad is not “your thing,” please feel free to bring an alternative or simply come join us. I guarantee there will be leftovers.” ~ Sandy Schanne? sandyschanne78@gmail.com.

FATHER’S DAY ICE CREAM SOCIAL – June 16th

Come celebrate Father's Day with an ice cream social after the 10 am service on **June 16th** in Henry Hall. Make your own sundae!

PARISH WIDE BBQ – June 23rd

Following the 10AM service (Rain or shine), the Generations Ministry will be hosting the BBQ and providing burgers, hotdogs, rolls and condiments. We are asking for salads, sides, or dessert donations. There will be signup sheets in the church entrance and Henry Hall starting June 2.

VACATION BIBLE STUDY, JULY 29 – AUGUST 2nd

“St. Timothy’s is Back!” and so is Vacation Bible School! We are excited to host a week of summer fun, faith, and fellowships here at St. Timothy’s. The camp will run from 9 AM to 12 PM Monday through Friday and feature music, games, and lots more. Registration has begun for both campers (ages 4 to rising 5th grade) and volunteers. Go to saint-timothys.org to see the registration link.

SHRINE MONT SAVE THE DATE 2024 RETREAT

Save the date for St. Timothy’s Annual Parish Weekend at Shrine Mont, happening **September 13th – 15th, 2024**. Prices for the retreat (includes 2 nights of lodging and 6 meals): Adults (18+) - \$190 (double occupancy) or \$245 (single occupancy). All children 17 and under will attend for FREE! Scholarships will be available again this year. Registration will start in June and occur over the summer. Details about the retreat activities will be available at registration. If you are interested in helping with the retreat or have questions, contact Rob Huizar at RetreatCoordinator@saint-timothys.org.

COFFEE HOUR for SUMMER 2024

We have had a wonderful year so far of Coffee Hour with fellowship and fun in Henry Hall after the 10 am service! We plan to continue this practice throughout the Summer but need volunteers to assist with set up, clean up and bringing light refreshments. If you are interested in helping or have any questions, contact Brooke Nunnally at **540-535-5189**.