



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

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

Sunday, June 23, 2024

*Fifth Sunday after Pentecost*

10 a.m.



*freepik.com*

### **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

### **Staff**

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

<b>The Rev. Charles R. Cowherd</b> , Rector (x12)	<a href="mailto:priest@saint-timothys.org">priest@saint-timothys.org</a>
<b>The Rev. Mario Meléndez</b> , Associate Rector (x11)	<a href="mailto:mario@saint-timothys.org">mario@saint-timothys.org</a>
<b>The Rev. Brad Rundlett</b> , Rector Emeritus	
<b>Deb Angerman</b> , Bookkeeper (x13)	<a href="mailto:bookkeeper@saint-timothys.org">bookkeeper@saint-timothys.org</a>
<b>Julio Cuellar</b> , Latino Service Musician	<a href="mailto:juliocuellarmusic@yahoo.com">juliocuellarmusic@yahoo.com</a>
<b>Todd Grivetti</b> , Organist/Choirmaster (x16)	<a href="mailto:music@saint-timothys.org">music@saint-timothys.org</a>
<b>Allyson Showalter</b> , Preschool Director (x14)	<a href="mailto:sttimothypreschool432@gmail.com">sttimothypreschool432@gmail.com</a>
<b>Debbie Stolar</b> , Parish Administrator (x10)	<a href="mailto:office@saint-timothys.org">office@saint-timothys.org</a>

## 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.

For those with little ones, there are rocking chairs located at the back of the sanctuary 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.

## HOLY EUCHARIST The Word of God

### Prelude

*"Melita"*  
*At the tolling of the bell, all stand.*

arr. Don Phillips

### Opening Hymn (379)

*God is Love*

Abbot's Leigh

### Opening Acclamation (EOW 50)

**Celebrant:** Blessed be the one, holy, and living God.

**People:** **Glory to God for ever and ever. Amen.**

### Kyrie (S96)

*Lord, Have Mercy*

Schubert/Proulx

### Opening Collect (EOW 51)

**Celebrant:** Holy Wisdom, in your loving kindness you created and restored us when we were lost: inspire us with your truth, that we may love you with our whole minds and run to you with open hearts, through Christ our Savior. **Amen.**

### The Collect for the Day (BCP 230)

**Celebrant:** The Lord be with you.

**People:** **And also with you.**

**Celebrant:** O Lord, make us have perpetual love and reverence for your holy Name, for you never fail to help and govern those whom you have set upon the sure foundation of your loving-kindness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God,

for ever and ever. **Amen.**

## **The Lessons**

### **A Reading from 1 Samuel 17:32-49**

David said to Saul, "Let no one's heart fail because of him; your servant will go and fight with this Philistine." Saul said to David, "You are not able to go against this Philistine to fight with him; for you are just a boy, and he has been a warrior from his youth." But David said to Saul, "Your servant used to keep sheep for his father; and whenever a lion or a bear came, and took a lamb from the flock, I went after it and struck it down, rescuing the lamb from its mouth; and if it turned against me, I would catch it by the jaw, strike it down, and kill it. Your servant has killed both lions and bears; and this uncircumcised Philistine shall be like one of them, since he has defied the armies of the living God." David said, "The LORD, who saved me from the paw of the lion and from the paw of the bear, will save me from the hand of this Philistine." So Saul said to David, "Go, and may the LORD be with you!" Saul clothed David with his armor; he put a bronze helmet on his head and clothed him with a coat of mail. David strapped Saul's sword over the armor, and he tried in vain to walk, for he was not used to them. Then David said to Saul, "I cannot walk with these; for I am not used to them." So David removed them. Then he took his staff in his hand, and chose five smooth stones from the wadi, and put them in his shepherd's bag, in the pouch; his sling was in his hand, and he drew near to the Philistine. The Philistine came on and drew near to David, with his shield-bearer in front of him. When the Philistine looked and saw David, he disdained him, for he was only a youth, ruddy and handsome in appearance. The Philistine said to David, "Am I a dog, that you come to me with sticks?" And the Philistine cursed David by his gods. The Philistine said to David, "Come to me, and I will give your flesh to the birds of the air and to the wild animals of the field." But David said to the Philistine, "You come to me with sword and spear and javelin; but I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied. This very day the LORD will deliver you into my hand, and I will strike you down and cut off your head; and I will give the dead bodies of the Philistine army this very day to the birds of the air and to the wild animals of the earth, so that all the earth may know that there is a God in Israel, and that all this assembly may know that the LORD does not save by sword and spear; for the battle is the LORD's and he will give you into our hand." When the Philistine drew nearer to meet David, David ran quickly toward the battle line to meet the Philistine. David put his hand in his bag, took out a stone, slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell face down on the ground.

Reader:           The Word of the Lord.

People:           **Thanks be to God.**

## Psalm 9:9-20 (Read Responsively)

Confitebor tibi

- 9 The LORD will be a refuge for the oppressed, \*  
**a refuge in time of trouble.**
- 10 Those who know your Name will put their trust in you, \*  
**for you never forsake those who seek you, O LORD.**
- 11 Sing praise to the LORD who dwells in Zion; \*  
**proclaim to the peoples the things he has done.**
- 12 The Avenger of blood will remember them; \*  
**he will not forget the cry of the afflicted.**
- 13 Have pity on me, O LORD; \*  
**see the misery I suffer from those who hate me,  
O you who lift me up from the gate of death;**
- 14 So that I may tell of all your praises  
and rejoice in your salvation \*  
**in the gates of the city of Zion.**
- 15 The ungodly have fallen into the pit they dug, \*  
**and in the snare they set is their own foot caught.**
- 16 The LORD is known by his acts of justice; \*  
**the wicked are trapped in the works of their own hands.**
- 17 The wicked shall be given over to the grave, \*  
**and also all the peoples that forget God.**
- 18 For the needy shall not always be forgotten, \*  
**and the hope of the poor shall not perish for ever.**
- 19 Rise up, O LORD, let not the ungodly have the upper hand; \*  
**let them be judged before you.**
- 20 Put fear upon them, O LORD; \*  
**let the ungodly know they are but mortal.**

## A Reading from 2 Corinthians 6:35-41

As we work together with Christ, we urge you also not to accept the grace of God in vain. For he says, "At an acceptable time I have listened to you, and on a day of salvation I have helped you." See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and

dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see -- we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything. We have spoken frankly to you Corinthians; our heart is wide open to you. There is no restriction in our affections, but only in yours. In return -- I speak as to children -- open wide your hearts also.

Reader:           The Word of the Lord.

People:           **Thanks be to God.**

*Please stand as you are able.*

**Sequence Hymn (559)**

*Lead Us Heavenly Father*

Dulce carmen

**Holy Gospel: Mark 4:35-41**

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

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

When evening had come, Jesus said to his disciples, "Let us go across to the other side." And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care that we are perishing?" He woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. He said to them, "Why are you afraid? Have you still no faith?" And they were filled with great awe and said to one another, "Who then is this, that even the wind and the sea obey him?"

Celebrant:       The Gospel of the Lord.

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

**Sermon**

The Rev. Charles R. Cowherd

*Please stand as you are able.*

**The Nicene Creed (BCP 358)**

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, Form V (BCP 389)**

Leader: For peace, let us pray to the Lord, saying, "Lord, have mercy"

For the holy Church of God, that it may be filled with truth and love, and be found without fault at the day of your coming, we pray to you, O Lord.

**People: Lord, have mercy.**

Leader: For our Bishop, Mark, for all bishops and other ministers, and for all the holy people of God, we pray to you, O Lord.

**People: Lord, have mercy.**

Leader: For all who fear God and believe in you, Lord Christ, that our divisions may cease, and that all may be one as you and the Father are one, we pray to you, O Lord.

**People: Lord, have mercy.**

Leader: For the mission of the Church, that in faithful witness it may preach the Gospel to the ends of the earth, we pray to you, O Lord.

**People: Lord, have mercy.**

Leader: For the peace of the world, that a spirit of respect and forbearance may grow among nations and peoples, we pray to you, O Lord.

**People: Lord, have mercy.**

Leader: For those in positions of public trust, especially Joe our president, Glenn our governor, and Sheila our mayor that they may serve justice, and promote the dignity and freedom of every person, we pray to you, O Lord.

**People: Lord, have mercy.**

Leader: For the poor, the persecuted, the sick, and all who suffer; for refugees, prisoners, and all who are in danger; that they may be relieved and protected, we pray to you, O Lord.

**People: Lord, have mercy.**

Leader: For this congregation of St. Timothy's, that we may be delivered from hardness of heart, and show forth your glory in all that we do, we pray to you, O Lord.

**People: Lord, have mercy.**

Leader: For all who have commended themselves to our prayers; for our families, friends, and neighbors; that being freed from anxiety, they may live in joy, peace, and health, we pray to you, O Lord.

**People: Lord, have mercy.**

Leader: For all who have died in the communion of your Church, and those whose faith is known to you alone, that, with all the saints, they may have rest in that place where there is no pain or grief, but life eternal, we pray to you, O Lord.

**People: Lord, have mercy.**

Leader: Rejoicing in the fellowship of blessed Timothy and all the saints, let us commend ourselves, and one another, and all our life to Christ our God.

**People: Lord, have mercy.**

*Silence.*

*Celebrant will add a concluding collect.*

## **Confession of Sin (EOW 56)**

Celebrant: Let us confess our sins to God.

**All: God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.**

## **Absolution**

Celebrant: Almighty God have mercy on you, forgive you all your sins through our Lord Jesus

Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.  
**Amen.**

*Please stand.*

### **The Peace (EOW 56)**

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

People: **And also with you.**

### **Welcome & Announcements**

### **Offertory Sentence**

### **The Offering**

### **Anthem**

*“Awake, My Heart, with Gladness”*  
(Rob Huizar, clarinet & Laura Robinson, flute)

Anne K. Organ

*Please stand as able.*

### **Presentation Hymn**

*Praise God, From Whom All Blessings Flow*

Duke Street

The image shows the musical notation for the hymn 'Praise God, From Whom All Blessings Flow'. It consists of four staves of music in G major (one sharp) and 4/4 time. The lyrics are written below the notes. The first staff begins with a treble clef, a key signature of one sharp (F#), and a common time signature (C). The lyrics are: 'Praise God, from whom all bless - ings flow;'. The second staff continues: 'praise him, all crea - tures here be - low;'. The third staff continues: 'praise him a - bove, ye heaven - ly host:'. The fourth staff concludes: 'praise Fa - ther, Son and Ho - ly Ghost.' The music features a mix of quarter, eighth, and half notes, with some phrases connected by slurs.

### **Holy Communion- Eucharistic Prayer I (EOW 57)**

### **The Great Thanksgiving**

Celebrant: The Lord be with you.

People: **And also with you.**

Celebrant: Lift up your hearts.



**People:**           **We lift them to the Lord.**

Celebrant:        Let us give thanks to the Lord our God.

**People:**           **It is right to give God thanks and praise.**

Celebrant:        It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy. You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life. Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:

**Sanctus (S130)**

*Holy, Holy, Holy Lord*

Schubert/Proulx

*Please stand or kneel, as you are able.*

Celebrant:        Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

After supper, he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is the Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Therefore, according to his command, O Father,

**All:**               **We remember his death,**  
                      **We proclaim his resurrection,**  
                      **We await his coming in glory;**

Celebrant:        Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that

with Timothy and all your saints, past, present, and yet to come, we may praise your Name for ever. Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.**

And now as our Savior Christ has taught us, we are bold to say,

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

### The Fraction (S164)

*Jesus, Lamb of God*

Schubert/Proulx

### The Invitation (BCP 364)

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

### Administration of Communion

#### Communion Hymn (LEVAS 80) *Jesus, Savior, Pilot Me*

Pilot

1. Je - sus, Sav - ior, pi - lot me, O - ver life's tem-pes-tuous sea:  
2. As a moth - er stills her child, Thou canst hush the o - cean wild;  
3. When at last I near the shore, And the fear - ful break-ers roar

Un-known waves be - fore me roll, hid - ing rocks and treach'-rous shoal;  
Bois'trous waves o - bey thy will when thou say'st to them, "Be still!"  
'Twixt me and the peace-ful rest Then, while lean - ing on thy breast,

Chart and com - pass come from thee, Je - sus, Sav - ior, pi - lot me!  
Won-drous Sov - 'reign of the sea, Je - sus, Sav - ior, pi - lot me!  
May I hear thee say to me, "Fear not- I will pi - lot thee!"

### Postcommunion Prayer (EOW 69)

Celebrant: Let us pray.

**All: God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with**

all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.

### **The Blessing (EOW 70)**

Celebrant: God's Blessing be with you, Christ's peace be with you, the Spirit's outpouring be with you, now and always. **Amen.**

### **Closing Hymn (579)**

*Almighty Father, Strong to Save*

Melita

### **Dismissal (BCP 366)**

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

People: **Thanks be to God.**

### **Postlude**

*Joyful, Joyful We Adore Thee*

arr. Michael Costello

*Flowers are given by Julie Grey Roller, Cynthia & Jeremy Cook  
In memory of Rex Roller's birthday*

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## **PRAYER LIST:**

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

**Rest of the Soul:** Rob Roque (brother of Steve Roque)

**Health:** Elaine Horsfield (Covid), Damian Budnick, Jr. (father of Damian Budnick III), Kent Darrah (friend of Maria and J LaWalt), Barry, Ted Grivetti (father of Todd Grivetti)

**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, Tad Stolar

## THIS WEEK at ST. TIMOTHY'S

### Sunday, June 23

8:00 AM Rite I Holy Eucharist – Sanctuary  
9:30 AM Adult Choir Warm-up – Music Room  
10:00 AM Rite II Holy Eucharist – Sanctuary & Livestream  
11:00 AM Generations Ministry BBQ

### Monday, June 24

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 25

4:00 PM DanceWorx  
7:00 PM Scouts Troop 159  
7:00 PM Vestry Meeting - Narthex

### Wednesday, June 26

1:45 PM Staff Meeting – Conference Room  
4:00 PM DanceWorx  
7:30 PM SA Meeting

### Thursday, June 27

7:00 PM Debtors Anonymous

### Friday, June 28

10:00 AM Friday Gratitude AA

### Saturday, June 29

9:00 AM Altar Guild Set-Up – Sanctuary  
7:00 PM La Santa Misa – Sanctuary

## PARISH WIDE BBQ – Today!

Join us today after the 10AM service, in Henry Hall, for the Generations Ministry BBQ.

## VACATION BIBLE SCHOOL, VOLUNTEERS NEEDED!

This summer, July 29<sup>th</sup> – August 2<sup>nd</sup>, St. Timothy's will host a summer camp for children (ages 4 to rising 5<sup>th</sup> grade). We have a great group of around 25 kids; **now we need a few more volunteers to supplement our core team.** The camp will run from 9 AM to 12 PM Monday through Friday. You can volunteer for the whole week, for just one day, or anything in between! **More information is available at the signup sheet in the Narthex (including Volunteer descriptions) and at our website [saint-timothys.org](http://saint-timothys.org) (registration link for both campers and volunteers!)**

## SHRINE MONT SAVE THE DATE 2024 RETREAT

St. Timothy's is headed to Shrine Mont September 13<sup>th</sup> – 15<sup>th</sup>, 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 ends **August 25<sup>th</sup>**. For more details please visit <https://shrinemont.com/> or contact Rob Huizar with questions and to register at [RetreatCoordinator@saint-timothys.org](mailto:RetreatCoordinator@saint-timothys.org).

## THE 81st GENERAL CONVENTION of THE EPISCOPAL CHURCH

The Triennial meeting of the Episcopal Church is taking place next week, **June 23-28** in Louisville, Kentucky. Delegates from across the country (and world) will be gathering to meet, greet, pass legislation and elect our new Presiding Bishop. Bookmark this one-stop website for links to livestreams in the House of Bishops and House of Deputies, as well as revival and convention worship: [iam.ec/mediahub](http://iam.ec/mediahub).