



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

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

Sunday, July 14, 2024

*Eight Sunday after Pentecost*

8 a.m.



free.messianicbible.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

**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.

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.

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

**The Rev. Mario Meléndez**, Associate Rector (x11)

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

**The Rev. Brad Rundlett**, Rector Emeritus

**Deb Angerman**, Bookkeeper (x13)

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

**Julio Cuellar**, Latino Service Musician

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

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

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

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

[sttimothypreschool432@gmail.com](mailto:sttimothypreschool432@gmail.com)

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

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

# HOLY EUCHARIST- RITE I

*At the tolling of the bell, please stand.*

## **Opening Acclamation and Collect for Purity (BCP 323-324)**

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

**People: And blessed be his kingdom, now and for ever. Amen.**

Celebrant: Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. **Amen.**

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.

## **Gloria (together)**

**Glory be to God on high,**

**and on earth peace, good will towards men.**

**We praise thee, we bless thee,**

**we worship thee,**

**we glorify thee,**

**we give thanks to thee for thy great glory,**

**O Lord God, heavenly King, God the Father Almighty.**

**O Lord, the only-begotten Son, Jesus Christ;**

**O Lord God, Lamb of God, Son of the Father,**

**that takest away the sins of the world,**

**have mercy upon us.**

**Thou that takest away the sins of the world,**

**receive our prayer.**

**Thou that sittest at the right hand of God the Father,**

**have mercy upon us.**

**For thou only art holy;**

**thou only art the Lord;**

**thou only, O Christ,**

**with the Holy Ghost,**

**art most high in the glory of God the Father. Amen.**

## The Collect for the Day (BCP 179)

Celebrant: The Lord be with you.

**People: And with thy spirit.**

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

## The Lessons

### A Reading from 2 Samuel 6:1-5, 12b-19

David again gathered all the chosen men of Israel, thirty thousand. David and all the people with him set out and went from Baale-judah, to bring up from there the ark of God, which is called by the name of the LORD of hosts who is enthroned on the cherubim. They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart with the ark of God; and Ahio went in front of the ark. David and all the house of Israel were dancing before the LORD with all their might, with songs and lyres and harps and tambourines and castanets and cymbals. So David went and brought up the ark of God from the house of Obed-edom to the city of David with rejoicing; and when those who bore the ark of the Lord had gone six paces, he sacrificed an ox and a fatling. David danced before the Lord with all his might; David was girded with a linen ephod. So David and all the house of Israel brought up the ark of the LORD with shouting, and with the sound of the trumpet. As the ark of the LORD came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the LORD; and she despised him in her heart. They brought in the ark of the LORD, and set it in its place, inside the tent that David had pitched for it; and David offered burnt offerings and offerings of well-being before the LORD. When David had finished offering the burnt offerings and the offerings of well-being, he blessed the people in the name of the LORD of hosts, and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes.

Reader: The Word of the Lord.

**People: Thanks be to God.**

## Psalm 24 (Read responsively)

1 The earth is the LORD's and all that is in it, \*

**the world and all who dwell therein.**

2 For it is he who founded it upon the seas \*

**and made it firm upon the rivers of the deep.**

- 3 "Who can ascend the hill of the LORD? \*  
**and who can stand in his holy place?"**
- 4 "Those who have clean hands and a pure heart, \*  
**who have not pledged themselves to falsehood,  
nor sworn by what is a fraud.**
- 5 They shall receive a blessing from the LORD \*  
**and a just reward from the God of their salvation."**
- 6 Such is the generation of those who seek him, \*  
**of those who seek your face, O God of Jacob.**
- 7 Lift up your heads, O gates;  
lift them high, O everlasting doors; \*  
**and the King of glory shall come in.**
- 8 "Who is this King of glory?" \*  
**"The LORD, strong and mighty,  
the LORD, mighty in battle."**
- 9 Lift up your heads, O gates;  
lift them high, O everlasting doors; \*  
**and the King of glory shall come in.**
- 10 "Who is he, this King of glory?" \*  
**"The LORD of hosts,  
he is the King of glory."**

### **A Reading from Ephesians 1:3-14**

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance

toward redemption as God's own people, to the praise of his glory.

Reader: The Word of the Lord.

People: **Thanks be to God.**

*Please stand as you are able.*

**Holy Gospel: Mark 6:14-29**

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

People: **Glory be to thee, O Lord.**

King Herod heard of Jesus and his disciples, for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised." For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptizer." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter." The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

Celebrant: The Gospel of the Lord.

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

**Sermon**

The Rev. Mario Meléndez

*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, Charles, and Mario 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.**

*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, EOW 57)**

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 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:

### **The Sanctus (BCP 341)**

**All: Holy, holy, holy, Lord, God of power and might,  
heaven and earth are full of thy glory.**

**Hosanna in the highest.**

**Blessed is the one who comes in the name of the Lord.**

**Hosanna in the highest.**

*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

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:                    Christ has died.  
                             Christ is risen.  
                             Christ will come again.**

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

**People: Thanks be to God.**

## **PRAYER LIST:**

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

**Rest of the Soul:** Eugene Cowan, Kim Smith Somers

**Health:** Elaine Horsfield (Covid)

**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, July 14

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

5:00 PM Evensong - Sanctuary

### Monday, July 15

12:15 PM Step Into Recovery AA

7:00 PM Hope For Today Al Anon

8:30 PM Monday Night Milkshake Group AA

### Tuesday, July 16

7:00 PM Scouts Troop 159

### Wednesday, July 17

1:45 PM Staff Meeting – Conference Room

7:30 PM SA Meeting

### Thursday, July 18

7:00 PM Debtors Anonymous

### Friday, July 19

10:00 AM Friday Gratitude AA

### Saturday, July 20

9:00 AM Altar Guild Set-Up – Sanctuary

7:00 PM La Santa Misa – Sanctuary

## PIEDMONT SINGERS (Choral Evensong) – TODAY at 5pm

Join us in the Sanctuary for a lovely medieval service of music, scripture and prayer. Piedmont Singers is a musical outreach ministry of Grace Episcopal Church, Berryville, and Grace Episcopal Church, The Plains.

## SUMMER HYMN SING RETURNS JULY 21!

What's your favorite hymn? Write down your requests and be ready to call them out - we are having a hymn sing! **On Sunday, July 21**, in place of the sermon, you get to sing your favorite hymns. Try to stump the organist with a request from our blue hymnal (1982) or the green supplement (Wonder, Love, and Praise). Have your choices ready - any season, any theme, any time! If you have a hymn you're dying to sing that's not in our Episcopal repertoire, please email Todd at [music@saint-timothys.org](mailto:music@saint-timothys.org) and he'll try to make your wish come true.

## SHRINE MONT SAVE THE DATE 2024 RETREAT

St. Timothy's is headed to Shrine Mont 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 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).