



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

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

Sunday July 14, 2024

Eighth Sunday after Pentecost

10 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

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 juliocuellarmusic@yahoo.com
Todd Grivetti, Organist/Choirmaster (x16) music@saint-timothys.org
Allyson Showalter, Preschool Director (x14) sttimothypreschool432@gmail.com
Debbie Stolar, Parish Administrator (x10) office@saint-timothys.org

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.

HOLY EUCHARIST The Word of God

Prelude

"Nettleton"

arr. Gilbert Martin

Opening Hymn (436)

Lift Up Your Heads, Ye Mighty Gates

Truro

Opening Acclamations (EOW 50)

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

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

Gloria

Holy Manna

Glo - ry and praise to God the Fa - ther, And to Christ, the Lamb of God.

Praise we all the Ho - ly Spir - it, Bind - ing all hu - man - i - ty.

We give thanks for Your great glo - ry, and we ask for your ten - der care.

O Lamb of God, have mer - cy on us, and bring peace on earth to all.

Opening Collect (EOW 51)

Celebrant: God be with you.

People: And also with you.

Celebrant: Sun of Righteousness, so gloriously risen, shine in our hearts as we celebrate our redemption, that we may see your way to our eternal home, where you reign, one holy and undivided Trinity, 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)

Domini est terra

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.

Sequence Hymn (686)

Come, Thou Fount of Every Blessing

Nettleton

Holy Gospel: Mark 6:14-29

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

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

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 to you, Lord Christ.**

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 VI (BCP 392)

Leader: In peace, we pray to you, Lord God.
 Silence

For all people in their daily life and work;

People: For our families, friends, and neighbors, and for those who are alone.

Leader: For this community, the nation, and the world;

People: For all who work for justice, freedom, and peace.

Leader: For the just and proper use of your creation;

People: For the victims of hunger, fear, injustice, and oppression.

Leader: For all who are in danger, sorrow, or any kind of trouble;

People: For those who minister to the sick, the friendless, and the needy.

Leader: For the peace and unity of the Church of God;

People: For all who proclaim the Gospel, and all who seek the Truth.

Leader: For Michael, Our Presiding Bishop, for Sean, Our Presiding Bishop Elect, and for Mark, Our Diocesan Bishop, and all bishops and other ministers;

People: For all who serve God in his Church.

Leader: For the special needs and concerns of this congregation.

The People may add their own petitions

Leader: Hear us, Lord:

People: For your mercy is great.

Leader: We thank you, Lord, for all the blessings of this life.

The People may add their own thanksgivings

Leader: We will exalt you, O God our King;

People: And praise your Name for ever and ever.

Leader: We pray for all who have died, that they may have a place in your eternal kingdom.

The People may add their own petitions

Leader: Lord, let your loving-kindness be upon them;

People: Who put their trust in you.

Leader: We pray to you also for the forgiveness of our sins.

All: Have mercy upon us, most merciful Father; in your compassion forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honor and glory of your Name; through Jesus Christ our Lord. Amen.

Silence.

Celebrant will add a concluding collect.

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

“Steal Away to Heaven”

arr. Mark Haves

(Nancy J. Thomas, solo)

Please stand as able.

Presentation Hymn (380 v3) *Praise God, From Whom All Blessings Flow*

Old 100th



Praise God, from whom all bless-ings flow; praise him, all crea-tures here be - low; praise



him a-bove, ye heaven - ly host: praise Fa-ther, Son, and Ho - ly Ghost.

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

Holy, Holy, Holy

Llainfair

Ho - ly, ho - ly, ho - ly_ Lord, God of pow - er and God of might,
Hea-ven and earth are full of your glo - ry. Ho - san - na in the_ high - est.
Bless - ed is the one_ who comes in the name of the Lord.
Ho - san - na in the high - est. Ho - san - na in the_ high - est.

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: 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 (WLP 877)

The Disciples Knew the Lord Jesus

Mark Sedio

Choir

The dis - ci - ples knew the Lord Je - sus in the break - ing of the bread.

All

The dis - ci - ples knew the Lord Je - sus in the break - ing of the bread.

Choir

The bread which we break, al - le - lu - ia, is the commun - ion of the bod - y of Christ.

All

The dis - ci - ples knew the Lord Je - sus in the break - ing of the bread.

Choir

One bo - dy are we, al - le - lu - ia, though ma - ny we share one bread.

All

The dis - ci - ples knew the Lord Je - sus in the break - ing of the bread._____

The Invitation (BCP 364)

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

Communion Hymn (WLP 742)

Loving Spirit

Omni die

Postcommunion Prayer (EOW 70)

Celebrant: Let us pray.

All: Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.

The Blessing (EOW 70)

Celebrant: May the blessing of the God of Abraham and Sarah, and of Jesus Christ born of our sister Mary, and of the Holy Spirit, who broods over the world as a mother over her children, be upon you and remain with you always. **Amen.**

Closing Hymn (601)

O Day of God, Draw Nigh

St. Michael

Dismissal (BCP 366)

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

People: Thanks be to God.

Postlude

"Prelude & Fugue in F"

J. S. Bach

*Flowers are given by Midori Yanagihara & Jonathan Beckett
In memory of Ron Bucknam & Anna Beckett Bucknam*

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PRAYER LIST:

(Please email 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 and he'll try to make your wish come true.