



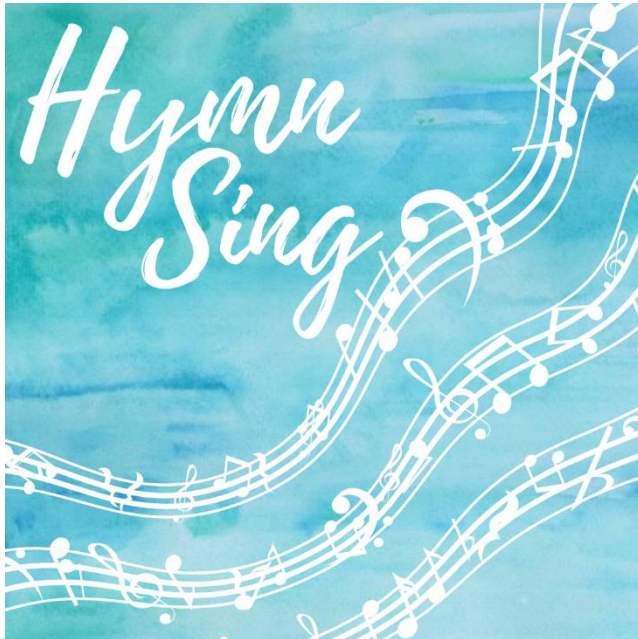
**ST. TIMOTHY'S EPISCOPAL**  
EST. HERNDON, VA • 1868

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

Sunday, July 21, 2024

*Ninth Sunday after Pentecost*

8 a.m.



**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.

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## 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)

[sttimothyspreschool432@gmail.com](mailto:sttimothyspreschool432@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.

## **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 7:1-14a**

When the king was settled in his house, and the LORD had given him rest from all his enemies around him, the king said to the prophet Nathan, "See now, I am living in a house of cedar, but the ark of God stays in a tent." Nathan said to the king, "Go, do all that you have in mind; for the LORD is with you." But that same night the word of the LORD came to Nathan: Go and tell my servant David: Thus says the Lord: Are you the one to build me a house to live in? I have not lived in a house since the day I brought up the people of Israel from Egypt to this day, but I have been moving about in a tent and a tabernacle. Wherever I have moved about among all the people of Israel, did I ever speak a word with any of the tribal leaders of Israel, whom I commanded to shepherd my people Israel, saying, "Why have you not built me a house of cedar?" Now therefore thus you shall say to my servant David: Thus says the LORD of hosts: I took you from the pasture, from following the sheep to be prince over my people Israel; and I have been with you wherever you went, and have cut off all your enemies from before you; and I will make for you a great name, like the name of the great ones of the earth. And I will appoint a place for my people Israel and

will plant them, so that they may live in their own place, and be disturbed no more; and evildoers shall afflict them no more, as formerly, from the time that I appointed judges over my people Israel; and I will give you rest from all your enemies. Moreover the LORD declares to you that the LORD will make you a house. When your days are fulfilled and you lie down with your ancestors, I will raise up your offspring after you, who shall come forth from your body, and I will establish his kingdom. He shall build a house for my name, and I will establish the throne of his kingdom forever. I will be a father to him, and he shall be a son to me.

Reader:           The Word of the Lord.

People:           **Thanks be to God.**

*Please stand as you are able.*

**Holy Gospel: Mark 6:30-34, 53-56**

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

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

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, “Come away to a deserted place all by yourselves and rest a while.” For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things. When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the marketplaces, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

Celebrant:       The Gospel of the Lord.

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

**Hymn Sing**

*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, Sean, 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.**

*Please stand.*

### **The Peace (BCP 332)**

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

**People: And with thy spirit.**

*Please be seated.*

### **Welcome & Announcements**

### **The Offering**

*Please Stand*

## **The Holy Communion**

### **The Great Thanksgiving (Prayer II, BCP 340)**

Celebrant: The Lord be with you.

**People: And with thy spirit.**

Celebrant: Lift up your hearts.

**People: We lift them unto 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. But chiefly are we bound to praise thee for the glorious resurrection of thy Son Jesus Christ our Lord; for he is the very Paschal Lamb, who was sacrificed for us, and hath taken away the sin of the world; who by his death hath destroyed death, and by his rising to life again hath won for us everlasting life. 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.  
Blessed is he that cometh in the name of the Lord.  
Hosanna in the highest.**

*Stand or kneel, as you are able.*

Celebrant: All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again. For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and

we in him; through the same Jesus Christ our Lord; By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

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

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

### **The Fraction (BCP 337)**

Celebrant: Christ our Passover is sacrificed for us.

**People: Therefore let us keep the feast.**

### **The Invitation (BCP 338)**

Celebrant: The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

### **Administration of Communion**

#### **Post-Communion Prayer (BCP 339)**

Celebrant: Let us pray.

**All: Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. Amen.**

### **Blessing**

Celebrant: The 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, Frank Vandenberg

**Health:** Carolyn Hamm, Lorna Moran

**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 21 – LINK Summer Food Drive**

8:00 AM Hymn Sing – Sanctuary

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

10:00 AM Hymn Sing – Sanctuary & Livestream

### **Monday, July 22**

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 23**

7:00 PM Scouts Troop 159

7:00 PM Vestry Meeting - Narthex

### **Wednesday, July 24**

1:45 PM Staff Meeting – Conference Room

7:30 PM SA Meeting

### **Thursday, July 25**

7:00 PM Debtors Anonymous

### **Friday, July 26**

No Events

### **Saturday, July 27**

8:00 AM – MOST Breakfast

9:00 AM Altar Guild Set-Up – Sanctuary

7:00 PM La Santa Misa – Sanctuary

## **HYMN SING – TODAY at the 8 & 10am Services**

What's your favorite hymn? Write down your requests and be ready to call them out - we are having a hymn sing today! 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!

## **LINK SUMMER FOOD DRIVE – Starts Today!**

The Service Ministry is hosting a Summer food drive for LINK. St. Timothy's is a member of LINK and has been helping our neighbors in need for over 40 years. LINK delivers food and other supplies to over 250 families a month in the Herndon and Sterling area. The demand is higher than ever, and LINK needs our support!

**For the next two Sunday's**, members of the Service Ministry will be in the Narthex after each service to hand out cloth bags for you to fill with items for LINK. Attached to the bag will be a list of items that are in high demand. **We will collect the bags the weekends (July 27<sup>th</sup> and 28<sup>th</sup> and August 3<sup>rd</sup> and 4<sup>th</sup>) at the close of each service.** Currently LINK is experiencing a shortage in household cleaning products such as dish washer pods and laundry pods. (If you buy a big container we can break them down into smaller quantities). The pantry is also experiencing a shortage of sanitary pads, tampons, shampoos, soap, body wash, toothpaste and deodorant. Baby wipes and diapers are always appreciated.

You may also pick up a bag at the Church office and drop off the food during the week. **Items can be dropped off at the LINK basket in the hallway between the office and the Narthex.** We are grateful for anything you can contribute to help with hunger in our community.

The Service Ministry thanks you for putting your faith to work to serve our neighbors.

## **CORNERSTONE BACK-TO-SCHOOL DRIVE**

In a month students and teachers will be busily adjusting to the first weeks of school, full of hopeful expectations for the school year! We all know that a positive self-image is key to success in any undertaking, and nothing so easily promotes that as a brand-new backpack on the first day of school! The Service Ministry partners with Cornerstones to help provide over 2,000 backpacks requested by 18 area schools for families facing financial hardship. Here are the details and how YOU can help:

- Purchase a brand-new backpack - no wheels or logos other than the manufacturers' logo.
- The greatest need is for high school students, approximately (approx. 18 - 20" High by 13 - 14" Wide and 9 - 10" deep)
- You may shop from home by using Cornerstones **Amazon wish list** (contact the church office or see our latest eNews announcement for the link). Items will ship directly to Cornerstones (no shipping fee). If you choose this option, PLEASE notify the Service Ministry of your purchase (by emailing **service@saint-timothys.org**).
- Our goal this year is to provide 50 backpacks!
- Please place your donation in the large bin in the **Narthex by August 1st.**

Questions? Write or speak to Carolyn Hamm, St. Timothy's representative to the Cornerstones Board of Directors. ***Thank you for putting your faith to work.***

**Cornerstones** works with faith-based and corporate partners, to promote stability, empowerment, and hope through support, advocacy, and community-building for individuals and families in need. St. Timothy's has served as a partner and board member for over 20 years. Cornerstones is focused on several new projects, including a regional food rescue and distribution hub, building affordable housing, and expanding quality child-care services.

## **MEMORIAL SERVICE for EUGENE COWAN**

A memorial service will be held **August 2nd at 2:00 pm** at Saint Timothy's Episcopal Church, Herndon, with inurnment in the St. Timothy's Columbarium. Light reception to follow in Henry Hall. Please keep the Cowan family in your prayers at this time.

## **VACATION BIBLE SCHOOL Starting Soon!**

**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. The camp will run from 9 AM to 12 PM Monday through Friday. There is still time to enroll your camper in VBS by going to **[saint-timothys.org](https://saint-timothys.org)** and filling out the registration link for campers.

## **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)**.

