Sunday, July 28, 2024  *Tenth Sunday after Pentecost* 8 a.m.

 

*www.miss-ocean.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.

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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
**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) sttimothyspreschool432@gmail.com **Debbie Stolar**, Parish Administrator (x10) office@saint-timothys.org

 **Vestry
Sr. Warden** – Kristie Rudolph (2025) **Jr. Warden** – Rick Wilson (2027)

Betsy Bosworth (2025) Carolyn Hamm (2025) Rob Huizar (2027)
Maria LaWalt (2025) Vilma Lemus (2026) John McGrath (alternate)
Matt Schumann (2027) Midori Yanagihara (2026)

 **Trustees**

Tom McLenigan Keith Sinclair Deke Smith

**HOLY EUCHARIST- RITE I
with Renewal of Baptismal Vows
The Word of God**

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

**Opening Acclamations (BCP 299)**

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

**People: And blessed be his kingdom, now and for ever. Amen.**Celebrant:There is one Body and one Spirit;
**People: There is one hope in God’s call to us;**Celebrant:One Lord, one Faith, one Baptism;
**People: One God and Father of all.

Kyrie (BCP 324)**

Celebrant: Lord, have mercy upon us.

**People: Christ, have mercy upon us.**

Celebrant: Lord, have mercy upon us.

 **The Collect for the Day (BCP 180)**
 Celebrant: The Lord be with you.
 **People: And with thy spirit.**
 Celebrant: O God, the protector of all that trust in thee, without whom nothing is strong,
 nothing is holy: Increase and multiply upon us thy mercy; that, thou being our ruler and guide, we
 may so pass through things temporal, that we finally lose not the things eternal; through Jesus Christ
 our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

**The Lessons
A Reading from 2 Samuel 11:1-15**In the spring of the year, the time when kings go out to battle, David sent Joab with his officers and all Israel with him; they ravaged the Ammonites, and besieged Rabbah. But David remained at Jerusalem. It happened, late one afternoon, when David rose from his couch and was walking about on the roof of the king’s house, that he saw from the roof a woman bathing; the woman was very beautiful. David sent someone to inquire about the woman. It was reported, “This is Bathsheba daughter of Eliam, the wife of Uriah the Hittite.” So David sent messengers to get her, and she came to him, and he lay with her. (Now she was purifying herself after her period.) Then she returned to her house. The woman conceived; and she sent and told David, “I am pregnant.” So David sent word to Joab, “Send me Uriah the Hittite.” And Joab sent Uriah to David. When Uriah came to him, David asked how Joab and the people fared, and how the war was going. Then David said to Uriah, “Go down to your house, and wash your feet.” Uriah went out of the king’s house, and there followed him a present from the king. But Uriah slept at the entrance of the king’s house with all the servants of his lord, and did not go down to his house. When they told David, “Uriah did not go down to his house,” David said to Uriah, “You have just come from a journey. Why did you not go down to your house?” Uriah said to David, “The ark and Israel and Judah remain in booths; and my lord Joab and the servants of my lord are camping in the open field; shall I then go to my house, to eat and to drink, and to lie with my wife? As you live, and as your soul lives, I will not do such a thing.” Then David said to Uriah, “Remain here today also, and tomorrow I will send you back.” So Uriah remained in Jerusalem that day. On the next day, David invited him to eat and drink in his presence and made him drunk; and in the evening he went out to lie on his couch with the servants of his lord, but he did not go down to his house. In the morning David wrote a letter to Joab, and sent it by the hand of Uriah. In the letter he wrote, “Set Uriah in the forefront of the hardest fighting, and then draw back from him, so that he may be struck down and die.”
Reader: The Word of the Lord.
**People: Thanks be to God.**

**Psalm 14 (Read responsively)**

1 The fool has said in his heart, "There is no God." \*
**All are corrupt and commit abominable acts;
there is none who does any good.**

2 The Lord looks down from heaven upon us all, \*
**to see if there is any who is wise,
if there is one who seeks after God.**

3 Every one has proved faithless;
all alike have turned bad; \*
**there is none who does good; no, not one.**

4 Have they no knowledge, all those evildoers \*
**who eat up my people like bread**
and do not call upon the Lord?

5 See how they tremble with fear, \*
**because God is in the company of the righteous.**

6 Their aim is to confound the plans of the afflicted, \*
**but the Lord is their refuge.**

7 Oh, that Israel's deliverance would come out of Zion! \*
**when the Lord restores the fortunes of his people,
Jacob will rejoice and Israel be glad.**

**A Reading from Ephesians 3:14-21**I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.
Reader: The Word of the Lord.
**People: Thanks be to God.***Please stand as you are able.*
**Holy Gospel:** **John 6:1-21**Celebrant: The Holy Gospel of our Lord Jesus Christ according to John.
**People:** **Glory be to thee, O Lord.**
Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming toward him, Jesus said to Philip, “Where are we to buy bread for these people to eat?” He said this to test him, for he himself knew what he was going to do. Philip answered him, “Six months’ wages would not buy enough bread for each of them to get a little.” One of his disciples, Andrew, Simon Peter’s brother, said to him, “There is a boy here who has five barley loaves and two fish. But what are they among so many people?” Jesus said, “Make the people sit down.” Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, “Gather up the fragments left over, so that nothing may be lost.” So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, “This is indeed the prophet who is to come into the world.” When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself. When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Capernaum. It

was now dark, and Jesus had not yet come to them. The sea became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. But he said to them, “It is I; do not be afraid.” Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.
Celebrant: The Gospel of the Lord.
**People:** **Praise be to thee, Lord Christ.**

**Sermon** TheRev. Charles R. Cowherd

*Please stand as able.*

**The Renewal of Baptismal Vows (BCP 292)**Celebrant: On this day, we remember that we are buried with Christ by Baptism into his death,
 and raised with him to newness of life. I invite you, therefore, to renew the solemn
 promises and vows of Holy Baptism, by which we renounced Satan and all his
 works, and promised to serve God faithfully in his holy Catholic Church.
Celebrant: Do you reaffirm your renunciation of evil and renew your commitment to Jesus
 Christ? **People: I do.**
Celebrant: Do you believe in God the Father?
**People: I believe in God, the Father almighty,
 creator of heaven and earth.**Celebrant: Do you believe in Jesus Christ, the Son of God?
**People: I believe in Jesus Christ, his only Son, our Lord.
 He was conceived by the power of the Holy Spirit
 and born of the Virgin Mary.
 He suffered under Pontius Pilate,
 was crucified, died, and was buried.
 He descended to the dead.
 On the third day he rose again.
 He ascended into heaven,
 and is seated at the right hand of the Father.
 He will come again to judge the living and the dead.**Celebrant: Do you believe in God the Holy Spirit?
**People: I believe in the Holy Spirit,**  **the holy catholic Church,
 the communion of saints,
 the forgiveness of sins,
 the resurrection of the body,
 and the life everlasting.**
Celebrant: Will you continue in the apostles' teaching and fellowship, in the breaking of the
 bread, and in the prayers?
**People: I will, with God's help.**Celebrant: Will you persevere in resisting evil, and, whenever you fall into sin, repent and
 return to the Lord?
**People: I will, with God's help.**
Celebrant: Will you proclaim by word and example the Good News of God in Christ?
**People: I will, with God's help.**Celebrant: Will you seek and serve Christ in all persons, loving your neighbor as yourself?
**People: I will, with God's help.**
Celebrant: Will you strive for justice and peace among all people, and respect the dignity of
 every human being?
**People: I will, with God's help.**
Celebrant: May Almighty God, the Father of our Lord Jesus Christ, who has given us a new
 birth by water and the Holy Spirit, and bestowed upon us the forgiveness of sins,
 keep us in eternal life by his grace, in Christ Jesus our Lord. **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)***Please stand as able.*

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. For with thy co-eternal Son and Holy Spirit, thou are one God, one Lord, in Trinity of Persons and in Unity of Substance; and we celebrate the one and equal glory of thee, O Father, and of the Son, and of the Holy Spirit. 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 340)**Celebrant: Go in peace to love and serve the Lord.
**People:** **Thanks be to God.**

 **PRAYER LIST:** *(Please email* *careteam@saint-timothys.org* *with any prayer concerns.)***Repose of the Soul:** Eugene Cowan, Kim Smith Somers, Frank Vandenberg, Bonnie Bash
**Health:** Carolyn Hamm, Lorna Moran, Ted 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

**THIS WEEK at ST. TIMOTHY’S**

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| **Sunday, July 28 – LINK Summer Food Drive 8:00 AM Rite I Holy Eucharist – Sanctuary** **9:30 AM Adult Choir Warm-up – Music Room10:00 AM Rite II Holy Eucharist – Sanctuary & Livestream****Monday, July 29  9:00 AM Vacation Bible School** 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 30** **9:00 AM Vacation Bible School** 7:00 PM Scouts Troop 159  | **Wednesday, July 31 9:00 AM Vacation Bible School 1:45 PM Staff Meeting – Conference Room** 7:30 PM SA Meeting **Thursday, August 1** **9:00 AM Vacation Bible School** 7:00 PM Debtors Anonymous**Friday, August 2** **9:00 AM Vacation Bible School 2:00 PM Cowan Funeral – Sanctuary & Livestream****Saturday, August 3 9:00 AM Altar Guild Set-Up – Sanctuary 5:00 PM La Santa Misa – Sanctuary** |

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**LINK SUMMER FOOD DRIVE UNDERWAY**The Service Ministry is hosting a summer food drive for LINK.  The drive got off to a successful start this past week as many of you took the blue bags that we were handing out.

**HOW DO I GET A BAG:** If you did not get a bag on Sunday, members of the Service Ministry will continue to hand out bags this Sunday morning. In addition, there are bags in the Office which you can pick up any weekday between 9 and 3pm.

**WHEN DO I RETURN THE BAGS WITH FOOD:**  **We will be in the Narthex to collect the bags at each service on Sunday July 28th and Sunday August 4th.** If you need help getting the bags out of your car, we will be glad to assist. You can also drop off the bags at the LINK basket in the hallway going to Henry Hall anytime during the week.

**WHAT ITEMS ARE NEEDED:** Attached to the bag will be a list of items in high demand. 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 it 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.

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**](https://www.amazon.com/hz/wishlist/ls/3M23UF9LH5N16?ref_=wl_share)(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****.*

**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.

**ALTAR GUILD VOLUNTEERS**
St. Timothy’s Altar Guild plays an important role in the Worship Ministry. Our mission is to ensure that the Sanctuary is in order, beautiful, clean and prepared for worship on a weekly basis and for special services. This team-based ministry is an easy way to support your church and only requires a few hours of your time on the week you are scheduled to serve (approximately every three weeks). Service opportunities can be flexible to meet your busy schedule or special interests (flowers, care of linens, Sunday only) and training is provided. Please consider helping the Altar Guild grow.  For more information, please email us at **altarguild@saint-timothys.org****.**

**ALTAR GUILD SPONSORSHIPS**
Are you looking for a way to honor a special occasion like a birthday or anniversary or to remember a departed loved one?  Consider sponsoring Altar Flowers!  Simply sign up for the Sunday you would like to sponsor using the sign-up sheet posted outside of the church offices.  After signing up, simply use a Flower Envelope and drop your donation in the offering on a Sunday or mail it to the church office.  Be sure to note Flower Donation on the memo line if giving by check.  Suggested donation is $65.