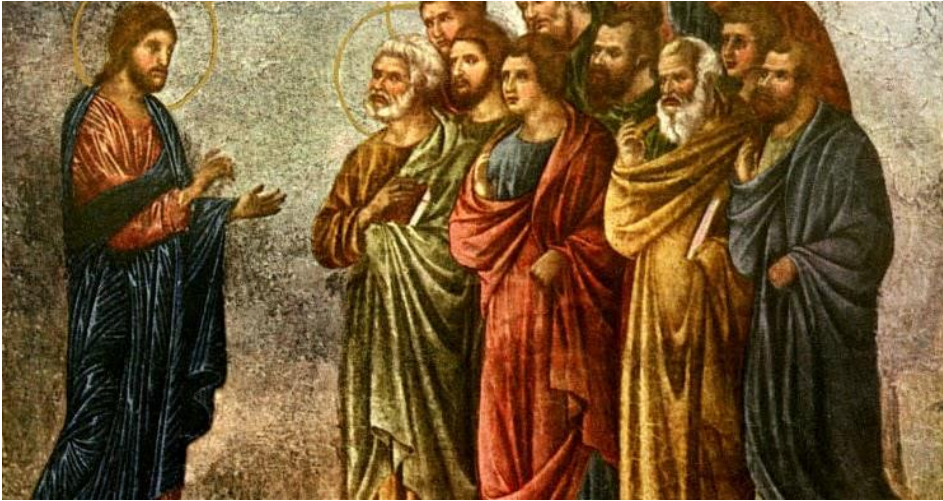




Sunday, July 7, 2024

*Seventh Sunday after Pentecost*

10 a.m.



*foundationsofmyfaith.blogspot.com*

### Weekly Services:

Sunday, 8:00 a.m.	Holy Eucharist Rite I, spoken
Sunday, 10:00 a.m.	Holy Eucharist Rite II with Choir (Godly Play for ages 3–8, Sunday School for ages 9-12)
Sábado, 7:00 p.m.	La Santa Misa, en español

### Staff

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

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

## Information For Our First-Time Guests

We invite you to fill out a Welcome Card in the pew rack in front of you or on the podium in the Narthex. Please place the completed card in the offertory plate or give it to an usher.

For those with little ones, there are rocking chairs located at the back of the sanctuary and worship bags with quiet activities in the Narthex.

We invite you to share in Holy Communion. To receive, come forward and kneel/stand at an open space on the altar rail. Both bread and wine will be offered (or a rice wafer/separate chalice for those allergic to wheat/ gluten intolerant). If you do not wish to receive communion, we invite you to come forward for a blessing. Please indicate that by placing your arms across your chest.

## HOLY EUCHARIST The Word of God

### Prelude

*“Foundation”*

arr. Dale Wood

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

### Opening Hymn (636)

*How Firm a Foundation, Ye Saints of the Lord*

Foundation

### Opening Acclamation (EOW 50)

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

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

### Kyrie (S96)

*Lord, Have Mercy*

Schubert/Proulx

### Opening Collect (EOW 51)

Celebrant: God be with you.

People: **And also with you.**

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

### The Lessons

#### A Reading from 1 Samuel 5:1-5, 9-10

All the tribes of Israel came to David at Hebron, and said, “Look, we are your bone and flesh. For

some time, while Saul was king over us, it was you who led out Israel and brought it in. The Lord said to you: It is you who shall be shepherd of my people Israel, you who shall be ruler over Israel.” So all the elders of Israel came to the king at Hebron; and King David made a covenant with them at Hebron before the LORD, and they anointed David king over Israel. David was thirty years old when he began to reign, and he reigned forty years. At Hebron he reigned over Judah seven years and six months; and at Jerusalem he reigned over all Israel and Judah thirty-three years. David occupied the stronghold, and named it the city of David. David built the city all around from the Millo inwards. And David became greater and greater, for the LORD, the God of hosts, was with him.

Reader: The Word of the Lord.

People: **Thanks be to God.**

### Psalm 48 (Read Responsively)

Magnus Dominus

- 1 Great is the LORD, and highly to be praised; \*  
**in the city of our God is his holy hill.**
- 2 Beautiful and lofty, the joy of all the earth, is the hill of Zion, \*  
**the very center of the world and the city of the great King.**
- 3 God is in her citadels; \*  
**he is known to be her sure refuge.**
- 4 Behold, the kings of the earth assembled \*  
**and marched forward together.**
- 5 They looked and were astounded; \*  
**they retreated and fled in terror.**
- 6 Trembling seized them there; \*  
**they writhed like a woman in childbirth,  
like ships of the sea when the east wind shatters them.**
- 7 As we have heard, so have we seen,  
in the city of the LORD of hosts, in the city of our God; \*  
**God has established her for ever.**
- 8 We have waited in silence on your loving-kindness, O God, \*  
**in the midst of your temple.**
- 9 Your praise, like your Name, O God, reaches to the world's end; \*  
**your right hand is full of justice.**
- 10 Let Mount Zion be glad  
and the cities of Judah rejoice, \*  
**because of your judgments.**

11 Make the circuit of Zion;  
walk round about her; \*  
**count the number of her towers.**

12 Consider well her bulwarks;  
examine her strongholds; \*  
**that you may tell those who come after.**

13 This God is our God for ever and ever; \*  
**he shall be our guide for evermore.**

### **A Reading from 2 Corinthians 12:2-10**

I know a person in Christ who fourteen years ago was caught up to the third heaven—whether in the body or out of the body I do not know; God knows. And I know that such a person—whether in the body or out of the body I do not know; God knows— was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, “My grace is sufficient for you, for power is made perfect in weakness.” So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

Reader:           The Word of the Lord.

**People:           Thanks be to God.**

*Please stand as you are able.*

**Sequence Hymn (671)**

*Amazing Grace*

New Britain

### **Holy Gospel: Mark 6:1-13**

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

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

Jesus came to his hometown, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, “Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and

Simon, and are not his sisters here with us?” And they took offense at him. Then Jesus said to them, “Prophets are not without honor, except in their hometown, and among their own kin, and in their own house.” And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief. Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, “Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them.” So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

Celebrant: The Gospel of the Lord.

People: Praise to you, Lord Christ.

## Sermon

The Rev. Charles R. Cowherd

*Please stand as you are able.*

### The Nicene Creed (BCP 358)

People: We believe in one God,  
the Father Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.  
We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father;  
Through him all things were made.  
For us and for our salvation he came down from heaven:  
by the power of the Holy Spirit he became incarnate from the Virgin Mary,  
and was made man;  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried;  
On the third day he rose again in accordance with the Scriptures;  
he ascended into heaven and is seated at the right hand of the Father.

**He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son  
With the Father and the Son he is worshiped and glorified.  
He has spoken through the Prophets.**

**We believe in one holy catholic and apostolic Church.**

**We acknowledge one baptism for the forgiveness of sins.**

**We look for the resurrection of the dead, and the life of the world to come. Amen.**

### **Recognition of Ministry in the Church**

Celebrant: Friends in Christ, we are all baptized by the one Spirit into one Body, and given gifts for a variety of ministries for the common good.

*(Name)* has been called to the ministry of Vacation Bible School.

**People: Praise be to God, who has called you to this service.**

Celebrant: Let us Pray.

Look with favor upon those whom you have called, O God, and grant that they may be so filled with your Holy Spirit that they may minister in their chosen task with joy and steadfast devotion; through Jesus Christ our Savior. **Amen.**

In the Name of God, we recognize you as the Vacation Bible School and give you each these tokens representing your ministry.

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

### **The Prayers of the People, Form V (BCP 389)**

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

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

**People: Lord, have mercy.**

Leader: For Michael, Our Presiding Bishop, Shawn, Our Bishop Elect, and Mark, Our Diocesan Bishop and other ministers, and for all the holy people of God, we pray to you, O Lord.

**People: Lord, have mercy.**

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

**People: Lord, have mercy.**

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

**People: Lord, have mercy.**

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

**People: Lord, have mercy.**

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

**People: Lord, have mercy.**

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

**People: Lord, have mercy.**

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

**People: Lord, have mercy.**

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

**People: Lord, have mercy.**

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

**People: Lord, have mercy.**

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

**People: Lord, have mercy.**

*Silence.*

*Celebrant will add a concluding collect.*

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

Celebrant: Let us confess our sins to God.

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

we may abide in your love and serve only your will. Amen.

### Absolution

Celebrant: Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

*Please stand.*

### The Peace (EOW 56)

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

People: **And also with you.**

### Welcome & Announcements

### Offertory Sentence

### The Offering

### Choral Anthem

*"If Thou But Suffer God to Guide Thee"*

arr. Jody Lindh

*Please stand as able.*

### Presentation Hymn

*Praise God, From Whom All Blessings Flow*

Duke Street

Praise God, from whom all blessings flow;  
praise him, all creatures here below;  
praise him above, ye heavenly 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 (S130)**

*Holy, Holy, Holy Lord*

Schubert/Proulx

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

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

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

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

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

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

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

Celebrant:       Remembering his death and resurrection, we now present to you from your creation

this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with Timothy and all your saints, past, present, and yet to come, we may praise your Name for ever. Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.**

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

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

**The Fraction (S164)**

*Jesus, Lamb of God*

Schubert/Proulx

**The Invitation (BCP 364)**

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

**Administration of Communion**

**Communion Hymn  
(WLP 756)**

*Lead Me, Guide Me, Along the Way*

Doris M. Akers

**Postcommunion Prayer (EOW 69)**

Celebrant: Let us pray.

**All: God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue for ever in the risen life of Christ our Savior. Amen.**

**The Blessing (EOW 70)**

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

**Closing Hymn (680)**

*O God, Our Help in Ages Past*

St. Anne

## Dismissal (BCP 366)

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

People: **Thanks be to God.**

## Postlude

Theme on “*St. Anne*”

Paul Manz

*Flowers are given by Beth & Peter Hvoskchinsky  
In memory of Vladimir and Nancy Hvoschinsky, parents of Peter*

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## PRAYER LIST:

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

**Rest of the Soul:** Eugene Cowan

**Health:** Elaine Horsfield (Covid), Barry

**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 Miamie (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 7

8:00 AM Rite I Holy Eucharist – Sanctuary  
9:30 AM Adult Choir Warm-up – Music Room  
10:00 AM Rite II Holy Eucharist – Sanctuary & Livestream  
11:30 AM VBS Planning Meeting – Conference Room

### Monday, July 8

12:15 PM Step Into Recovery AA  
4:00 PM DanceWorx – Narthex  
7:00 PM Hope For Today Al Anon  
7:30 PM Service Ministry Meeting – Conference Room  
8:30 PM Monday Night Milkshake Group AA

### Tuesday, July 9

4:00 PM DanceWorx  
7:00 PM Scouts Troop 159

### Wednesday, July 10

4:00 PM DanceWorx  
7:30 PM SA Meeting

### Thursday, July 11

7:00 PM Debtors Anonymous

### Friday, July 12

10:00 AM Friday Gratitude AA

### Saturday, July 13

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

## 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).



present

## *Choral Evensong*

Sunday, July 14, 5:00 pm  
St. Timothy's Episcopal Church, 432 Van Buren St., Herndon

**The Piedmont Singers** is a musical outreach ministry of Grace Episcopal Church, Berryville, and Grace Episcopal Church, The Plains. They will embark on their seventh Choral Pilgrimage and serve as the "visiting choir-in-residence" Aug. 5-11 at Wells Cathedral in Somerset, UK. This Choral Evensong is last of three they will present before their residency.

All are invited to participate in this lovely medieval service of music, scripture and prayer largely unchanged since the first English-language *Book of Common Prayer* of 1549. The service is free and open to the public. Donations will be gratefully accepted.