



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

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

Sunday, August 18, 2024

Thirteenth Sunday after Pentecost

10 a.m.



www.frlois.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.

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

*“O God Beyond All Praising”
At the tolling of the bell, all stand.*

Aaron D. Miller

Opening Hymn (665)

All My Hope on God is Founded

Michael

Opening Acclamation (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: 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 Kings 2:10-12; 3:3-14

David slept with his ancestors, and was buried in the city of David. The time that David reigned over Israel was forty years; he reigned seven years in Hebron, and thirty-three years in Jerusalem. So Solomon sat on the throne of his father David; and his kingdom was firmly established. Solomon loved the Lord, walking in the statutes of his father David; only, he sacrificed and offered incense at the high places. The king went to Gibeon to sacrifice there, for that was the principal high place; Solomon used to offer a thousand burnt offerings on that altar. At Gibeon the Lord appeared to Solomon in a dream by night; and God said, "Ask what I should give you." And Solomon said, "You have shown great and steadfast love to your servant my father David, because he walked before you in faithfulness, in righteousness, and in uprightness of heart toward you; and you have kept for him this great and steadfast love, and have given him a son to sit on his throne today. And now, O Lord my God, you have made your servant king in place of my father David, although I am only a little child; I do not know how to go out or come in. And your servant is in the midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. Give your servant therefore an understanding mind to govern your people, able to discern between good and evil; for who can govern this your great people?" It pleased the Lord that Solomon had asked this. God said to him, "Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked for yourself understanding to discern what is right, I now do according to your word. Indeed I give you a wise and discerning mind; no one like you has been before you and no one like you shall arise after you. I give you also what you have not asked, both riches and honor all your life; no other king shall compare with you. If you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen your life."

Reader: The Word of the Lord.

People: Thanks be to God.

Psalm 111 (Read Responsively)

Confitebor tibi

1 Hallelujah!

I will give thanks to the Lord with my whole heart, *

in the assembly of the upright, in the congregation.

2 Great are the deeds of the Lord! *

they are studied by all who delight in them.

3 His work is full of majesty and splendor, *

and his righteousness endures for ever.

4 He makes his marvelous works to be remembered; *

the Lord is gracious and full of compassion.

5 He gives food to those who fear him; *

he is ever mindful of his covenant.

6 He has shown his people the power of his works *

in giving them the lands of the nations.

7 The works of his hands are faithfulness and justice; *

all his commandments are sure.

8 They stand fast for ever and ever, *

because they are done in truth and equity.

9 He sent redemption to his people;

he commanded his covenant for ever; *

holy and awesome is his Name.

10 The fear of the Lord is the beginning of wisdom; *

those who act accordingly have a good understanding;

his praise endures for ever.

A Reading from Ephesians 5:15-20

Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Please stand as you are able.

Sequence Hymn (402)

Let All the World in Every Corner Sing

Augustine

Holy Gospel: John 6:51-58

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

People: Glory to you, Lord Christ.

Jesus said, "I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh." The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."

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.

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.

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

Blessing of the Backpacks

The Offering

Anthem

“Come, Praise the Lord”

G.F. Handel

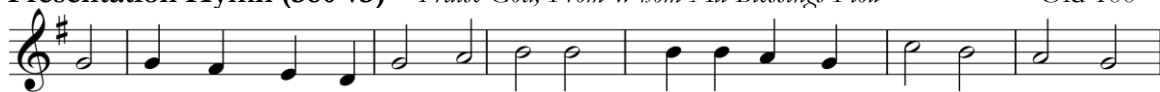
(Joe Weeden, solo)

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.

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

Hoby, Hoby, Hoby

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.

Administration of Communion

Communion Hymn (341) *For the Bread, Which You Have Broken* *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.**

Dismissal (BCP 366)

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

People: Thanks be to God.

Postlude

“Engelberg”

arr. Wilbur Held

Flowers are given by Gerritt & Karen Peck
In memory of Dallas & Sue Peck, Ray Vaughn

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PRAYER LIST:

(Please email careteam@saint-timothys.org with any prayer concerns.)

Rest of the Soul: Leona Garner, Michael Stone

Health: Ted Grivetti, Pete Diefendorf, Will LaWalt, Stephanie Mathias, Mark Thompson

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, 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, August 18

- 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 w/Blessing of the Backpacks

Monday, August 19

- 12:15 PM Step Into Recovery AA
- 7:00 PM Hope For Today Al Anon
- 8:30 PM Monday Night Milkshake Group AA

Tuesday, August 20

- 7:00 PM Scouts Troop 159

Wednesday, August 21

- 1:45 PM Staff Meeting – Conference Room
- 6:30 PM Finance Committee Meeting - Zoom
- 7:30 PM SA Meeting

Thursday, August 22

- 7:00 PM Debtors Anonymous

Friday, August 23

No Events

Saturday, August 24

- 8:00 AM MOST Breakfast
- 9:00 AM Altar Guild Set-Up – Sanctuary
- 4:00 PM Latino Family Day Picnic & Bilingual Service with Blessing of the Backpacks

LITURGICAL MINISTERS TRAINING

Calling all LEMS (Lay Eucharistic Minister): Vergers, Lectors, Chalice-Bearers, Intercessors, and Ushers! A training/ refresher course will be held on **Sunday, August 18th, after the 10 am service in the Sanctuary**. If you are interested in being a part of this important ministry, please also plan on attending. Any questions, please contact Keith Sinclair (ksinclair1@msn.com).

BLESSING OF THE BACKPACKS

Please join us at our upcoming blessing of all students (and their backpacks), teachers, and those who work in education as they begin the new school year! Bring your backpack, briefcase, lunchbox... you name it... to be blessed on any of the days below! Also: please send any BACK-to-SCHOOL PHOTOS taken/posted on social media that we might share via our church communications. Please send to office@saint-timothys.org!

* Saturday 8/17, 11:00 AM - after the St. Timothy's Preschool Play Date (Preschool Playground)

* Sábado 8/17, 7:00 PM - durante la Santa Misa en español (Santuario)

* Sunday 8/18, 8 & 10:00 AM - at our Sunday Eucharists (Sanctuary)

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.

SHRINE MONT 2024 RETREAT

St. Timothy's is headed to Shrine Mont for our retreat weekend on September 13th-15th, 2024. This is a wonderful opportunity to rest, recharge, and renew with your parish family. You can reserve your spot by e-mailing Rob Huizar, Trip Coordinator, at RetreatCoordinator@saint-timothys.org. **Registration will end on August 25th.**

Please indicate in your e-mail the following: names and number of attendees; ages for children 17 and under; if

you prefer single or double occupancy; any dietary or mobility restrictions; and contact information (phone number and e-mail address). Forms are available for those without e-mail access. Below are the rates for the weekend (for adults 18+ years old): Double Occupancy - \$190, Single Occupancy - \$245. All children 17 years old and younger are FREE! These rates include 2 nights of lodging, 6 meals (2 each of breakfast, lunch, and dinner) & use of Shrine Mont facilities. Day passes are also available for \$32. Scholarships are also available.

ST. TIMOTHY'S COFFEE HOUR SIGN UP

We have had a wonderful year so far of Coffee Hour with fellowship and fun in Henry Hall after the 10 am service! We plan to continue this practice but need volunteers to assist with set up, clean-up and bringing light refreshments. **If you are interested in helping, please contact the church office at office@saint-timothys.org or sign up via the spreadsheet link in the weekly eNews Coffee Hour announcement.**

WELCOME HOME WEEKEND - SAT. & SUNDAY AUGUST 24th - 25th

All are invited back from the beach and the mountains, and everywhere in between, to gather together as One St. Timothy's for the program year. In addition to our 3 usual services, we will have the below offerings over the course of the weekend to Welcome Home everyone from their travels. Be sure to attend to participate in the below events and hear some exciting announcements about what's coming up ahead at St. Timothy's

SATURDAY AUGUST 24th, 2024 4:00 pm (Outdoor Chapel and Picnic Area)

All are invited to our Annual Latino Family Day Picnic to join together as a community of faith and as a family in Christ. We will have steak, hamburgers, hot-dogs (and vegetarian options) on the grill, as well as games for the young ones. The Spanish service will follow in the Outdoor Chapel. Wear light and comfortable clothing.

SUNDAY AUGUST 25th, 2024 11:00 am (Henry Hall)

All are invited to an Ice Cream Social dessert extravaganza in Henry Hall following the 10:00 am service on Sunday. Thanks to Generations Ministry, we will have an opportunity to enjoy some tasty treats and catch up with friends old and new.

FAITH FORMATION for ALL AGES – resumes AUGUST 25th

Sunday Adult Forums (in the Sanctuary during the 9 am hour, also livestreamed)

We begin with our 3rd Annual three-part series, taking its name from the famous church song: "I

am the Church, You are the Church...”

Sunday August 25th: “We are the Church.” We will begin with a look at the history of Shrine Mont Camps. Charles Cowherd will present on “The Integration of Shrine Mont Camps”—a look at how our Diocesan camps struggled to racially integrate during the 1950s and 1960s. Based off of archival research, 1st person interviews, the presentation is set to be published (in print form) in *Anglican and Episcopal History*, the historical journal of the Episcopal Church, this coming Fall.

Sunday September 8th: “You are the Church.” Our Ecumenical Round Table will again feature different members of our congregation sharing how they landed at St. Timothy’s Episcopal Church. This year, we have invited our members who grew up on the continent of Africa to share their faith journey from their home country and church to Herndon!

Sunday September 29th: “I am the Church.” In this final session, our Associate Rector, the Reverend Mario Melendez, will share with us the story of his spiritual journey. Come to learn more about how Mario’s life has been a witness and testimony of his faith!

Sunday School

During the 10 AM Sunday Service, children and youth from 4th grade and up will gather first in the sanctuary, but then be shepherded by teachers out to meet at the outdoor chapel, weather permitting, where our kids will have time to gather, learn a bible story, and play on our beautiful church grounds. We will rejoin worship before communion. In case of inclement weather, we will gather in Henry Hall.

Godly Play

Finally, **our children (age 3-3rd grade) will continue to attend Godly Play during the 10 AM Sunday Service.** This Montessori-based curriculum uses hands-on storytelling and wondering to introduce children to Bible stories and church traditions. Children who attend Godly Play head downstairs after the reading of the Collect and then rejoin their parents in the Sanctuary during the Peace prior to Eucharist.

Look for more information in the coming weeks or check out the **“Welcome Home Weekend Flyer”** that you can pick up in the Narthex or see in the eNews.



NEED HELP?

¿NECESITAS AYUDA?

SCAN THE QR CODE AT THE BOTTOM
FOR INFORMATION ABOUT
HELP/ASSISTANCE FROM
CORNERSTONES

ESCANEE EL CÓDIGO QR EN LA
PARTE INFERIOR PARA OBTENER
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