



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 25, 2024

Fourteenth 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

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.

Vestry

Sr. Warden – Kristie Rudolph (2025)

Betsy Bosworth (2025)

Maria LaWalt (2025)

Matt Schumann (2027)

Carolyn Hamm (2025)

Vilma Lemus (2026)

Midori Yanagihara (2026)

Jr. Warden – Rick Wilson (2027)

Rob Huizar (2027)

John McGrath (alternate)

Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

Flowers are given by Tom & Betsy Bosworth

In memory of Sue Bosworth

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.**

Gloria (together)

Glory be to God on high,

and on earth peace, good will towards men.

We praise thee, we bless thee,
we worship thee,
we glorify thee,
we give thanks to thee for thy great glory,
O Lord God, heavenly King, God the Father Almighty.
O Lord, the only-begotten Son, Jesus Christ;
O Lord God, Lamb of God, Son of the Father,
that takest away the sins of the world,
have mercy upon us.
Thou that takest away the sins of the world,
receive our prayer.
Thou that sittest at the right hand of God the Father,
have mercy upon us.
For thou only art holy;
thou only art the Lord;
thou only, O Christ,
with the Holy Ghost,
art most high in the glory of God the Father. Amen.

The Collect for the Day (BCP 181)

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: Grant, we beseech thee, merciful God, that thy Church, being gathered together in unity by thy Holy Spirit, may manifest thy power among all peoples, to the glory of thy Name; through Jesus Christ our Lord, who liveth and reigneth with thee and the same Spirit, one God, world without end. **Amen.**

The Lessons

A Reading from 1 Kings 8:22-30

Then Solomon stood before the altar of the Lord in the presence of all the assembly of Israel, and spread out his hands to heaven. He said, "O Lord, God of Israel, there is no God like you in heaven above or on earth beneath, keeping covenant and steadfast love for your servants who walk before you with all their heart, the covenant that you kept for your servant my father David as you declared to him; you promised with your mouth and have this day fulfilled with your hand. Therefore, O Lord, God of Israel, keep for your servant my father David that which you promised him, saying, 'There shall never fail you a successor before me to sit on the throne of Israel, if only your children look to their way, to walk before me as you have walked before me.' Therefore, O

God of Israel, let your word be confirmed, which you promised to your servant my father David. “But will God indeed dwell on the earth? Even heaven and the highest heaven cannot contain you, much less this house that I have built! Regard your servant’s prayer and his plea, O Lord my God, heeding the cry and the prayer that your servant prays to you today; that your eyes may be open night and day toward this house, the place of which you said, ‘My name shall be there,’ that you may heed the prayer that your servant prays toward this place. Hear the plea of your servant and of your people Israel when they pray toward this place; O hear in heaven your dwelling place; heed and forgive.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 84 (Read Responsively)

1 How dear to me is your dwelling, O Lord of hosts! *

**My soul has a desire and longing for the courts of the Lord;
my heart and my flesh rejoice in the living God.**

2 The sparrow has found her a house and the swallow a nest where she may lay her young; *

by the side of your altars, O Lord of hosts, my King and my God.

3 Happy are they who dwell in your house! *

they will always be praising you.

4 Happy are the people whose strength is in you! *

whose hearts are set on the pilgrims’ way.

5 Those who go through the desolate valley will find it a place of springs, *

for the early rains have covered it with pools of water.

6 They will climb from height to height, *

and the God of gods will reveal himself in Zion.

7 Lord God of hosts, hear my prayer; *

hearken, O God of Jacob.

8 Behold our defender, O God; *

and look upon the face of your Anointed.

9 For one day in your courts is better than a thousand in my own room, *

and to stand at the threshold of the house of my God than to dwell in the tents of the wicked.

10 For the Lord God is both sun and shield; *

he will give grace and glory;

11 No good thing will the Lord withhold *
from those who walk with integrity.

12 O Lord of hosts, *
happy are they who put their trust in you!

A Reading from Ephesians 6:10-20

Be strong in the Lord and in the strength of his power. Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

Reader: The Word of the Lord.

People: Thanks be to God.

Please stand as you are able.

Holy Gospel: John 6:56-69

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

People: Glory be to thee, O Lord.

Jesus said, "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." He said these things while he was teaching in the synagogue at Capernaum. When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe." For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, "For this reason I have told you that no one can come to me unless it is

granted by the Father.” Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, “Do you also wish to go away?” Simon Peter answered him, “Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.”

Celebrant: The Gospel of the Lord.

People: Praise be to thee, Lord Christ.

Sermon

The Rev. Charles R. Cowherd

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.**

Confession of Sin (BCP 331)

Celebrant: Let us humbly confess our sins unto Almighty God:

People: **Most merciful God,
we confess that we have sinned against thee**

in thought, word, and deed,
by what we have done,
by what we have left undone.
We have not loved thee with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of thy Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in thy will,
and walk in thy way,
to the glory of thy Name. Amen.

Absolution (BCP 332)

Celebrant: Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

Celebrant: Come unto me, all ye that travail and are heavy laden, and I will refresh you.
(Matthew 11:28)

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 I, BCP 333)

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: Lift up your hearts.

People: We lift them to 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. Through Jesus Christ our Lord; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of 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.**

Stand or kneel, as you are able.

Celebrant: All glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of 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, he brake 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 ye all of this; for this is my Blood of the New Testament, 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, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, 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; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable,

holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord;

By whom, and with 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: Alleluia. Christ our Passover is sacrificed for us.

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

People: **We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.**

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 blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you for ever. **Amen.**

Please stand.

Dismissal (BCP 340)

Celebrant: Alleluia, alleluia. Let us go forth into the world, rejoicing in the power of the Spirit.

People: **Thanks be to God. Alleluia, alleluia.**

PRAYER LIST:

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

Rest of the Soul: Leona Garner, Michael Stone, Eugene Scott (uncle to Stephanie Wolo)

Health: Ted Grivetti, Will LaWalt, Mark Thompson, Stephanie Mathias, Mary Perez, Mike Savage, Valerie Stucky

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

SHRINE MONT RETREAT – Registration Closed

Shrine Mont Retreat registration has closed as of August 18th due to a shortage of rooms at Shrine Mont. We are there on the same weekend as some larger groups and we are being asked to return unused rooms for other churches to use.

There is still plenty of space for day attendees. If you are interested in attending, please contact Rob Huizar via e-mail: RetreatCoordinator@saint-timothys.org to get registered.

THIS WEEK at ST. TIMOTHY'S

Sunday, August 25

- 8:00 AM Rite I Holy Eucharist – Sanctuary
- 9:00 AM Adult Forum – Sanctuary/Livestream
- 9:30 AM Adult Choir Warm-up – Music Room
- 10:00 AM Rite II Holy Eucharist – Sanctuary/Livestream
- 11:00 AM Ice Cream Social – Henry Hall

Monday, August 26

- 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 27

- 9:15 AM Staff Meeting – Conference Room
- 7:00 PM Scouts Troop 159
- 7:00 PM Vestry Meeting - Narthex

Wednesday, August 28

- 7:30 PM SA Meeting

Thursday, August 29

- 3:00 PM Bill Spence Memorial Service – Fort Myer Chapel, Arlington National
- 7:00 PM Debtors Anonymous

Friday, August 30

- No Events

Saturday, August 31

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

WELCOME HOME SUNDAY- TODAY!

ICE CREAM SOCIAL

All are invited to an Ice Cream Social dessert extravaganza in Henry Hall following the 10:00 am service. 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

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

We begin today with our 3rd Annual three-part series, taking its name from the famous church song: “I am the Church, You are the Church...”

Today we begin with, **“We are the Church.”** We will take 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.