



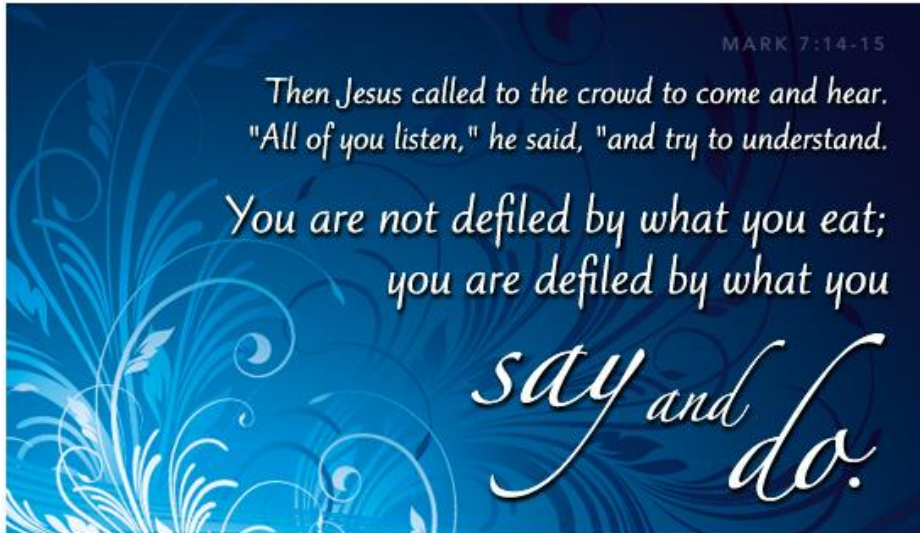
**ST. TIMOTHY'S EPISCOPAL**  
EST. HERNDON, VA • 1868

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

Sunday, September 1, 2024

*Fifteenth Sunday after Pentecost*

10 a.m.



[www.crosscards.com](http://www.crosscards.com)

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.

Children are welcome to stay with parents in the Sanctuary or they may head downstairs for Godly Play after the reading of the Collect. For your convenience, there are also rocking chairs located at the back of the sanctuary to soothe little ones 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

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

Mary Ellen Kerrick

### Opening Hymn (8)

*Morning Has Broken*

Bunessan

### Opening Acclamation (BCP 355)

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

**People: And blessed be his kingdom, now and forever. Amen.**

Celebrant: Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

### Gloria S 204

*Glory be to God*

Old Scottish Chant

### Opening Collect (BCP 233) - *Children may head downstairs after this reading.*

Celebrant: Lord of all power and might, the author and giver of all good things: Graft in our hearts the love of your Name; increase in us true religion; nourish us with all goodness; and bring forth in us the fruit of good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

## The Lessons

### A Reading from Song of Solomon 2:8-13

The voice of my beloved!

Look, he comes,

leaping upon the mountains,  
bounding over the hills.

My beloved is like a gazelle  
or a young stag.

Look, there he stands  
behind our wall,

gazing in at the windows,  
looking through the lattice.

My beloved speaks and says to me:

"Arise, my love, my fair one,  
and come away;

for now the winter is past,  
the rain is over and gone.

The flowers appear on the earth;  
the time of singing has come,

and the voice of the turtledove  
is heard in our land.

The fig tree puts forth its figs,  
and the vines are in blossom;  
they give forth fragrance.

Arise, my love, my fair one,  
and come away."

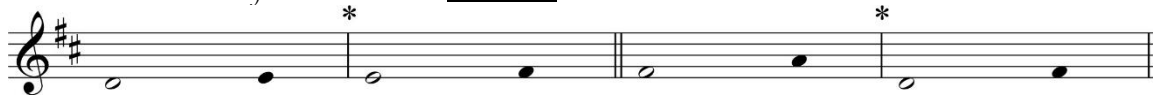
Reader: The Word of the Lord.

People: **Thanks be to God.**

### Psalm 45: 1-2, 7-10

Jerome Webster Meachen

*Move to the next note of the chant on the underlined text.*



1 My heart is stirring with a noble song;  
let me recite what I have fashioned for the king; \*  
my tongue shall be the pen of a skilled writer.

2 You are the fairest of men; \*

grace flows from your lips,  
because God has blessed you for ever.

7 Your throne O God, endures for ever and ever, \*

a scepter of righteousness is the scepter of your kingdom;  
you love righteousness and hate iniquity.

8 Therefore God, your God has anointed you \*

with the oil of gladness above your fellows.

9 All your garments are fragrant with myrrh, aloes, and cassia, \*

and the music of strings from ivory palaces makes you glad.

10 Kings' daughters stand among the ladies of the court; \*

on your right hand is the queen,  
adorned with the gold of Ophir.

### **A Reading from James 1:17-27**

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfillment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

Reader: The Word of the Lord.

People: **Thanks be to God.**

*Please stand as you are able.*

**Sequence Hymn (641)**

*Lord Jesus, Think on Me*

Southwell

## **Holy Gospel: Mark 7:1-18, 14-15, 21-23**

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

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

When the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, “Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?” He said to them, “Isaiah prophesied rightly about you hypocrites, as it is written, ‘This people honors me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines.’ You abandon the commandment of God and hold to human tradition.” Then he called the crowd again and said to them, “Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.” For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.”

Celebrant:           The Gospel of the Lord.

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

**Sermon**

The Reverend 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 IV (BCP 388)**

Leader: Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth,  
live together in your love, and reveal your glory in the world.

*Silence*

Lord, in your mercy

**People: Hear our prayer.**

Leader: Guide the people of this land, and of all the nations, in the ways of justice and  
peace; that we may honor one another and serve the common good.

*Silence*

Lord, in your mercy

**People: Hear our prayer.**

Leader: Give us all a reverence for the earth as your own creation, that we may use its  
resources rightly in the service of others and to your honor and glory.

*Silence*

Lord, in your mercy

**People: Hear our prayer.**

Leader: Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us.

*Silence*

Lord, in your mercy

**People: Hear our prayer.**

Leader: Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles and bring them the joy of your salvation.

*Silence*

Lord, in your mercy

**People: Hear our prayer.**

Leader: We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

*Silence*

Lord, in your mercy

**People: Hear our prayer.**

*The Celebrant adds a concluding Collect.*

### **Confession of Sin (BCP 360)**

Celebrant: Let us confess our sins against God and our neighbor.

**All: Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name.**

**Amen.**

### **Absolution (BCP 360)**

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 (BCP 360)**

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

**People: And also with you.**

## Welcome & Announcements

### Offertory Sentence

### The Offering

#### Anthem

*Eat This Bread*  
(Guitar Ensemble)

Jacques Berthier

*Please stand as able.*

#### Presentation Hymn (43 v4)

*All Praise to Thee, My God*

The Eighth Tune

## Holy Communion - Eucharistic Prayer B (BCP 367)

### 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 right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. 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. And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing:

### Sanctus (S 113)

*Holy, Holy, Holy*

John Merbecke

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

Celebrant: We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into 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."





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

### **Postcommunion Prayer (BCP 366)**

Celebrant: Let us pray.

**All:** Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

### **Closing Hymn (344)**

*Lord Dismiss Us with Thy Blessing*

Sicilian Mariners

### **Dismissal (BCP 366)**

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

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

### **Postlude**

*I Love You, O Lord My Strength*

Benedetto Marcello

*Flowers are given by Jeanne Bennett*

*In thanksgiving for the birthday of my grandson, Dylan Pratt*

*Flowers are given by Ted & Peggy Grivetti*

*In love and honor of our son, Todd Grivetti, in celebration of his 40<sup>th</sup> birthday.*

*CCLI Copyright License #21359315*

### **Prayer List:**

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

**Rest of the Soul:** Eugene Scott (uncle to Stephanie Wolo), Constance Willingham, Jill Reichow

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

**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, September 1

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

### Monday, September 2 – Church Office Closed

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

### Tuesday, September 3

4:00 PM DanceWorx - Narthex  
6:30 PM Scouts Troop 159

### Wednesday, September 4

Community Engagement – Kitchen (TBD)  
1:00 PM Shawl Ministry – Narthex  
1:45 PM Staff Meeting – Conference Room  
4:00 PM DanceWorx - Narthex  
7:30 PM SA Meeting

### Thursday, September 5

7:00 PM Choir Rehearsal – Music Room  
7:00 PM Debtors Anonymous

### Friday, September 6

No Events

### Saturday, September 7

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

## FAITH FORMATION for ALL AGES - Upcoming

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

**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 29nd: “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!

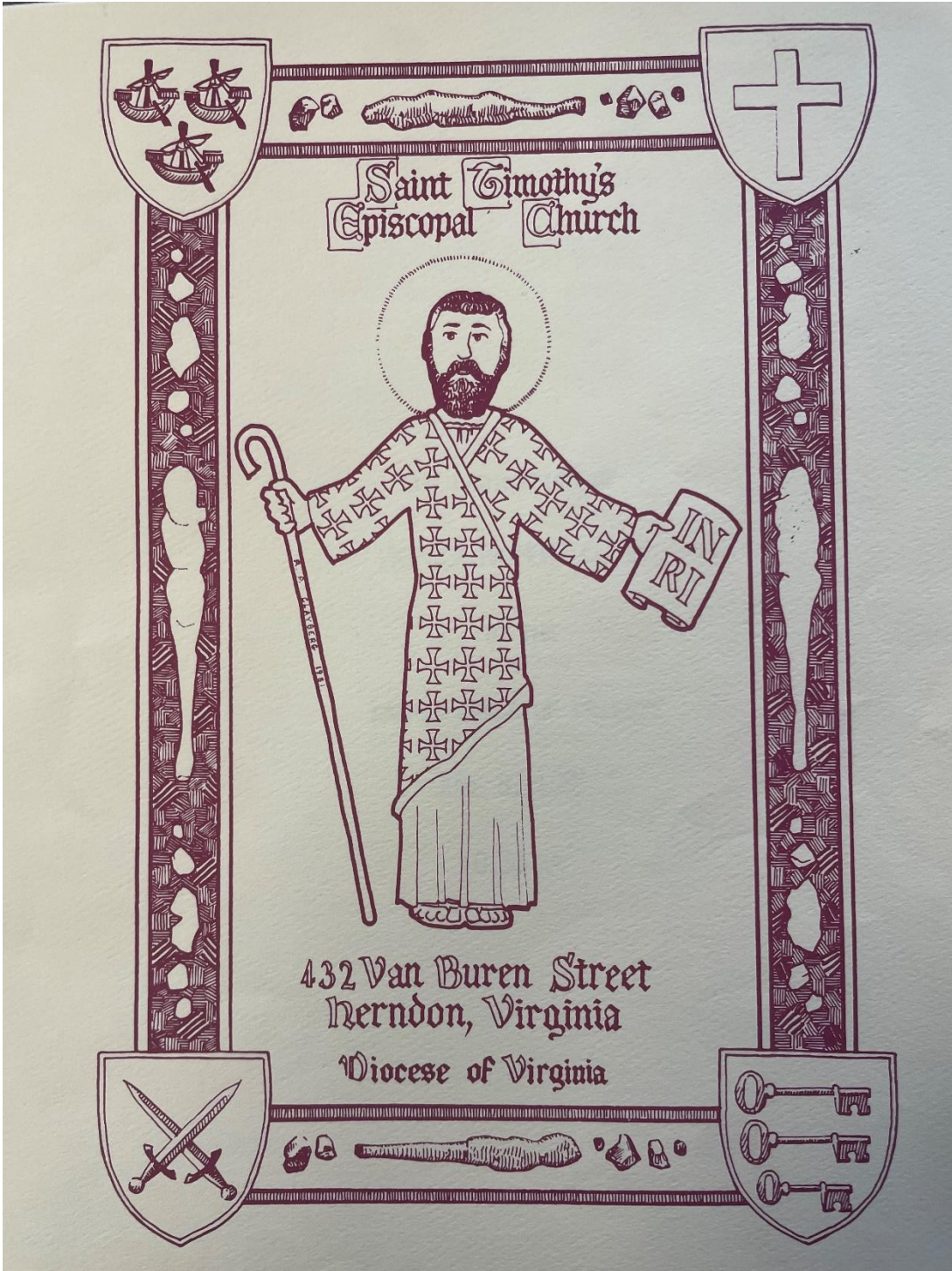
---

## ST. TIMOTHY’S WELCOMES OUR NEW SEMINARIAN

We are excited to welcome to St. Timothy’s our new seminarian from VTS. Ellen will begin her time with us on **Sunday September 8th!** Be sure to welcome her and her husband Dan into the St. Tim’s family.

## 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](mailto:office@saint-timothys.org) or sign up via the spreadsheet link in the weekly eNews Coffee Hour announcement.**



Saint Timothy's  
Episcopal Church



432 Van Buren Street  
Herndon, Virginia  
Diocese of Virginia