



**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 15, 2024

*Seventeenth Sunday after Pentecost*

8 a.m.



What good is it for someone to gain  
the whole world, yet forfeit their soul?

**Mark 8:36**

DailyVerses.net

*dailyverses.net*

### Weekly Services:

|                    |   |
|--------------------|---|
| Sunday, 8:00 a.m.  | Holy Eucharist Rite I, spoken   |
| Sunday, 10:00 a.m. | Holy Eucharist Rite II with Choir<br>(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>Ms. Ellie Singer</b> , Seminarian                    | <a href="mailto:esinger@vts.edu">esinger@vts.edu</a>                                 |
| <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.

### 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

## **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 182)

Celebrant: The Lord be with you.

People: **And with thy spirit.**

Celebrant: O God, forasmuch as without thee we are not able to please thee, mercifully grant that thy Holy Spirit may in all things direct and rule our hearts; through Jesus Christ our Lord, who with thee and the same Spirit liveth and reigneth, one God, now and for ever. **Amen.**

### The Lessons

#### A Reading from Book of Proverbs 1:20-33

Wisdom cries out in the street; in the squares she raises her voice. At the busiest corner she cries out; at the entrance of the city gates she speaks: "How long, O simple ones, will you love being simple? How long will scoffers delight in their scoffing and fools hate knowledge? Give heed to my reproof; I will pour out my thoughts to you; I will make my words known to you. Because I have called and you refused, have stretched out my hand and no one heeded, and because you have ignored all my counsel and would have none of my reproof, I also will laugh at your calamity; I will mock when panic strikes you, when panic strikes you like a storm, and your calamity comes like a whirlwind, when distress and anguish come upon you. Then they will call upon me, but I will not answer; they will seek me diligently, but will not find me. Because they hated knowledge and did not choose the fear of the Lord, would have none of my counsel, and despised all my reproof, therefore they shall eat the fruit of their way and be

sated with their own devices. For waywardness kills the simple, and the complacency of fools destroys them; but those who listen to me will be secure and will live at ease, without dread of disaster.”

Reader: The Word of the Lord.

People: **Thanks be to God.**

### **Psalm 19 (Read Responsively)**

1 The heavens declare the glory of God, \*

**and the firmament shows his handiwork.**

2 One day tells its tale to another, \*

**and one night imparts knowledge to another.**

3 Although they have no words or language, \*

**and their voices are not heard,**

4 Their sound has gone out into all lands, \*

**and their message to the ends of the world.**

5 In the deep has he set a pavilion for the sun; \*

**it comes forth like a bridegroom out of his chamber;**

**it rejoices like a champion to run its course.**

6 It goes forth from the uttermost edge of the heavens and runs about to the end of it again; \*

**nothing is hidden from its burning heat.**

7 The law of the Lord is perfect and revives the soul; \*

**the testimony of the Lord is sure and gives wisdom to the innocent.**

8 The statutes of the Lord are just and rejoice the heart; \*

**the commandment of the Lord is clear and gives light to the eyes.**

9 The fear of the Lord is clean and endures for ever; \*

**the judgments of the Lord are true and righteous altogether.**

10 More to be desired are they than gold, more than much fine gold, \*

**sweeter far than honey, than honey in the comb.**

11 By them also is your servant enlightened, \*  
**and in keeping them there is great reward.**

12 Who can tell how often he offends? \*  
**cleanse me from my secret faults.**

13 Above all, keep your servant from presumptuous sins;  
let them not get dominion over me; \*  
**then shall I be whole and sound, and innocent of a great offense.**

14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, \*  
**O Lord, my strength and my redeemer.**

### **A Reading from James 3:1-12**

Not many of you should become teachers, my brothers and sisters, for you know that we who teach will be judged with greater strictness. For all of us make many mistakes. Anyone who makes no mistakes in speaking is perfect, able to keep the whole body in check with a bridle. If we put bits into the mouths of horses to make them obey us, we guide their whole bodies. Or look at ships: though they are so large that it takes strong winds to drive them, yet they are guided by a very small rudder wherever the will of the pilot directs. So also the tongue is a small member, yet it boasts of great exploits. How great a forest is set ablaze by a small fire! And the tongue is a fire. The tongue is placed among our members as a world of iniquity; it stains the whole body, sets on fire the cycle of nature, and is itself set on fire by hell. For every species of beast and bird, of reptile and sea creature, can be tamed and has been tamed by the human species, but no one can tame the tongue-- a restless evil, full of deadly poison. With it we bless the Lord and Father, and with it we curse those who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers and sisters, this ought not to be so. Does a spring pour forth from the same opening both fresh and brackish water? Can a fig tree, my brothers and sisters, yield olives, or a grapevine figs? No more can salt water yield fresh.

Reader: The Word of the Lord.

People: **Thanks be to God.**

*Please stand as you are able.*

### **Holy Gospel: Mark 8:27-38**

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

People: **Glory be to thee, O Lord.**

Jesus went on with his disciples to the villages of Caesarea Philippi; and on the way he asked his disciples, "Who do people say that I am?" And they answered him, "John the Baptist; and others,

Elijah; and still others, one of the prophets.” He asked them, “But who do you say that I am?” Peter answered him, “You are the Messiah.” And he sternly ordered them not to tell anyone about him. Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, “Get behind me, Satan! For you are setting your mind not on divine things but on human things.” He called the crowd with his disciples, and said to them, “If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.”

Celebrant: The Gospel of the Lord.

People: **Praise be to thee, Lord Christ.**

## Sermon

The Reverend Philene Ware Dunn

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

**Rest of the Soul:** Cameron Barr, Darlene (Aunt of Ashley Johnson)

**Health:** Ted Grivetti, Will LaWalt, Mark Thompson, Mary Perez, Mike Savage, Valerie Stucky, Mike Dropik, Dottie Wilson, Scott Moore, Linda Shutes, Linda Craig, Nancy O'Malley, Mary Perez, Jamal Rorie

**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), Susan Kruchten, Elizabeth Martinson

## THIS WEEK at ST. TIMOTHY'S

### Sunday, September 15

#### Shrine Mont Weekend Concludes

8:00 AM Rite I Holy Eucharist - Sanctuary

9:15 AM Adult Choir Warm-up - Music Room

10:00 AM Rite II Holy Eucharist - Sanctuary/Livestream

### Monday, September 16

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 17

9:15 AM Staff Meeting - Conference Room

4:00 PM DanceWorx - Narthex

6:30 PM Scouts Troop 159

### Wednesday, September 18

2:00 PM Cameron Barr Funeral Service - Sanctuary,

Reception in Henry Hall

4:00 PM DanceWorx - Narthex

6:30 PM Worship Committee Meeting - Zoom

7:30 PM Finance Committee Meeting - Zoom

7:30 PM SA Meeting

### Thursday, September 19

7:00 PM Choir Rehearsal - Music Room

7:00 PM Debtors Anonymous

### Friday, September 20

No Events

### Saturday, September 21

9:00 AM Altar Guild Set-Up - Sanctuary

7:00 PM La Santa Misa - Sanctuary

## FAITH FORMATION for ALL AGES -

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

**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!