



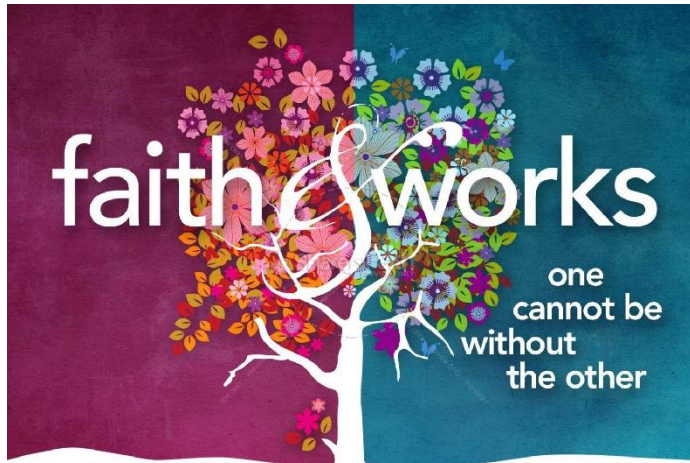
ST. TIMOTHY'S EPISCOPAL
EST. HERNDON, VA • 1868

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

Sunday, September 8, 2024

Sixteenth Sunday after Pentecost

8 a.m.



James 2:15-18

cornerstonependleton.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	
Ms. Ellie Singer , Seminarian	esinger@vts.edu
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)	sttimothyspreschool432@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

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 us, O Lord, we pray thee, to trust in thee with all our heart; seeing that, as thou dost always resist the proud who confide in their own strength, so thou dost not forsake those who make their boast of thy mercy; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. **Amen.**

The Lessons

A Reading from Book of Proverbs 22:1-2, 8-9, 22-23

A good name is to be chosen rather than great riches,
and favour is better than silver or gold.

The rich and the poor have this in common:
the Lord is the maker of them all.

Whoever sows injustice will reap calamity,
and the rod of anger will fail.

Those who are generous are blessed,
for they share their bread with the poor.

Do not rob the poor because they are poor,
or crush the afflicted at the gate;

for the Lord pleads their cause
and despoils of life those who despoil them.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 125 (Read Responsively)

1 Those who trust in the Lord are like Mount Zion, *
which cannot be moved, but stands fast for ever.

2 The hills stand about Jerusalem; *
so does the Lord stand round about his people, from this time forth for evermore.

3 The scepter of the wicked shall not hold sway over the land allotted to the just, *
so that the just shall not put their hands to evil.

4 Show your goodness O Lord, to those who are good *
and to those who are true of heart.

|| 5 As for those who turn aside to crooked ways,
the Lord will lead them away with the evildoers; *
but peace be upon Israel.

A Reading from James 2:1-10, 14-17

My brothers and sisters, do you with your acts of favoritism really believe in our glorious Lord Jesus Christ? For if a person with gold rings and in fine clothes comes into your assembly, and if a poor person in dirty clothes also comes in, and if you take notice of the one wearing the fine clothes and say, "Have a seat here, please," while to the one who is poor you say, "Stand there," or, "Sit at my feet," have you not made distinctions among yourselves, and become judges with evil thoughts? Listen, my beloved brothers and sisters. Has not God chosen the poor in the world to be rich in faith and to be heirs of the kingdom that he has promised to those who love him? But you have dishonored the poor. Is it not the rich who oppress you? Is it not they who drag you into court? Is it not they who blaspheme the excellent name that was invoked over you? You do well if you really fulfill the royal law according to the scripture, "You shall love your neighbor as yourself." But if you show partiality, you commit sin and are convicted by the law as transgressors. For whoever keeps the whole law but fails in one point has become accountable for all of it. What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, "Go in peace; keep warm and eat your fill," and yet you do not supply their bodily needs, what is the good of that? So

faith by itself, if it has no works, is dead.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Please stand as you are able.

Holy Gospel: Mark 7:24-37

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

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

Jesus set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophoenician origin. She begged him to cast the demon out of her daughter. He said to her, "Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs." But she answered him, "Sir, even the dogs under the table eat the children's crumbs." Then he said to her, "For saying that, you may go—the demon has left your daughter." So she went home, found the child lying on the bed, and the demon gone. Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. Then looking up to heaven, he sighed and said to him, "Ephphatha," that is, "Be opened." And immediately his ears were opened, his tongue was released, and he spoke plainly. Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. They were astounded beyond measure, saying, "He has done everything well; he even makes the deaf to hear and the mute to speak."

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: Constance Willingham, Jill Reichow, Cameron Barr

Health: Ted Grivetti, Will LaWalt, Mark Thompson, Stephanie Mathias, Mary Perez, Mike Savage, Valerie Stucky, Mike Dropik, Dottie Wilson, Scott Moore, Linda Shutes

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 8

- 8:00 AM Rite I Holy Eucharist – Sanctuary
- 9:00 AM Adult Forum – Sanctuary/Livestream
- 9:15 AM Adult Choir Warm-up – Music Room
- 10:00 AM Rite II Holy Eucharist – Sanctuary/Livestream

Monday, September 9

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

Tuesday, September 10

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

Wednesday, September 11

- 1:45 PM Staff Meeting – Conference Room
- 4:00 PM DanceWorx - Narthex
- 7:30 PM SA Meeting

Thursday, September 12

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

Friday, September 13

Shrine Mont Retreat Weekend

Saturday, September 7

- Shrine Mont Retreat Weekend
- 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)

TODAY - “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!

Upcoming

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

Today we are excited to welcome to St. Timothy's our new seminarian from VTS. Be sure to welcome her and her husband Dan into the St. Tim's family.

A little about Ellie:

Ellen Singer is a Postulant for Holy Orders from the Episcopal Diocese of Texas. She is a second-year Masters in Divinity student at Virginia Theological Seminary, where she lives with her husband Dan and their two cats, Janet and Dana. Before seminary, Ellen worked in communications at diocesan and churchwide levels. She received a B.A. in Theology and Economics from Georgetown University and served as a case manager for asylum seekers and refugees through the Jesuit Volunteer Corps. She has also served as an editor at Earth & Altar Magazine and as a member of the Presiding Bishop's Delegation to the UN Climate Conference, COP26. Ellen belongs to the Order of the Daughters of the King and is a fan of Eurovision, crossword puzzles, and fashion history.

