



**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 7, 2025

*Thirteenth Sunday after Pentecost*

8 am



*florisumc.org*

**Weekly Services:**

Sunday, 8:00 am	Holy Eucharist Rite I, spoken
Sunday, 10:00 am	Holy Eucharist Rite II with Choir
Sábado, 7:00 pm	La Santa Misa, en español

**Saint Timothy's Mission Statement**

SAINT TIMOTHY'S MISSION IS TO RESTORE ALL PEOPLE  
TO UNITY WITH GOD AND EACH OTHER IN CHRIST.

## 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 your convenience, there are 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.

### 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](mailto:priest@saint-timothys.org)

**The Rev. Philene Ware Dunn**, Interim Latino Supply Priest

[pwardunn@cox.net](mailto:pwardunn@cox.net)

**Ms. Ellie Singer**, Senior Seminarian

[esinger@vts.edu](mailto:esinger@vts.edu)

**Marie Esther Duvert**, Seminarian

[mduvert@vts.edu](mailto:mduvert@vts.edu)

**Deb Angerman**, Bookkeeper (x13)

[bookkeeper@saint-timothys.org](mailto:bookkeeper@saint-timothys.org)

**Julio Cuellar**, Latino Service Musician

[juliocuellarmusic@yahoo.com](mailto:juliocuellarmusic@yahoo.com)

**Todd Grivetti**, Organist/Choirmaster (x16)

[music@saint-timothys.org](mailto:music@saint-timothys.org)

**Allyson Showalter**, Preschool Director (x14)

[sttimothypreschool432@gmail.com](mailto:sttimothypreschool432@gmail.com)

**Debbie Stolar**, Parish Administrator (x10)

[office@saint-timothys.org](mailto:office@saint-timothys.org)

### Vestry

**Sr. Warden** – Rick Wilson (2027)

Johnny Ellis (2028)

Emily Litz (2026)

Matt Schumann (2027)

Varun Lal (alternate)

John McGrath (2028)

Midori Yanagihara (2026)

**Jr. Warden** – Rob Huizar (2027)

Vilma Lemus (2026)

Wanda Rixon (2028)

### Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

*Flowers are given by Terry Dominiak  
In memory of deceased members of the Dominiak family*

*Flowers are given by Rick & Kerrie Wilson  
In celebration of the marriage of Ali Mong and Chris Wilson*

# HOLY EUCHARIST- RITE I

*At the tolling of the bell, please stand.*

## **Opening Acclamation and Collect for Purity (BCP 323)**

**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.**

**Celebrant:** Hear what our Lord Jesus Christ saith:

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

## **Gloria (BCP 356)**

**All:** **Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
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 Deuteronomy 30:15-20**

Moses said to all Israel the words which the Lord commanded him, "See, I have set before you today life and prosperity, death and adversity. If you obey the commandments of the Lord your God that I am commanding you today, by loving the Lord your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the Lord your God will bless you in the land that you are entering to possess. But if your heart turns away and you do not hear, but are led astray to bow down to other gods and serve them, I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess. I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live, loving the Lord your God, obeying him, and holding fast to him; for that means life to you and length of days, so that you may live in the land that the Lord swore to give to your ancestors, to Abraham, to Isaac, and to Jacob."

Reader:           The Word of the Lord.

People:           **Thanks be to God.**

### **Psalms 1 (Spoken responsively at the half verse.)**

- 1 Happy are they who have not walked in the counsel of the wicked, \*  
**nor lingered in the way of sinners, nor sat in the seats of the scornful!**
- 2 Their delight is in the law of the Lord, \*  
**and they meditate on his law day and night.**
- 3 They are like trees planted by streams of water,  
bearing fruit in due season, with leaves that do not wither; \*  
**everything they do shall prosper.**
- 4 It is not so with the wicked; \*  
**they are like chaff which the wind blows away.**
- 5 Therefore the wicked shall not stand upright when judgment comes, \*  
**nor the sinner in the council of the righteous.**
- 6 For the Lord knows the way of the righteous\*  
**but the way of the wicked is doomed.**

## **A Reading from Philemon 1-21**

Paul, a prisoner of Christ Jesus, and Timothy our brother, To Philemon our dear friend and co-worker, to Apphia our sister, to Archippus our fellow soldier, and to the church in your house: Grace to you and peace from God our Father and the Lord Jesus Christ. When I remember you in my prayers, I always thank my God because I hear of your love for all the saints and your faith toward the Lord Jesus. I pray that the sharing of your faith may become effective when you perceive all the good that we may do for Christ. I have indeed received much joy and encouragement from your love, because the hearts of the saints have been refreshed through you, my brother. For this reason, though I am bold enough in Christ to command you to do your duty, yet I would rather appeal to you on the basis of love-- and I, Paul, do this as an old man, and now also as a prisoner of Christ Jesus. I am appealing to you for my child, Onesimus, whose father I have become during my imprisonment. Formerly he was useless to you, but now he is indeed useful both to you and to me. I am sending him, that is, my own heart, back to you. I wanted to keep him with me, so that he might be of service to me in your place during my imprisonment for the gospel; but I preferred to do nothing without your consent, in order that your good deed might be voluntary and not something forced. Perhaps this is the reason he was separated from you for a while, so that you might have him back forever, no longer as a slave but more than a slave, a beloved brother-- especially to me but how much more to you, both in the flesh and in the Lord. So if you consider me your partner, welcome him as you would welcome me. If he has wronged you in any way, or owes you anything, charge that to my account. I, Paul, am writing this with my own hand: I will repay it. I say nothing about your owing me even your own self. Yes, brother, let me have this benefit from you in the Lord! Refresh my heart in Christ. Confident of your obedience, I am writing to you, knowing that you will do even more than I say.

Reader:           The Word of the Lord.

People:           **Thanks be to God.**

*Please stand as you are able.*

## **Holy Gospel: Luke 14:25-33**

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

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

Now large crowds were traveling with Jesus; and he turned and said to them, "Whoever comes to me and does not hate father and mother, wife and children, brothers and sisters, yes, and even life itself, cannot be my disciple. Whoever does not carry the cross and follow me cannot be my disciple. For which of you, intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who see it will begin to ridicule him, saying, 'This fellow began to build and was not able to finish.' Or what king, going out to wage war against another king, will not sit down first and consider whether he is able with ten thousand to oppose the one who comes against him with twenty thousand? If he cannot,

then, while the other is still far away, he sends a delegation and asks for the terms of peace. So therefore, none of you can become my disciple if you do not give up all your possessions."

Celebrant: The Gospel of the Lord.

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

## Sermon

The Reverend Charles R. Cowherd

*Please stand as you are 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 kneel, or stand, 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; grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, in unity and godly love. **Amen.**

Give grace, O heavenly Father, to all bishops and other ministers, especially to Sean, Mark, and Charles, 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, with 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 Donald our president, Glenn our governor, and Keven 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.**

Blessed are you, Lord, who through your Son gave us a marvelous example of charity and the great commandment of love for one another. Send down your blessings on your servants who labor in government, who so generously devote themselves to helping others. Grant them courage when they are afraid, wisdom when they must make decisions, strength when they are weary, and compassion in all their

work. In these trials and tribulations, grant them the peace that passes all understanding and allow them the patience and courage to continue to faithfully serve you and their neighbor. **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 as you are able.*

### **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 as you are able.*

## The Holy Communion

### The Great Thanksgiving (Prayer II, BCP 340)

Celebrant: The Lord be with you.

**People: And with thy spirit.**

Celebrant: Lift up your hearts.

**People: We lift them unto 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. Creator of the light and source of life, who hast made us in thine image, and called us to new life in Jesus Christ our Lord. 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.  
Blessed is he that cometh in the name of the Lord.  
Hosanna in the highest.**

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

Celebrant: All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for 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 to thee, he broke 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 this, all of you; for this is my Blood of the New Covenant, 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, we thy people do celebrate and make, 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; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy

dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord; By whom, and with whom, and in 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: Christ our Passover is sacrificed for us.

People: Therefore let us keep the feast.

### **The Invitation (BCP 338)**

Celebrant: The Gifts of God for the People of God.

### **Administration of Communion**

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

### **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 peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. **Amen.**

*Please stand as you are able.*

## Dismissal (BCP 340)

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

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

## PRAYER LIST:

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

**Thanksgiving:** for the Marriage of Chris Wilson (son of Kerrie and Rick Wilson, grandson of Bonnie Bunting) and Ali Mong.

**Rest of the Soul:** Buddy Payne, Tony Collins

**Health:** Deb Angerman (breast cancer), Peter Hwoschinsky, Arnie Goodman and Michael Delacy (friends of Ron Boggio), Priscilla (friend of Jeanne Bennett), Barbara Williamson (mother of Paige), Jerry G., Emily S., Maryann C.

**Long Term:** Sid, Maryanne, Chris W., Donna W., Chris, Chuck and Peggy, 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), Elizabeth Martinson, Ted Grivetti, Cecelia Kimble (Shon Beury's mother), David Caines (cancer), Philly Hoffman (kidney cancer), Maria Fernandez, Ed Patterson (brain tumor)

## THIS WEEK at ST. TIMOTHY'S

### Sunday, September 7

8:00 AM Rite I Holy Eucharist – Sanctuary

9:00 AM Sunday Adult Forum – Sanctuary & Livestream

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

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

11:00 AM Community Engagement Meeting – Conf. Rm.

### Monday, September 8

12:15 PM Step into Recovery – AA

7:00 PM Hope For Today – AI Anon

7:30 PM Service Ministry Meeting – Conference Room

8:30 PM Monday Night Milkshake Group – AA

### Tuesday, September 9

9:15 AM Staff Meeting – Conference Room

6:30 PM Scouts Troop 159 – Henry Hall

### Wednesday, September 10

6:30 PM Worship Committee Meeting - Zoom

7:30 PM SA Meeting

### Thursday, September 11

7:00 PM Choir Rehearsal – Music Room/Sanctuary

7:00 PM Debtors Anonymous

### Friday, September 12

Shrine Mont Retreat Weekend

### Saturday, September 13

Shrine Mont Retreat Weekend

9:00 AM Altar Guild Set-Up – Sanctuary

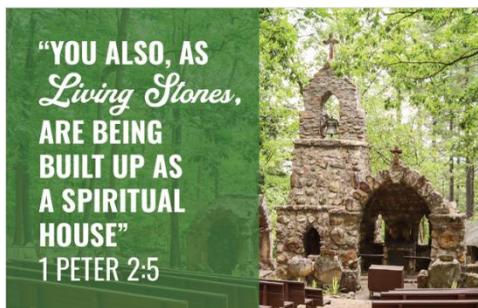
7:00 PM La Santa Misa – Sanctuary

## WELCOME MARIE ESTHER DUVERT TODAY!

*"My name is Marie Esther Duvert and I was born raised in Haiti. I grew up in the Episcopal Church and attended Holy Trinity Cathedral in Port-Au-Prince. Once I moved to the United States, I served on the altar as an Acolyte for 13 Years at the Church of the Resurrection in East Elmburst, Queens now known as Grace Church. I married Pierre Jonas in October of 2014, and we had our son Oliver Nathan in November of 2018. We moved to Alexandria last summer for my studies at Virginia Theological Seminary. I understand that my true purpose on earth is bigger than me and therefore, I pursue God and his truth relentlessly so that I can fulfill his work through me. I'm excited to join St Timothy's congregation and can't wait to get to know everyone."*

**We celebrate the arrival of our new seminarian today with a special coffee hour after the 10 am service. Please take time to welcome Marie and her family to St. Timothy's.**

## SUNDAY ADULT FORUMS



**TODAY!** – This Adult Forum on **Shrine Mont** will be led by the Rector, the Reverend Charles Cowherd, and Diane Miller, Shrine Mont Board Member.

In anticipation of our Shrine Mont Retreat next weekend, and on account the ongoing 100th Anniversary of our Diocesan Camp and Conference Center, we will gather to watch a video on the Centennial Campaign “Living Stones” and hear about all things Shrine Mont!

\* **Sunday September 21<sup>st</sup>: “I am the Church.”** In this final session, our “Senior” **Seminarian, Ellie Singer**, will share with us the story of her spiritual journey. Come to learn more about how Ellie’s life has been a witness and testimony of his faith!

\* **Later this Fall:** Join us for a 3 part series on the Gospel of Luke (Oct 26, and then Nov 2 and 9.) Come hear from Ron Boggio about how the 3rd Gospel comforts and challenges us in these trying times.

## SHRINE MONT RETREAT WEEKEND

We are looking forward to a restful, fun, and spiritually nourishing retreat weekend at the Diocesan retreat center **September 12<sup>th</sup> – September 14<sup>th</sup>**. We are excited that the Reverend Anthony Guillen will be our Speaker/Presenter. Anthony recently served as Latino/Hispanic Missioner for the national Episcopal Church, and currently serves as Director of Ethnic Ministries and Missioner for Latino/Hispanic Ministries for the Church at Sewanee, University of the South. Anthony+ brings a wealth of experience with him, and we look forward to hearing from him and being able to break bread with him throughout the weekend. Hope to see you there!