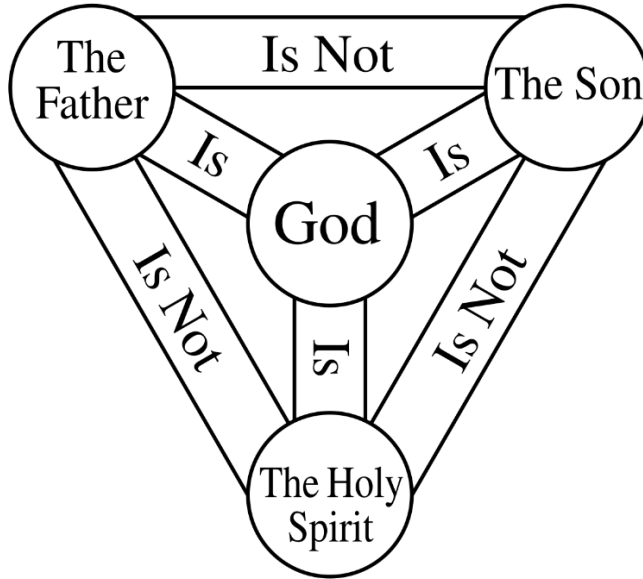




Sunday, May 31, 2026

Trinity Sunday

10 am



Weekly Services:

Sunday, 8:00 am	Holy Eucharist Rite I, spoken
Sunday, 10:00 am	Holy Eucharist Rite II, with Choir (Godly Play for ages 3–8, Sunday School for ages 9-12)
Sábado, 7:00 pm	Santa Eucaristía Rito II, 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. Philene Ware Dunn , Interim Spanish Supply Priest	pwardunn@cox.net
Deb Angerman , Bookkeeper (x13)	bookkeeper@saint-timothys.org
Julio Cuellar , Spanish Service Musician	juliocuellarmusic@yahoo.com
Todd Grivetti , Organist/Choirmaster (x16)	music@saint-timothys.org
Allison McMullin , Incoming Pre-School Director (x14)	PSDirector@saint-timothys.org
Allyson Showalter , Outgoing Pre-School Director (x14)	sttimothypreschool432@gmail.com
Parish Administrator (checked daily)	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.

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 the 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 (gluten free available on request) and wine (either sip from the chalice or allow the chalice-bearer to intinct) will be offered. If you don't wish to receive, we invite you to come forward for a blessing. Please indicate that by placing your arms across your chest.

Vestry

Sr. Warden – Rob Huizar (2027)
Christine Cozza (2029)
Varun Lal (2029)
Sharon Nachman (2027)

Jr. Warden – Wanda Rixon (2028)
Terry Dominiak (alternate)
John McGrath (2028)

Johnny Ellis (2028)
Gene Mechling (2029)
Rick Wilson (2027)

Trustees

Tom McLenigan

†Keith Sinclair

Deke Smith

HOLY EUCHARIST

The Word of God

Prelude

Lasst uns erfreuen

arr. Gayden Sikes

At the tolling of the bell, all stand.

Opening Hymn (400 v 1,4,5,7)

All Creatures of Our God and King

Lasst uns erfreuen

Opening Acclamations (BCP 355)

Celebrant: Alleluia. Christ is risen.

People: **The Lord is risen indeed. Alleluia.**

Kyrie (S 96)

Lord, Have Mercy Upon Us

Schubert/Proulx

The Collect for the First Sunday after Pentecost- Trinity Sunday (BCP 228)

—Children may head downstairs after this reading.

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: Almighty and everlasting God, you have given to us your servants grace, by the confession of a true faith, to acknowledge the glory of the eternal Trinity, and in the power of your divine Majesty to worship the Unity: Keep us steadfast in this faith and worship, and bring us at last to see you in your one and eternal glory, O Father; who with the Son and the Holy Spirit live and reign, one God, for ever and ever. **Amen.**

Please be seated.

The Lessons

A Reading from Genesis 1:1-2:4a

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, “Let there be light”; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

And God said, “Let there be a dome in the midst of the waters, and let it separate the waters from the waters.” So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. God called the dome Sky. And there was evening and there was morning, the second day.

And God said, “Let the waters under the sky be gathered together into one place, and let the dry land appear.” And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. Then God said, “Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it.” And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. And there was evening and there was morning, the third day.

And God said, “Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years, and let them be lights in the dome of the sky to give light upon the earth.” And it was so. God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars. God set them in the dome of the sky to give light upon the earth, to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. And there was evening and there was morning, the fourth day.

And God said, “Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.” So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every

- 2 Out of the mouths of infants and children *
 your majesty is praised above the heavens.
- 3 You have set up a stronghold against your adversaries, *
 to quell the enemy and the avenger.
- 4 When I consider your heavens, the work of your fingers, *
 the moon and the stars you have set in their courses,
- 5 What is man that you should be mindful of him? *
 the son of man that you should seek him out?
- 6 You have made him but little lower than the angels; *
 you adorn him with glory and honor;
- 7 You give him mastery over the works of your hands; *
 you put all things under his feet:
- 8 All sheep and oxen, *
 even the wild beasts of the field,
- 9 The birds of the air, the fish of the sea, *
 and whatsoever walks in the paths of the sea.
- 10 O Lord our Governor, *
 how exalted is your Name in all the world!

A Reading from 2 Corinthians 13:11-13

Finally, brothers and sisters, farewell. Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you.

The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Please stand as you are able.

Sequence Hymn 398

I Sing the Almighty Power of God

Forest Green

Holy Gospel: Matthew 28:16-20

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

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

The eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshiped him; but some doubted. And Jesus came and said to them, “All

authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”

Celebrant: The Gospel of the Lord.

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

Please be seated.

Sermon

The Rev. Charles Cowherd

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 kneel, or stand, as you are able.

The Prayers of the People

Leader: In peace, we pray to you, Lord God.

Silence

Leader: For the Church throughout the world,

People: that it may be a sign of new life to the weary, the lost and the oppressed, we pray to the Lord.

Leader: For all bishops, priests and deacons,

People: that they may guide us in following the teaching of the Prince of Peace, we pray to the Lord.

Leader: For the nations of the world and those who lead them,

People: that they may treat one another and all their citizens with dignity and respect, we pray to the Lord.

Leader: For the peace of the world, and an end to war and the crimes of war,

People: that those who use violence and those who condone it may have a change of heart, mind, and soul, we pray to the Lord.

Leader: For the sick, the disabled, and all who suffer physical or mental pain,

People: that our hands may help to ease their suffering and give them Easter hope, we pray to the Lord.

Leader: For those who have died, and those who mourn their death,

People: that they may know the comfort and peace of your Risen Light, we pray to the Lord.

Leader: For this community and the Town of Herndon,

People: that we may grow in our commitment to preserve this good Earth and to live in harmony with it, we pray to the Lord

The Celebrant adds a concluding collect.

An Exhortation (BCP 316-317)

Celebrant: Beloved in the Lord: Our Savior Christ, on the night before he suffered, instituted the Sacrament of his Body and Blood as a sign and pledge of his love, for the continual remembrance of the sacrifice of his death, and for a spiritual sharing in his risen life. For in these holy Mysteries we are made one with Christ, and Christ with us; we are made one body in him, and members one of another.

Having in mind, therefore, his great love for us, and in obedience to his command, his Church renders to Almighty God our heavenly Father never-ending thanks for the creation of the world, for his continual providence over us, for his love for all mankind, and for the redemption of the world by our Savior Christ, who took upon himself our flesh, and humbled himself even to death on the cross, that he might make us the children of God by the power of the Holy Spirit, and exalt us to everlasting life. But if we are to share rightly in the celebration of those holy Mysteries, and be nourished by that spiritual Food, we must remember the dignity of that holy Sacrament. I therefore call upon you to consider how Saint Paul exhorts all persons to prepare themselves carefully before eating of that Bread and drinking of that Cup.

For, as the benefit is great, if with penitent hearts and living faith we receive the holy Sacrament, so is the danger great, if we receive it improperly, not recognizing the Lord's Body. Judge yourselves, therefore, lest you be judged by the Lord.

Examine your lives and conduct by the rule of God's commandments, that you may perceive wherein you have offended in what you have done or left undone, whether in thought, word, or deed. And acknowledge your sins before Almighty God, with full purpose of amendment of life, being ready to make restitution for all injuries and wrongs done by you to others; and also being ready to forgive those who have offended you, in order that you yourselves may be forgiven. And then, being reconciled with one another, come to the banquet of that most heavenly Food.

And if, in your preparation, you need help and counsel, then go and open your grief to a discreet and understanding priest, and confess your sins, that you may receive the benefit of absolution, and spiritual counsel and advice; to the removal of scruple and doubt, the assurance of pardon, and the strengthening of your faith.

To Christ our Lord who loves us, and washed us in his own blood, and made us a kingdom of priests to serve his God and Father, to him be glory in the Church evermore. Through him let us offer continually the sacrifice of praise, which is our bounden duty and service, and, with faith in him, come boldly before the throne of grace.

Please stand as you are able.

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

Choral Anthem

Ubi Caritas
(Live in charity and steadfast love)

Jacques Berthier

Please stand as you are able.

Presentation Hymn

Praise God, From Whom All Blessings Flow

Duke Street

The musical score is written on four staves in G major (one sharp) and 4/4 time. The melody is simple and hymn-like, with lyrics written below each staff. The lyrics are: "Praise God, from whom all blessings flow; praise him, all creatures here below; praise him above, ye heavenly host: praise Father, Son and Holy Ghost."

Holy Communion- Eucharistic Prayer B (BCP pg. 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. For with your co-eternal Son and Holy Spirit, you are one God, one Lord, in Trinity of Persons and in Unity of Being; and we celebrate the one and equal glory of you, O Father, and of the Son, and of the Holy Spirit. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

The Sanctus (S 130)

Holy, Holy, Holy Lord

Schubert/Proulx

Please kneel or stand as 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."

After supper, he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is the Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

**All: We remember his death,
We proclaim his resurrection,
We await his coming in glory;**

Celebrant: And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with Timothy and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

And now as our Savior Christ has 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 bread is broken. Silence is kept.

The Fraction (S 164)

Jesus, Lamb of God

Schubert/Proulx

The Invitation (BCP 364)

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

Communion Hymn (29)

O Trinity of Blessed Light

Bromley

Please kneel or stand as able.

Postcommunion Prayer (BCP 365)

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

Blessing

Celebrant: May God the Holy Trinity make you strong in faith and love, defend you on every side, and guide you in truth and peace; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

Please stand as you are able.

Closing Hymn (362)

Holy, Holy, Holy

Nicaea

Dismissal (BCP 366)

Celebrant: Alleluia, alleluia. Let us go forth in the name of Christ.

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

Postlude

Festival Piece on "Nicaea"

Jerry Westenkuehler

Music inserts used by permission. One License A-740942

Altar Flowers given by

Hugo Lemberg & Giovanni Tagnesi in Memory of our mother Maria Garcia

PRAYER LIST:

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

Thanksgiving for the Birth: Adeline Nazuna Trepagnier (granddaughter of Midori Yanagihara and Jonathan Beckett)

Rest of the Soul: [Ted Grivetti](#) (Todd's father), George Caldwell, Tránsito Castillo

Health: Peter Hwoschinsky, Melissa Druitt (concussion/vision), Karen Nichols (cancer), Bill Nichols (heart disease), Giovanni Tagnesi, Weldon Showalter, Sr. (father of Jim Showalter), Sarah Daly (mother of Sarah Daly), Walter Hinostroza (stroke), John Freeman, Marion Essig, David Manser, Terry Jones, Leslie Brown, Woody Moore (skin cancer), Geoff Bloomfield (surgery),

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 (Parkinson's), Eric Benson (heart failure), Elizabeth Martinson, Cecelia Kimble (Shon Beury's mother), Philly Hoffman (kidney cancer), Maria Fernandez, Ed Patterson (brain tumor), Dick Joyce (spinal surgery), Mike Delacy, MaryAnn Garrahan, Eleanor Day, Tootie Cornwell, Lang Tran, Krista Warnock (Parkinson's). Molly Reed

THIS WEEK at ST. TIMOTHY'S

Sunday, May 31- Trinity Sunday

8:00 AM Rite I Holy Eucharist – Sanctuary

9:00 AM Semiquincentennial #4 – Henry Hall/ Livestream

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

Monday, June 1 -

12:15 PM Step into Recovery – AA

7:00 PM Hope for Today – Al Anon

8:30 PM Monday Night Milkshake Group – AA

Tuesday, June 2

No Events Scheduled

Wednesday, June 3

10:00am Hablamos Espanol - Conf Room

10:00am Red Cross Blood Drive - Henry Hall

1:00pm Shawl Ministry - Narthex

4:00pm DanceWorx - Narthex

Thursday, June 4

7:00 PM Choir Rehearsal – Music Rm./
Sanctuary

Friday, June 5

No Events Scheduled

Saturday, June 6

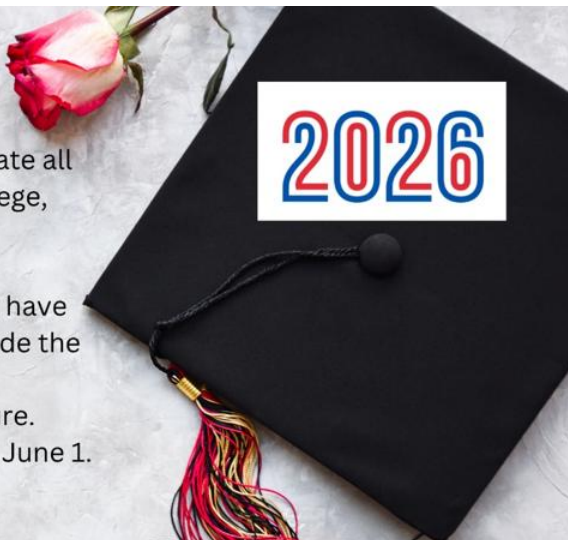
9:00 AM Altar Guild Set-Up – Sanctuary

7:00 PM La Santa Misa – Sanctuary

CONGRATULATIONS to ALL GRADUATES!

It's that time of year again as we celebrate all those graduating from high school, college, and elsewhere.

Please let the church office know if you have a graduate in your household and provide the following information: Graduate Name, School (/Major), Future Plans, and Picture. Email to office@saint-timothys.org by June 1.



New Bilingual Spanish Class!
Contact Tim Allen timothy.lee.allen85@gmail.com

MALINCHE

A Bilingual Exploration of Central America

Summer Language & Culture Program
focusing on English and Spanish languages

Tuesday Evenings 7:00-9:00 p.m.

June 23rd - August 4th

Classes held at St. Timothy's Episcopal Church
432 Van Buren St, Herndon, VA 20170

Register on Google Classroom: Code: 6jmi7e7b

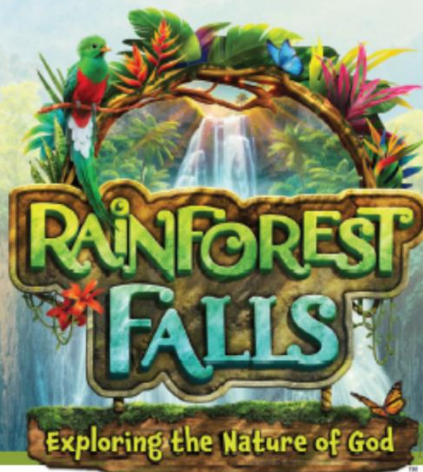
Let's learn
English and
Spanish!

Through
comics and
conversation!

Tree-mendous adventure awaits!

St. Tim's would like to invite you to our 2026 Vacation Bible School: July 27 - Friday July 31. VBS will be open to ages 4 to rising 5th grades and run from 9am to 12pm. (Cost: \$50 per child w/ scholarships available). In a change from last year, the afternoons (12pm to 4pm) will be run by trusted teenagers (\$100 per child). Save the date now. Volunteers registrations will be available soon.

Click [HERE](#) to Register your camper.



Save the Date for Shrine Mont Weekend!



Save the Date for Shrine Mont 2026 Retreat: Save the date for St. Timothy's Annual Parish Weekend at Shrine Mont, happening **September 18th – 20th**, 2026. Prices for the retreat (includes 2 nights of lodging and 6 meals): Adults (18+) - \$198 (double occupancy) or \$258 (single occupancy). All children 17 and under will attend for FREE! There are also "Day Participant" rates. Scholarships will be available again this year. Registration will start in June and occur over the summer. Details about the retreat activities will be available at registration. If you are interested in helping with the retreat or have questions, contact Rob Huizar at RetreatCoordinator@saint-timothys.org.

Furthermore, it is necessary to everlasting salvation that he also believe rightly the Incarnation of our Lord Jesus Christ.
For the right Faith is, that we believe and confess, that our Lord Jesus Christ, the Son of God, is God and Man;
God, of the substance of the Father, begotten before the worlds; and Man of the substance of his Mother, born in the world;
Perfect God and perfect Man, of a reasonable soul and human flesh subsisting.
Equal to the Father, as touching his Godhead; and inferior to the Father, as touching his manhood;
Who, although he be God and Man, yet he is not two, but one Christ;
One, not by conversion of the Godhead into flesh but by taking of the Manhood into God;
One altogether; not by confusion of Substance, but by unity of Person.
For as the reasonable soul and flesh is one man, so God and Man is one Christ;
Who suffered for our salvation, descended into hell, rose again the third day from the dead.
He ascended into heaven, he sitteth at the right hand of the Father, God Almighty, from whence he will come to judge the quick and the dead.
At whose coming all men will rise again with their bodies and shall give account for their own works.
And they that have done good shall go into life everlasting; and they that have done evil into everlasting fire.
This is the Catholic Faith, which except a man believe faithfully, he cannot be saved.

Quicumque Vult *commonly called* **The Creed of Saint Athanasius (BCP 864-865)**

Whosoever will be saved, before all things it is necessary that he hold the Catholic Faith. Which Faith except everyone do keep whole and undefiled, without doubt he shall perish everlastingly.

And the Catholic Faith is this: That we worship one God in Trinity, and Trinity in Unity, neither confounding the Persons, nor dividing the Substance.

For there is one Person of the Father, another of the Son, and another of the Holy Ghost. But the Godhead of the Father, of the Son, and of the Holy Ghost, is all one, the Glory equal, the Majesty co-eternal.

Such as the Father is, such is the Son, and such is the Holy Ghost.

The Father uncreate, the Son uncreate, and the Holy Ghost uncreate.

The Father incomprehensible, the Son incomprehensible, and the Holy Ghost incomprehensible.

The Father eternal, the Son eternal, and the Holy Ghost eternal.

And yet they are not three eternals, but one eternal.

As also there are not three incomprehensibles, nor three uncreated, but one uncreated, and one incomprehensible.

So likewise the Father is Almighty, the Son Almighty, and the Holy Ghost Almighty.

And yet they are not three Almightyes, but one Almighty.

So the Father is God, the Son is God, and the Holy Ghost is God.

And yet they are not three Gods, but one God.

So likewise the Father is Lord, the Son Lord, and the Holy Ghost Lord.

And yet not three Lords, but one Lord.

For like as we are compelled by the Christian verity to acknowledge every Person by himself to be both God and Lord,

So are we forbidden by the Catholic Religion, to say, There be three Gods, or three Lords.

The Father is made of none, neither created, nor begotten.

The Son is of the Father alone, not made, nor created, but begotten.

The Holy Ghost is of the Father and of the Son, neither made, nor created, nor begotten, but proceeding.

So there is one Father, not three Fathers; one Son, not three Sons; one Holy Ghost, not three Holy Ghosts.

And in this Trinity none is afore, or after other; none is greater, or less than another;

But the whole three Persons are co-eternal together and co-equal.

So that in all things, as is aforesaid, the Unity in Trinity and the Trinity in Unity is to be worshipped.

He therefore that will be saved must think thus of the Trinity.