



ST. TIMOTHY'S EPISCOPAL

EST. HERNDON, VA • 1868

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

Sunday, July 12, 2026

Proper 10 (7th Sunday after Pentecost)

8 am



Weekly Services:

Sunday, 8:00 am
Sunday, 10:00 am
Sábado, 7:00 pm

Holy Eucharist Rite I, spoken
Holy Eucharist EOW, with Choir
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, Pre-School Director (x14)

PSDirector@saint-timothys.org

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)

Jr. Warden – Wanda Rixon (2028)

Christine Cozza (2029)

Terry Dominiak (alternate)

Johnny Ellis (2028)

Varun Lal (2029)

John McGrath (2028)

Gene Mechling (2029)

Sharon Nachman (2027)

Rick Wilson (2027)

Trustees

Tom McLenigan

Deke Smith

Betsy Bosworth

HOLY EUCHARIST- Rite I

The Word of God

At the tolling of the bell, all stand.

Opening (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 (BCP 324)

**All: 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 thee 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 179)

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: O Lord, we beseech thee mercifully to receive the prayers of thy people who call upon thee, and grant that they may both perceive and know what things they ought to do, and also may have grace and power faithfully to fulfill the same; 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 Isaiah 55:10-13

As the rain and the snow come down from heaven,
and do not return there until they have watered the earth,
making it bring forth and sprout,
giving seed to the sower and bread to the eater,
so shall my word be that goes out from my mouth;
it shall not return to me empty,
but it shall accomplish that which I purpose,
and succeed in the thing for which I sent it.
For you shall go out in joy,
and be led back in peace;

the mountains and the hills before you
shall burst into song,
and all the trees of the field shall clap their hands.

Instead of the thorn shall come up the cypress;
instead of the brier shall come up the myrtle;
and it shall be to the LORD for a memorial,
for an everlasting sign that shall not be cut off.

Reader: The Word of the Lord

People: **Thanks be to God.**

Psalms 65:9-14 *Spoken responsively by the half verse*

9 You visit the earth and water it abundantly;
you make it very plenteous; *
the river of God is full of water.

10 You prepare the grain, *
for so you provide for the earth.

11 You drench the furrows and smooth out the ridges; *
with heavy rain you soften the ground and bless its increase.

12 You crown the year with your goodness, *
and your paths overflow with plenty.

13 May the fields of the wilderness be rich for grazing, *
and the hills be clothed with joy.

14 May the meadows cover themselves with flocks,
and the valleys cloak themselves with grain; *
let them shout for joy and sing.

A Reading from Romans 8:1-11

There is no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on

the flesh is hostile to God; it does not submit to God's law-- indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Reader: The Word of the Lord

People: **Thanks be to God.**

Holy Gospel: Matthew 13:1-9,18-23

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

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

Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!"

"Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

Celebrant: The Gospel of the Lord.

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

Sermon

The Very Rev. Katherine Ragsdale

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.

Prayers of the People

The congregation may stand or kneel

Intercessor: For peace throughout the world

People: and that God's justice may guide relations between nations.

Intercessor: For the holy church of God,

People: that it may grow spiritually united and live out the values of the Gospel in
 good times and in bad times.

Intercessor: For all bishops, priests, deacons,
People: **that they worthily preach the Word and administer the Sacraments.**

Intercessor: For the nations of the world,
People: **that they may act justly in their relationship with one another.**

Intercessor: For all who hold executive, legislative or judicial power in our nation, state and community,
People: **that they may exercise their authority to ensure that all people are treated with due process of law.**

Intercessor: For immigrants in our own country and throughout the world,
People: **that they may know God's love through our ministry to them.**

Intercessor: For the poor, for refugees, for the oppressed, for those who have lost health care, for victims of war and for the unemployed,
People: **that we may redouble our efforts to stand by them and seek justice for them.**

Intercessor: For the sick, their families and those who care for them,
People: **that they may know God's healing touch.**

Intercessor: For the dead, the dying and their loved ones,
People: **that they may know God's comfort and peace.**

Intercessor: For us and our community,
People: **that united in love with St. Timothy and all the saints, we may grow in loving acceptance of all God's creation.**

Celebrant adds a concluding collect

Confession of Sin (BCP 330-331)

Celebrant: Let us humbly confess our sins to Almighty God.

People: **Most merciful God,**
we confess that we have sinned against thee
in thought, word, and deed,
by what we have done,
and 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 ways,
to the glory of thy Name. Amen. Amen.**

The 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**

The Peace (BCP 332)

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

People: And with thy spirit.

Welcome & Announcements

Offertory Sentence

The Offering

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: Alleluia. Christ our Passover is sacrificed for us.

People: **Therefore let us keep the feast. Alleluia**

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 (BCP 339)

Celebrant: The blessing of God Almighty, the Father, the Son, and the Holy Ghost, be upon you, and remain with you for ever. **Amen.**

Please stand as you are able

Dismissal (BCP 340)

Celebrant: Let us go forth into the world, rejoicing in the power of the Spirit.

People: **Thanks be to God.**

*Altar Flowers given by
Jonathan & Midori In Thanksgiving for Family*

PRAYER LIST:

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

Rest of the Soul: Doris Angeley Rummel (mother of Linda Cook), Vance Hough, Jr., Laura Cochran

Health: Peter Hwoschinsky, Melissa Druitt (concussion/vision), Karen Nichols (cancer), Bill Nichols (heart disease), Weldon Showalter, Sr. (father of Jim Showalter), Walter Hinostroza (stroke), John Freeman, Terry Jones, Leslie Brown, Woody Moore (skin cancer), Barbara Williamson (mother of Paige), Elaine Horsfield, Gary Capron (hospice care, friend of Ron Boggio)

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, Craig Bilsborough (friend of Belinda Collins), Lynn W. (abdominal cancer)

THIS WEEK at ST. TIMOTHY'S

Sunday, July 12

8:00 AM Rite I Holy Eucharist – Sanctuary

9:15 AM Choir Rehearsal – Music Room

10:00 AM EOW Holy Eucharist – Sanctuary/Livestream

Monday, July 13

12:15 PM Step into Recovery – AA

7:00 PM Hope for Today – Al Anon

7:30 PM Monday Night Milkshake Group – AA

7:30 PM Service Ministry Meeting - Conference Room

Tuesday, July 14

7:00 PM Spanish Class –Henry Hall

Wednesday, July 15

10:00 AM Hablamos Español - Conference Room

4:00 PM DanceWorx - Narthex

Thursday, July 16

No Scheduled Events

Friday, July 17

7:00 PM Progress Group – AA

Saturday, July 18

9:00 AM Altar Guild Set-Up – Sanctuary

12:00 PM Social Justice Ministry Prayer Service-
Off Campus

7:00 PM La Santa Misa –

Sanctuary & Henry Hall & Kitchen

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.



- Help students start off the year right by participating in the Service Ministry's back-to-school drive! This year we will be collecting backpacks suitable for high school students (the most in demand). Stores like Costco, BJ's, Target and Walmart usually have these items in good supply. Items may be brought to the church on Sunday's or during weekday office hours and will be delivered to Cornerstones in late July. Here's what we need and when:
- Fifty brand new backpacks (without wheels) measuring 17-19" in height.
- Bring your backpacks to St. Timothy's on Sundays starting July 5th and concluding July 26th. You may also drop off during St. Tim's office hours. We will have a large bin in the Narthex for collection.
- If you have an Amazon Prime account Amazon account, you may also purchase backpacks online and have them shipped directly to St. Tim's @ 432 VanBuren Street, Herndon, VA 20170. Here is an example of a backpack suitable for a high school student: <https://a.co/d/0fVdgL6P>
- If it's easier, we will be happy to shop for you using the church's tax-free Amazon account. Simply make out a check to St. Timothy's with Service Ministry on the memo line and place it in the offering plate or bring it to the church office. You may also donate through the church's secure credit card portal at the following link: Service Ministry Fund
- The Service Ministry appreciates the good people of St. Timothy's who put their faith to work for those in need in our community! Questions? Write to service@saint-timothys.org or speak with a member of the Service Ministry.



703-437-3790

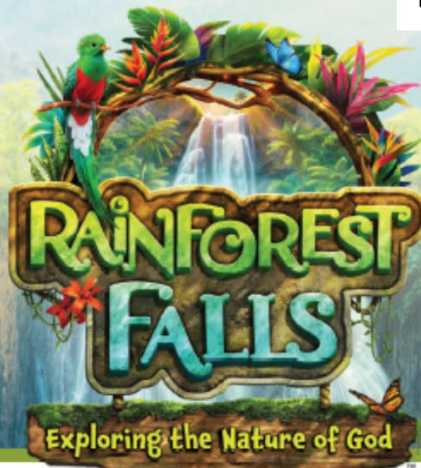


www.saint-timothys.org

Tree-mendous adventure awaits!

Our 2026 Vacation Bible School is next month:
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).

Scan the **QR code** to
Register your camper OR as
an teen/ adult volunteer.





Preschool Registration



As you know, St. Timothy's Episcopal Church is home to a thriving preschool that is celebrating its **52nd anniversary** this year. For more than half a century, St. Timothy's Pre-School has welcomed young children and their families, making it one of only a few preschools in Fairfax County that have served the community continuously for over 50 years. That is a remarkable legacy, and one we can all be proud of.

This year also marks an exciting new chapter as we welcome our new Director, Allison McMullin, who is eager to build on the strong foundation established over the past five decades.

The Pre-School recently wrapped up a fun-filled Summer Camp. Our campers "traveled" the world, learning about different countries before diving under the sea to explore ocean life. The halls were filled with colorful flags, snorkels, seashells, laughter, and plenty of imagination!

St. Timothy's Pre School continues to offer a developmentally appropriate, play-based program. We are blessed with an **exceptional teaching staff**, remarkably low staff turnover, and **loyal families** who help create a caring community that is truly an **extension of our church**.

Like many preschools throughout our region, however, **enrollment has declined** in recent years. This isn't unique to St. Timothy's—it's a challenge facing early childhood programs across Northern Virginia. It also means that every new family matters, and we all have a role to play in helping our preschool thrive for the next 50 years.



Here's how you can help:

Spread the word. We still have openings for the fall, and personal recommendations are the number one way families choose a preschool. If you know a family with young children, please tell them about St. Timothy's Pre-School. You can also post a flyer at a local business, display a yard sign for a few weeks, or share information in your neighborhood Facebook group, HOA newsletter, or community email list. Just contact the Pre-School office and they will help.

Support our Scholarship Fund. Your gift helps ensure that families experiencing financial hardship can still provide their children with the caring, high-quality early education that St. Tim's offers. Every contribution, large or small, helps strengthen both our preschool and our church's ministry to the community.

Come to a special service on Sunday July 19th to meet our new director, talk with the Board, and celebrate our Pre-School!

Thank you for helping St. Timothy's Pre-School continue its tradition of welcoming, nurturing, and educating young children. Together, we can ensure that this extraordinary ministry continues to flourish for generations to come.

The Reverend Charles Cowherd, Chairperson of St. Timothy's Pre-School Board
Ms. Allison McMullin, Pre-School Director

PSdirector@saint-timothys.org

703-437-4767

<https://www.sttimothyspreschool.com/>



Summer Hymn Sing Returns July 26th!

What's your favorite hymn? Find it and be ready to call it out - we are having a hymn sing! On Sunday, July 26, in place of the sermon at the 8:00 and 10:00 services, we are going to sing St. Timothy's favorite hymns. Try to stump the organist with a request from our blue hymnal (1982) or the green supplement (Wonder, Love, and Praise).

Have your choice ready - any season, any theme, any time! If you found your request is in our blue hymnal or green supplement, you've already done your homework and there's nothing more you need to do. If you have a hymn you're dying to sing that's not in our Episcopal repertoire, please email Todd at music@saint-timothys.org and he will make it happen.