



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 19, 2026

Proper 11 (8th Sunday after Pentecost)

10 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)
Christine Cozza (2029)
Varun Lal (2029)
Sharon Nachman (2027)

Terry Dominiak (alternate)
John McGrath (2028)

Jr. Warden – Wanda Rixon (2028)
Johnny Ellis (2028)
Gene Mechling (2029)
Rick Wilson (2027)

Trustees

Tom McLenigan

Deke Smith

Betsy Bosworth

HOLY EUCHARIST

The Word of God

Prelude

We Pray Now to the Holy Spirit

Dietrich Buxtehude
(1637-1707)

At the tolling of the bell, all stand.

Opening Hymn 423

Immortal, Invisible, God Only Wise

St. Denio

Opening Acclamations (EOW 50)

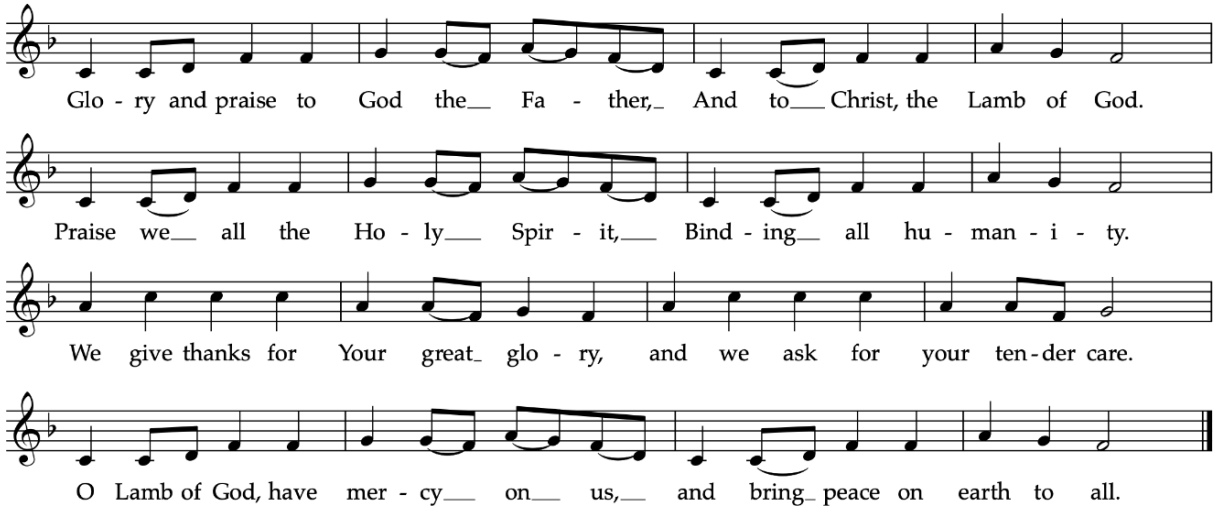
Celebrant: Blessed be the one, holy, and living God.

People: **Glory to God for ever and ever.**

Gloria

Glory and Praise to God

Holy Manna



Glo - ry and praise to God the Fa - ther, And to Christ, the Lamb of God.

Praise we all the Ho - ly Spir - it, Bind - ing all hu - man - i - ty.

We give thanks for Your great glo - ry, and we ask for your ten - der care.

O Lamb of God, have mer - cy on us, and bring peace on earth to all.

The Collect of the Day (EOW 52) *Children may leave for Godly Play after this reading*

Celebrant: God be with you.

People: **And also with you.**

Celebrant: Jesus, the true bread that comes down from heaven: leaven us with your Holy Spirit, that the world may know the abundance of life in your new creation. **Amen.**

Please be seated.

The Lessons

A Reading from Isaiah 44:6-8

Thus says the Lord, the King of Israel,
and his Redeemer, the Lord of hosts:

I am the first and I am the last;
besides me there is no god.

Who is like me? Let them proclaim it,
let them declare and set it forth before me.

Who has announced from of old the things to come?
Let them tell us what is yet to be.

Do not fear, or be afraid;
have I not told you from of old and declared it?
You are my witnesses!

Is there any god besides me?
There is no other rock; I know not one.

Reader: Here what the Spirit is saying to God's people.
People: **Thanks be to God.**

Psalms 86:11-17 *Spoken responsively by the half verse*

- 11 Teach me your way, O Lord,
and I will walk in your truth; *
knit my heart to you that I may fear your Name.
- 12 I will thank you, O Lord my God, with all my heart, *
and glorify your Name for evermore.
- 13 For great is your love toward me; *
you have delivered me from the nethermost Pit.
- 14 The arrogant rise up against me, O God,
and a band of violent men seeks my life; *
they have not set you before their eyes.
- 15 But you, O Lord, are gracious and full of compassion, *
slow to anger, and full of kindness and truth.
- 16 Turn to me and have mercy upon me; *
**give your strength to your servant;
and save the child of your handmaid.**
- 17 Show me a sign of your favor,
so that those who hate me may see it and be ashamed; *
because you, O Lord, have helped me and comforted me.

A Reading from Romans 8:12-25

Brothers and sisters, we are debtors, not to the flesh, to live according to the flesh-- for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, "Abba! Father!" it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ-- if, in fact, we suffer with him so that we may also be glorified with him.

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labor pains until now; and not only the creation, but we ourselves, who

have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

Reader: Hear what the Spirit is saying to God's people.

People: **Thanks be to God.**

Please stand as you are able.

Sequence Hymn 365

Come, Thou Almighty King

Moscow

Holy Gospel: Matthew 13:24-30,36-43

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

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

Jesus put before the crowd another parable: "The kingdom of heaven may be compared to someone who sowed good seed in his field; but while everybody was asleep, an enemy came and sowed weeds among the wheat, and then went away. So when the plants came up and bore grain, then the weeds appeared as well. And the slaves of the householder came and said to him, 'Master, did you not sow good seed in your field? Where, then, did these weeds come from?' He answered, 'An enemy has done this.' The slaves said to him, 'Then do you want us to go and gather them?' But he replied, 'No; for in gathering the weeds you would uproot the wheat along with them. Let both of them grow together until the harvest; and at harvest time I will tell the reapers, Collect the weeds first and bind them in bundles to be burned, but gather the wheat into my barn.'"

Then he left the crowds and went into the house. And his disciples approached him, saying, "Explain to us the parable of the weeds of the field." He answered, "The one who sows the good seed is the Son of Man; the field is the world, and the good seed are the children of the kingdom; the weeds are the children of the evil one, and the enemy who sowed them is the devil; the harvest is the end of the age, and the reapers are angels. Just as the weeds are collected and burned up with fire, so will it be at the end of the age. The Son of Man will send his angels, and they will collect out of his kingdom all causes of sin and all evildoers, and they will throw them into the furnace of fire, where there will be weeping and gnashing of teeth. Then the righteous will shine like the sun in the kingdom of their Father. Let anyone with ears listen!"

Celebrant: The Gospel of the Lord.

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

Please be seated.

Sermon

The Rev. Charles R. Cowherd

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

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 (EOW 56)

Celebrant: Let us confess our sins to God.

All: God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.

Absolution (EOW 56)

Celebrant: Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

Please stand as you are able.

The Peace (EOW 56)

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

People: And also with you.

Welcome & Announcements

Offertory Sentence

The Offering

Anthem

Sweet Hour of Prayer
(Anne Vandenberg, soloist)

William Walford/
William Bradbury

Please stand as you are able.

Presentation Hymn 380 (v.3) *Praise God, From Whom All Blessings Flow*

Old 100th

Holy Communion- Eucharistic Prayer 3 (EOW 62)

The Great Thanksgiving

Presider: The Lord be with you.

People: And also with you.

Presider: Lift up your hearts.

People: We lift them to the Lord.

Presider: Let us give thanks to the Lord our God.

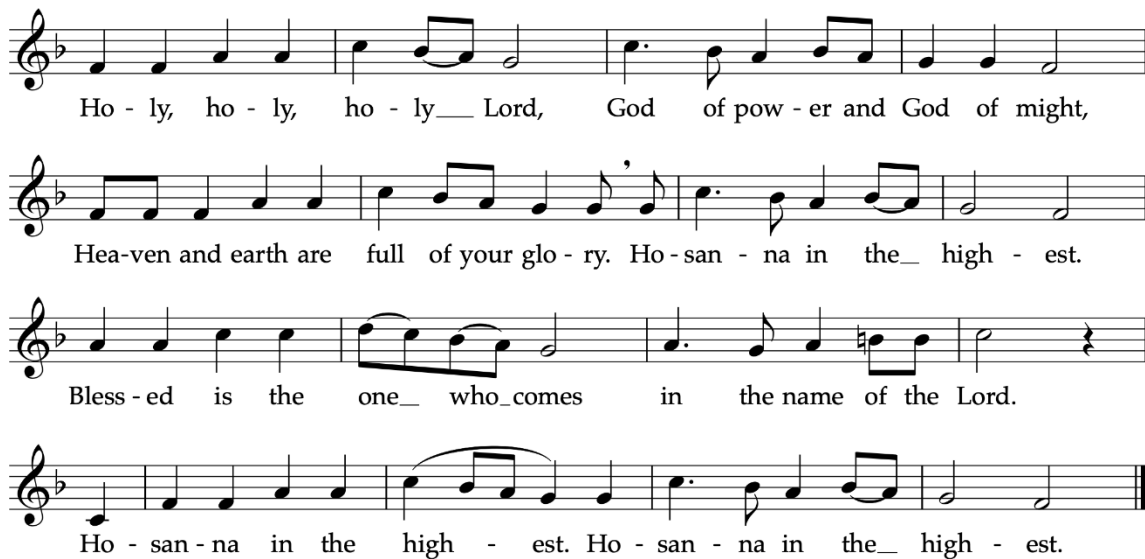
People: It is right to give our thanks and praise.

Presider: All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey; And so as the morning stars sing your praises we join the heavenly beings and all creation as we shout with joy:

The Sanctus

Holy, Holy, Holy Lord

Llanfair



Please kneel or stand as able.

Presider: Glory and honor are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise. Of your grace, you gave Jesus to be human, to share our life, to proclaim the coming of your holy reign and give himself for us, a fragrant offering. Through Jesus Christ our Redeemer, you have freed us from sin, brought us into your life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died for us Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said: "Take, eat, this is my Body, broken for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said: "Drink this, all of you: this cup is the new Covenant in my Blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me."

And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ:

**All: Dying, you destroyed our death.
 Rising, you restored our life.
 Christ Jesus, come in glory!**

Presider: Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and Blood of your Christ. Grant that we, burning with your Spirit's power, may be a people of hope, justice and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with blessed Timothy and all your people into the joy of our true eternal home.

Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise.

Presider and People: **Blessed are you 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 (WLP 877)

The Disciples Knew the Lord Jesus

Mark Sedio



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

Music During Communion

In Remembrance of Me
(Anne Vandenberg, soloist)

Buryl Red/
Ragan Courtney

Please kneel or stand as able.

Postcommunion Prayer (EOW 70)

Celebrant: Let us pray.

All: **Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.**

Blessing (EOW 71)

Celebrant: Live without fear: your Creator has made you holy, has always protected you, and loves you as a mother. Go in peace to follow the good road and may God's blessing be with you always. **Amen.**

Please stand as you are able.

Closing Hymn 302

Father, We Thank Thee Who Hast Planted

Rendez à Dieu

Dismissal (BCP 366)

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

People: **Thanks be to God.**

Postlude

Praeludium in A Minor

Georg Böhm
(1661-1733)

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*Altar Flowers given by Charles Cowberd
In Thanksgiving for Michelle Gay Cowberd*

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 19- LINK Food Drive/ Pre-School Sunday

8:00 AM Rite I Holy Eucharist – Sanctuary

9:15 AM Choir Rehearsal – Music Room

10:00 AM EOW Holy Eucharist – Sanctuary/Livestream

11:15 AM Haiti Ministry Meeting – C1

Monday, July 20

12:15 PM Step into Recovery – AA

7:00 PM Hope for Today – Al Anon

7:30 PM Monday Night Milkshake Group – AA

Tuesday, July 21

7:00 PM Spanish Class – Henry Hall

7:30 PM Finance Committee Meeting - Zoom

Wednesday, July 22

4:00 PM DanceWorx – Narthex

Thursday, July 23

No Scheduled Events

Friday, July 24

7:00 PM Progress Group – AA

Saturday, July 25

8:00 AM MOST Breakfast – Off Campus

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

The background of the poster is a vibrant illustration of a rainforest. On the left, a colorful macaw with red, blue, and yellow feathers is perched on a branch. In the center, the title 'RAINFOREST FALLS' is written in large, stylized letters. 'RAINFOREST' is in green with a white outline, and 'FALLS' is in blue with a white outline. Below the title, 'VBS' is written in white on a brown wooden plank. To the right, a waterfall cascades down a rocky cliff. The scene is filled with lush green foliage, including large monstera leaves and pink and orange hibiscus flowers.

RAINFOREST FALLS

VBS

**LAST MINUTE
HELP NEEDED!**



SUNDAY, JULY 26



Volunteer meeting **11:15am**



Decorating Party following
the **10am** service

NEEDS:

Any rainforest
decor you have
laying around



Empty
cardboard
boxes
any size



- 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



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.

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.sttimothypreschool.com/>



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.

