



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

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

Sunday, August 23, 2026

Proper 16 (13th Sunday after Pentecost)

8 am



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

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.**

Kyrie (BCP 324)

Celebrant: Kyrie eleison.

People: **Christe eleison.**

Celebrant: Kyrie eleison.

The Collect for the Day (BCP 181)

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever **Amen.**

The Lessons

A Reading from Isaiah 51:1-6

Listen to me, you that pursue righteousness,
you that seek the Lord.
Look to the rock from which you were hewn,
and to the quarry from which you were dug.
Look to Abraham your father
and to Sarah who bore you;
for he was but one when I called him,
but I blessed him and made him many.
For the Lord will comfort Zion;
he will comfort all her waste places,
and will make her wilderness like Eden,
her desert like the garden of the Lord;
joy and gladness will be found in her,
thanksgiving and the voice of song.
Listen to me, my people,
and give heed to me, my nation;
for a teaching will go out from me,
and my justice for a light to the peoples.
I will bring near my deliverance swiftly,
my salvation has gone out
and my arms will rule the peoples;
the coastlands wait for me,
and for my arm they hope.
Lift up your eyes to the heavens,
and look at the earth beneath;
for the heavens will vanish like smoke,
the earth will wear out like a garment,
and those who live on it will die like gnats;

but my salvation will be for ever,
and my deliverance will never be ended.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalms 138 (Read responsively by half-verse)

- 1 I will give thanks to you, O Lord, with my whole heart; *
before the gods I will sing your praise.
- 2 I will bow down toward your holy temple
and praise your Name, *
because of your love and faithfulness;
- 3 For you have glorified your Name *
and your word above all things.
- 4 When I called, you answered me; *
you increased my strength within me.
- 5 All the kings of the earth will praise you, O Lord, *
when they have heard the words of your mouth.
- 6 They will sing of the ways of the Lord, *
that great is the glory of the Lord.
- 7 Though the Lord be high, he cares for the lowly; *
he perceives the haughty from afar.
- 8 Though I walk in the midst of trouble, you keep me safe; *
**you stretch forth your hand against the fury of my enemies;
your right hand shall save me.**
- 9 The Lord will make good his purpose for me; *
**O Lord, your love endures for ever;
do not abandon the works of your hands.**

A Reading from Romans 12:1-8

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God-- what is good and acceptable and perfect. For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering;

the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Please stand as you are able.

Holy Gospel: Matthew 16:13-20

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

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

When Jesus came into the district of Caesarea Philippi, he asked his disciples, “Who do people say that the Son of Man is?” And they said, “Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.” He said to them, “But who do you say that I am?” Simon Peter answered, “You are the Messiah, the Son of the living God.” And Jesus answered him, “Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

Celebrant: The Gospel of the Lord.

People: **Praise be to thee, O 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.

The congregation may stand or kneel

The Prayers of the People (BCP 328)

Leader: Let us pray for the whole state of Christ's Church and the world.

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all men: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love. **Amen.**

Give grace, O heavenly Father, to all bishops and other ministers, especially to 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 Joe our president, Glenn our governor, and Sheila our mayor, that they may be led to wise decisions and right actions for the welfare and peace of the world. **Amen.**

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

Amen.

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity. **Amen.**

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of Timothy and all thy saints, that with them we may be partakers of thy heavenly kingdom.

Amen.

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. **Amen.**

Celebrant adds a concluding collect

Confession of Sin (BCP 330-331)

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

People: **Almighty God,**
Father of our Lord Jesus Christ,
maker of all things, judge of all men:
We acknowledge and bewail our manifold sins
and wickedness,
which we from time to time most grievously have committed,
by thought, word, and deed, against thy divine Majesty,
provoking most justly thy wrath and indignation against us.
We do earnestly repent,
and are heartily sorry for these our misdoings;
the remembrance of them is grievous unto us,
the burden of them is intolerable.
Have mercy upon us,
have mercy upon us, most merciful Father;
for thy Son our Lord Jesus Christ's sake,
forgive us all that is past;
and grant that we may ever hereafter
serve and please thee in newness of life,
to the honor and glory of thy Name;
through Jesus Christ, our Lord. 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 333)

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. Through Jesus Christ our Lord; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. Therefore, with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

The Sanctus (BCP 334)

All: **Holy, holy, holy, Lord God of Hosts:
Heaven and earth are full of thy glory.
Glory be to thee, O Lord Most High.**

Please kneel, or stand, as you are able.

Celebrant: All glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks, he brake it, and gave it to his, disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all of this; for this is my Blood of the New Testament, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord;

By whom, and with whom, in the unity of the Holy Ghost, all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

And now, as our Savior Christ hath taught us, we are bold to say,

All: Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. AMEN

The Fraction (BCP 337)

Celebrant: Alleluia. Christ our Passover is sacrificed for us.

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

Agnus Dei (BCP 337)

Celebrant: O Lamb of God, that takest away the sins of the world,

People: **have mercy upon us.**

Celebrant: O Lamb of God, that takest away the sins of the world,

People: **have mercy upon us.**

Celebrant: O Lamb of God, that takest away the sins of the world,

People: **grant us thy peace.**

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 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: Alleluia, alleluia. Let us bless the Lord.

People: Thanks be to God. Alleluia, alleluia.

Flowers are given by Alyson & Jim Showalter

In memory of Sarah Elizabeth Showalter & thanksgiving for Christopher & Elizabeth Showalter

THIS WEEK at ST. TIMOTHY'S

Sunday, August 23- WELCOME HOME SUNDAY w/ BLESSING of the BACKPACKS

8:00 AM Rite I Holy Eucharist – Sanctuary

9:00 AM Sunday Adult Forum – Semiquincentennial Lecture
#7 (Henry Hall & Live Stream)

9:15 AM Choir Rehearsal – Music Room

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

Monday, August 24

12:15 PM Step into Recovery – AA

7:00 PM Hope for Today – AI Anon

7:30 PM Monday Night Milkshake Group – AA

Tuesday, August 25

7:00 PM Vestry Meeting – C1

Wednesday, August 26

4:00 PM DanceWorx - Narthex

Thursday, August 27

No Events Scheduled

Friday, August 28

7:00 PM Progress Group – AA

Saturday, August 29

9:00 AM Altar Guild Set-Up – Sanctuary

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

3:30 PM Annual Latino Family Day Picnic
& Blessing of the Backpacks w/
Bilingual Eucharist
– Church Grounds

PRAYER LIST:

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

Rest of the Soul: Tootie Cornwell (father of Wanda Rixon)

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), Judy Cromb (cancer)

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, Eleanor Day, Lang Tran, Krista Warnock (Parkinson's), Molly Reed, Craig Bilsborough (friend of Belinda Collins), Lynn W. (abdominal cancer), Linda Phillips (cancer), Mary Judith Perez, Eve and Richard MacMaster