



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 9, 2026

Proper 14 (11th 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)	PSDDirector@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 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.

HOLY EUCHARIST

The Word of God

Prelude

Adagio & Pastorale on "St. Anne"

Paul Manz

At the tolling of the bell, all stand.

Opening Hymn 388

O Worship the King

Hanover

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)

Celebrant: God be with you.

People: And also with you.

Celebrant: God of unchangeable power, when you fashioned the world the morning stars sang together and the host of heaven shouted for joy; open our eyes to the wonders of creation and teach us to use all things for good, to the honor of your glorious name; through Jesus Christ our Lord.

Amen.

Please be seated.

The Lessons

A Reading from 1 Kings 19:9-18

At Horeb, the mount of God, Elijah came to a cave, and spent the night there. Then the word of the Lord came to him, saying, "What are you doing here, Elijah?" He answered, "I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away."

He said, "Go out and stand on the mountain before the Lord, for the Lord is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, "What are you doing here, Elijah?" He answered, "I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." Then the Lord said to him, "Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. Whoever escapes from the sword of Hazael, Jehu shall kill; and whoever escapes from the sword of Jehu, Elisha shall kill. Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him."

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

People: Thanks be to God.

Psalm 85:8-13 *Spoken responsively at the half-verse*

Benedixisti, Domine

- 8 I will listen to what the Lord God is saying, *
**for he is speaking peace to his faithful people
and to those who turn their hearts to him.**
- 9 Truly, his salvation is very near to those who fear him, *
that his glory may dwell in our land.
- 10 Mercy and truth have met together; *
righteousness and peace have kissed each other.
- 11 Truth shall spring up from the earth, *
and righteousness shall look down from heaven.
- 12 The Lord will indeed grant prosperity, *
and our land will yield its increase.
- 13 Righteousness shall go before him, *
and peace shall be a pathway for his feet.

A Reading from Romans 10:5-15

Moses writes concerning the righteousness that comes from the law, that “the person who does these things will live by them.” But the righteousness that comes from faith says, “Do not say in your heart, ‘Who will ascend into heaven?’” (that is, to bring Christ down) “or ‘Who will descend into the abyss?’” (that is, to bring Christ up from the dead). But what does it say?

“The word is near you,
on your lips and in your heart”

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, “No one who believes in him will be put to shame.” For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, “Everyone who calls on the name of the Lord shall be saved.”

But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, “How beautiful are the feet of those who bring good news!”

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

People: **Thanks be to God.**

Please stand as you are able.

Sequence Hymn 529

In Christ There is No East or West

McKee

Holy Gospel: Matthew 14:22-33

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

People: Glory to you, Lord Christ.

Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" When they got into the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God."

Celebrant: The Gospel of the Lord.

People: Praise to you, Lord Christ.

Please be seated.

Sermon

The Rev. Deacon Frederico Garza

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

Seek the Lord
(Janice Burford, soloist)

John Carter

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

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and God of might,
Hea - ven and earth are full of your glo - ry. Ho - san - na in the high - est.
Bless - ed is the one who comes in the name of the Lord.
Ho - san - na in the high - est. Ho - san - na in the high - est.

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

Choir



The dis - ci - ples knew the Lord Je - sus in the break-ing of the bread.

All



The dis - ci - ples knew the Lord Je - sus in the break-ing of the bread.

Choir



The bread which we break, al-le - lu - ia, is the commun-ion of the bod - y of Christ.

All



The dis - ci - ples knew the Lord Je - sus in the break-ing of the bread.

Choir



One bo - dy are we, al-le - lu - ia, though ma - ny we share one bread.

All



The dis - ci - ples knew the Lord Je - sus in the break-ing of the bread._____

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 WLP 800

Precious Lord, Take My Hand

Thomas A. Dorsey

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 680 *O God, Our Help in Ages Past* St. Anne

Dismissal (BCP 366)

Celebrant: Let us go forth into the world, rejoicing in the power of the Spirit.
People: **Thanks be to God.**

Postlude *Theme on “St. Anne”* Paul Manz

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*Altar Flowers given by
Belinda Collins in Memory of Malcolm & Muriel Lowenhaupt*

Vestry

Sr. Warden – Rob Huizar (2027)	Jr. Warden – Wanda Rixon (2028)
Christine Cozza (2029)	Johnny Ellis (2028)
Varun Lal (2029)	Gene Mechling (2029)
Sharon Nachman (2027)	Rick Wilson (2027)

Trustees

Tom McLenigan	Deke Smith	Betsy Bosworth
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PRAYER LIST:

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

Repose 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)

THIS WEEK at ST. TIMOTHY'S

Sunday, August 9

8:00 AM Rite I Holy Eucharist – Sanctuary

9:00 AM Sunday Adult Forum: Discipleship
– Henry Hall/ Livestream

9:15 AM Choir Rehearsal – Music Room

10:00 AM EOW Holy Eucharist – Sanctuary/Livestream

Monday, August 10

12:15 PM Step into Recovery – AA

7:00 PM Hope for Today – AI Anon

7:30 PM Monday Night Milkshake Group – AA

7:30 PM Service Ministry Meeting – Conference Room

Tuesday, August 11

No Scheduled Activities

Wednesday, August 12

7:00 PM Social Justice Ministry Meeting – C1

Thursday, August 13

No Scheduled Activities

Friday, August 14

7:00 PM Progress Group – AA

Saturday, August 15

9:00 AM Altar Guild Set-Up – Sanctuary

10:00 AM St. Timothy's Preschool Play Date
– Playground

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

7:00 PM La Santa Misa – Sanctuary & Henry Hall

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.

ST. TIMOTHY'S MEMORIAL GARDEN

Those buried in the Memorial Garden and the Columbarium are listed on the plaque at the back of the sanctuary and on the St. Tim's [FindAGrave Website](#).

If they are not listed there...



ST. TIM'S PARISHIONERS ARE DEVELOPING AN APP TO GUIDE FOLKS WHOSE LOVED ONES ARE BURIED ON OUR CAMPUS GROUNDS. SOME INDIVIDUALS WERE BURIED WITHOUT A MARKER. PLEASE LET US KNOW IF YOU'RE AVAILABLE TO HELP LOCATE THE SPOTS OF THOSE PARISHIONERS. CONTACT CHARLES+ AT PRIEST@SAINT-TIMOTHYS.ORG

ANNOUNCEMENT FROM THE RECTOR & VESTRY OF ST. TIMOTHY'S

Dear Parish
Family, I am
beyond excited to
announce that the
Reverend
Marycelis Otero,
currently a priest
in the Diocese of
Atlanta, has
accepted our call
to be the next
Associated Rector
at St. Tim's!!!



Please check your
email for the message
that went out earlier
this week :)

Sunday August 9th, 2026- 8 and 10 am

St. Timothy's will host a special guest from the Diocese on 8/9/2026. **The Reverend Deacon Frederico Garza**, Archdeacon for the Diocese of Virginia, will **preach at both Sunday services and lead a Sunday Adult Forum in between.**



BIOGRAPHY: Frederico Garza has served as an ordained deacon since 2012. His ministry is rooted in a deep commitment to encountering and serving Christ among people who are poor, marginalized, or too often overlooked. Frederico preaches on behalf of *Food For The Poor*, an international relief and development organization that helps people throughout the Caribbean and Latin America build lives free from poverty. He also serves with the Kairos Prison Ministry team at Buckingham prison. He worships weekly with Spanish speaking people in several prisons. As Archdeacon, Frederico supports and encourages the Diocese of Virginia's community of deacons. He is passionate about finding "the next deacon." He actively seeks out church folk who are already serving on the margins and invites them to consider inviting others into that work as an ordained deacon. Frederico believes that ministry beyond the walls of the church allows each of us to witness the living God restoring lives and renewing hope. He believes that such encounters change us forever. He is grateful for every opportunity to proclaim the Gospel and invite others into Christ's transforming work in the world.