



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)

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)

Christine Cozza (2029)

Varun Lal (2029)

Sharon Nachman (2027)

Jr. Warden – Wanda Rixon (2028)

Terry Dominiak (alternate)

John McGrath (2028)

Johnny Ellis (2028)

Gene Mechling (2029)

Rick Wilson (2027)

Trustees

Tom McLenigan

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 180)

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; 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 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: The Word of the Lord.

People: **Thanks be to God.**

Psalms 85:8-13 (Read responsively by half-verse)

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: The Word of the Lord.

People: Thanks be to God.

Please stand as you are able.

Holy Gospel: Matthew 14:22-33

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

People: Glory be to thee, O Lord.

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 be to thee, O 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.

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.

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

Belinda Collins in Memory of Malcolm & Muriel Lowenhaupt

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)

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 – Al 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

- 7:30 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 .

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.