

Zion Lutheran Church
Thief River Falls, MN

New Traditions Worship
First Sunday in Lent

9:00 AM Worship
February 26, 2023

Pre-service Music
Welcome & Announcements
Call to Worship - Sunday School

Gathering

Confession and Forgiveness

Blessed be the holy Trinity, one God,
who journeys with us these forty days,
and sustains us with the gift of grace.

Amen.



Let us acknowledge before God and one another
our need for repentance and God's mercy.

Silence is kept for reflection.

Holy God,

we confess to you our faults and failings.

Too often we neglect and do not trust your holy word;

we take for ourselves instead of giving to others;

we spoil rather than steward your creation;

we cause hurt though you call us to heal;

we choose fear over compassion.

Forgive us, renew us, and lead us,

as we seek to follow in your way of life.

Amen.

Hear the good news:

God so loved the world that God gave the only Son,
so that all may receive life.

This promise is for you!

God embraces you with divine mercy,

forgives you in Christ's name,

and revives you in the Spirit's power.

Amen.

Gathering Song "How Great is Our God" printed in back

Greeting

From the one who is and who was and who is to come,
and from Jesus Christ, the first fruits of the resurrection,
grace and peace be with you all.

And also with you.

Prayer of the Day

Let us pray.

Lord God, our strength, the struggle between good and evil rages within and around us, and the devil and all the forces that defy you tempt us with empty promises. Keep us steadfast in your word, and when we fall, raise us again and restore us through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

Word

FIRST READING: Genesis 2:15-17; 3:1-7

¹⁵The LORD God took the man and put him in the garden of Eden to till it and keep it. ¹⁶And the LORD God commanded the man, "You may freely eat of every tree of the garden; ¹⁷but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

^{3:1}Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" ²The woman said to the serpent, "We may eat of the fruit of the trees in the garden; ³but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" ⁴But the serpent said to the woman, "You will not die; ⁵for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." ⁶So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. ⁷Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Word of God, Word of Life...Thanks be to God.

PSALM: Psalm 32

¹Happy are they whose transgressions ¹ are forgiven,
and whose sin is ¹ put away!

²**Happy are they to whom the LORD imputes no guilt,
and in whose spirit there ¹ is no guile!**

³While I held my tongue, my bones withered away,
because of my groaning ¹ all day long.

⁴**For your hand was heavy upon me ¹ day and night;
my moisture was dried up as in the ¹ heat of summer.**

⁵Then I acknowledged my sin to you, and did not conceal my guilt.
I said, "I will confess my transgressions to the LORD."
Then you forgave me the guilt of my sin.

⁶Therefore all the faithful will make their prayers to you in ¹ time of trouble;
when the great waters overflow, they ¹ shall not reach them.

⁷You are my hiding-place; you preserve me from trouble;
you surround me with shouts ¹ of deliverance.

⁸**“I will instruct you and teach you in the way that ¹ you should go;
I will guide you ¹ with my eye.**

⁹Do not be like horse or mule, which have no ¹ understanding;
who must be fitted with bit and bridle, or else they will ¹ not stay near you.”

¹⁰**Great are the tribulations ¹ of the wicked;
but mercy embraces those who trust ¹ in the LORD.**

¹¹Be glad, you righteous, and rejoice ¹ in the LORD;
shout for joy, all who are ¹ true of heart.

SECOND READING: Romans 5:12-19

¹²Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—¹³sin was indeed in the world before the law, but sin is not reckoned when there is no law. ¹⁴Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

¹⁵But the free gift is not like the trespass. For if the many died through the one man’s trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. ¹⁶And the free gift is not like the effect of the one man’s sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. ¹⁷If, because of the one man’s trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

¹⁸Therefore just as one man’s trespass led to condemnation for all, so one man’s act of righteousness leads to justification and life for all. ¹⁹For just as by the one man’s disobedience the many were made sinners, so by the one man’s obedience the many will be made righteous. *Word of God, Word of Life...Thanks be to God.*

Song “Jesus Loves Me” ELW #595

KIDS TALK Pastor Kristin

Noisy Offering—February offering will go to Pathways Bible Camp

Song “Halle, Halle, Hallelujah” ELW #172

GOSPEL: Matthew 4:1-11

¹Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ²He fasted forty days and forty nights, and afterwards he was famished. ³The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." ⁴But he answered, "It is written,

'One does not live by bread alone, but by every word that comes from the mouth of God.' "

⁵Then the devil took him to the holy city and placed him on the pinnacle of the temple, ⁶saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.' "

⁷Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.' "

⁸Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; ⁹and he said to him, "All these I will give you, if you will fall down and worship me." ¹⁰Jesus said to him, "Away with you, Satan! for it is written,

'Worship the Lord your God, and serve only him.' "

¹¹Then the devil left him, and suddenly angels came and waited on him.

Sermon **"Called to Trust"** Pastor Kristin Ostercamp

Hymn of the Day **"Amazing Love"** *lyrics printed*

Sacrament of Holy Baptism

Baptism of Riley Ann Ranum, daughter of Bailey & Micah Ranum.

Bailey's sponsors are Dana & Nic Jacobs, Halie & Jeremy Benson

In Holy Baptism our gracious heavenly Father frees us from sin and death by joining us to the death and resurrection of our Lord Jesus Christ. We are born children of a fallen humanity; by water and the Holy Spirit we are reborn children of God and made members of the church, the body of Christ. Living with Christ and in the communion of the saints, we grow in faith, love, and obedience to the will of God.

Who is presented to receive the sacrament of Holy Baptism?

Parents: **Riley Ann**

I ask you to profess your faith in Christ Jesus, reject sin and confess the faith of the church, the faith in which we baptize. Do you renounce all the forces of evil, the devil and all his empty promises?

I renounce them.

Do you believe in God the Father?

I believe in God, the Father Almighty, creator of heaven and earth.

Do you believe in Jesus Christ, the Son of God?

**I believe in Jesus Christ, his only Son, our Lord,
He was conceived by the power of the Holy Spirit,
and born of the Virgin Mary, He suffered under Pontius Pilate,
was crucified, died, and was buried; He descended into hell.
On the third day he rose again; He ascended into heaven,
And is seated at the right hand of the Father,
He will come again to judge the living and the dead.**

Do you believe in God the Holy Spirit?

**I believe in the Holy Spirit, the holy catholic church,
the communion of saints, the forgiveness of sins,
the resurrection of the body, and the life everlasting. Amen.**

The child is Baptized in the name of the Father, Son and Holy Spirit.

The Lord be with you.

And also with you

Let us pray...God, the Father of our Lord Jesus Christ, we give you thanks for freeing your sons and daughters from the power of sin and for raising them up to new life through this holy sacrament. Pour out your Holy Spirit upon Riley Ann the spirit of knowledge and the fear of the Lord, the spirit of joy in your presence.

Riley Ann, Child of God, you have been sealed by the Holy Spirit and marked with the cross of Christ forever.

Parents, Sponsors, People of God, as Riley Ann has been here baptized, you are now entrusted with these responsibilities: you should faithfully bring her to the services of God's house, and teach her the Lord's prayer, the Creed, and the Ten Commandments. As she grows in years, you should place in her hands the Holy Scriptures and provide for her instruction in the Christian faith, that living in the covenant in her Baptism and in communion with the Church, she may lead a godly life unto the day of Jesus Christ. Do you promise to fulfill these obligations? If so say, I do.

The candle is lit

Jesus says in Matthew 5:

“You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house.” In the same way, Riley Ann, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

Let us welcome our sister in Christ.

We welcome you into the Lord’s Family. We receive you as a member of the body of Christ, a child of the same heavenly Father, and worker with us in the kingdom of God.

Peace

The peace of the Lord be with you all. **And also with you.**

Offering - *ushers bring offering forward*

Offertory “Sanctuary”

Lord prepare me to be a sanctuary, pure and holy, tried and true.

With thanksgiving, I’ll be a living sanctuary for you. (CCLI Lic. # 11095451)

Prayers of Intercession *response: receive our prayer.*

Lord’s Prayer

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, forever and ever. Amen.

Sending

Blessing

The God who faithfully brings forth justice and breaks the oppressor’s rod
bless, strengthen, and uphold you, today and always. **Amen.**

Sending Song “In Christ Alone” Printed

Dismissal Go in peace. Serve in love. **Thanks be to God.**

Post-service Music

WELCOME! ZION'S LAY MINISTRY/EVANGELISM BOARD SAYS A SPECIAL WELCOME TO YOU THIS MORNING AND MAY YOU BE FED SPIRITUALLY DURING THIS TIME OF WORSHIP.

OUR THANKS TO TODAY'S WORSHIP LEADERS/ASSISTANTS

Pastor: Kristin Ostercamp

Pianist: Laura Rude

Organist: Marie Longo

Greeters: Rude Family

Reader: Sharon Wagner

Ushers: Rude Family

Usher/Greeters: Sophia Tougas, Mikkel Bertilrud

Acolytes: Jaycee Klaven, Jenna Lian

OUR PRAYERS TO Andy Hart recovering in Rochester

TODAY WE WELCOME THROUGH THE SACRAMENT OF HOLY BAPTISM: (9:00)



Riley Ann Ranum, daughter of Micah & Bailey Ranum.

Riley's sponsors are Dana & Nic Jacobs, & Halie & Jeremy Benson

ZION WORSHIP SERVICE ONLINE Sunday mornings you can listen to the 9:00AM service online. Go to: www.ziontrf.org. in the black banner click Listen Online, Click on the RED link to KTRF.

BROADCASTS today are sponsored by Zion memorials

ZION'S WEBSITE for February is sponsored by Zion memorials

LISTENING DEVICES & LARGE PRINT bulletins are available from an usher.

BEREAVEMENT GROUP is not meeting this month.

PHOTO DIRECTORY pictures begin this week. Please check your scheduled date and time!

LAY READERS: If you are interested in reading for Sunday services, please call the church office at 681-3296 or Carol Narverud at 681-4805. We'd love to have you.

LWR QUILTING the 1st, 3rd, and 5th Thursdays of the month 1- 4pm. All are welcome!

LENTEN SUPPERS will be served at 5:30 PM Wednesdays.

Menu for March 1: Macaroni, hamburger, tomato hotdish served by Anna Circle.

LENTEN WORSHIP begins at 6:30 Wednesdays.

STEWARDSHIP (Envelopes/Vanco Electronic Giving/Silver Creek included in all totals)

Feb 13-19 income: \$6,682.

Feb 1-19 income: \$11,466.

2023 Budget \$340,444. \$6,547. needed per week to meet budgeted expenses.

VANCO ELECTRONIC GIVING forms are on the table by the office. You can also set up contributions thru the link on Zion's website.

Direct Thrivent Choice Dollars® Eligible Thrivent Financial members: Show your appreciation for Zion Lutheran Church by directing Choice Dollars. The individual recommendations you make through Choice Dollars directions can make a profound impact.

OUTDOOR ELECTRONIC SIGN Donations & Pledges: \$16,968. If you wish to contribute to this project you can drop off or mail to the church office. *Thank you for your continued donations!*

PARISH NURSE NOTES - The American Cancer Society has recently released concerning updates about prostate cancer. After a 20 year decline in cases, the past few years show a 4.5% increase of advanced stages of the disease. This is thought to be to a decrease testing for it. Other than skin cancer prostate cancer is the most common cancer in American men. About 1 in 8 men will be diagnosed with it during their lifetime. About 6 in 10 are 65 or older and it is rare under 40. The average age is 66 years old. About 1 man in 41 will die from it.

Though it is a serious disease, most men diagnosed with prostate cancer do not die from it. The cancer can grow and spread quickly but most grow slowly. Early detection for it can be life saving! The Prostate-Specific Antigen (PSA) blood test is not a perfect test to find prostate cancer but it's a good start. Many other more specific tests are available if the PSA is elevated.

Symptoms of an enlarged prostate are slowing or difficulty urinating with or without pain and nighttime and frequency with urination. If present, these symptoms can be successfully treated with medication and a PSA test will probably follow. If that is elevated, a prostate work-up will be done. An ultrasound, MRI, or prostate biopsy could be included if cancer is suspected. A PSA test is often routinely included with annual physicals at an appropriate age but if not done....ASK FOR IT!

New Prostate Cancer Screening Guidelines are...

- 1) Men who are at average risk of prostate cancer, age 50.
- 2) African Americans and men with some family history, age 45.
- 3) Men with 2 or more immediate family members with it, age 40.

The start of a new year means another annual physical to be done which is incredibly important to take care of yourself and PREVENT preventable illnesses. Make your appointment soon, they can schedule it many months in advance if needed.

We are encouraged to attend to our **faith and body** because, "...listen closely to my words. Keep them in your heart; for they are life to those who find them and health to a man's whole body." Pr. 4:20-22

God's Blessings and Peace, Parish Health

LSS CAREGIVERS SUPPORT GROUP will meet on Thursday, March 9th from 10-11:00 AM at Zion. **All caregivers are welcome, you do not need to register.** More info Julie Praska Moser 218-686-6228

LSS RESPITE CARE - Thursdays, 12 Noon to 4:30 PM in the Lounge. For more info or to sign up please contact Julie Praska Moser at 218-686-6229

THE GROCERIES TO GO PROGRAM is available through our church if you'd like to use that option. If you need this service or would like to be a volunteer for grocery delivery, call the church office at 218-681-3296 and we'll get back to you.

Pastor Kristin Ostercamp, pastorkristin@mncable.net Office Phone: 681-3296 Fax: 681-3048
Linda Hamrick, Office Manager ziontrf@mncable.net
Darlene Wiseth, Faith Community Nurse zionph@mncable.net
David Lee / Tiffany Sterry, Custodial

Sunday School 10:00-11:00 AM

Sunday School students are singing Call to Worship today



February Noisy Offering: Pathways Bible Camp

Parents are invited to stay for coffee fellowship in the basement following worship. All are welcome!

Muffin Makers: Thank you for providing treats for Coffee Fellowship! (proceeds go to youth funds)
(Please bring 2 dozen baked goods to the fellowship hall on or before Sunday morning.)

Feb. 26: Kerry Melin, Kevin & Alisha Walseth, Kevin & Tayna Ek, Kim Hanson, Krista Johnson

March 5: Lindsay Henrickson, Lindsey Daley, Lora Rantanen, Lynsey Forsberg, Mandi Coltum

March 12: Mark & Jenny Johnson, Matt & Jana Erickson, Matt & Kasey Olson, Matt Opdahl & Chantilly Streets, Max & Vanessa Thompson, Megan Klamar

FIRST COMMUNION CLASSES will be held for 5th grade and 6th/7th grade students who have not taken the class. Classes will begin Wed. March 15th at 5PM.

Letters/ registration has been mailed out . If you did not receive a mailing and wish to attend the classes, please contact the church office or Pastor Kristin.

Feb. 26 Coffee assistants: Bria Scheef, Sienna Gregerson



CONFIRMATION SCHEDULE - Lenten Worship at 6:30 PM Wednesdays

Lent Service Meal Clean-Up Help

Every year we ask students to help with the clean-up after the Lenten meals.

Here is the schedule with the corresponding grades for each night.

All students are asked to help.

Please be at church by 5:30 on your clean-up night.

*Parental help is needed for elementary nights

- March 1, 2023 **7th** and **10th** Grade
- March 8, 2023 **9th** Grade
- March 15, 2023 **K-2nd** and **12th** Grade
- March 22, 2023 **3th-4th** Grade and **11th** Grade
- March 29, 2023 **5th** and **6th** Grade



**Maundy Thursday- April 6, 2023- First Communion Dinner-
8th grade service project**

SCHEDULE FOR THE WEEK:

Today, Sunday, Feb. 26:

9:00 Zion worship; Baptism
Broadcast ch. 3; KTRF
10 Sunday School
10 Coffee fellowship
10:30 Silver Creek worship
12:00 Zion broadcast on cable ch. 37

Monday, Feb 27:

9 SAIL Exercise
6:30 Scouts

Tuesday, Feb. 28:

9:30 Staff Meeting
Noon - Pastor's text study
1:30 TRCC HC
2:30 Oakland Park HC
2-8:30 Directory Pictures in Patio Room

Wednesday, March 1:

5:30 Lent Supper
6:30 Lent Worship
7:15 Senior Choir
2-8:30 Directory Pictures in Patio Room

Thursday, March 2:

9 SAIL Exercise
10 Prayer Shawl Ministry
12:30-4:30 Respite Care in Lounge
1 Quilting in fellowship hall
2-8:30 Directory Pictures in Patio Room

Friday, March 3:

9:30 Coffee with Staff

Saturday, March 4:

10-4 Directory Pictures in Patio Room
12-4 Fellowship Hall reserved

Next Sunday, March 5:

9:00 Zion Holy Communion Worship
Broadcast ch. 3; KTRF
10 Sunday School
10 Coffee fellowship
10 Blood Pressure Screening in Lounge
10:30 Silver Creek worship
12:00 Zion broadcast on cable ch. 37