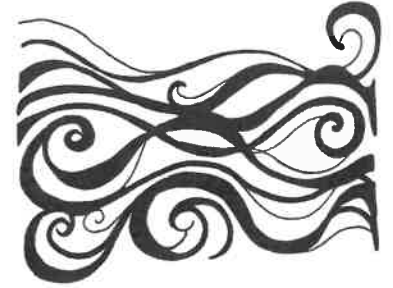


Zion Lutheran Church, 9:00 AM  
Thief River Falls, MN  
Second Sunday in Lent — Holy Communion  
March 5, 2023

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**PRELUDE**  
**ANNOUNCEMENTS**

**\*CONFESSION AND FORGIVENESS**

In the name of the Father, and of the + Son, and of the Holy Spirit. **Amen.**

Almighty God, to 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 your Holy Spirit, that we may perfectly love you and worthily magnify your holy name, through Jesus Christ our Lord. **Amen.**

Let us confess our sin in the presence of God and of one another.

Most merciful God,

**we confess that we are captive to sin and cannot free ourselves. We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name. Amen.**

In the mercy of almighty God, Jesus Christ was given to die for you, and for his sake God forgives you all your sins. To those who believe in Jesus Christ he gives the power to become the children of God and bestows on them the Holy Spirit. **Amen.**

**\*GATHERING SONG “Jesus Keep Me Near the Cross” ELW #335**

*Liturgy setting 10; page 203*

**\*GREETING (p. 203)**

The grace of our Lord Jesus Christ, the love of God,  
and the communion of the Holy Spirit be with you all.

**And also with you.**

*\*Please stand as you are comfortable*

**\*KYRIE** (p. 203)

*Congregation:* Have mercy on us, Lord, and hear our solemn prayer.  
We come to hear your living word; it saves us from despair.  
Have mercy on us, Christ, and wash away our sin.  
Pour out your grace and make us whole that new life may begin.  
Have mercy on us, Lord, make sin and shame depart.  
Renew us with your saving pow'r; create in us new hearts!

**\*PRAYER OF THE DAY**

Let us pray.

O God, our leader and guide, in the waters of baptism you bring us to new birth to live as your children. Strengthen our faith in your promises, that by your Spirit we may lift up your life to all the world 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.**

**FIRST READING: Genesis 12:1-4a**

<sup>1</sup>The LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. <sup>2</sup>I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. <sup>3</sup>I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed."

<sup>4a</sup>So Abram went, as the LORD had told him; and Lot went with him.

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

**PSALM: Psalm 121—all in unison vs. 2-8**

<sup>1</sup>I lift up my eyes <sup>|</sup> to the hills;  
from where is my <sup>|</sup> help to come?

<sup>2</sup>**My help comes <sup>|</sup> from the LORD,  
the maker of heaven and earth.**

<sup>3</sup>**The LORD will not let your <sup>|</sup> foot be moved  
nor will the one who watches over you <sup>|</sup> fall asleep.**

<sup>4</sup>**Behold, the keeper of Israel  
will neither slumber nor sleep;**

<sup>5</sup>**the LORD watches <sup>|</sup> over you;  
the LORD is your shade at <sup>|</sup> your right hand;**

<sup>6</sup>**the sun will not strike <sup>|</sup> you by day,  
nor the <sup>|</sup> moon by night.**

<sup>7</sup>**The LORD will preserve you <sup>|</sup> from all evil  
and will <sup>|</sup> keep your life.**

<sup>8</sup>**The LORD will watch over your going out and your <sup>|</sup> coming in,  
from this time forth forevermore.**

## **SECOND READING: Romans 4:1-5, 13-17**

<sup>1</sup>What then are we to say was gained by Abraham, our ancestor according to the flesh? <sup>2</sup>For if Abraham was justified by works, he has something to boast about, but not before God. <sup>3</sup>For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” <sup>4</sup>Now to one who works, wages are not reckoned as a gift but as something due. <sup>5</sup>But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

<sup>13</sup>For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. <sup>14</sup>If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. <sup>15</sup>For the law brings wrath; but where there is no law, neither is there violation.

<sup>16</sup>For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, <sup>17</sup>as it is written, “I have made you the father of many nations”)—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

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

## **\*GOSPEL ACCLAMATION (p. 205)**

*Congregation:* We are turning, Lord, to hear you; you are merciful and kind - Slow to anger, rich in blessing, and with love to us inclined.

## **GOSPEL: John 3:1-17**

*A curious Pharisee visits Jesus by night to learn from the teacher his friends reject. Jesus speaks to him about life in the Spirit and the kingdom of God. You are invited to hear this scripture in a new way through sharing in the reading of the Gospel. As Nicodemus comes to Jesus by night with his questions, you are invited to be his voice in the conversation. How often do we consider how we might talk with Jesus about our own thoughts and feelings?*

**P:** The holy Gospel...

**C:** **Glory to you O Lord.**

Narrator: Now there was a Pharisee named Nicodemus, a leader of the Jews. <sup>2</sup>He came to Jesus by night and said to him,

**People:** **“Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.”**

Narrator: <sup>3</sup>Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” <sup>4</sup>Nicodemus said to him,

**People:** **“How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?”**

Narrator: <sup>5</sup>Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. <sup>6</sup>What is born of the flesh is flesh, and what is born of the Spirit is spirit. <sup>7</sup>Do not be astonished that I said to you, ‘You must be born from above.’ <sup>8</sup>The

wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.”<sup>9</sup> Nicodemus said to him,

**People: “How can these things be?”**

Narrator: <sup>10</sup>Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things? <sup>11</sup>“Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. <sup>12</sup>If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? <sup>13</sup>No one has ascended into heaven except the one who descended from heaven, the Son of Man. <sup>14</sup>And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, <sup>15</sup>that whoever believes in him may have eternal life. <sup>16</sup>“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. <sup>17</sup>“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

P: The Gospel of our Lord...

**C: Praise to you, O Christ.**

**SERMON “CALLED TO OPENNESS” PASTOR KRISTIN OSTERCAMP**

**HYMN OF THE DAY “Precious Lord, Take My Hand” ELW #773**

**\*APOSTLES’ CREED**

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

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

**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.**

**INSTALLATION OF OFFICERS**

*Those who are being installed may come forward at the conclusion of the creed.*

*The assembly is seated. The presiding minister addresses the assembly.*

The following people have been *elected* [by the congregation] to positions of leadership. We give thanks for their willingness to serve. In baptism we are welcomed into the body of Christ and sent to share in the mission of God; we rejoice now that these *sisters and brothers* will lead us in our common life and our mutual mission as a congregation.

*The presiding minister addresses those being installed.*

*A reading from First Corinthians: There are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. (1 Corinthians 12:4-7)*

*The presiding minister continues.*

You have been *elected* to positions of leadership and trust in this congregation.

You are to see that the words and deeds of this household of faith bear witness to God, who gathers us into one together with the whole church.

You are to seek to involve all members of this congregation in worship, learning, witness, service, and support, so that the mission of Christ is carried out in this congregation, in the wider church, in this community, and in the whole world.

You are to be faithful in your specific area of serving, that the Spirit who empowers you may be glorified.

You are to be examples of faith active in love, fostering peace, harmony, and mutual understanding in this congregation.

*The presiding minister addresses those being installed.*

On behalf of your sisters and brothers in Christ, I ask you:

Will you accept and faithfully carry out the duties of the offices to which you have been *elected*?

*Response:* I will, and I ask God to help me.

*The assembly stands. Those being installed face the assembly.*

*The presiding minister addresses the assembly.*

People of God, I ask you:

Will you support these, your *elected* leaders, and will you share in the mutual ministry that Christ has given to all who are baptized?

**We will, and we ask God to help us.**

*Those being installed face the presiding minister, who addresses them.*

I now declare you installed as *officers / council members* of this congregation.

Almighty God bless you, and direct your days and your deeds in peace, that you may be faithful servants of Christ. **Amen.**

### **\*SHARING OF PEACE**

The peace of Christ be with you always. **And also with you.**

**OFFERING** *Ushers will bring the plates forward at this time.*

**OFFERTORY** ELW #184 “*Let the vineyards be fruitful Lord...*”

Let the vineyards be fruitful, Lord, and fill to the brim our cup of blessing.

Gather the harvest from the seeds that were sown,

That we may be fed with the bread of life.

Gather the hopes and the dreams of all; unite them with the prayers we offer,

Grace our table with your presence, and give us a foretaste of the feast to come.

### **\*WORDS OF INSTITUTION**

**\*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.**

**COMMUNION DISTRIBUTION**

**\*POST COMMUNION BLESSING & BENEDICTION**

**\*SENDING SONG "Be Thou My Vision" ELW #793**

**\*DISMISSAL**

**Go in peace. Follow the way of Jesus. Thanks be to God.**

**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: Tom & Kaylynn Wold

Reader: Denny Minks

Ushers: Allen Aaseby, Judy Melby

Usher/Greeters: Gabe Nelson, Jerlyn Lunsetter

Acolytes: Sophia Tougas

Communion assistants: Sharon Jorde, Russell Rhen

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**OUR PRAYERS TO** Andy Hart recovering in Rochester

**ZION WORSHIP SERVICE ONLINE** Sunday mornings you can listen to the 9:00AM service online. Go to: [www.ziontrf.org](http://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 March is sponsored by Dick & Jan Haugen in memory of family & friends.

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

**LAY READERS:** If you are interested in reading lessons 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!

**LWR PERSONAL CARE KITS** — During Lent, WELCA is collecting items for the Personal Care Kits. Items needed for the kits are: *bath towels (may be used, but clean and in good condition), nail clippers, adult-size toothbrushes, sturdy combs, and two 4 oz. bath-size bars of soap.*

Also, we use flannel sheets to make diapers for the Baby Care Kits. We also make diapers from large size cotton t-shirts either white or colored. Hand towels & soap are also needed for this kit. A container will be available for you to deposit your items.

The confirmands assist with assembling these kits and then the kits are sent to Lutheran World Relief in early May along with the quilts the ladies are making. For more info, call Sharon Wagner at 681-2473 or Sharon Jorde at 681-4739. Thank you for your donations! A box for donations is beside the narthex steps.

**LENTEN SUPPERS** will be served at 5:30 PM Wednesdays. March 8 menu: BBQ's & Beans served by WELCA.

**LENTEN WORSHIP** begins at 6:30 Wednesdays. The theme for this year is Amazing Grace.

**THE CROSS AND CHAINS** near the lectern is a reminder of the weight of our sin. We are spending some time pondering the gift of God that we are saved by grace through faith. During our Wednesday worship services through the season of Lent you are invited to place your burdens on Jesus, to lay down the weight of sin and regret you carry. You are also welcome to spend some quiet time in the sanctuary during weekly business hours in meditation and prayer. Take a slip of paper, pray and we will add it to our chain. We lay our confessions on this cross as a reminder of some of the burden Jesus shouldered as he was crucified for our iniquities

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

Feb 20-26 income: \$7,444.

Feb 1-28 income: \$26,077.

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: \$17,008. If you wish to contribute to this project you can drop off or mail to the church office. *Thank you for your continued donations!* The physical sign was installed February 27th, it is waiting for electric installation.

**PARISH NURSE NOTES** - Let's face it, not everyone wants to, will, or can exercise on a regular basis and there may be many different reasons why this is so. But WOW, research is saying that sitting is the new smoking, truly a silent killer!

Too much sitting has been linked to higher risks of various health problems, especially cardiovascular disease. The average American spends 6-8 hours a day sitting. When you're sitting, you're not burning calories, so your body accumulated excess calories that deposit as fat. This in turn can cause elevation in blood pressure, sugar, and cholesterol which greatly raises risk for developing diabetes, heart disease, and strokes. Prolonged sitting can cause tight hips, back pain, osteoporosis, and clots in the legs.

Besides physical effects, it can take a mental toll as well. Mental health is dependent on exercise and being active so prolonged sitting can increase dementia and anxiety.

Studies have shown that those who consistently take a break after 30 minutes of sitting have lower mortality rates. This applies to those who do daily exercise routines too. Moving around at more regular intervals rather than just a once-a-day workout is suggested.

Some tips to stay moving....

**Set a timer.** Use phones, fitness tracker, watches, etc to alert you every 30 minutes. Take a break, stand up, walk around, or grab some water.

**Stand up.** If possible, use a desk that can be adjusted to various levels and stand for part of your day.

**Sit on a medicine ball.** If you must sit, a ball can engage core muscles and avoid slouching.

**Take the stairs.** Avoid using the elevator when possible.

**Do physical activities on a daily basis.** Stretching, yoga, and flexibility training will keep your body healthy.

**Stay active at home.** When watching TV, get up and walk around during the commercials or shows.

**Walk while you work if possible.** A desk treadmill can be a great way to squeeze additional steps into your day.

Being mindful of the importance of regular moving may be a game changer for your health.

YOU CAN DO IT! 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.

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Pastor Kristin Ostercamp, [pastorkristin@mncable.net](mailto:pastorkristin@mncable.net)

Office Phone: 681-3296 Fax: 681-3048

Linda Hamrick, Office Manager [ziontrf@mncable.net](mailto:ziontrf@mncable.net)

Darlene Wiseth, Faith Community Nurse [zionph@mncable.net](mailto:zionph@mncable.net)

David Lee / Tiffany Sterry, Custodial



**Sunday School 10:00-11:00 AM**

**March Noisy Offering: Prowler Pantry**



**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.)

**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

**March 26:** Michelle Benitt, Mike & Jodi Flaagan, Nick & Ashley Beito

**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.

**March 5 Coffee assistants:** 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 8, 2023 **5<sup>th</sup>** and **6<sup>th</sup>** Grade
- March 15, 2023 **K-2<sup>nd</sup>** and **12<sup>th</sup>** Grade
- March 22, 2023 **3<sup>th</sup>-4<sup>th</sup>** Grade and **11<sup>th</sup>** Grade
- March 29, 2023 **9<sup>th</sup>** Grade



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

## **SCHEDULE FOR THE WEEK:**

### **Today, 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  
**11:00** Silver Creek worship  
12:00 Zion broadcast on cable ch. 37

### **Monday, March 6:**

9 SAIL Exercise  
6:30 Den meeting

### **Tuesday, March 7:**

9-1 Faith Community Nurse Office hours  
9:30 Staff Meeting  
11 Ev/Lay Ministry mtg  
Noon - Pastor's text study  
1:00 Parish Health mtg  
5:15 Public Relations mtg  
5:30 Christian Ed mtg  
5:45 Worship mtg  
6:30 Parish fellowship mtg

### **Wednesday, March 8:**

5:30 Lent Supper/WELCA serving  
**6:30 Lent Worship**  
7:15 Senior Choir

### **Thursday, March 9:**

9 SAIL Exercise  
12:30-4:30 Respite Care in Lounge

### **Friday, March 10:**

9:30 Coffee with Staff

### **Saturday, March 11:**

Daylight savings begins tonight

### **Next Sunday, March 12:**

**9:00** Zion Worship  
Broadcast ch. 3; KTRF  
10 Sunday School  
**10** Coffee fellowship  
10 April Sharing Servants in lounge  
**11:00** Silver Creek worship  
12:00 Zion broadcast on cable ch. 37