

Zion Lutheran Church  
Thief River Falls, MN

New Traditions Worship  
Season of Pentecost

9:00 AM Worship  
July 9, 2023

Pre-service Music

Welcome & Announcements

### Gathering

**Confession and Forgiveness**

*All may make the sign of the cross*



Blessed be the holy Trinity, † one God,  
who greets us in this and every season,  
whose word never fails,  
whose promise is sure.

**Amen.**

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

Merciful God,

**we confess that we have sinned.**

**We have hurt our community.**

**We have squandered your blessings.**

**We have hoarded your bounty.**

**In the name of Jesus,**

**forgive us and grant us your mercy.**

*Silence is kept for reflection.*

Righteous God,

**we confess that we have sinned.**

**We have failed to be honest.**

**We have lacked the courage to speak.**

**We have spoken falsely.**

**In the name of Jesus,**

**forgive us and grant us your mercy.**

*Silence is kept for reflection.*

God is a cup of cold water when we thirst.

God offers boundless grace when we fail.

Claim the gift of God's mercy:

you are freed and forgiven

in the name of † Jesus Christ.

**Amen.**

**Gathering Song** "Lord I Lift Your Name on High" ELW # 857

## 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.

You are great, O God, and greatly to be praised. You have made us for yourself,  
and our hearts are restless until they rest in you. Grant that we may believe in  
you, call upon you, know you, and serve you, through your Son, Jesus Christ, our  
Savior and Lord.

**Amen.**

## Word

### FIRST READING: Zechariah 9:9-12

<sup>9</sup>Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem! Lo, your king comes  
to you; triumphant and victorious is he, humble and riding on a donkey, on a colt, the foal of a  
donkey. <sup>10</sup>He will cut off the chariot from Ephraim and the war-horse from Jerusalem; and the  
battle bow shall be cut off, and he shall command peace to the nations; his dominion shall be  
from sea to sea, and from the River to the ends of the earth.

<sup>11</sup>As for you also, because of the blood of my covenant with you, I will set your prisoners  
free from the waterless pit. <sup>12</sup>Return to your stronghold, O prisoners of hope; today I declare  
that I will restore to you double.

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

### PSALM: Psalm 145:8-14

<sup>8</sup>The LORD is gracious and full of compassion,  
slow to anger and abounding in steadfast love.

<sup>9</sup>**LORD, you are good to all,  
and your compassion is over all your works.**

<sup>10</sup>All your works shall praise you, O LORD,  
and your faithful ones shall bless you.

<sup>11</sup>**They shall tell of the glory of your kingdom  
and speak of your power,**

<sup>12</sup>that all people may know of your power  
and the glorious splendor of your kingdom.

<sup>13</sup>**Your kingdom is an everlasting kingdom;  
your dominion endures throughout all ages.**

You, LORD, are faithful in all your words,  
and loving in all your works.

**<sup>14</sup>The Lord upholds all those who fall  
and lifts up those who are bowed down.**

**SECOND READING: Romans 7:15-25a**

<sup>15</sup>I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. <sup>16</sup>Now if I do what I do not want, I agree that the law is good. <sup>17</sup>But in fact it is no longer I that do it, but sin that dwells within me. <sup>18</sup>For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. <sup>19</sup>For I do not do the good I want, but the evil I do not want is what I do. <sup>20</sup>Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

<sup>21</sup>So I find it to be a law that when I want to do what is good, evil lies close at hand. <sup>22</sup>For I delight in the law of God in my inmost self, <sup>23</sup>but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members.

<sup>24</sup>Wretched man that I am! Who will rescue me from this body of death? <sup>25a</sup>Thanks be to God through Jesus Christ our Lord! Word of God, Word of Life...**Thanks be to God.**

**GOSPEL: Matthew 11:16-19, 25-30**

*Jesus chides people who find fault with both his ministry and that of John the Baptist. He thanks God that wisdom and intelligence are not needed to receive what God has to offer.*

[Jesus spoke to the crowd saying:] <sup>16</sup>“To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

<sup>17</sup>‘We played the flute for you, and you did not dance;  
we wailed, and you did not mourn.’

<sup>18</sup>For John came neither eating nor drinking, and they say, ‘He has a demon’; <sup>19</sup>the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

<sup>25</sup>At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; <sup>26</sup>yes, Father, for such was your gracious will. <sup>27</sup>All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

<sup>28</sup>“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup>Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy, and my burden is light.”

**Sermon** “Light Beer or Light Burden?” Pastor Mark Helgeland

**Hymn of the Day**

“I Heard the Voice of Jesus Say”

ELW #611

## **Apostle's 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.**

**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: Your mercy is great.*

## **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 of all, who raised Jesus from the dead, bless you by the power of the Holy Spirit to  
live in the new creation. **Amen.**

**Sending Song** "We Are Marching in the Light of God" ELW #866

### **Dismissal**

Go into the world knowing Christ and making Christ known. **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:

Reader: Jamie Bakken

Ushers:

**OUR PRAYERS TO:** Lori Wetzel (daughter of Dick & Jan Haugen) hospitalized in San Diego.

**OUR SYMPATHY TO:** the families of LuAnn Lusignan, Laurel Swanson and Julie Trandem on the loss of their brother Richard Rude

**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 in memory of Gary Lofberg by Mary Ann Lofberg

**ZION'S WEBSITE** for July is sponsored by Dick & Jan Haugen.

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

**WEDNESDAY WORSHIP** will not be held July 5th & 12th. Supper & Worship will resume on July 19th.

**Pastor Kristin** will be away July 6-14.

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

June 1-30 income: \$21,554.

July 1- 2 income: \$4,740.

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

**VANCO ELECTRONIC GIVING** forms are in the wall rack by the office door. You can also set up contributions thru the link on Zion's website, or contact the church office.

**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. *Thank you to all who have directed dollars!*

**THE GROCERIES TO GO & HANDYMAN PROGRAMS** are available through our church. If you need this service or would like to be a volunteer for grocery delivery, call the church office at 218-681-3296 and Darlene will get back to you.

**LSS RESPITE CARE** - Thursdays, 2:00 to 4:30 PM in the Lounge. For more info or to sign up please contact Lutheran Social Service at 866-787-9802.

**Vacation Bible School** "Wholly Loved" Theme Verse: I am the Alpha and the Omega, the first and the last, the beginning and the end. Revelation 22:13 **August 7th-10th 9:00-3:00** open to all youth grades K-6. \$20 per youth, max \$50/family. If you are in need of assistance with funds for registration please contact the church office. **Registration deadline Wednesday, July 19th. Registration forms available on the narthex table and by the office.**

## PARISH HEALTH -

If you are a book reader, I think you may enjoy this one! The author is Miroslav Volf who is a Yale University theology professor who teaches a highly popular class on how to live a meaningful life. Students say his class has been life changing! He grew up in Yugoslavia, a communism country, and pondered these questions for decades. His search for the meaning in his life was found in the study of religion. He has written a book on his research called "Life Worth Living. A Guide To What Matters Most". He says the goal is for the vision of life to become second nature. He found 3 points to make a life more meaningful.

1. Reassess what you think makes you happy. Too often we acquaint happiness with the success of making money and material things but that often can develop a means to an end. He found that instead of rejecting those who disagree with you...embrace them. 1st Peter says to "Honor everyone." This could be difficult but we may be happier doing so.

2. The importance of pain and suffering is addressed. Pain matters because it opens us up to who we truly are. It's possible for that suffering to turn us into something much more beautiful than we were before.

3. The most vital element of a life worth living (in case you don't read the book) is cultivating a meaningful community and friendships around you. I feel we do this well in our church community. If one does it alone, chances of succeeding are less likely than if one has friends because they make us honest with ourselves and take us into places where we otherwise may have not gone.

I'd love to read comments of those who have read this book. Let me know if you do! HAPPY SUMMER and be safe with the heat! Blessings and Peace, Parish Health

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David Lee / Tiffany Sterry, Custodial

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### SCHEDULE FOR THE WEEK:

#### **Today, Sunday, July 9:**

9:00 Zion Worship/  
Broadcast ch. 3; KTRF  
10 Coffee fellowship in lounge  
10:30 Silver Creek Worship  
12 Zion broadcast on cable ch. 37

#### **Monday, July 10:**

9 Sail Exercise Group

#### **Tuesday, July 11:**

9-12 Faith Community Nurse

#### **Wednesday, July 12**

No Wednesday Worship

#### **Thursday, July 13:**

9 SAIL Exercise  
2:00-4:30 Respite Care in Lounge

#### **Friday, July 14:**

Offices closed

#### **Next Sunday, July 16:**

9:00 Zion Holy Communion Worship/  
Broadcast ch. 3; KTRF  
10 Coffee fellowship in lounge  
10:30 Silver Creek Holy Communion Worship  
12 Zion broadcast on cable ch. 37

Dear Caring Adults,

We are excited to invite you to join us for Pathways Day Camp:



All Youth in Grades K-6 are welcome!

August 7-10

Registration is \$20 per child.

\$50 cap for families

Bring a sack lunch and celebrate a great day!

Registrations must be received  
no later than Wednesday, July 19.

**Resistration:** All participants must complete a registration form and health form to participate. Youth must be signed in by an adult or designee in the morning and signed out in the afternoon.

***Members of Zion, Redeemer, Trinity and FRIENDS are welcome!***

**Please consider how you can support this ministry by volunteering:**

**Host Family:** Welcome the Day Camp Team into your home from Sunday-Wednesday evening. Your family will have the opportunity to become better acquainted with these young Christian people. It can be a special time for the team and your family! The team will get up and have breakfast at the host home and leave for camp by 8 each morning. They will bring their own pillows and sleeping bags. The Host Family will also provide the team with their Sunday evening meal. It is preferable the team stays at the same location.

**Evening Meals:** Consider hosting the Day Camp Team for an evening meal Monday or Tuesday evening.

**Noon Meals:** Consider bringing a noon meal for the Day camp Team Monday- Thursday.

**Snacks:** Are you able to provide snacks for the campers?

**Adult Leaders:** We need one adult 17+ year old per 10 kids at day camp. We need Adults 8:30-3:30 each day. If you can only volunteer part of the day, that is fine. All day is preferable. Your help will make this day a success.

***If you have any questions or would like to volunteer please contact the  
Zion Lutheran Church Office at 681-3296 or Amber at 689-9405.***

## **GOSPEL MESSAGE**

**July 9, 2023**

**LECTIONARY 14**

**A Gift of Rest**

When very young children are tired, they sometimes get cranky. Because they are still learning to interpret how they feel, they don't yet know that in order to feel better, they need to get some rest. They just know that something is not right.

Adults are not always a whole lot better about getting the rest we need. Even if we try, we have organized our society in ways that make rest seem like a luxury. We don't make sure that workers have enough time off, or even enough hours to sleep. We don't feel like we deserve a break if we haven't gotten enough work done. Even when we have the time, chronic uncertainty and anxiety can rob us of rest.

In the Bible, rest is more than just necessary—it's good. And it's more than just good—it's holy. It's right there in the Ten Commandments: everyone gets a day of rest. Jesus continues in that tradition by promising rest. Jesus doesn't say he will teach his followers how to rest, or give them a way to earn rest, or tell them where to find rest. He says, "I will give you rest" (Matthew 11:28). He also promises to carry the burdens that make rest seem all but impossible. For Jesus, rest is not a luxury—it's a gift!

When we take time to rest, or make it possible for others to rest, we are not being lazy, self-indulgent, or wasteful. Instead, when we value rest, we are joining in Jesus' own work. We are being the body of Christ for ourselves and our neighbors. And when even that is too much for us to manage on our own, still Jesus promises to give us the rest we need.

From [sundaysandseasons.com](http://sundaysandseasons.com).

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