

Zion Lutheran Church
Thief River Falls, MN

New Traditions Worship
Season of Pentecost

9:00 AM Worship
August 13, 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 "Come Thou Fount of Every Blessing" ELW # 807

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.

O God our defender, storms rage around and within us and cause us to be afraid. Rescue your people from despair, deliver your sons and daughters from fear, and preserve us in the faith of your Son, Jesus Christ, our Savior and Lord.

Amen.

Word

FIRST READING: 1 Kings 19:9-18

⁹At [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?" ¹⁰He 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."

¹¹He 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; ¹²and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence. ¹³When 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?" ¹⁴He 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." ¹⁵Then 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. ¹⁶Also 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. ¹⁷Whoever escapes from the sword of Hazael, Jehu shall kill; and whoever escapes from the sword of Jehu, Elisha shall kill. ¹⁸Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him."

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

PSALM: Psalm 85:8-13

⁸I will listen to what the LORD^l God is saying;
for you speak peace to your faithful people and to those who turn their^l hearts to you.

⁹Truly, your salvation is very near to ¹ those who fear you,
that your glory may dwell ¹ in our land.

¹⁰Steadfast love and faithfulness have ¹ met together;
righteousness and peace have ¹ kissed each other.

¹¹Faithfulness shall spring up ¹ from the earth,
and righteousness shall look ¹ down from heaven.

¹²The LORD will indeed ¹ grant prosperity,
and our land will ¹ yield its increase.

¹³Righteousness shall go before the LORD
and shall prepare for ¹ God a pathway.

SECOND READING: Romans 10:5-15

⁵Moses writes concerning the righteousness that comes from the law, that “the person who does these things will live by them.” ⁶But the righteousness that comes from faith says, “Do not say in your heart, ‘Who will ascend into heaven?’ ” (that is, to bring Christ down) ⁷“or ‘Who will descend into the abyss?’ ” (that is, to bring Christ up from the dead). ⁸But 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); ⁹because 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. ¹⁰For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. ¹¹The scripture says, “No one who believes in him will be put to shame.” ¹²For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. ¹³For, “Everyone who calls on the name of the Lord shall be saved.”

¹⁴But 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? ¹⁵And 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!”

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

Gospel of Matthew 14:22-33

Matthew's gospel typically portrays Jesus' disciples as people of “little faith,” who fail despite their best intentions. In this story, Matthew shows how Jesus comes to the disciples when they are in trouble and sustains them in their time of fear and doubt.

²²[Jesus] made the disciples get into the boat and go on ahead to the other side [of the Sea of Galilee], while he dismissed the crowds. ²³And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, ²⁴but by this time the boat, battered by the waves, was far from the land, for the wind was against them. ²⁵And early in the morning he came walking toward them on the sea. ²⁶But when the disciples saw

him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear.

²⁷But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

²⁸Peter answered him, "Lord, if it is you, command me to come to you on the water." ²⁹He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. ³⁰But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, "Lord, save me!" ³¹Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" ³²When they got into the boat, the wind ceased. ³³And those in the boat worshiped him, saying, "Truly you are the Son of God."

Sermon Pastor Mark Helgeland

Hymn of the Day "Give to Our God Immortal Praise" ELW #848

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 “Let All Things Now Living” ELW #881

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 EXTENDS A SPECIAL WELCOME TO YOU THIS MORNING. 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: Sharon Wagner

Ushers:

OUR PRAYERS TO ALL GOD'S CHILDREN STANDING IN THE NEED OF PRAYER. Especially: The family of Ione Poole, Duane & Theresa Hagman on the death of his sister, Hazel Erickson, Sally Mumm & Lori Wetzel. Taryn Hoverson & Carl Kostrzewski as they prepare to exchange their marriage vows.

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 Bob Nelson in memory of family & friends.

ZION'S WEBSITE for July is sponsored by David & Karen Kirkeby in memory of Cody Lundgren.

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

WEDNESDAY WORSHIP at 6:15 PM. Supper served at 5:30 PM

WELCA Ladies: We are hosting the NW MN Synodical Women's Convention here at Zion on Sept. 9. We would like to have someone attend as our voting delegate and the deadline for that registration is Aug. 1. If you are interested in being our representative, please call Glenice at 681-4472. Or you might be interested to attend as a non-voting delegates with registration due by Sept. 1.

THANK YOU FOR SUPPORTING OUR WORK AND WITNESS!

August 1-6 Offerings \$4,229.

July 1-31 Offerings \$26,769.

Weekly Goal: \$6,547.

VANCO ELECTRONIC GIVING –Sign up available 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.

A Pancake Breakfast Benefit for Justine (Erickson) & Dalfred John family will be Sunday, August 20th at the TRF Eagles from 9am-2pm. Proceeds will go to the family to help with expenses incurred with round the clock care for their children and time away from work.

Our apologies . There is no Facebook broadcast this morning.

PARISH HEALTH - It has been an incredibly HOT summer for our country and the potential for illness related to dehydration is high with many deaths contributing to it. It doesn't hurt to review the importance of staying hydrated. The human body normally contains lots of water. It helps keep your body healthy and working well. Dehydration is when you don't have enough water in your body. Mild dehydration can cause problems with blood pressure, heart rate, and body temperatures. Severe dehydration can also cause weakness or confusion. In extreme cases, it can lead to brain damage and death.

Everyone loses body water daily through sweat, tears, breathing, urine and stool. This water is replaced by drinking fluids and eating foods that contain water. Dehydration can have many causes. You may have lost water from sweating (due to the hot weather or exercising), diarrhea or vomiting. Loss of water often leads to an imbalance of electrolytes in the body which are minerals and salts that the body needs to function. They include sodium, potassium, magnesium, and calcium.

Staying well hydrated decreases symptoms of lightheadedness and headaches, improve constipation, decrease muscle cramping, and decrease risk of kidney problems such as stones and urinary tract infections. Symptoms can occur differently in each person and can look like other health conditions so don't hesitate to see your health care provider if you feel it is necessary. It's best to be proactive and ahead of any potential health crisis. Other symptoms include thirst, dry mouth, dry skin or tongue, less urine, urine that's more yellow or even light brown in color (pay attention to that), tiredness, dizziness, fainting, confusion, or fast heart rate and breathing.

Just being aware of these symptoms and actively preventing dehydration can make a difference. Drink 12 (8 ounces) glasses of fluid every day!

Drink more if you are in hot weather or exercising. Avoid any fluids with caffeine in them. An often forgotten recommendation is to make sure you always have fluids with you or access to fluids. Carry a water bottle around for yourself and your family members. If you have mild symptoms of dehydration and they don't improve with drinking more fluids, seek medical help. Call 911 or go to the emergency room if you have weakness, dizziness or fainting, or drowsiness or confusion.

Be Safe In The Heat! As always, God's Blessing and Peace. Parish Health

Pastor Kristin Ostercamp, pastorkristin@mncable.net
Linda Hamrick, Office Manager ziontrf@mncable.net
Darlene Wiseth, Faith Community Nurse zionph@mncable.net
David Lee / Tiffany Sterry, Custodial

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SCHEDULE FOR THE WEEK:

Today, Sunday, August 13:

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, August 14:

9 Sail Exercise Group

Tuesday, August 15:

9-12 Faith Community Nurse Hours

WELCA Ex Board

5:30 Zion Council

Wednesday, August 16:

5:30 Supper

6:15 Wednesday Worship

Thursday, August 17:

9 SAIL Exercise

2:00-4:30 Respite Care in Lounge

Friday, August 18:

Offices closed

5 Wedding rehearsal

Saturday, August 19

10 Ione Poole funeral

4 Hoverson / Kostrzewski wedding

Next Sunday, August 20:

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

GOSPEL MESSAGE

August 13, 2023

LECTIONARY 19

Here and Now

“Lord, save me!” (Matthew 14:30). Right now! Right here! Right away! Peter was desperate. Neither Peter nor Jesus was thinking of heaven. The cry cracking through the storm at sea had nothing to do with a hoped-for future in a realm beyond earth in a time to come when the days of this life, here, are no more. In the tumult, in the deep-water chaos and fright, “Lord, save me!” is an urgent cry for Jesus to reach “here”—not to take me “there.”

Christians can become so bent on “being saved” as an afterlife promise that they go along, living with little discovery of Jesus present in the world, saving the world here and now.

“Lord, save” is a refrain repeated throughout all of scripture from Genesis to Revelation. In the first chapter of Matthew’s gospel is the prophetic “Wow!” that Jesus is Emmanuel, meaning “God is with us” (Matt. 1:23). From the moment he begins his ministry, Jesus makes visible and touchable the kingdom of heaven that “has come near” (Matt. 4:17). He gathers a community of disciples, announces and creates good news, cures, teaches the way of blessedness, does mercy, insists on forgiveness, encourages faith, remembers the forgotten, sees the unseen, chooses the rejected, gives courage, offers hope . . . all to save *here and now*.

“Lord, save me!” The saving takes place even before Jesus dies on the cross. The reason for his parables: to save. The meaning of the miracles: to save. The purpose of his teaching: to save.

“Lord, save me!” What a courageous appeal those words are, trusting Jesus to be Lord—master not only of a gated spiritual territory, but master on windy seas where we tremble and gasp and sink into the deep waters of a turbulent world that roils our lives. Courageous Peter, with little faith and little doubt, dares us to make his words our own: “Lord, save me!”

From sundaysandseasons.com.

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