

Zion Lutheran Church
Thief River Falls, MN

New Traditions Worship
Season of Epiphany

9:00 AM Worship
January 14, 2024

Pre-service Music

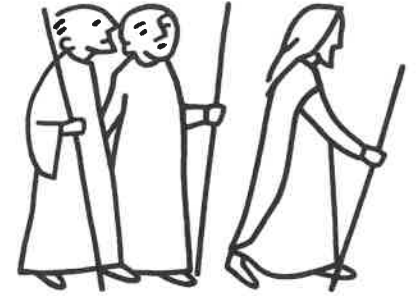
Welcome & Announcements

Gathering

Confession and Forgiveness

Blessed be the holy Trinity, one God,
creator of darkness and light,
word of truth,
wind sweeping over the waters.

Amen.



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

Silence is kept for reflection.

God, our rock and refuge,

we pour out our hearts before you.

We have known you but have not always loved you.

**We have wounded one another
and sinned against you.**

**We have not always recognized the Holy Spirit
dwelling in each of us.**

Remember your covenant.

Renew your creation.

Restore us,

that we might proclaim your good news to all.

Amen.

The voice of the Lord is upon the waters.

God has spoken:

The time of grace is now.

In Jesus, the reign of God has come near.

By the authority of Jesus Christ,
your sins are forgiven.

You are God's beloved.

Amen.

Song "Lord, Be Glorified" ELW #744

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.

Thanks be to you, Lord Jesus Christ, most merciful redeemer, for the countless blessings and benefits you give. May we know you more clearly, love you more dearly, and follow you more nearly, day by day praising you, with the Father and the Holy Spirit, one God, now and forever. **Amen.**

Word

FIRST READING: 1 Samuel 3:1-10 [11-20]

At a time when visions are rare and unexpected, the LORD comes to Samuel and calls him to speak the divine word. Though just a boy, Samuel responds to God obediently, as Eli the priest has taught him to respond. This marks the beginning of Samuel's prophetic ministry.

¹Now the boy Samuel was ministering to the LORD under Eli. The word of the LORD was rare in those days; visions were not widespread.

²At that time Eli, whose eyesight had begun to grow dim so that he could not see, was lying down in his room; ³the lamp of God had not yet gone out, and Samuel was lying down in the temple of the LORD, where the ark of God was. ⁴Then the LORD called, "Samuel! Samuel!" and he said, "Here I am!" ⁵and ran to Eli, and said, "Here I am, for you called me." But he said, "I did not call; lie down again." So he went and lay down. ⁶The LORD called again, "Samuel!" Samuel got up and went to Eli, and said, "Here I am, for you called me." But he said, "I did not call, my son; lie down again." ⁷Now Samuel did not yet know the LORD, and the word of the LORD had not yet been revealed to him. ⁸The LORD called Samuel again, a third time. And he got up and went to Eli, and said, "Here I am, for you called me." Then Eli perceived that the LORD was calling the boy. ⁹Therefore Eli said to Samuel, "Go, lie down; and if he calls you, you shall say, 'Speak, LORD, for your servant is listening.'" So Samuel went and lay down in his place.

¹⁰Now the LORD came and stood there, calling as before, "Samuel! Samuel!" And Samuel said, "Speak, for your servant is listening." [¹¹Then the LORD said to Samuel, "See, I am about to do something in Israel that will make both ears of anyone who hears of it tingle. ¹²On that day I will fulfill against Eli all that I have spoken concerning his house, from beginning to end. ¹³For I have told him that I am about to punish his house forever, for the iniquity that he knew, because his sons were blaspheming God, and he did not restrain them. ¹⁴Therefore I swear to the house of Eli that the iniquity of Eli's house shall not be expiated by sacrifice or offering forever."

¹⁵Samuel lay there until morning; then he opened the doors of the house of the LORD. Samuel was afraid to tell the vision to Eli. ¹⁶But Eli called Samuel and said, "Samuel, my son." He said, "Here I am." ¹⁷Eli said, "What was it that he told you? Do not hide it from me. May God do so to you and more also, if you hide anything from me of all that he told you." ¹⁸So Samuel told him everything and hid nothing from him. Then he said, "It is the LORD; let him do what seems good to him."

¹⁹As Samuel grew up, the LORD was with him and let none of his words fall to the ground. ²⁰And all Israel from Dan to Beer-sheba knew that Samuel was a trustworthy prophet of the LORD.] **Word of God, word of life. Thanks be to God.**

PSALM: Psalm 139:1-6, 13-18

¹**LORD, you have searched me out;**

O LORD, you have known me.

²You know my sitting down and my rising up;
you discern my thoughts from afar.

³**You trace my journeys and my resting-places
and are acquainted with all my ways.**

⁴Indeed, there is not a word on my lips,
but you, O LORD, know it altogether.

⁵**You encompass me, behind and before,
and lay your hand upon me.**

⁶Such knowledge is too wonderful for me;
it is so high that I cannot attain to it.

¹³**For you yourself created my inmost parts;
you knit me together in my mother's womb.**

¹⁴I will thank you because I am marvelously made;
your works are wonderful, and I know it well.

¹⁵**My body was not hidden from you,
while I was being made in secret and woven in the depths of the earth.**

¹⁶Your eyes beheld my limbs, yet unfinished in the womb; all of them were written in your
book; my days were fashioned before they came to be.

¹⁷**How deep I find your thoughts, O God!
How great is the sum of them!**

¹⁸**If I were to count them, they would be more in number than the sand;
to count them all, my life span would need to be like yours.**

SECOND READING: 1 Corinthians 6:12-20

Paul helps the Corinthians understand that God has claimed the entirety of their lives through the death of Christ. Hence Christian relationships and conduct, including areas of human sexuality, are to reflect the reality that we belong to Christ and that the Holy Spirit lives within us.

¹²"All things are lawful for me," but not all things are beneficial. "All things are lawful for me," but I will not be dominated by anything. ¹³"Food is meant for the stomach and the stomach for food," and God will destroy both one and the other. The body is meant not for fornication but for the Lord, and the Lord for the body. ¹⁴And God raised the Lord and will also raise us by his power. ¹⁵Do you not know that your bodies are members of Christ? Should I therefore take the members of Christ and make them members of a prostitute? Never! ¹⁶Do you not know that whoever is united to a prostitute becomes one body with her? For it is said, "The two shall be one flesh." ¹⁷But anyone united to the Lord becomes one spirit with him. ¹⁸Shun fornication! Every sin that a person commits is outside the body; but the fornicator sins against the body itself. ¹⁹Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? ²⁰For you were bought with a price; therefore glorify God in your body.

Word of God, word of life. **Thanks be to God.**

Song "Jesus Loves Me" ELW #595

Kid's Time Shawna Spears

Noisy Offering for Prowler Pantry

Song "Halle, Halle, Hallelujah" ELW #172

GOSPEL of John 1:43-51

In John's gospel, Jesus' ministry begins with the call of disciples, who then bring others to Jesus. Philip's friend Nathanael moves from skepticism to faith when he accepts the invitation to "Come and see."

⁴³The next day Jesus decided to go to Galilee. He found Philip and said to him, "Follow me."
⁴⁴Now Philip was from Bethsaida, the city of Andrew and Peter. ⁴⁵Philip found Nathanael and said to him, "We have found him about whom Moses in the law and also the prophets wrote, Jesus son of Joseph from Nazareth." ⁴⁶Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." ⁴⁷When Jesus saw Nathanael coming toward him, he said of him, "Here is truly an Israelite in whom there is no deceit!" ⁴⁸Nathanael asked him, "Where did you get to know me?" Jesus answered, "I saw you under the fig tree before Philip called you." ⁴⁹Nathanael replied, "Rabbi, you are the Son of God! You are the King of Israel!" ⁵⁰Jesus answered, "Do you believe because I told you that I saw you under the fig tree? You will see greater things than these." ⁵¹And he said to him, "Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man."

Sermon Pastor Mark Helgeland

Hymn of the Day "Listen, God is Calling" ELW# 513

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.**

Sharing of the Peace

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**

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.

Holy Communion

Sending Song "Amazing Grace" ELW # 779

Dismissal

Go into the world knowing Christ and making Christ known. **Thanks be to God.**

Post-service Music

Announcements - January 14, 2024

Season of Epiphany

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: Bria Scheef, Erica & Jon Hruby

Reader : Trevor Swanson

Acolytes: Austin Lawrence, Connor Hart

Communion asst: Russell Rhen & Ruth Ostby

Ushers: Barry Fellman, Bob Nelson

OUR PRAYERS TO ALL GOD'S CHILDREN STANDING IN THE NEED OF PRAYER.

Especially those under a doctor's care, those who grieve, and all who are moving through a challenging season. Cori Ostercamp who is recovering at home.

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.

WEBSITE sponsor for January is Dick & Jan Haugen in memory of Loved Ones & friends.

FALLS DELIVERED MEALS - Zion will be delivering meals Jan. 15-19th. If you would like to help with this please call Koni Johnson at **218-681-1344**

ZION ANNUAL MEETING will be held on January 28th at 10:00 AM, following worship.

THANK YOU FOR SUPPORTING OUR WORK AND WITNESS!

Dec. 1-31 Offerings: \$55,973.

Jan 1-7: \$6,122.

Weekly Goal: \$6,547.

VANCO ELECTRONIC GIVING –Sign up available on Zion's website or contact the church office.

2024 OFFERING ENVELOPES - Offering envelopes are in the narthex for next year.

Those on Vanco electronic giving do not have envelopes. If you cannot find yours, 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!*

LSS Group Respite is a great place to bring your loved one to enjoy playing cards, bingo and reminiscing to their favorite music. Volunteers are also needed to socialize over coffee and interactive videos during Group Respite. Please contact Debi Retzlaff at 218.593.1333 or email at debi.retzlaff@lssmn.org for more information. Thursdays, 12:00 to 4:30 PM in the Lounge.

Sharing the Peace - Due to the increase in Covid cases and the flu season, Parish Health would like to return to elbow bumping instead of hand shakes and only verbal messages for the Peace greetings during the church service. An increase in our hand washing is also strongly suggested. Thank You!

Men's Breakfast will not meet again until March.

PARISH NURSE NOTES— Was a diet on your new year’s resolution? How about this for “food for thought”....**intuitive eating**. Intuitive eating isn’t a diet that has you doing things like counting calories or drinking shakes. In fact, it’s creators and followers reject diet culture and practices such as labeling foods as “good” and “bad.” The approach removes the pressure of dieting and being a certain size. Intuitive eating is similar to mindful eating in that it suggests eating without distractions. That means turning off the TV and phone to eat, so you tune in to your body’s needs and signals for hunger or fullness. Many people have learned to ignore those signals.

Intuitive eating is not a weight-loss plan. But paying attention to your body’s cues could help you choose more-nutritious foods and stop eating when you are full. A published review of research on intuitive eating found that participants did drop a few pounds with this eating method. Intuitive eating also encourages treating your body well.

That means: Finding ways to cope with emotions, such as stress, loneliness and boredom, without using food...Choosing physical activity that feels good. Let your body decide if it wants a sweaty aerobic workout or something gentler...Appreciate your body. That means buying clothes that fit rather than aspirational sizes and not holding back from activities that interest you.

Research shows intuitive eaters have more favorable body image, self esteem and well-being than dieters. If so, then it may be worth trying! Best of luck with all your resolutions!

God’s Blessings 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

Office Phone: 681-3296 Fax: 681-3048
David Lee / Tiffany Sterry, Custodial

SCHEDULE FOR THE WEEK:

Today: Sunday, Jan. 14:

9:00 Zion Holy Communion worship/
Broadcast ch. 3; KTRF
10 Sunday School/ Cornerstone Kids
10 Coffee fellowship
10 February Sharing Servants mtg
11 Silver Creek Worship/ Annual Meeting
before worship

Monday, Jan. 15:

9 SAIL
Falls delivered meals week 15-19

Tuesday, Jan. 16:

No Faith Community Nurse hours
5:30 Zion Council

Wednesday, Jan. 17:

5:15 Confirmation Supper
6 Confirmation classes
6 God’s Joy Choir
7 Senior Choir

Thursday, Jan. 18

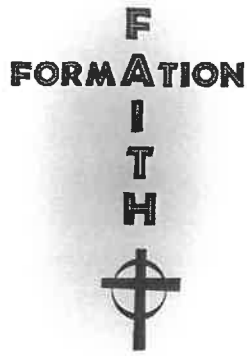
9 SAIL exercise
12:30-4 LSS Respite Care
1 Quilting

Friday, Jan. 19

Newsletter Deadline

Next Sunday, Jan. 21:

9:00 Zion Holy Communion worship/Broadcast ch. 3;
KTRF
10 Sunday School/ Cornerstone Kids
10 Food & Fellowship
11: Silver Creek Holy Communion Worship



Sunday School— age 3 thru Grade 5 from 10-11 AM

Cornerstone Kids—Grade 6 & 7 meet from 10-11 in the youth room.

NOISY OFFERING January 14 & 28 will go to **Prowler Pantry**.

YOUTH NOTES:

Thank you to our families for providing treats for coffee following worship each Sunday.

Please bring 2 dozen baked goods on or before Sunday,

January 14: Jeff & Alicia Schneider, Jeremiah Gregerson, Jeremy Lian, Jerod & Tera Lunsetter

January 21: Food & Fellowship

January 28: Jessica Hegland, Jim & Mandi Nelson, Joe & Heather Bregier

God's Creation Calendars - 2024 Calendars are available \$8.00 each.



FOOD & FELLOWSHIP - Join us for breakfast served after worship on Sunday, January 21. Free-will donation goes to youth programming. Breakfast will be served by 6 & 7th Grade students.

Confirmation Classes resume January 10th

Supper served at 5:15

January Menu:

17: Chicken Alfredo

24: Spaghetti and meatballs