

Zion Lutheran Church
Thief River Falls, MN

New Traditions Worship
Fourth Sunday After Epiphany

9:00 AM Worship
January 28, 2024

Pre-service Music

Welcome & Announcements

Call to Worship "If My People" Senior Choir

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.

Compassionate God, you gather the whole universe into your radiant presence and continually reveal your Son as our Savior. Bring wholeness to all that is broken and speak truth to us in our confusion, that all creation will see and know your Son, Jesus Christ, our Savior and Lord. **Amen.**

Word

FIRST READING: Deuteronomy 18:15-20

Today's reading is part of a longer discourse in Deuteronomy, an updating of the law for the Israelite community as the people wait to enter the promised land. Here Moses assures the people that God will continue to guide them through prophets who will proclaim the divine word.

[Moses said:] ¹⁵The LORD your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. ¹⁶This is what you requested of the LORD your God at Horeb on the day of the assembly when you said: "If I hear the voice of the LORD my God any more, or ever again see this great fire, I will die." ¹⁷Then the LORD replied to me: "They are right in what they have said. ¹⁸I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. ¹⁹Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. ²⁰But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die."

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

PSALM: Psalm 111

¹Hallelujah! I will give thanks to the LORD with ^l my whole heart,
in the assembly of the upright, in the ^l congregation.

²**Great are your ^l works, O LORD,
pondered by all who delight in them.**

³Majesty and splendor ^l mark your deeds,
and your righteousness endures forever.

⁴**You cause your wonders to ^l be remembered;
you are gracious and full ^l of compassion.**

⁵You give food to ^l those who fear you,
remembering forever your covenant.

⁶**You have shown your people the power ^l of your works
in giving them the lands ^l of the nations.**

⁷The works of your hands are faithfulness and justice;
all of your precepts are sure.

⁸They stand fast forever and ever,
because they are done in ¹ truth and equity.

⁹You sent redemption to your people and commanded your covenant forever;
holy and awesome ¹ is your name.

¹⁰The fear of the LORD is the beginning of wisdom;
all who practice this have a good understanding. God's praise endures forever.

SECOND READING: 1 Corinthians 8:1-13

Paul is concerned about the way some Corinthian Christians use their freedom in Christ as license to engage in non-Christian behavior that sets a damaging example to other, impressionable believers. Christians have a responsibility to each other that their behavior does not cause another to sin.

¹Now concerning food sacrificed to idols: we know that “all of us possess knowledge.” Knowledge puffs up, but love builds up. ²Anyone who claims to know something does not yet have the necessary knowledge; ³but anyone who loves God is known by him.

⁴Hence, as to the eating of food offered to idols, we know that “no idol in the world really exists,” and that “there is no God but one.” ⁵Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—⁶yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

⁷It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. ⁸“Food will not bring us close to God.” We are no worse off if we do not eat, and no better off if we do. ⁹But take care that this liberty of yours does not somehow become a stumbling block to the weak. ¹⁰For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? ¹¹So by your knowledge those weak believers for whom Christ died are destroyed. ¹²But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. ¹³Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

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: Mark 1:21-28

Forces that would bring death and disease have taken hold of a man, yet they recognize Jesus and know what his power means for them. Jesus commands these forces to leave and people are amazed at his authority.

²¹[Jesus and his disciples] went to Capernaum; and when the sabbath came, he entered the synagogue and taught. ²²They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. ²³Just then there was in their synagogue a man with an unclean spirit, ²⁴and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." ²⁵But Jesus rebuked him, saying, "Be silent, and come out of him!" ²⁶And the unclean spirit, convulsing him and crying with a loud voice, came out of him. ²⁷They were all amazed, and they kept on asking one another, "What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him." ²⁸At once his fame began to spread throughout the surrounding region of Galilee.

Sermon Pastor Kristin Ostercamp

Hymn of the Day "Come to Me, All Pilgrims Thirsty" ELW# 777

Sacrament of Holy Baptism

Baptism of Robert Gerald Hruby

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: Robert Gerald

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 **Robert** the spirit of knowledge and the fear of the Lord, the spirit of joy in your presence.

Robert Gerald, 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 **Robert Gerald** has been here baptized, you are now entrusted with these responsibilities: you should faithfully bring him to the services of God's house, and teach him the Lord's prayer, the Creed, and the Ten Commandments. As he grows in years, you should place in his hands the Holy Scriptures and provide for his instruction in the Christian faith, that living in the covenant in his Baptism and in communion with the Church, he 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, **Robert**, 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 brother 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.

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**

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 Song "Oceans" printed

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: Micah & Bailey Ranum Reader: Char Peters
Acolytes: Kayla Peterson, Dawson Colden Ushers: Bob Nelson, Barry Fellman

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: the families of Dennis McCauley and Janet Lindquist

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

Robert Gerald Hruby son of Erica & Jon Hruby. Sponsors are Erin Wayne, Craig Hruby, and Nathan Hruby

THANK YOU to the Grade 9 Confirmation Class or writing the prayers of Intercession today.

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 Ron & Ruth Ostby in memory of Rick Ostby

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

MEN'S BREAKFAST will resume in March.

ANNUAL MEETING TODAY, JANUARY 28th. Reports are available at the back of the church.

PRAYER SHAWL MINISTRY will met on Thursday February 1st at 10:00 in the Fellowship Hall

THANK YOU FOR SUPPORTING OUR WORK AND WITNESS!

Jan 15-21: \$ 9,351. Jan 1-21: \$30,473. Weekly Goal: \$6,523.

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

QR code to giving link:



2024 OFFERING ENVELOPES - Offering envelopes are in the narthex.

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, 2:00 to 4:30 PM in the Lounge.

Sharing the Peace - During the flu season, elbow bumping instead of hand shakes and only verbal messages for the Peace greetings during the church service.

Community United Meeting Friends and Organizations that dedicate time and talent and financial contributions to people who are struggling in today's world are invited to a "Community United" informational meeting on Friday, February 2 at St. Bernard's. A light supper will be served at 5:00 pm with the meeting to follow. The goal of this initiative is to collectively introduce ourselves, meet new faces, and better understand organization programs and their potential, challenges, and limitations. As more people move to the Thief River Falls area both increased and new challenges tax our resources. The possibility of uniting collectively to serve people in need- might help serve more, while providing help that is truly needed. For more information call Charlie Vogel- 218-681-3571 or email Charlie.vogel@stbernardstrf.com.

PARISH NURSE NOTES—

“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4: 6-7

STRESS! We all have stress in our lives and how we choose to manage it varies. Webster’s Dictionary uses the words to define stress such as: urgency, importance, tension and pressure. Anxiety is defined as: worry or uneasiness about what may happen. Stress in manageable amounts is not a bad thing. We need a certain amount of stress to be productive. Sometime, however, stress becomes overwhelming and anxiety joins in. During these times, our lives spin out of control and we wish that the fast pace, the demands and the tension would disappear. The scripture above reminds us that Christ does not want us to suffer anxiety but for us to remember **WHOM** is in control.

God calls us to a life free from anxiety, to give Him our needs and desires. Some ways that help stop the tension are through the act of prayer and meditation. Try deep breaths in and out while focusing on God’s love. Breathe in Christ’s love and exhale the chaos. If it is hard to focus, try to light a candle or meditate on a small meaningful scripture. As the scriptures help us see, anxiety weighs the heart down; while God offers us a peace that passes all understanding, peace to let go and let Him handle our stressors with his supreme guidance.

“Therefore I tell you, do not worry about your life, what you eat or what you will drink, or about your body, or what you will wear. Is not life more than food, and the body more than clothing?” Matthew 6:25

God’s Blessing’s and Peace. Parish Health

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David Lee / Tiffany Sterry, Custodial

Darlene Wiseth, Faith Community Nurse zionph@mncable.net

SCHEDULE FOR THE WEEK:

Today: Sunday, Jan. 28:

9:00 Zion worship/ Baptism/
Broadcast ch. 3; KTRF

10 Sunday School/ Cornerstone Kids

10 Zion Annual Meeting

11 Silver Creek Worship

Monday, Jan. 29:

9 SAIL

Tuesday, Jan. 30:

No Faith Community Nurse hours

1 Janet Lindquist funeral

Wednesday, Jan. 31:

5:15 Confirmation Supper

6 Confirmation classes

6 God’s Joy Choir

7 Senior Choir

Thursday, Feb 1:

9 SAIL exercise

10 Prayer Shawl ministry

2-4:30 LSS Respite Care

1 Quilting/ LWR workshop

Next Sunday, Feb. 4:

9:00 Zion worship/ Baptism/
Broadcast ch. 3; KTRF

10 Sunday School/ Cornerstone Kids

10 Coffee Fellowship

10 Blood pressure screen

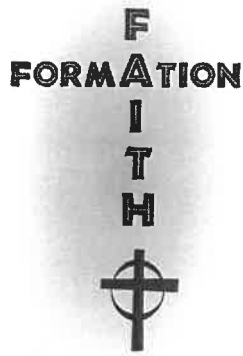
11 Silver Creek Worship

2-4 All Boards Meeting

ASH WEDNESDAY—February 14

Worship at 6:30

Fellowship to follow



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**.

SKI TRIP February 19th— Watch for details

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

February 4: Joel & Laura Rude, Jon & Erica Hruby, Josh & Amber Knott, Josh & Tina Haugen

February 11: Josh & Angie Jensen, Josh & Sallie Lawrence, Justin & Sara Vandestreek, Kelsey Defrang

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



FOOD & FELLOWSHIP - Join us for breakfast served after worship on **Sunday, Feb 18**. Free-will donation goes to youth programming. Breakfast will be served by 9th Grade students.

Confirmation Class Schedule

Supper served at 5:15 Classes 6PM

January 31: BBQ's and Tater Tots

No Confirmation February 7th

Ash Wednesday February 14th

GOSPEL MESSAGE

January 28, 2024

FOURTH SUNDAY AFTER EPIPHANY

Teaching in Words and Actions

Jesus' teaching in the synagogue surprises, shakes, and even shocks the people of Capernaum who have gathered for the weekly celebration of the sabbath. His proclamation is different from what they are accustomed to hearing. Mark doesn't tell us *what* Jesus taught this particular day, but all the gospel writers describe his message as consistently one of compassion, peace, hope, and love. Clearly, listeners heard something they found surprising in Jesus' words.

In addition, Jesus' teaching goes *beyond* words; he lives out his message in transforming and liberating actions, as we see in his healing of the man with an unclean spirit. The people sense an authority in Jesus only found in one whose words and deeds match—one who moves beyond theory to practice. It's like learning from a physician who regularly practices medicine, a theologian who pastors a parish, a coach who plays the sport personally. In the synagogue, when Jesus unexpectedly practices what he has been preaching, it's so new to his audience that they find it frightening and life-giving all at once.

At first, the healing miracle Jesus performs in today's reading may seem distant from the preoccupations of our contemporary society. This kind of exorcism may be uncommon for us in mainline Christian churches, but we know well that various troubles have a grip on our existence and our being. On the one hand, we experience our own "unclean spirits" such as despair, jealousy, hatred, or guilt. On the other hand, we regularly encounter the "unclean spirits" of our society: intolerance, selfishness, indifference, materialism, or contempt. But even in the moments when we are divided, disoriented, and destabilized, Jesus speaks surprising, wondrous words that challenge and heal us, so we can be restored to the life God intends us to enjoy and share with others.

From sundaysandseasons.com.

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