

Zion Lutheran Church
Fifth Sunday after Epiphany
February 4, 2024 9:00 AM

PRE-SERVICE MUSIC

WELCOME & ANNOUNCEMENTS

*(*Please stand as you are comfortable)*

***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.

(Please be seated)

GATHERING SONG “Songs of Thankfulness and Praise” ELW # 310

***GREETING**

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.



***KYRIE** (p. 184) (*sung*) [*Kyrie eleison means Lord, have mercy*]

**Refrain: Kyrie eleison, on our world and on our way,
Kyrie eleison, ev'ry day.**

For peace in the world, for the health of the church, for the unity of all;
for this holy house, for all who worship and praise,
let us pray to the Lord, let us pray to the Lord **Refrain:**

That we may live out your impassioned response to the hungry and the poor;
that we may live out truth and justice and grace,
let us pray to the Lord, let us pray to the Lord **Refrain:**

For peace in our hearts, for peace in our homes, for friends and family;
for life and for love, for our work and our play,
let us pray to the Lord, let us pray to the Lord **Refrain:**

For your Spirit to guide; that you center our lives in the water and the Word;
that you nourish our souls with your body and blood,
let us pray to the Lord, let us pray to the Lord **Refrain:**

***PRAYER OF THE DAY**

Let us pray.

Everlasting God, you give strength to the weak and power to the faint. Make us agents of your healing and wholeness, that your good news may be made known to the ends of your creation, through Jesus Christ, our Savior and Lord. **Amen.**

FIRST READING: Isaiah 40:21-31

The Judeans in exile have a good reason to be hopeful: the one who will bring them to freedom is the God who created the world, the God who subdues the rulers of the earth and gives strength to those who are weary.

²¹Have you not known? Have you not heard? Has it not been told you from the beginning?
Have you not understood from the foundations of the earth?

²²It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers;
who stretches out the heavens like a curtain, and spreads them like a tent to live in;

²³who brings princes to naught, and makes the rulers of the earth as nothing.

²⁴Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth,
when he blows upon them, and they wither, and the tempest carries them off like stubble.

²⁵To whom then will you compare me, or who is my equal? says the Holy One.

²⁶Lift up your eyes on high and see: Who created these?

He who brings out their host and numbers them, calling them all by name;
because he is great in strength, mighty in power, not one is missing.

²⁷Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD,
and my right is disregarded by my God"? ²⁸Have you not known? Have you not heard?
The LORD is the everlasting God, the Creator of the ends of the earth.

He does not faint or grow weary; his understanding is unsearchable.

²⁹He gives power to the faint, and strengthens the powerless.

³⁰Even youths will faint and be weary, and the young will fall exhausted;
³¹but those who wait for the LORD shall renew their strength,
they shall mount up with wings like eagles, they shall run and not be weary,
they shall walk and not faint. Word of God, word of life. **Thanks be to God.**

PSALM: Psalm 147:1-11, 20c

¹Hallelujah! How good it is to sing praises to our God!
How pleasant it is to honor God with praise!

²**The LORD rebuilds Jerusalem,
and gathers the exiles of Israel.**

³The LORD heals the brokenhearted
and binds up their wounds.

⁴**The LORD counts the number of the stars
and calls them all by their names.**

⁵Great is our LORD and mighty in power;
there is no limit to God's wisdom.

⁶**The LORD lifts up the lowly,
but casts the wicked to the ground.**

⁷Sing to the LORD with thanksgiving;
make music upon the harp to our God,

⁸**who covers the heavens with clouds
and prepares rain for the earth, making grass to grow up- on the mountains.**

⁹God provides food for the cattle
and for the young ravens when they cry.

¹⁰**God is not impressed by the might of a horse,
and has no pleasure in the speed of a runner,**

¹¹but finds pleasure in those who fear the LORD,
in those who await God's steadfast love. ^{20c}Hallelujah!

SECOND READING: 1 Corinthians 9:16-23

God entrusted Paul with the responsibility of bringing the gospel to diverse people. Hence the focus of Paul's ministry is not his own rights or privileges as an apostle but the privilege of serving God by freely sharing the good news of Christ with others.

¹⁶If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! ¹⁷For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. ¹⁸What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

¹⁹For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. ²⁰To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. ²¹To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law.

²²To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. ²³I do it all for the sake of the gospel, so that I may share in its blessings. Word of God, word of life. **Thanks be to God.**

***GOSPEL ACCLAMATION** (p. 188)

Alleluia Lord, to whom shall we go? You have the words of eternal life. Alleluia...

***GOSPEL: Mark 1:29-39**

Everywhere Jesus goes, many people expect him to set them free from oppression. Everywhere he goes, he heals people and sets them free. Disease, devils, and death are running for their lives. The forces that diminish human life are rendered powerless by Jesus.

P: The Holy Gospel...

C: Glory to you O Lord.

²⁹As soon as [Jesus and the disciples] left the synagogue, they entered the house of Simon and Andrew, with James and John. ³⁰Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. ³¹He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

³²That evening, at sunset, they brought to him all who were sick or possessed with demons. ³³And the whole city was gathered around the door. ³⁴And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

³⁵In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. ³⁶And Simon and his companions hunted for him. ³⁷When they found him, they said to him, "Everyone is searching for you." ³⁸He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do."

³⁹And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

P: The Gospel of the Lord.

C: Praise to you, O Christ.

SERMON PASTOR KRISTIN OSTERCAMP

HYMN OF THE DAY "Thy Holy Wings" ELW #613

***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.

***PRAYERS OF INTERCESSION**

Congregational response: receive our prayer.

OFFERING

***OFFERTORY** “Create in Me a Clean Heart” # 186

Create in me a clean heart, O God, and renew a right spirit within me.

Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with your free Spirit.

***PEACE**

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

***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 *(Ushers will guide you forward)*

***BLESSING** Response: **Amen.**

***SENDING SONG** “Lift High the Cross” ELW #660

***DISMISSAL** Go into the world knowing Christ and making him 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: Jared & Stephanie Kainz, Gwen Wojciechowski

Reader: Mike Spears

Acolytes: Austin Lawrence, Bria Scheef

Ushers: Josh & Angie Jensen, Sophia Tougas

Communion assist: Diane Lee, Tiffany Sterry

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 Janet Lindquist and Joleen DuChamp

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 in memory of Karen Johnson by Leon Johnson & family.

WEBSITE sponsor for February is Zion memorials.

THANK YOU FOR SUPPORTING OUR WORK AND WITNESS!

Jan 22-28: \$4,008.

Jan 1-21: \$34,481.

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.

thank you!

A HUGE THANK YOU to Laura Rude for six years of faithful and dedicated service as president of Zion. Your commitment, vision, and leadership have helped Zion grow and thrive. We applaud you!

PARISH NURSE NOTES—

The American Heart Association recognizes February as American Heart Month. We need to be good stewards of our bodies and prepare our hearts physically, emotionally, and spiritually.

We physically prepare our hearts by reducing our risks of heart disease by:

1. Quitting smoking permanently.
2. Controlling blood pressure and checking it regularly.
3. Exercise most days of the week for 30 minutes or more at your target heart rate.
4. Eat a balanced diet, reduced in fat, cholesterol, and salt.
5. Stress reduction and management.

Our emotional hearts are cared for by love and affirmation in our relationships.

Learning about all of our emotions assist us in experiencing harmony and wholeness in our lives.

We can care for our spiritual hearts by setting aside a regular time in our schedule for worship, devotions, prayer, and celebration of the Lord's Supper.

"Create in me a pure heart, O God, and renew a steadfast spirit within me." Psalms 51:10.

During this month of the heart, may God's love be with us as we strive for improved "heart health" physically, emotionally, and spiritually.

God's Blessings and Peace. Parish Health

SCHEDULE FOR THE WEEK:

Today: Sunday, Feb. 4:

9:00 Zion HC worship/Broadcast ch. 3; KTRF
10 Sunday School/ Cornerstone
10 Coffee Fellowship
10 Blood pressure screen
11 Silver Creek Worship
12 GV broadcast ch. 37
2-4 All Boards Meeting

Monday, Feb. 5:

9 SAIL

Tuesday, Feb. 6:

No Faith Community Nurse hours

BOARD MEETINGS

10:30 Ev/Lay Ministry
6:30 Parish Education
6:30 Public Relations
7 Parish Fellowship

Wednesday, Feb. 7:

No Confirmation classes
6 God's Joy Choir
7 Senior Choir

Thursday, Feb 8:

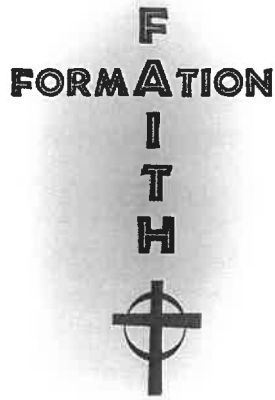
9 SAIL exercise
2-4:30 LSS Respite Care

Next Sunday, Feb. 11:

9:00 Zion HC worship/ Broadcast ch. 3; KTRF
10 Sunday School/ Cornerstone
10 Coffee Fellowship
11 Silver Creek Worship
12 GV broadcast ch. 37

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 February 11 & 25 goes to Pathways

February 18th—God's Joy will sing Call to Worship

YOUTH SKI TRIP February 19th— Watch for details

First Communion Instruction Students in Grade 5 and their caring adults are welcome.

Sunday, March 10th 10:00 - 1:00

OR

Saturday, March 16th 10:00—1:00

Thank you to our families for providing treats for coffee following worship each Sunday. Please bring 2 dozen baked goods on or before Sunday,

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

February 25: Kelsey Dondelinger, Kerry Melin, Kevin & Alisha Walseth, Kim Hanson

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

No Confirmation February 7th

Ash Wednesday February 14th worship at 6:30 PM