

**Zion Lutheran Church**  
**Season of Pentecost**  
**July 7, 2024 9:00 AM**

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Pre-service Music  
**ANNOUNCEMENTS**  
**INVOCATION**

**GATHERING SONG**      **“This is My Father’s World” #824**

**GREETING**

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. *(2 Corinthians 13:13)*

**And also with you.**

You are the treasured people of the LORD,  
**a people holy to the LORD our God.**

Keep the words of the LORD in your heart; teach them to your children.

**Talk about them when you are at home and when you are away, when you lie down and when you rise.**

One does not live by bread alone,

**but by every word that comes from the mouth of the LORD.**

*(Deuteronomy 26, 11, 8)*

**PRAYER OF THE DAY**

The Lord be with you.

**And also with you.**

Let us pray.

God of the covenant, in our baptism you call us to proclaim the coming of your kingdom. Give us the courage you gave the apostles, that we may faithfully witness to your love and peace in every circumstance of life, in the name of Jesus Christ, our Savior and Lord.

**Amen.**

**SCRIPTURE SONG**

**“Word of God, Come Down on Earth”      ELW #510 v1&3**

**Word of God, come down on earth, living rain from heav'n descending;**

**touch our hearts and bring to birth faith and hope and love unending.**

**Word almighty, we revere you; Word made flesh, we long to hear you.**

**Word that speaks God's tender love, one with God beyond all telling,**

**Word that sends us from above God the Spirit, with us dwelling,**

**Word of truth, to all truth lead us; Word of life, with one bread feed us.**

## FIRST READING: Ezekiel 2:1-5

*In 597 BCE, the priest Ezekiel was removed into exile in Babylon. While there, he received a vision of God appearing majestically on a chariot throne. Today's reading recounts God's commissioning of Ezekiel during this vision. The prophet is to speak God's word to a people unwilling to hear.*

<sup>1</sup>[A voice] said to me: O mortal, stand up on your feet, and I will speak with you.<sup>2</sup> And when he spoke to me, a spirit entered into me and set me on my feet; and I heard him speaking to me.<sup>3</sup> He said to me, Mortal, I am sending you to the people of Israel, to a nation of rebels who have rebelled against me; they and their ancestors have transgressed against me to this very day.<sup>4</sup> The descendants are impudent and stubborn. I am sending you to them, and you shall say to them, "Thus says the Lord GOD."<sup>5</sup> Whether they hear or refuse to hear (for they are a rebellious house), they shall know that there has been a prophet among them.  
Word of God, word of life. **Thanks be to God.**

## PSALM: Psalm 123

<sup>1</sup>To you I lift <sup>1</sup> up my eyes,  
to you enthroned <sup>1</sup> in the heavens.  
<sup>2</sup>**As the eyes of servants look to the hand of their masters,  
and the eyes of a maid to the hand <sup>1</sup> of her mistress,  
so our eyes look to you, O LORD our God, until you show <sup>1</sup> us your mercy.**  
<sup>3</sup>Have mercy upon us, O <sup>1</sup> LORD, have mercy,  
for we have had more than enough <sup>1</sup> of contempt,  
<sup>4</sup>**too much of the scorn of the indolent rich,  
and of the derision <sup>1</sup> of the proud.**

## SECOND READING: 2 Corinthians 12:2-10

*Christians do not boast of their own accomplishments. Rather, Christian boasting focuses attention on how the power of Christ is present in our lives, especially in times of weakness and vulnerability. No matter what our circumstances in life, Christ's grace is sufficient for us.*

<sup>2</sup>I know a person in Christ who fourteen years ago was caught up to the third heaven—whether in the body or out of the body I do not know; God knows.<sup>3</sup> And I know that such a person—whether in the body or out of the body I do not know; God knows—<sup>4</sup>was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat.<sup>5</sup> On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses.<sup>6</sup> But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me,<sup>7</sup> even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated.<sup>8</sup> Three times I appealed to the Lord about this, that it would leave me,<sup>9</sup> but he said to me, "My grace is sufficient for you, for power is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me.<sup>10</sup> Therefore I am content with weaknesses, insults, hardships, perse-

cutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.  
Word of God, word of life. **Thanks be to God.**

**GOSPEL ACCLAMATION Word of God, Come Down on Earth ELW #510, v2**  
**Word eternal, throned on high, Word that brought to life creation,**  
**Word that came from heav'n to die, crucified for our salvation,**  
**saving Word, the world restoring, speak to us, your love outpouring.**

**GOSPEL: Mark 6:1-13**

*At home and abroad, Jesus and his disciples encounter resistance as they seek to proclaim God's word and relieve affliction.*

The Holy Gospel according to Mark. **Glory to you, O Lord.**

<sup>1</sup>[Jesus] came to his hometown, and his disciples followed him. <sup>2</sup>On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! <sup>3</sup>Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?" And they took offense at him. <sup>4</sup>Then Jesus said to them, "Prophets are not without honor, except in their hometown, and among their own kin, and in their own house." <sup>5</sup>And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. <sup>6</sup>And he was amazed at their unbelief.

Then he went about among the villages teaching. <sup>7</sup>He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. <sup>8</sup>He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; <sup>9</sup>but to wear sandals and not to put on two tunics. <sup>10</sup>He said to them, "Wherever you enter a house, stay there until you leave the place. <sup>11</sup>If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them." <sup>12</sup>So they went out and proclaimed that all should repent. <sup>13</sup>They cast out many demons, and anointed with oil many who were sick and cured them.

The Gospel of the Lord. **Praise to you, O Christ.**

**SERMON Pastor Berger, Food For the Poor**

**HYMN OF THE DAY "Blessed Assurance" #638**

**RESPONSE TO THE WORD: CREED AND CONFESSION**

In Christ, you have heard the word of truth, the gospel of your salvation.

**We believe in him and are marked with the seal of the promised Holy Spirit.**

*(Ephesians 1:13-14)*

Living together in trust and hope, we confess our faith.

**I believe in God, the Father almighty,**

creator of heaven and earth.

**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.**

**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**

Build yourselves up on your most holy faith;  
**pray in the Holy Spirit.** (*Jude 20*)

Keep yourselves in the love of God;  
**look forward to the mercy of our Lord Jesus Christ.** (*Jude 21*)

If anyone is in Christ, there is a new creation:  
**Everything old has passed away; behold, everything has become new!**  
(*2 Corinthians 5:17*)

God has given us the ministry of reconciliation.  
Therefore, let us be reconciled to God and to one another.  
Gracious God,  
**have mercy on us. In your compassion forgive us our sins,  
known and unknown, things done and left undone.  
Uphold us by your Spirit so that we may live and serve you in newness of life,  
to the honor and glory of your holy name; through Jesus Christ our Lord. Amen**

Almighty God has mercy on you,  
Your sins are forgiven through our Lord Jesus Christ,  
Be strengthened in all goodness,  
and the power of the Holy Spirit keep you in eternal life.

**Amen**

**PEACE**

Sisters and brothers, rejoice. Mend your ways, encourage one another, agree with one another, live in peace. (*2 Corinthians 13:11*)

The peace of the Lord be with you always.

**And also with you.**

**Peace be with you.**

**OFFERING/ OFFERTORY      “Create in Me a Clean Heart” ELW #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.**

God, our Creator,

**you open wide your hand and satisfy the desire of every living creature. With these gifts we bless you for your tender nurture and care. Help us to delight in your will and walk in your ways, through Jesus Christ our Lord. Amen**

**THE PRAYERS**

In your mercy,      *Response: hear our payer.*

**LORD’S PRAYER**

Lord, remember us in your kingdom, and teach us to pray:

**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.**

**BLESSING**

May the God and Father of our Lord Jesus Christ fill you with every spiritual blessing.

**Amen**

May the God of faithfulness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus.

**Amen**

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

**Amen** (*Romans 15*)

**SENDING SONG      “The Battle Hymn of the Republic”      #890**

**DISMISSAL**

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

**Post-service Music**

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**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      Pianists: Laura Rude, Jenna Von Holtum      Organist: Marie Longo  
Greeters: Mary Morken      Ushers: Yvonne Pederson, Glen Peters  
Reader: Charlie Cornell

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

Those under a doctor's care, those who grieve, all who are moving through a challenging season, especially Cassie Wilson, Dan Bartsch, Diane Sundby, and Patty Dicken.

**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 Gary Lofberg by MaryAnn Lofberg.

**WEBSITE** sponsor for July is Dick & Jan Haugen in memory of Loved Ones and Friends.

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

**WEDNESDAY WORSHIP** - Join us for supper at 5:30 and worship at 6:15 on Wednesdays. No Worship July 3rd.

**CHOIRS** - Anyone interested in joining either God's Joy Choir (K-5th) or Senior Choir, please reach out to Laura Rude at 218-684-1072. Choir practices resume in September on Wednesday evenings.

**TRF Food Shelf Mortgage Reduction** - Zion Mission fund will match donations up to \$2000. to help reduce the mortgage at the Thief River Falls Food Shelf. Helping the Food Shelf reduce this debt will free more funds to share vital resources for those who face food insecurity. Donations can be made payable to Zion Lutheran Church with TRF Food Shelf in the memo line. Thank you for supporting this important community resource. **Donations currently at \$1,045.**

**THANK YOU FOR SUPPORTING OUR WORK AND WITNESS!**

June 24-30:\$4,212      June 1-30: \$30,887.      YTD: \$160,587.      Weekly Goal: \$6,523.

*Offering plates are available on the table at the back of the church*

**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 can make a profound impact. *Thank you to all who have directed dollars! YTD: \$1,998.*

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**Scan to Give**



*Thank you for your generosity!*

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## PARISH NURSE NOTES —

**Less screen time is good for your health.** Mysoon Ayuob, M.D. a family medicine physician for the Mayo Clinic, highlights five reasons why spending less time on a screen is good for your health.

**It improves your physical health.** You know that physical activity is good for your health, but devices could be cutting into your exercise time. Maintaining healthy habits can be hard when you spend lots of time using screens. Walking away from screens can affect your physical health by:

Helping prevent obesity and conditions related to excess weight, such as Type 2 diabetes and heart disease  
Freeing up more time for exercise and socializing

Leading to better sleep

Helping cut down on snacking and mindless eating, which can happen when you eat in front of the TV and other screens.

**It frees up time to have fun playing and exploring.** Exploring and learning about the world is an important part of life. Instead of spending time on devices, encourage yourself and your family to try new activities. Go for a bike ride or walk, visit a park, check out a museum or explore a local natural trail. Try coloring (it's healthy for adults, too), reading, crafting or other activities that use your imagination.

**It helps you make social connections.** Consider this: When you are using a device, you are disengaging with something else. Is that something else important to you? Perhaps it's a child, friend or significant other.

**Boost your mind.** Putting down your phone and going outside or doing an activity you enjoy can be a mood booster. It can make you feel more accomplished and improve your well-being. Depression and anxiety can cause a person to withdraw and isolate themselves from others. Engaging in social activities helps you connect with others and improve symptoms of these conditions.

**Build community.** Being part of the community around you and feeling connected to others is beneficial to your health. Consider these ways to get connected:

Families who eat meals together tend to be healthier. Turning off electronics during meals or family time eliminates distractions.

Find events in your community. Time spent using devices can instead be used for volunteering, joining a sports team or connecting time with a spiritual group, like our congregation activities.

Feeling a sense of belonging and being social is a good way to manage stress. Having support and feeling that you are not alone can help you cope with difficult times.

While technology is a great tool, it also can hinder your wellness and make you feel disconnected from those around you. Taking a break from devices frees up more time to be active and enjoy time with loved ones. Why not give it a try? Summer is a good time to try some of the outdoor suggestions. ENJOY!!

- *God's Blessings and Peace...Parish Health*

**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.

**AFTERNOON OUT** - 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](mailto:debi.retzlaff@lssmn.org) for more information. Thursdays, 2:00 to 4:30 PM in the Lounge.

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Pastor Kristin Ostercamp, [pastorkristin@mncable.net](mailto:pastorkristin@mncable.net)

Office Phone: 681-3296 Fax: 681-3048

Linda Hamrick, Office Manager [ziontrf@mncable.net](mailto:ziontrf@mncable.net)

Darlene Wiseth, Faith Community Nurse [zionph@mncable.net](mailto:zionph@mncable.net)

David Lee / Tiffany Sterry, Custodial

**SCHEDULE FOR THE WEEK:**

**Today: Sunday, July 7:**

9:00 Zion worship/Food For the Poor Guest  
Pastor/Broadcast ch. 3; KTRF  
10 Coffee Fellowship  
No Silver Creek Worship  
12 GV broadcast ch. 37

**Monday, July 8:**

9 SAIL exercise

**Tuesday, July 9:**

No Faith Community Nurse today

**Wednesday, July 10:**

5:30 Meal  
6:15 Worship

**Thursday, July 11:**

9 SAIL exercise  
2:30 LSS Respite Care

**Friday, July 12:**

Church offices closed

**Next Sunday, July 14:**

9:00 Zion Holy Communion worship/  
Broadcast ch. 3; KTRF  
10 Coffee Fellowship  
10:30 Silver Creek Worship  
12 GV broadcast ch. 37



**Wednesday Worship  
Meal at 5:30, Worship at 6:15**

Next Worship - July 10th  
Shawna Spears preaching



**Join Us  
this Summer**

***Monday -Wednesday, July 22-24***

***5:30-8:00 PM***

***Meal at 5:00 PM***

***VBS will be held at Redeemer Lutheran  
1300 Nora St. E.***

**Clean Up Time** can be difficult. It is especially challenging at a church when everyone and no one can make decisions. We are in need of a few individuals to go through many storage spots and begin the process of sorting items. Contact the church office if you are a good organizer and can share some time this summer.