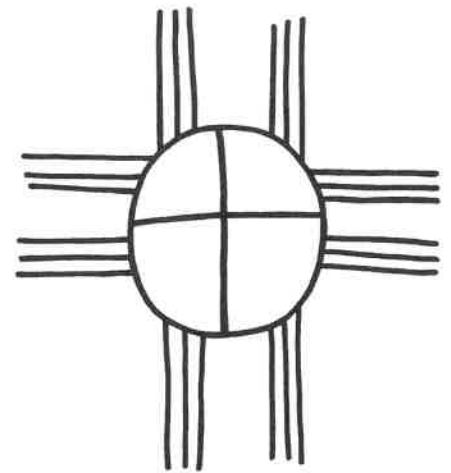


Zion Lutheran Church
13th Sunday After Pentecost
August 18, 2024 9:00 AM



Pre-service Music
ANNOUNCEMENTS
INVOCATION

GATHERING SONG **“Blest Be the Ties That Bind” #656**

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.

Ever-loving God, your Son gives himself as living bread for the life of the world. Fill us with such a knowledge of his presence that we may be strengthened and sustained by his risen life to serve you continually, through 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: Proverbs 9:1-6

Wisdom is portrayed as a woman who invites people to partake of her banquet. Just as ordinary food is necessary for physical life, Wisdom's food—insight and understanding—is necessary for fullness of life with God. Partaking of Wisdom's banquet is the way to life.

- ¹Wisdom has built her house,
she has hewn her seven pillars.
²She has slaughtered her animals, she has mixed her wine,
she has also set her table.
³She has sent out her servant-girls, she calls
from the highest places in the town,
⁴“You that are simple, turn in here!”
To those without sense she says,
⁵“Come, eat of my bread
and drink of the wine I have mixed.
⁶Lay aside immaturity, and live,
and walk in the way of insight.”

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

PSALM: Psalm 34:9-14

- ⁹Fear the LORD, you saints ¹ of the LORD,
for those who fear the ¹ LORD lack nothing.
¹⁰**The lions are in want and ¹ suffer hunger,
but those who seek the LORD lack nothing ¹ that is good.**
¹¹Come, children, and listen to me;
I will teach you reverence ¹ for the LORD.
¹²**Who among you takes pleasure in life
and desires long life to enjoy prosperity?**
¹³Keep your ¹ tongue from evil
and your lips from ¹ lying words.
¹⁴**Turn from evil ¹ and do good;
seek peace ¹ and pursue it.**

SECOND READING: Ephesians 5:15-20

True wisdom integrates our new reality in Christ with our Christian fellowship and daily conduct. Because we are filled with the Spirit, Christians regularly rejoice together, give thanks to God for one another, and care for one another. In this way we revere our Lord Jesus Christ.

- ¹⁵Be careful then how you live, not as unwise people but as wise, ¹⁶making the most of the time, because the days are evil. ¹⁷So do not be foolish, but understand what the will

of the Lord is. ¹⁸Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, ¹⁹as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, ²⁰giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

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: John 6:51-58

In John's gospel, the feeding of the five thousand leads to extended teaching in which Jesus identifies himself as the true "bread of life." Finally, in these verses, he makes a connection that would not be understood until after his death, in light of the church's celebration of holy communion.

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

[Jesus said,] ⁵¹"I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

⁵²The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" ⁵³So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; ⁵⁵for my flesh is true food and my blood is true drink. ⁵⁶Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."

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

SERMON Pastor Kristin Ostercamp

HYMN OF THE DAY "Guide Me Ever Great Redeemer" #618

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

Merciful God, *Response: receive our prayer.*

Words of Institution

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.**

Holy Communion

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 “I Love To Tell The Story” #661

DISMISSAL

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

Post-service Music

From sundaysandseasons.com.

Announcements - August 18, 2024

Season after Pentecost

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: Carna Von Holtum Ushers: Tyler & Amanda Mekash
Reader: Communion asst: Ruth Ostby, Russell Rhen

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 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. in the black banner click Listen Online, Click on the RED link to KTRF.

BROADCASTS today are sponsored by Bob Nelson in memory of Friends and Family.

WEBSITE sponsor for August is David & Karen Kirkeby in memory of Cody Lundgren.

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.

SCHOOL KITS FOR MISSIONS Each year our Zion congregation assembles many school kits which are sent to mission sites around the world. Without these basic supplies, many children are unable to go to school. Now is a great time to purchase these basic items during "back-to-school" sales. A box is located in the narthex for donated items. They can include: 70-page wide-ruled spiral notebooks, pencils, ball point pens, crayons, ruler, pencil sharpener, lg. eraser.

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 \$1,367.**

THANK YOU FOR SUPPORTING OUR WORK AND WITNESS!

Aug 5-11: \$2,607. Aug 1-11: \$9,185. YTD: \$190,519. 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: \$2,033.**

Soul Shop™ for Communities and for Leaders Workshops are planned in Thief River Falls September 18 and 19, 2024 held at Redeemer Lutheran Church.

Soul Shop's mission is to equip faith communities to minister to those impacted by suicide. Soul Shop is the leading provider of faith-based suicide prevention workshops in the US.

Scan to Give



Thank you for your generosity!

PARISH NURSE NOTES —

Learning how to eat more mindfully is an important skill for weight management and great health. Mindful eating teaches you how to tune into your body's natural hunger and fullness signals-- something many people have forgotten how to do. It can also help you spot what triggers you to eat when you aren't truly hungry.

Science says mindful eating can help you improve your food choices, eating habits and ultimately your relationship to food. The process is simple and can be learned. It just takes practice. Try following these steps each time you eat:

- **Stop, breath and check yourself.** Before you eat something, take a deep breath and ask yourself, "How hungry am I?" Try rating your hunger on a scale of 1 to 10 (1 being starving and 10 being stuffed). If you aren't truly hungry, ask yourself, "What am I feeling?" This will help you start to notice what's triggering your nonhunger eating.
- **Slow down.** Every time you eat, try to stop what you're doing, sit down at a table and really focus on the food you're eating. When you eat too quickly, your brain doesn't get the signal that you're full until it's too late and you've already overeaten.
- **See what you eat.** Don't eat directly from the container. Seeing food on a plate or in a bowl gives you a better sense of portion size. It also helps you stop and ensure you're taking the right amount of food. Use a smaller plate or bowl to make less food seem like more. Take slightly less than what you think you'll eat.
- **Notice your food.** Before you begin eating, take a moment to notice your meal with all your senses. This a perfect time to say a prayer of "thank you" to the Lord for the food and the people you're enjoying it with. Expressing gratitude can help boost your mental well-being in that moment.
- **Focus on your food.** Watching TV, reading or working while you eat distracts you. Before you know it, you've eaten more than you want to.
- **Chew.** Take small bites and chew your food thoroughly. Put down your fork, knife, or spoon between bites.
- **Savor.** Really taste the ingredients you're putting in your mouth, savoring the flavors. Continue to focus on gratitude, not guilt, even when you're enjoying indulgence.
- **Check in with your feelings of fullness.** Pay attention to your changing hunger and fullness levels throughout the meal. This will enable you to stop eating when you're satisfied, not stuffed. This is a 5 or 6 on the hunger and fullness scale.

Goodness, I think you'll remember these tips but practicing them my be harder. **Good Luck!**

As always, God's Blessing And Peace Be With You.....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 for more information. Thursdays, 2:00 to 4:30 PM in the Lounge.

VOLUNTEERS NEEDED for LSS Caregiver Respite & Support Program. Training provided for In-Home and Group Respite. 4 hour increments. Volunteers will Socialize, Reminice, play cards, misc. crafts, baking, reading, go for walks, music. For more information call Deb Retzlaff at 218-620-1295 or Debi.retzlaff@lssmn.org. 2 people are needed for the Respite program at Zion.

Pastor Kristin Ostercamp, pastorkristin@mncable.net

Office Phone: 681-3296 Fax: 681-3048

Linda Hamrick, Office Manager ziontrf@mncable.net

Darlene Wiseth, Faith Community Nurse zionph@mncable.net

David Lee / Tiffany Sterry, Custodial

SCHEDULE FOR THE WEEK:

Today: Sunday, August 18:

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

10 Coffee Fellowship

10:30 Silver Creek HC Worship

12 GV broadcast ch. 37

Monday, August 19:

9 SAIL exercise

Tuesday, August 20:

9-12 Faith Community Nurse hours

1:30 Parish Health meeting

5:30 Zion Council meeting

Wednesday, August 21:

5:30 Supper

6:15 Last Wednesday Worship

Thursday, August 22:

9 SAIL exercise

2:30 LSS Respite Care

Friday, August 23:

Church office closed

Next Sunday, August 25:

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

10 Coffee Fellowship

10:30 Silver Creek HC Worship

12 GV broadcast ch. 37



Wednesday Worship

Meal at 5:30, Worship at 6:15

**August 21st is the last Wednesday Worship
of the Summer.**



Rally Sunday

September 8th

Sunday School at 10 AM

**If you have a student who is new to Zion
Sunday School, please call the church
office to register.**

Noisy Offering

Will begin on Sept. 8th