

**Zion Lutheran Church**  
**Rally Sunday / Holy Communion**  
**September 8, 2024**



## PRELUDE

## ANNOUNCEMENTS

## GATHERING

The Holy Spirit calls us together as the people of God.

## CONFESSION AND FORGIVENESS

*The assembly stands. All may make the sign of the cross*

In the name of the Father,  
and of the Son,  
and of the Holy Spirit. **Amen.**

God of all mercy and consolation, come to the help of your people, turning us from our sin to live for you alone. Give us the power of your Holy Spirit that we may confess our sin, receive your forgiveness, and grow into the fullness of Jesus Christ, our Savior and Lord. **Amen.**

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

*Silence is kept for reflection.*

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.**

God, who is rich in mercy, loved us even when we were dead in sin, and made us alive together with Christ. By grace you have been saved. In the name of ☩ Jesus Christ, your sins are forgiven. Almighty God strengthen you with power through the Holy Spirit, that Christ may live in your hearts through faith. **Amen.**

## GATHERING SONG      “Lord, Be Glorified” #744

## 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** *page 184*

***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

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

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

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

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

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

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

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

## **PRAYER OF THE DAY**

Let us pray.

Gracious God, throughout the ages you transform sickness into health and death into life. Open us to the power of your presence, and make us a people ready to proclaim your promises to the whole world, through Jesus Christ, our healer and Lord. **Amen.**

## **FIRST READING: Isaiah 35:4-7a**

*These verses are a word of hope to the exiles in Babylon. Isaiah 34 portrays God's vengeance on Edom, Israel's age-old enemy, which makes the path from Babylon to Zion safe for the exiles' return. The desert itself will flow with water to give drink to the returning exiles.*

<sup>4</sup>Say to those who are of a fearful heart, "Be strong, do not fear!  
Here is your God. He will come with vengeance, with terrible recompense.  
He will come and save you."

<sup>5</sup>Then the eyes of the blind shall be opened, and the ears of the deaf unstopped;  
<sup>6</sup>then the lame shall leap like a deer, and the tongue of the speechless sing for joy.  
For waters shall break forth in the wilderness, and streams in the desert;  
<sup>7a</sup>the burning sand shall become a pool, and the thirsty ground springs of water.

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

## **PSALM: Psalm 146**

<sup>1</sup>Hallelujah!

Praise the LORD, <sup>1</sup>O my soul!

<sup>2</sup>I will praise the LORD as long <sup>1</sup>as I live;

**I will sing praises to my God while I have my being.**  
<sup>3</sup>Put not your trust in rulers,  
in mortals in whom there is no help.  
<sup>4</sup>**When they breathe their last, they return to earth,  
and in that day their thoughts perish.**  
<sup>5</sup>Happy are they who have the God of Jacob for their help,  
whose hope is in the LORD their God;  
<sup>6</sup>**who made heaven and earth, the seas, and all that is in them;  
who keeps promises forever;**  
<sup>7</sup>who gives justice to those who are oppressed, and food to those who hunger.  
The LORD sets the captive free.  
<sup>8</sup>**The LORD opens the eyes of the blind; the LORD lifts up those who are bowed  
down; the LORD loves the righteous.**  
<sup>9</sup>The LORD cares for the stranger;  
the LORD sustains the orphan and widow, but frustrates the way of the wicked.  
<sup>10</sup>**The LORD shall reign forever,  
your God, O Zion, throughout all generations. Hallelujah!**

**SONG** “Jesus Loves Me” ELW #595

**SERMON ON THE STEPS**

**NOISY OFFERING** for Operation Christmas Child

**SONG** “Halle, Halle, Hallelujah” ELW #172

**OFFERING**

**OFFERING PRAYER**

Let us pray.

Holy God, gracious and merciful, you bring forth food from the earth and nourish your whole creation. Turn our hearts toward those who hunger in any way, that all may know your care; and prepare us now to feast on the bread of life, Jesus Christ, our Savior and Lord. **Amen.**

**GOSPEL: Mark 7:24-37**

*In Mark's gospel, encounters with women usually signify turning points in Jesus' ministry. Here, a conversation with a Syrophenician woman marks the beginning of his mission to the Gentiles.*

The holy gospel according to Mark. **Glory to you, O Lord.**

<sup>24</sup>[Jesus] set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice,<sup>25</sup> but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. <sup>26</sup>Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. <sup>27</sup>He said to her, “Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs.” <sup>28</sup>But she

answered him, “Sir, even the dogs under the table eat the children’s crumbs.”<sup>29</sup> Then he said to her, “For saying that, you may go—the demon has left your daughter.”<sup>30</sup> So she went home, found the child lying on the bed, and the demon gone.

<sup>31</sup> Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. <sup>32</sup> They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. <sup>33</sup> He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. <sup>34</sup> Then looking up to heaven, he sighed and said to him, “Ephphatha,” that is, “Be opened.” <sup>35</sup> And immediately his ears were opened, his tongue was released, and he spoke plainly. <sup>36</sup> Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. <sup>37</sup> They were astounded beyond measure, saying, “He has done everything well; he even makes the deaf to hear and the mute to speak.”

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

**SERMON Pastor Kristin Ostercamp**

**HYMN OF THE DAY “Be Thou My Vision” #793**

**SACRAMENT OF HOLY BAPTISM ELW page 227**

**Baptism of Sterling Andrew Mathieu**

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: *Sterling Andrew***

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

***Sterling Andrew***, 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 ***Sterling Andrew*** 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, ***Sterling*** 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.**

## **PEACE**

The peace of Christ be with you always.

**And also with you.**

## **GREAT THANKSGIVING**

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise.**

## **THE WORDS OF INSTITUTION**

### **LORDS 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.**

### **INVITATION TO COMMUNION**

Taste and see that the Lord is good.

### **COMMUNION DISTRIBUTION**

### **PRAYER AFTER COMMUNION**

We give you thanks, almighty God, that you have refreshed us through the healing power of this gift of life. In your mercy, strengthen us through this gift, in faith toward you and in fervent love toward one another; for the sake of Jesus Christ our Lord. **Amen.**

## **WELCOME LITTLE LAMBS**

*Those who are 3 years old beginning Sunday School, please come forward at this time to receive a pin.*

Henry Asleson, Eaden Beito, Easton Dondelinger, Olivia Ewalt, Estee Holtan, Sophie Lee, Juni Przybylski

## **BLESSING**

Almighty God, Father, Son, and Holy Spirit, bless you now and forever. **Amen.**

**SENDING SONG** “I Want to Walk as a Child of the Light” #815

## **DISMISSAL**

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

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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: Cookie Overbye, Cammy Joppru, Audrey & Larry Korpi, Brielle Walseth  
Communion assist: Charlie & Kittie Cornell Ushers: Joppru Family Reader: Dan Narverud  
Sermon on the Steps: Shawna Spears Acolyte: Austin Lawrence, Bria Scheef

**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.

**Today we welcome Sterling Andrew Mathieu through the Sacrament of Holy Baptism.**



Sterling's parents are Guthrey Mathieu & Abby Thorpe.

His sponsors are Marty & Emily Jesme, Jaxon Zukowski, Jordan & Rylie Osborne.

**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 by Zion memorials.

**WEBSITE** sponsor for September is Dick & Jan Haugen in memory of Loved Ones.

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

**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 \$1,519. This mission project will close on Sept. 17th. We only need \$481 to reach our goal!**

**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. Choirs resume Wed., September 11th.

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

Aug 1-31:\$20,796. Sept. 1: \$2,655. YTD: \$204,785. 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.*

**Scan to Give**



*Thank you for your generosity!*

**Soul Shop™ for Communities and for Leaders Workshops - September 18 and 19, 2024**  
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.

#### **PARISH NURSE NOTES —**

What is a good night's sleep? What does it mean to get a good night's sleep? This is a pretty subjective question, one that's difficult to attach a hard-and-fast answer to. We know that optimal sleep takes into account several factors:

**Timing...** This is your sleep schedule relative to the time on the clock. It's also known as a process C because of its association with circadian rhythms--your internal body clock that coordinates your sleep and wake times with the 24-hour-day-night cycle.

**Duration...** This is the number of sleep hours your body requires to be rested or in balance. This is also known as sleep homeostasis or process S.

**Quality...** Quality sleep is sound, uninterrupted sleep. Poor sleep is fragmented or disrupted sleep. Sleep can be disrupted by difficulty falling asleep, waking up frequently in the night and having trouble going back to sleep.

How much sleep each of us needs varies from person to person. But in general, seven to eight hours of sleep is the amount most people need to feel rested and is the amount associated with the lowest mortality risk. If you don't feel refreshed on waking in the morning and you're feeling tired or sleepy during the day, especially when you're probably not getting enough sleep, your sleep is fragmented or your timing is off. If you need an alarm to wake up, you may not be getting enough sleep.

It's an important part of keeping ourselves healthy but can be so difficult at times to do. Good Luck with it and sweet dreams!!

— *God's Blessing 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)

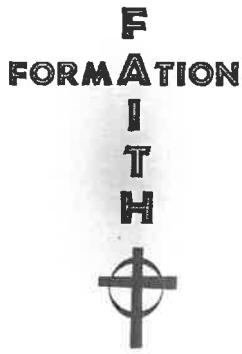
Office Phone: 681-3296 Fax: 681-3048

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

## Youth Education



### Rally Day is September 8th -

- Join us for Worship at 9:00 am
  - Little Lambs (3yr olds beginning Sunday School) will be presented with pins
  - Sunday School Teacher Installation will be on Sept. 15th during worship.
  - If you have students who have not attended Sunday School at Zion before, please call the church office to register.
- Noisy Offering Sept 8th & 22nd will go to: **Operation Christmas Child**

**2nd Grade Bible Classes** Sept. 22 and Sept 29 during class time.

Bibles will be presented on Sept 29th during worship.

**Acolyte Training** for Grade 6-8 will happen on Sept. 29th at 10:45am.

### **September Schedule for Muffins/treats:**

*Please bring 2 dozen treats to the kitchen by the assigned date - Thank you!*

Sept 8: Deanna Alby, Brandi Asleson, Ryan & Jamie Bakken, Colin & Maia Beger

Sept 22: Brittany Beito, Nick & Ashley Beito, Brian & Desiree Bertilrud,  
Derek & Alissa Besserud

Sept 29: Heather Blumer, Chris & Missy Borgen, Cori Bregier, Joe & Heather Bregier

**Food & Fellowship** - September 15th following worship. Grade 11 prep/serve  
All are welcome! Free-will donation for the breakfast.

### Confirmation Notes:

Grade 11 students & parents will have a meeting on Wed., Sept. 11th at 6pm.

Grade 10 Confirmation students & parents will meet on Sunday, Sept. 22nd at 6pm.

Grades 8 & 9 students & parents will meet on Wed., Oct. 2nd at 6 pm.

**SCHEDULE FOR THE WEEK:**

**Today: Sunday, Sept. 8: Rally Sunday**

9:00 Zion HC worship/Little Lambs/ Baptism

Broadcast ch. 3; KTRF

10 Sunday School/Cornerstone Event in Fellowship Hall

10 Coffee Fellowship

10 October Sharing Servants Meeting

10 Blood Pressure Screen

11 Parish Education meeting

11 Silver Creek Worship

12 GV broadcast ch. 37

**Monday, Sept. 9:**

9 SAIL Exercise

**Tuesday, Sept. 10:**

9-12 Faith Community Nurse

9 WELCA Board

10 WELCA Meeting

10:30 EVLM meeting

5:30 Worship Board

**Wed., Sept. 11:**

6 Grade 11 Confirmation meeting for youth & parents

6 God's Joy Choir

7 Senior Choir

**Thursday, Sept. 12:**

9 SAIL exercise

2:30 LSS Respite Care

**Friday, Sept. 13**

8 Men's Breakfast

**Next Sunday, Sept. 15: Rally Sunday**

9:00 Zion HC worship/ Teacher Installation

Broadcast ch. 3; KTRF

10 Sunday School/Cornerstone

10 Food & Fellowship/ served by Grade 11

11 Silver Creek Worship HC

12 GV broadcast ch. 37