Welcome to Worship on this Fifth Sunday after Epiphany



French River Lutheran Church Duluth, MN

February 4, 2024 ~10:00 a.m.

Reverend Kim Sturtz ~ Presiding <u>Worship Assistant</u>: Ken Peterson <u>Lector</u>: Ann Rankila

<u>Altar Guild</u>: Lynne Compton & Brita Aug <u>Musician</u>: Organist – David Fiebiger, FRLC Choir

* <u>Coffee Fellowship to follow worship!</u> <u>Join us to celebrate Alice Dahlberg's 100th Birthday!</u>

Welcome to all in Jesus' Name!

Please follow the current FRLC Preparedness Plan for COVID-19. If you are unfamiliar with it, ask an usher for assistance. LARGE PRINT worship folders are available from an usher.

A family restroom and nursery are to the left of the sanctuary; again, follow the Preparedness Plan for use. To contact the pastor or church office, you are invited to complete a pew card and return the information portion either to an usher or by way of the offering plate. Please keep the bookmark and worship with us again! We appreciate electronic devices set on "mute" during the service.

Bold Print signals places where the assembly speaks in unity in worship

* Indicates where to stand as you are able in body or in Spirit.

WELCOME/ANNOUNCEMENTS:

PRELUDE: **Organist:** David Fiebiger

———GATHERING——— The Holy Spirit gathers us together as people of God

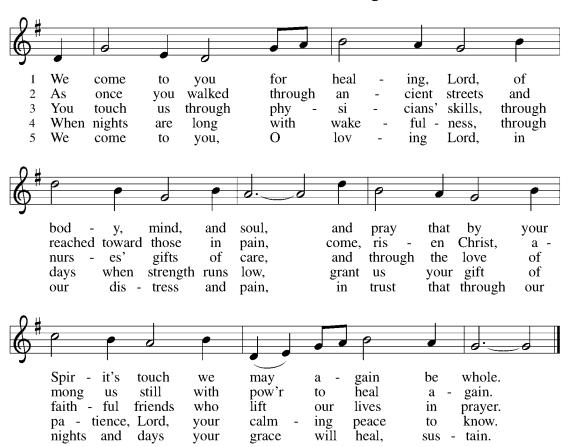
*GREETING:

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.

*GATHERING HYMN: "We Come to You for Healing, Lord"

ELW #617

We Come to You for Healing, Lord



Text: Herman G. Stuempfle Jr., 1923-2007

Music: MARTYRDOM, Hugh Wilson, 1764-1824

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*CONFESSION & FORGIVENESS:

(All may make the sign of the cross, the sign that is marked at baptism, as the presiding minister begins.)

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 \pm Jesus Christ,

your sins are forgiven.

You are God's beloved.

Amen.





*PRAYER OF THE DAY:

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.**

FRLC Choir Anthem: "A Winter Carol"

~Austin C. Lovelace

'Tis winter now;

the fallen snow has left the heav'ns all coldly clear Through leafless boughs the sharp winds blow, and all the earth lies dead and drear;

And yet God's love is not withdrawn; His life within the keen air breathes; His beauty paints the crimson dawn, and clothes the boughs with glittering wreaths.

And though abroad the sharp winds blow, and skies are chill and frosts are keen, Home closer draws her circle now, and warmer glows her light within.

O God who gives the winter's cold, as well as summer's joyous rays, us warmly in thy love enfold, And keep us through life's wintry days.

-Samuel Longfellow

———WORD———

God speaks to us through scripture, preaching, and song.

A reading from Isaiah.

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.

Ann Rankila

FIRST READING: Isaiah 40:21-31

Have 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?

It 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;

who brings princes to naught,

and makes the rulers of the earth as nothing.

Scarcely 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.

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

Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God"? Have 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. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary. and the young will fall exhausted; but 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.

The Word of the Lord - Thanks be to God.

PSALM: Psalm 147:1-11, 20c

The LORD heals the brokenhearted. (Ps. 147:3)

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

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

The LORD heals the brokenhearted and binds up their wounds.

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

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

The LORD lifts up the lowly,

but casts the wicked to the ground.

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

who covers the heavens with clouds

and prepares rain for the earth, making grass to grow upon the mountains.

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

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

but finds pleasure in those who fear the LORD, in those who await God's steadfast love. Hallelujah!

A reading from 1 Corinthians:

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.

SECOND READING: 1 Corinthians 9:16-23

If 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! For 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. What 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.

For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To 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. To 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. To 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. I do it all for the sake of the gospel, so that I may share in its blessings.

The Word of the Lord - Thanks be to God.

*GOSPEL ACCLAMATION: Celtic Alleluia

(The assembly stands to welcome the gospel.)



*GOSPEL: *Mark 1:29-39*

The Holy Gospel According to Mark 1:29-39. Glory to You O God.

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.

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

That evening, at sunset, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And 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.

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He 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." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

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

CHILDREN'S SERMON:

The Reverend Kimberly Sturtz

SERMON:

The Reverend Kimberly Sturtz

*HYMN OF THE DAY: "Precious Lord, Take My Hand"

ELW #773



Text: Thomas A. Dorsey, 1899–1993 Music: George N. Allen, 1812–1877, adapt. Thomas A. Dorsey Text and music © 1938, 1966 Unichappell Music Inc., admin. Hal Leonard Corp. PRECIOUS LORD

*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.

PEACE: The Peace of the Lord be with you always. **And also with you.** Please share this peace with your neighbors.

PRAYERS OF THE PEOPLE:

Ann Rankila

As we celebrate Christ embodied in human form, we pray for God's blessing on the church, the world, and all of creation.

(A brief silence.)

Everlasting God, you bring your healing power to the church. Give your church a spirit of unity and prayer, that we discern your way for us in the world. God of grace, **receive our prayer**.

Creator of the ends of the earth, you make the grass grow and send rain for the soil. Bring your creation into harmony and balance. Give animals their food and provide healthy shelter for your people. Inspire us to honor the miraculous beauty of all you have made. God of grace,

receive our prayer.

God without equal, your steadfast love endures forever. Bring the leaders, elected officials, and peacekeepers of our towns and countries into understanding and unity. Guide them to serve with compassion and understanding. God of grace, receive our prayer.

God who strengthens, you lift up with your hand any who are suffering. Heal those who are brokenhearted and strengthen the weak and all in need. God of grace, **receive our prayer.**

God who gives power to the faint, challenge us to share the faith stories of what God has done in our lives. Open us to receive the unique ways God is at work in your people, especially those whose perspectives challenge our own. God of grace, **receive our prayer.**

God who calls each star by name, we remember all who have died. Shelter all who mourn with your mercy and care, and give us hope in your promised salvation. God of grace,

receive our prayer.

Knowing the Holy Spirit intercedes for us, we offer these prayers and the silent prayers of our hearts in the name of our Savior, Jesus Christ. **Amen.**

*OFFERING PRAYER:

(If you did not place your offering in the plate as you entered the sanctuary, please feel free to hand it to an usher upon dismissal. During the week, offerings may be placed in the secure lockbox by the lower doors [slot is right of the door]. Mail and online giving are also available. Thank you for your generous support of our ministry together!)

Blessed are you, Holy One, for all good things come from you. In bread and cup you open heaven to us. Meet us at this table, that we receive what we seek and follow your Son, Jesus, in whose name we pray.

Amen.

———MEAL——— God feeds us in goodness and grace with the presence of Jesus Christ.

(All are welcome to receive the true presence of Jesus in the bread and wine or juice provided. Today we offer two ways to commune, at the front or in the pew. If you wish to receive grape juice instead of wine, please pick up the colored tab of paper in the envelope holder in the pew and show it to the server. Today, communion will be distributed continuously at the altar rail. If you cannot come to the altar, please

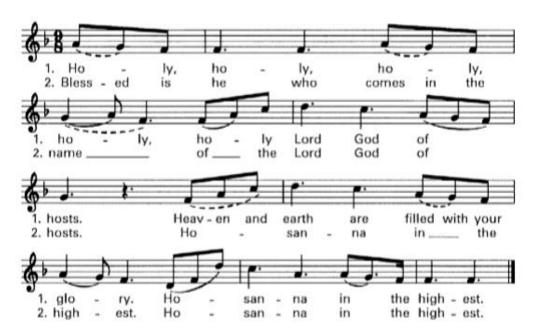
indicate to an usher and communion will be brought to you. Children not communing may come forward for a blessing. Gluten free wafers are available; please inform the pastor if you prefer one. For those who wish to receive communion while in the pew but did not pick take a packet upon entering the sanctuary, please signal for an usher and a packet will be brought to you. Gluten-free wafers are available from their own basket.)

*WORDS OF INSTITUTION & BLESSING:

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.**

*PREFACE: Epiphany

*Holy, Holy, Holy: by Grayson Brown



*WORDS OF INSTITUTION:

*LORD'S PRAYER:

Gathered into one by the Holy Spirit, let us pray as Jesus taught us.

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:

At Jesus' table, heaven and earth are joined as one. Come and see.

*COMMUNION MEDITATION:

*PRAYER AFTER COMMUNION:

Giver of every gift, Christ's body is our food, and we are Christ's body. Raise us to life by your power for the benefit of all and to your glory, now and forever.

Amen.

————SENDING———

God blesses us and equips us as disciples sent into the world.

*BLESSING:

God who names you, Christ who claims you, and the Holy Spirit who dwells in you, → bless you and remain with you always.

Amen.

*SENDING HYMN: "When We Are Living"

When We Are Living Pues si vivimos



Text: st. 1, based on Romans 14:8; tr. Elise S. Eslinger, b. 1942 st. 2-3, Roberto Escamilla, b. 1931; tr. George Lockwood, b. 1946

Music: SOMOS DEL SEÑOR, Spanish traditional
Spanish text, sts. 2-3 © 1983 Abingdon Press and tr. © 1989 The United Methodist Publishing House, admin. The Copyright Company

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*SENDING:

Go in peace. You are God's beloved.

Thanks be to God.

(For those in pews, please remain seated until invited by an usher to depart.)

POSTLUDE:

Organist: David Fiebiger

Thank you for joining us wherever you are. Remember, you are beloved and blessed!

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ANNOUNCEMENTS

*Extending sympathy to family & friends of Carol Pearson. Carol passed away on Sunday, January 28, 2024. A Celebration of Life will be held at FRLC on Saturday, February 24, 2024 at 11 a.m.

Covid-19 Preparedness

In the care and consideration of others, the wearing of masks is optional for worship. However, if you or a family member are experiencing any fever, cough, stomach issues, or are recovering from an illness or other ailments within 48 hours before gathering in worship, we strongly advise the wearing of a mask while in worship. A simple mask in these moments and places helps us protect loved ones, especially the weak and elderly, front-line medical personnel and their families, our faith community and larger communities.

Thank you for this kindness.

Coming Up:

2/4 Sun: 10a – 5th Sunday after Epiphany/

In-Person/Online: Rev. Kim Sturtz

10:45a - Sunday School

*11:15a - Coffee Fellowship- Celebrate Alice's 100th Birthday!

2/5 Mon: 7p – Finance

2/6 Tues: 9a – Bulletin Deadline; 5:45p – Exec. Council; 7p – AA

2/7 Wed: 7p – Choir

2/8 Thurs: 10:30a – W&M; 1p – WOFR; 5p – Riversong Rising

2/10 Sat: Scandinavian Dinner/Silent Auction

2/11 Next Sun: 10a – Transfiguration of Our Lord Sunday
Blended Worship In-Person/Online: Rev. Kim Sturtz

10:45a – Sunday School

11:15a - Coffee Fellowship



Adult Bible Study members invite you to see "The Chosen" (Season 4, episodes 1-3) screening at Duluth Cinema and Lakes Cinema, and then we'll meet at church Monday, Feb. 12 at 6:00 p.m. for discussion. A small group plan on seeing it this Tuesday at 2:15 at the Duluth Cinema. There may be an opportunity for carpooling that afternoon. Contact Sue Baker,

218.341.4181 for more information. Purchase tickets online (<u>marcustheaters.com</u>) or at the theater. Visit the website or call the theater for other showtimes and dates. **Please note: no meeting on Monday, Feb. 5.**

100-year Anniversary Challenge for us as a church, to seek to continue our generosity with the world around us, especially those who are without aid, help, or are lost. As we celebrate our church marking a century of service, worship, and care for the people and community around us, we have a way to give back to our community and larger world. We know that there are so many that go without, who need help, and just a little bit could go a long way.



Our Challenge is to give 100 In-Need Organizations -\$100 donations in

Celebration of our Century Old Ministry. Yep. You are doing that math, and it equates to a big number. But think about how many times we head to the grocery store, home goods stores, hockey games, or concerts; A \$100 easily is spent. That money being able to help others in a bigger way, even if it is just a little bit of a nudge, we are sparking something bigger for some people's lives.

These donations can be given to local, global, and beyond—just wherever your generous heart would like to give.

If you are interested in donating, please contact Barb Jackson, who has a list of ideas or you can submit your own. Checks may be written to French River Lutheran Church, with the organization you want to support in the memo line. Your donation will be sent forth to those organizations through the church's benevolence and missional giving.

Let us meet this challenge before our Big Church Celebration in September. + Pastor Kim Sturtz

Authentic Scandinavian Smörgåsbord Silent Huction

The proceeds will be used to fund our Centennial Anniversary Celebration.



SATURDAY
FEBRUARY 10TH
5 – 6:30 PM

MAKE A RESERVATION

Advance tickets are \$20; age 0-12 years, \$10. tickets at the door will be \$25.

Silent Auction

- Quilt made by Sandy Dahlberg
- Family Portrait by Eric Sturtz
- · Many more...



Your 2024 offering envelopes can be picked up near the usher's stand. If you didn't get a box of envelopes and want one or if you have any questions, please contact Kay Libby, Financial Secretary, at 218-390-3281.

SILENT AUCTION ON FEBRUARY 10 DONATIONS WANTED!

Gift baskets * Antiques * Stained glass
Computer repair * Pet watching * Gift cards
Cabin stay * Babysitting * Homemade candy
Canned/baked goods * Fishing trip
Game dinner * Hockey tickets * Quilts
Sewn items * Wood crafts * Craft items

WHAT DO YOU MAKE? WHO DO YOU KNOW? LET US KNOW WHAT YOU CAN DONATE!!

Some of the things you'll see there:
Family portrait – Minnesota quilt
Wooden side table – Cookie of the month
Staghorn cactus – Game Day basket
New Scenic gift basket – Tackle box

FRLC Centennial Celebration!

We now have co-chairs, Kate Edblom & Barb Jackson, to plan the FRLC Centennial fundraisers to raise money for expenses of the celebration in September of 2024.

There will be an organizational meeting soon. Please leave your name & number with Barb, Kate, or the office if you are interested in helping!



Welcome to French River Lutheran Church

You are welcome to keep this bulletin, however, we recycle when possible so you may leave it on the ushers' stand.



Immediate: Family & friends of Carol Pearson; Family & friends of Bob Bradley; Family & friends of John Bowen; Family & friends of David Peterson (brother of Paul Peterson); Bonnie Smrstick; prayers for peace and comfort both as she travels to be with Dennis as he is nearing the end of his journey.; Deb Sodomka (cousin of Bill & Susie Lannon).

Long-Term: Phil Strom, for Parkinsons; Julie Moe-Hommerding; 5-year-old great niece of Susie Lannon (heart surgery 6/26/17, still not healthy); Kathy Johnson (Carol Leppala's friend); Bruce Sundberg; Angela Debelak, (niece of Gail Johnson) is currently in remission from for her brain cancer and recovering slowly; please continue to pray for no recurrence.; Alex Peterson – military service; Todd Sironen.

WHEN SUBMITTING A NAME TO THE TELEPHONE PRAYER CHAIN, PLEASE INDICATE IF IT IS PERMISSABLE TO LIST IN THE BULLETIN.

Called by the Spirit	February 4	February 11
Worship Leader	Rev. Kim Sturtz	Rev. Kim Sturtz
Lector	Ann Rankila	Sue Baker
Altar Guild	Lynne C. & Brita A.	Lynne C. & Brita A.
Ushers	Phil & Babs Strom	Doug & Lynne Compton
Counters/Worship	Sue Baker/	ArMand Nelson/
Assistant*	Ken Peterson*	Haeli Pettis*
Coffee Fellowship	Dahlberg Family	Heather, Dick, Tracey
Prayer Chain	Babs Strom 218.525.6200	

French River Lutheran Church, 5310 Ryan Rd, Duluth, MN 55804

Church: (218)525-5659; frlc5310@gmail.com

Pr. Kim Sturtz: (218)393-7444; frlcpastorsturtz@gmail.com

Office hours vary so please call ahead.

FRLC webpage: www.frenchriverlutheran.org.

FRLC Mission: "To live and love as God commands, accept His grace, and share the Good News."

Watch services at FRLC anytime! YouTube live streaming of the service at https://www.youtube.com/c/FrenchRiverLutheranChurch

This link is also found on our church homepage and Facebook group. If you are unable to watch it live, you can view it any time after the service by following the same link.

🕇 We're glad you worshiped with us today. Thanks be to God! 🗂



Jesus healed people who were sick. He talked with them. He listened to them. He laid his hands on them.

Put your hand here. Then in the hand write the names or draw picture of people in your congregation who need healing. (Sometimes their names are in the bulletin or worship folder.)





- Today is the 5th Sunday in the season of Epiphany.
- During Epiphany we celebrate Jesus' ministry.
- Jesus came into the world to show people God's love.

Color in the star and the message about Jesus.





Jesus showed love by teaching and healing.

Jesus healed the sick when no one else could or would. He changed the pattern.

Fill in these patterns to make them complete.



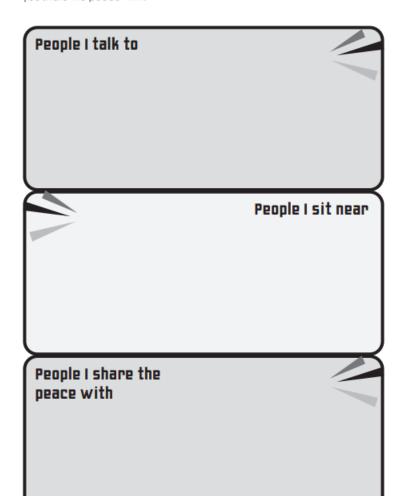




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Everyone's Invited

When you go to church, who do you talk to? Who do you sit near? Who do you share the peace with?





- Today is the 5th Sunday in the season of Epiphany.
- · During Epiphany, we remember our growth through baptism.
- · We are part of a family of Christians.
- Jesus treated everyone like family.

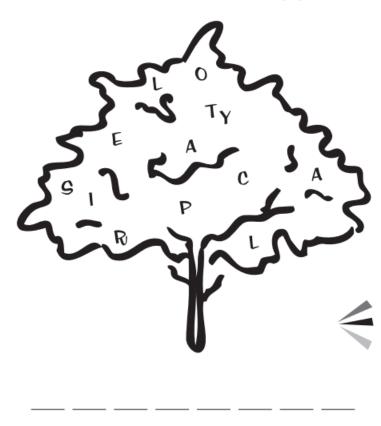
How Do You See It?

Jesus welcomed people who others didn't accept. Look at these stars. Which two are alike?



Where Can We Find Jesus?

Unscramble two words in the trees to find out where Jesus prayed.





Where else did Jesus pray in the Bible? Check out Luke 22:39-44.

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EPIPHANY 5



In the New Testament, we read how Jesus healed many people. People were healed in the Old Testament, too! Who was healed in 2 Kings 5:1-19?



