Welcome to Worship on this Fourth Sunday after Epiphany



French River Lutheran Church Duluth, MN

January 28, 2024 ~10:00 a.m.

Reverend Kris Garey ~ Presiding <u>Worship Assistant</u>: Dave Edblom Lector: FRLC Youth & Kim Marks

Altar Guild: Sue Baker

Musician: Organist - David Fiebiger, F.R. Choir

* Coffee Fellowship to follow worship!

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: "Songs of Thankfulness & Praise"

ELW #310

Songs of Thankfulness and Praise



Text: Christopher Wordsworth, 1807–1885, alt. Music: SALZBURG, Jakob Hintze, 1622–1702

*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 + Jesus Christ, your sins are forgiven.

You are God's beloved.

Amen.





*PRAYER OF THE DAY:

Compassionate God, you gather the whole universe into your radiant presence and continually reveal your Son as our Savior. Bring wholeness to all that is broken and speak truth to us in our confusion, that all creation will see and know your Son, Jesus Christ, our Savior and Lord.

Amen.

FRLC Choir Anthem: "Balm in Gilead"

———WORD——

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

A reading from Deuteronomy.

Today's reading is part of a longer discourse in Deuteronomy, an updating of the law for the Israelite community as the people wait to enter the promised land. Here Moses assures the people that God will continue to guide them through prophets who will proclaim the divine word.

FIRST READING: Deuteronomy 18:15-20 FRLC Youth & Kim Marks

[Moses said:] The LORD your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the LORD your God at Horeb on the day of the assembly when you said: "If I hear the voice of the LORD my God any more, or ever again see this great fire, I will die." Then the LORD replied to me: "They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die."

The Word of the Lord - Thanks be to God.

PSALM: Psalm 111

FRLC Youth & Kim Marks

The fear of the LORD is the beginning of wisdom. (Ps. 111:10)
Hallelujah! I will give thanks to the LORD with my whole heart,
in the assembly of the upright, in the congregation.

Great are your works, O LORD,

pondered by all who delight in them.

Majesty and splendor mark your deeds, and your righteousness endures forever.

You cause your wonders to be remembered; you are gracious and full of compassion.

You give food to those who fear you, remembering forever your covenant.

You have shown your people the power of your works in giving them the lands of the nations.

The works of your hands are faithfulness and justice; all of your precepts are sure.

They stand fast forever and ever, because they are done in truth and equity.

You sent redemption to your people and commanded your covenant forever; holy and awesome is your name.

The fear of the LORD is the beginning of wisdom; all who practice this have a good understanding. God's praise endures forever.

A reading from 1 Corinthians:

Paul is concerned about the way some Corinthian Christians use their freedom in Christ as license to engage in non-Christian behavior that sets a damaging example to other, impressionable believers. Christians have a responsibility to each other that their behavior does not cause another to sin.

SECOND READING 1 Corinthians 8:1-13 FRLC Youth & Kim Marks

Now concerning food sacrificed to idols: we know that "all of us possess knowledge." Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him.

Hence, as to the eating of food offered to idols, we know that "no idol in the world really exists," and that "there is no God but one." Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. "Food will not bring us close to God." We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

The Word of the Lord - Thanks be to God.

*GOSPEL ACCLAMATION: Celtic Alleluia

(The assembly stands to welcome the gospel.)



*GOSPEL: Mark 1:21-28

The Holy Gospel According to *Mark 1:21-28*. **Glory to You O God.**

Forces that would bring death and disease have taken hold of a man, yet they recognize Jesus and know what his power means for them. Jesus commands these forces to leave and people are amazed at his authority.

[Jesus and his disciples] went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee.

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

CHILDREN'S SERMON: Kim Marks

SERMON: The Reverend Kris Garey

Oh, for a Thousand Tongues to Sing



- 1 Oh, for a thou-sand tongues to sing my great Re-deem-er's praise
- 2 My gra cious Mas ter and my God, as sist me to pro claim,
- 3 The name of Je sus charms our fears and bids our sor rows cease,
- 4 He speaks, and lis-t'ning to his voice, new life the dead re ceive;



the glo - ries of my God and king, the tri-umphs of his grace! to spread through all the earth a - broad the hon - ors of your name. sings mu - sic in the sin-ner's ears, brings life and health and peace. the mourn - ful, bro-ken hearts re - joice, the hum - ble poor be - lieve.

- 5 Look unto him, your Savior own,O fallen human race!Look and be saved through faith alone,be justified by grace!
- 6 To God all glory, praise, and love be now and ever giv'n by saints below and saints above, the church in earth and heav'n.

Text: Charles Wesley, 1707-1788, alt.

Music: Azmon, Carl G. Gläser, 1784–1829; arr. Lowell Mason, 1792–1872

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*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.

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

PRAYERS OF THE PEOPLE:

Dani Marks

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.)

Loving God, we pray that your example of teaching with confidence and authority builds up your church in love. May all church leaders and teachers honor your instruction and model your inclusive ways. God of grace, receive our prayer.

Renewing God, we pray for all of creation, that waterways flow clean and clear, natural spaces are protected, and our planet is healed. Let us commit to thoughtful care of the earth. God of grace,

receive our prayer.

Justice-seeking God, we pray for those in government and community leadership, that they lead with honor and mindfulness. May they remember their covenants and be upright in their ways. God of grace, receive our prayer.

Compassionate God, we pray for all in need, especially those who have known rejection, any who struggle with long-term illness or chronic pain, those without access to safe housing or health care, and any who suffer (*especially those on our prayer list and for those we pray for whether silently or aloud*). God of grace, **receive our prayer.**

Still-speaking God, we pray for our congregation, for its artists and musicians, for its educators and caregivers, that all gifts are used to care for those in need and to live out your example of accompaniment, gospel witness, and love. God of grace, **receive our prayer.**

Eternal God, we remember all who have been teachers, mentors, and companions in the church and in our lives. We pray for the safe return of our pastor from her partial sabbatical leave, and give thanks to clergy who have held us in love and leadership while our Shepherd has been away. We trust that all who journey and return to you, with the protection and love of the saints, have felt and known you loving care. 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.

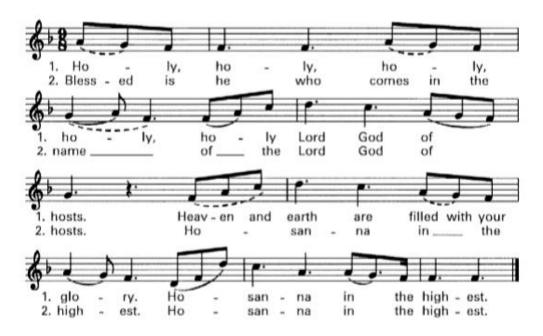
(All are welcome to receive the true presence of Jesus in the bread and wine or juice provided. Today we offer two ways to commune, at the front or in the pew. If you wish to receive grape juice instead of wine, please pick up the colored tab of paper in the envelope holder in the pew and show it to 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: "Sing Praise to God, the Highest Good"

ELW #871

Sing Praise to God, the Highest Good



Text: Johann J. Schütz, 1640–1690; tr. Frances E. Cox, 1812–1897, adapt. Music: LOBT GOTT DEN HERREN, IHR, Melchior Vulpius, 1570–1615

*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 John Bowen. John (a neighbor of FRLC) passed away on January 24, 2024.

†Extending sympathy to family & friends of David Peterson (brother of Paul Peterson) who recently passed.

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:

1/28 Sun: 10a – 4th Sunday after Epiphany/

Youth in Worship In-Person/Online: Rev. Kris Garey

10:45a - Sunday School

<u>11a – Annual Meeting of the FRLC Good Samaritans</u>

11:15a - Coffee Fellowship

1/29 Mon: 6p – Adult Bible Study

1/30 Tues: 9a - Bulletin Deadline; 7p - AA

1/31 Wed: 7p – Choir

2/3 Next Sun: 10a – 5th Sunday after Epiphany

Youth in Worship In-Person/Online: Rev. Kim Sturtz

10:45a - Sunday School 11:15a - Coffee Fellowship



Adult Bible Study will explore "An Attitude of Discipleship: Serving" based on Mark 1:29-39. Come join us Monday in the Fireside Room, 6:00 p.m.

Your 2024 offering envelopes can be picked up near the usher's stand. **Your 2023 Giving Statement** can be picked up from the back of the church. 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.



Please join us in Celebrating Alice Dahlberg's **100**th Birthday on February 4th with her children and grandchildren during coffee fellowship from 11a.m. to 12:30 p.m. at French River Lutheran.

NO GIFTS or CARDS please.

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

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!

Authentic Scandinavian Smörgåsbord Silent Auction

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



5310 RYAN RD 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...



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.



<u>Immediate</u>: Family & friends of John Bowen. Family & friends of David Peterson (brother of Paul Peterson); Family & friends of Marge Laiti; Carol Pearson "in hospice"; 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).

<u>Long-Term</u>: 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	January 28	February 4	
Worship Leader	Rev. Kris Garey	Rev. Kim Sturtz	
Lector	FRLC Youth	Ann Rankila	
Altar Guild	Altar Guild Sue Baker		
Ushers	Jon & Beth L. & Lillian C.	Phil & Babs Strom	
Counters/Worship	Sue Baker/	Sue Baker/	
Assistant*	Dave Edblom*	Ken Peterson*	
Coffee Fellowship	Team Jerusalem	Dahlberg Family	
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."

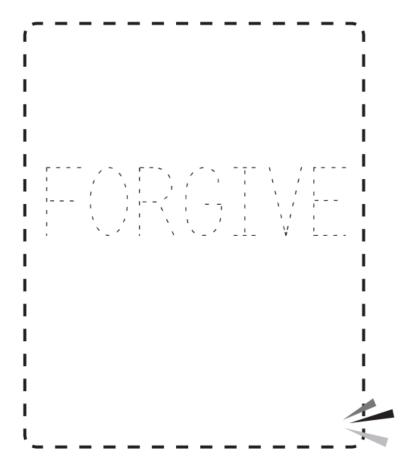
Watch services at FRLC anytime! **YouTube live streaming of the service** at https://www.youtube.com/c/FrenchRiverLutheranChurch

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 taught people about God. Jesus healed sick people. During worship, God heals us when we confess our sins. Watch for it!

Draw or write about a time that you forgave someone.





- Today is the 4th 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 to help remember how Jesus ministered to those around him. Which actions can you do?





He even cures the sick!

Jesus didn't just tell people about God. He showed them God's healing power. The people in the story tried to hide the sick man from Jesus. But Jesus healed him anyway! There are many ways that healing happens today.

What healing things can you find in the picture below? Circle them.



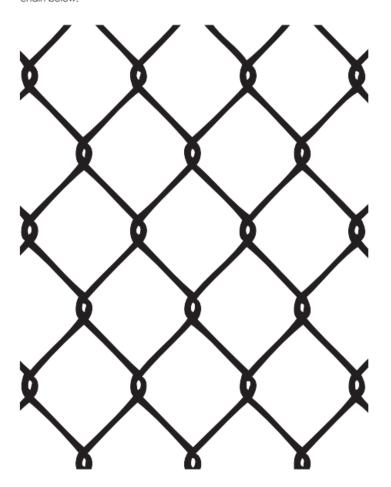


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EPIPHANY 4

Prayer Stations

Many churches have prayers chains. A prayer chain is one way for lots of people to quickly find out who needs prayers. A few people get important news and share it with lots of other people. Some congregations list prayer concerns in the bulletin or worship folder. Take a look in your bulletin. Can you find the names of people who need healing? Write them in the chain below.





- Today is the 4th Sunday in the season of Epiphany.
- During Epiphany, we celebrate Jesus' spreading of the good news to everyone.
- · The color during Epiphany is green.
- · Green is the color of new growth.

Healed

During Jesus' time, people used different things to heal people than we do now. Which of these items were used in Jesus' time? Which do we use now? Do we still use any of these things today?



Synagogue Search



JESUS TAUGHT IN THE SYNAGOGUE IN CAPERNAUM. A SYNAGOGUE IS A PLACE WHERE PEOPLE WHO ARE JEWISH GATHER AND WORSHIP. THERE ARE STILL SYNAGOGUES TODAY! ASK SOMEONE YOU KNOW IF THERE ARE ANY SYNAGOGUES NEAR WHERE YOU LIVE.

Fill in the missing vowels to complete this week's Bible Memory Verse.

Memory Verse	

"What	is	this?	A	new	

t_____ch___ng w____th a___th___r__t__! He

__mm___nds even unclean sp____r__ts and

th____y ob____y him."

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EPIPHANY 4



What other miracles happened in Capernaum?

Broken Nets

Use the clues to fill in the words below. Then, find the word going down that tells you what Jesus loved doing.

Jesus of
A Jewish place of worship.
Jesus went into the synagogue and began to
He taught them as one who had authority, not as the teachers of the
A new teaching – and with!

6.	I know who you are – the Holy	of God!



