

# VASHON LUTHERAN CHURCH



**First Sunday of Lent**  
**February 26, 2023 10:30 AM Worship**

**Vashon Lutheran Church**  
**First Sunday of Lent**  
**February 26, 2023 10:30 AM Worship**

**PRELUDE:**

Marita Ericksen

*Today's gospel tells of Jesus' temptation in the desert. His forty-day fast becomes the basis of our Lenten pilgrimage. In the early church Lent was a time of intense preparation for those to be baptized at the Easter Vigil. This catechetical focus on the meaning of faith is at the heart of our Lenten journey to the baptismal waters of Easter. Hungry for God's mercy, we receive the bread of life to nourish us for the days ahead.*

**WELCOME AND ANNOUNCEMENTS:**

Patte Wagner, Lay Leader

Pastor (P): Blessed be the holy Trinity, ✚ one God, who journeys with us these forty days, and sustains us with the gift of grace.

**C: Amen.**

**CONFESSION AND FORGIVENESS:**

Rev. Thomas M. Aitken

P: Let us acknowledge before God and one another our need for repentance and God's mercy.

*Silence for reflection*

P: Holy God,

**C: we confess to you our faults and failings. Too often we neglect and do not trust your holy word; we take for ourselves instead of giving to others; we spoil rather than steward your creation; we cause hurt though you call us to heal; we choose fear over compassion. Forgive us, renew us, and lead us, as we seek to follow in your way of life. Amen.**

P: Hear the good news: God so loved the world that God gave the only Son, so that all may receive life. This promise is for you! God embraces you with divine mercy, ✚ forgives you in Christ's name, and revives you in the Spirit's power.

**C: Amen.**

**Gathering Hymn (next page):** *Come and Gather, from "Tree of Life", by Marty Haugen*



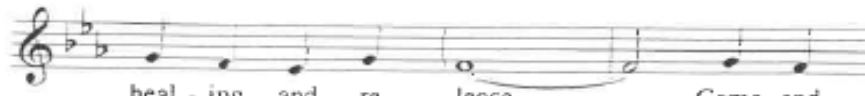
Come and gath-er be - neath the tree of life.



Come and gath-er be - neath the tree of



life— root of wis - dom, branch of peace, fruit of



heal - ing and re - lease. Come and



gath - er be - neath the tree of life.

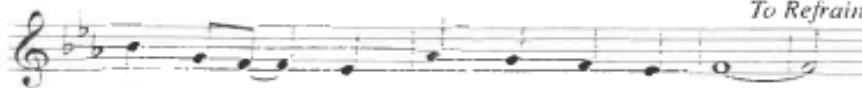
Verses



1. Here we raise the sav - ing cross of
2. Flow - ing from this tree of grace and
3. Come and drink the wa - ters of sal -
4. Here be - neath the branch - es of your
5. Root - ed in the rich earth of your



Je - sus,	sing - ing praise to him who
pas - sion,	Oh how sweet the taste. how
va - tion.	come and die to sin, rise
mer - cy,	we in - voke your name. re -
Gos - pel.	may we bear the fruits your



To Refrain

leads us on from death in - to new life.  
 deep and rich the well - spring of your love.  
 up to life with - in the Reign of God.  
 mem - ber how your love has set us free.  
 Word has plant - ed deep with - in our hearts

P: The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. C: **And also with you.**

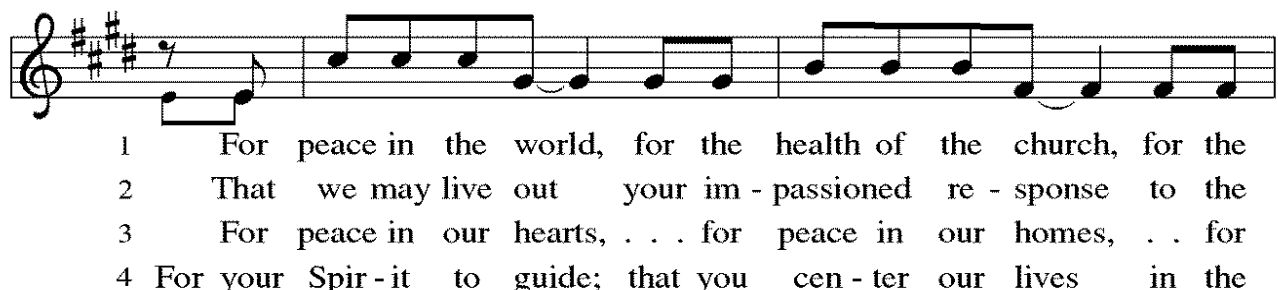
*Refrain*



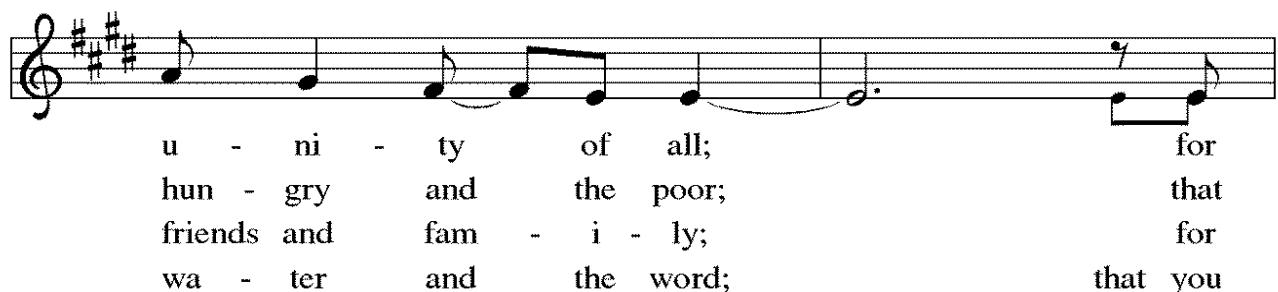
Ky-ri-e e-lei-son, on our world and on our way.



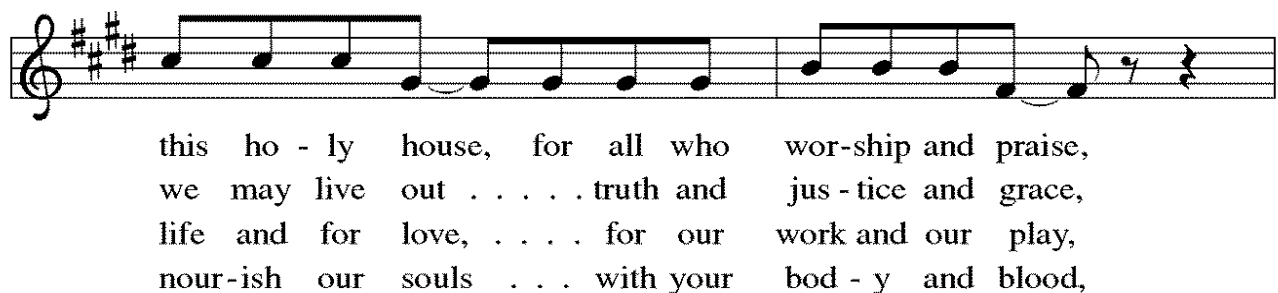
Ky-ri-e e-lei-son, ev-'ry day.



1 For peace in the world, for the health of the church, for the  
 2 That we may live out your im-passioned re-sponse to the  
 3 For peace in our hearts, . . . for peace in our homes, . . for  
 4 For your Spir-it to guide; that you cen-ter our lives in the



u-ni-ty of all; for  
 hun-gry and the poor; that  
 friends and fam-i-ly; for  
 wa-ter and the word; that you



this ho-ly house, for all who wor-ship and praise,  
 we may live out . . . truth and jus-tice and grace,  
 life and for love, . . . for our work and our play,  
 nour-ish our souls . . . with your bod-y and blood,

*Refrain*



let us pray to the Lord, let us pray to the Lord.

**PRAYER OF THE DAY:**

P: Let us pray. Lord God, our strength, the struggle between good and evil rages within and around us, and the devil and all the forces that defy you tempt us with empty promises. Keep us steadfast in your word, and when we fall, raise us again and restore us through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

*Congregation may be seated*

**FIRST READING: Genesis 2:15-17; 3:1-7**

Gail Larson, Lector (L)

L: A reading from Genesis, Chapter 2.

L: The LORD God took the man and put him in the Garden of Eden to till it and keep it. And the LORD God commanded the man, “You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.”

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, “Did God say, ‘You shall not eat from any tree in the garden?’” The woman said to the serpent, “We may eat of the fruit of the trees in the garden; but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’” But the serpent said to the woman, “You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves. Word of God, word of life. **Thanks be to God.**

**PSALM: Psalm 32**

Rev. Thomas M. Aitken, Cantor



Happy are they whose transgressions<sup>1</sup> are forgiven, \*and whose sin is<sup>1</sup> put away!

**Happy are they to whom the LORD im-<sup>1</sup>putes no guilt,**

**\*and in whose spirit there<sup>1</sup> is no guile!**

While I held my tongue, my bones with-<sup>1</sup>ered away, \*because of my groaning<sup>1</sup> all day long.

**For your hand was heavy upon me<sup>1</sup> day and night;**

**\*my moisture was dried up as in the<sup>1</sup> heat of summer.**

Then I acknowledged my sin to you, and did not con-<sup>1</sup>ceal my guilt.

\*I said, “I will confess my transgressions to the LORD.” Then you forgave me the guilt<sup>1</sup> of my sin.

**Therefore all the faithful will make their prayers to you in<sup>1</sup> time of trouble;**

**\*when the great waters overflow, they<sup>1</sup> shall not reach them.**

You are my hiding-place; you preserve<sup>1</sup> me from trouble;

\*you surround me with shouts<sup>1</sup> of deliverance.

**“I will instruct you and teach you in the way that<sup>1</sup> you should go;**

**\*I will guide you<sup>1</sup> with my eye.**

Do not be like horse or mule, which have no<sup>1</sup> understanding;

\*who must be fitted with bit and bridle, or else they will<sup>1</sup> not stay near you.”

**Great are the tribulations<sup>1</sup> of the wicked; \*but mercy embraces those who trust<sup>1</sup> in the LORD.**

Be glad, you righteous, and rejoice<sup>1</sup> in the LORD; \*shout for joy, all who are<sup>1</sup> true of heart.

**SECOND READING: Romans 5:12-19**

Gail Larson, Lector

L: A reading from Romans, Chapter 5.

L: Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

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

Please stand as able

**GOSPEL ACCLAMATION:**

Al - le - lu - ia. Lord, to whom shall we go? You have the  
 words of e - ter - nal life. Al - le - lu - ia.  
 Al - le - lu - ia, al - le - lu - ia. Al - le - lu - ia.  
 Al - le - lu - ia, al - le - lu - ia.

**GOSPEL: Matthew 4:1-11**

Rev. Thomas M. Aitken

P: The holy gospel according to Matthew, Chapter 4. **C: Glory to you, O Lord.**

P: Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'"

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, “If you are the Son of God, throw yourself down; for it is written, ‘He will command his angels concerning you,’ and ‘On their hands they will bear you up, so that you will not dash your foot against a stone.’”

Jesus said to him, “Again it is written, ‘Do not put the Lord your God to the test.’”

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, “All these I will give you, if you will fall down and worship me.” Jesus said to him, “Away with you, Satan! for it is written,

‘Worship the Lord your God, and serve only him.’”

Then the devil left him, and suddenly angels came and waited on him.

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

Please be seated

**MESSAGE:**

Rev. Thomas M. Aitken

Congregation stands as able

*Hymn of the Day:*

*ELW, #319*

### O Lord, throughout These Forty Days

1 O Lord, through - out these for - ty days you;  
 2 You strove with Sa - tan, and you won; your  
 3 Though parched and hun - gry, yet you prayed and  
 4 Be with us through this sea - son, Lord, and

prayed and kept the fast; in - spire re - pen - tance  
 faith - ful - ness en - dured; lend us your nerve, your  
 fixed your mind a - bove; so teach us to de -  
 all our earth - ly days, that when the fi - nal

for our sin, and free us from our past;  
 skill and trust in God's e - ter - nal word.  
 ny our - selves that we may know God's love.  
 Eas - ter dawns, we join in heav - en's praise.

Text: based on Claudia F. Hernaman, 1838–1898; para. Gilbert E. Doan Jr., b. 1930  
 Music: CONSOLATION, A. Davison, *Kentucky Harmony*, 1816; arr. Theodore A. Beck, 1929–2003  
 Text © 1978 *Lutheran Book of Worship*, admin. Augsburg Fortress.  
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**THE APOSTLES' CREED:**

**C: 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.**

*Congregation may be seated*

**PRAYERS OF INTERCESSION:**

June Langland, Assisting Minister (A)

A: Sustained by God's abundant mercy, let us pray for the church, the world, and all of creation.

A: You alone are God. Sustain your church in times of wilderness. Give vision and wisdom to bishops, their staff, and all entrusted with the ministry of administration. Counsel all who faithfully lead your people into the future. Merciful God, **receive our prayer.**

A: You create verdant gardens and expansive deserts. Tend to the needs of every living creature. Bless those who work in fields and orchards, that the world is nourished by the fruits of their labor. Merciful God, **receive our prayer.**

A: You know our temptations. Sustain those who govern and legislate. Instill in them a sense of your justice and righteousness, that equity and peace would pervade all the regions and nations of the world. Merciful God, **receive our prayer.**

A: You are a hiding place for all in distress. Draw near to exiles, and accompany all refugees and immigrants, especially children who travel alone. In times of trouble, trauma, or illness, surround your people with your steadfast love. We especially remember those for whom we pray either silently or aloud... Merciful God, **receive our prayer.**

A: You offer abundance to all. Bless the ministries of hospitality in this place. Care for those who tend to the needs of others, especially worship greeters, coffee hour hosts, and nursery attendants. Merciful God, **receive our prayer.**

A: You alone are God. We praise you for the faithful departed in every age. Unite our prayers with theirs, until our wilderness journey is complete, and we rest in you. Merciful God, **receive our prayer.**

P: We lift our prayers to you, O God, trusting in your steadfast love and your promise to renew your whole creation; through Jesus Christ our Savior. **C: Amen.**

P: The peace of Christ be with you always. **C: And also with you.**

*Offertory/Offering (next page):*

*ELW, #325*



# I Want Jesus to Walk with Me

1 I want Je - sus to walk with me;  
 2 In my tri - als, Lord, walk with me; walk with  
 3 When I'm in trou - ble, Lord, walk with me;

me; I want Je - sus to walk with me;  
 when in my tri - als, Lord, walk with me; walk with  
 when I'm in trou - ble, Lord, walk with me;

me; all a - long my pil - grim jour - ney,  
 when my heart is al - most break - ing,  
 when my head is bowed in sor - row,

Lord, I want Je - sus to walk with me.  
 Lord, I want Je - sus to walk with me. walk with me.  
 Lord, I want Je - sus to walk with me.

Text: African American spiritual  
 Music: SOJOURNER, African American spiritual; arr. hymnal version  
 Arr. © 2006 Augsburg Fortress.

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## OFFERING PRAYER:

P: Let us pray. **God of good gifts, receive these and all our offerings as we present them in faithful service for the sake of your gospel. Prepare our hearts to receive you in this meal as you pour out your very presence through Christ Jesus, the wellspring of eternal life.**

**Amen.**

*Congregation Stands as able*

## GREAT THANKSGIVING:

P: The Lord be with you. **C: And also with you.**

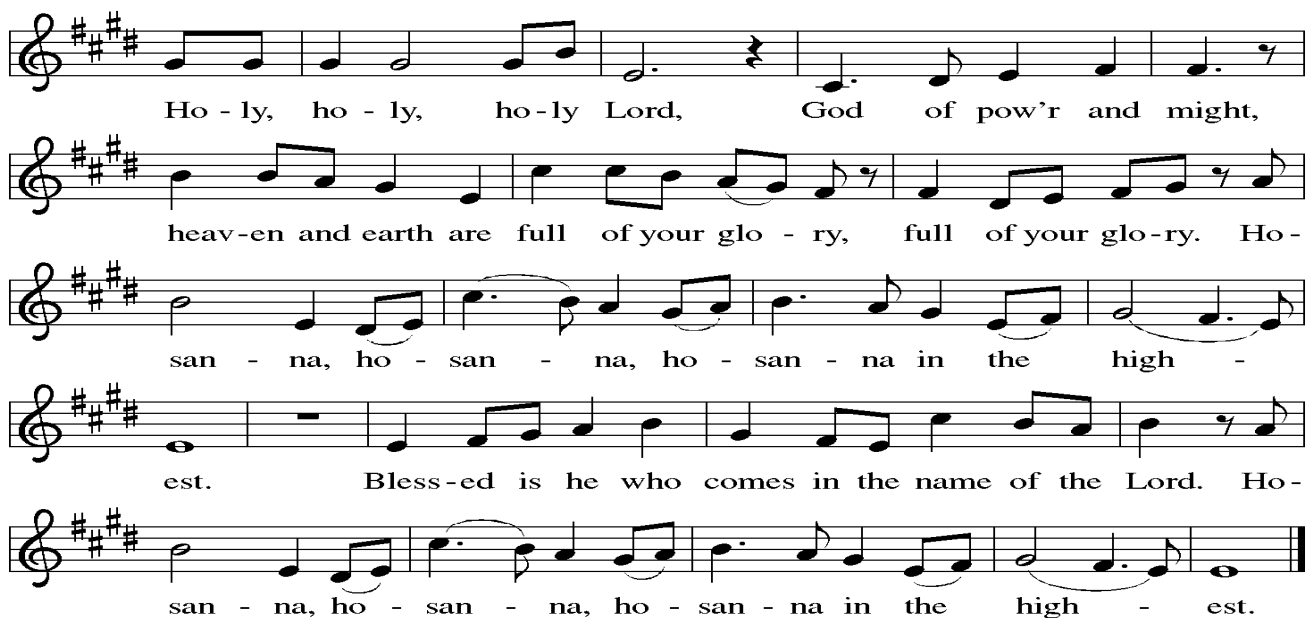
P: Lift up your hearts. **C: We lift them to the Lord.**

P: Let us give thanks to the Lord our God.

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

P: It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Savior Jesus Christ; who, sharing our life, lived among us to reveal your glory and love, that our darkness should give way to your own brilliant light. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join their unending hymn:

### *HOLY, HOLY, HOLY :*



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might,  
heav-en and earth are full of your glo - ry, full of your glo-ry. Ho -  
san - na, ho - san - na, ho - san - na in the high -  
est. Bless-ed is he who comes in the name of the Lord. Ho -  
san - na, ho - san - na, ho - san - na in the high - est.

## WORDS OF INSTITUTION/COMMUNION:

P: In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks;

broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you.

Do this for the remembrance of me. Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

## THE LORD'S PRAYER:

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

**C: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.**

**Invitation to Communion:** P: This is the table, not of this church, but of Jesus Christ. It is made ready for those who love him and those who want to love him more. So come, you who have much faith, and you who have little; come, you who have been here often and you who have not been here in a long time. Come, you who have never been before; come, you who have tried to follow and you who have failed. Come, not because the church invites you; this is Christ, and he invites you to meet him right here.

Congregation may be seated

Communion Hymn:

ELW, #785

**When Peace, like a River**  
*It Is Well with My Soul*

1 When peace like a riv - er at - tend - eth my way, when  
 2 Though Sa - tan should buf - fet, though tri - als should come, let  
 3 He lives—oh, the bliss of this glo - ri - ous thought; my  
 4 Lord, has - ten the day when our faith shall be sight, the

sor - rows like sea bil - lows roll, what - ev - er my lot, thou hast  
 this blest as - sur - ance con - trol, that Christ hath re - gard - ed my  
 sin, not in part, but the whole, is nailed to his cross and I  
 clouds be rolled back as a scroll, the trum - pet shall sound and the

taught me to say, it is well, it is well with my soul.  
 help - less es - tate, and hath shed his own blood for my soul.  
 bear it no more. Praise the Lord, praise the Lord, O my soul!  
 Lord shall de - scend; e - ven so it is well with my soul.

*Refrain*

It is well with my soul, it is well, it is well with my soul.  
 It is well with my soul,

**PRAYER AFTER COMMUNION:**

P: Let us pray. Embodied God, at your table, we have tasted the goodness of Jesus. With the eyes of our hearts open to your promise, empower us to hear the needs of our neighbors and touch the world with your love. **Amen.**

**BLESSING:**

P: God, the giver of love, ✝ Christ, the resurrection and the life, and the Holy Spirit of rebirth bless you in this Lenten journey. **Amen.**

*Sending Song:*

*TFF, #183*

**I Must Tell Jesus**

The musical score for 'I Must Tell Jesus' is presented in a four-part setting. It features a treble and bass staff for each system, with a key signature of one sharp (F#) and a common time signature. The lyrics are written below the treble staves. The first system contains four lines of lyrics. The second system contains two lines of lyrics. The third system contains two lines of lyrics. The fourth system is labeled 'Refrain' and contains two lines of lyrics. The music is written in a simple, hymn-like style with block chords and moving lines.

1 I must tell Je - sus all of my tri - als; I can - not  
2 I must tell Je - sus all of my trou - bles; he is a  
3 Tempt - ed and tried, I need a great Sav - ior, one who can  
4 Oh, how the world to e - vil al - lures me! oh, how my  
bear these bur - dens a - lone; in my dis - tress he kind - ly will  
kind, com - pas - sion - ate friend; if I but ask him, he will de -  
help my bur - dens to bear; I must tell Je - sus, I must tell  
heart is tempt - ed to sin; I must tell Je - sus, and he will  
help me, he ev - er loves and cares for his own.  
liv - er, make of my trou - bles quick - ly an end.  
Je - sus; he all my cares and sor - rows will share.  
help me o - ver the world the vic - t'ry to win.

*Refrain*  
I must tell Je - sus, I must tell Je - sus! I can - not bear my bur - dens a - lone.  
I must tell Je - sus, I must tell Je - sus! Je - sus can help me, Je - sus a - lone.

**DISMISSAL:** P: Go in peace. Serve in love. **C: Thanks be to God.**

**POSTLUDE:**

Marita Ericksen

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**Worship Assistants Today:**

Guest Pastor – Rev. Thomas M. Aitken  
Assisting Minister – June Langland  
Lector – Gail Larson  
Communion Assistant – Sindy Rice  
Usher – Jim Dam  
Musician – Marita Ericksen  
Cantor – Rev. Thomas M. Aitken  
Communion Set Up – Sindy Rice  
Flowers – Gary & Marlee Koch

**Worship Assistants next week (3/5/23):**

Guest Pastor – Rev. Susan Wanwig  
Assisting Minister – TBA  
Lector – Marlee Koch  
Communion Assistants – TBA  
Usher – Jim Dam  
Musician – Dinah Helgeson  
Cantor – Dr. Gary Koch  
Communion Set Up – TBA  
Flowers – Gary & Marlee Koch

**ANNOUNCEMENTS**

Thank you, Rev. Thomas M. Aitken, for leading us in worship today!

Sunday Bible study, Feb. 26<sup>th</sup>, 9:15 – 10:00 AM. Rev. Thomas M. Aitken will lead the class.

IFCH Dinner Program: The fourth Thursday of each month VLC is to provide the ingredients for five hand out meals at Vashon Presbyterian Church at 5:00 PM. Contact Patte Wagner: [pattewags@aol.com](mailto:pattewags@aol.com) if you wish to help. IFCH will provide containers for packaging the food into meal-to-go bags.

AARP Free Tax Preparation – Thursdays, February 9 – April 7, 2023. Open between 10:00 AM – 3:00 PM. By appointment: [vashonaarp@gmail.com](mailto:vashonaarp@gmail.com).

In September, 2023 we are having our annual rummage sale. Please begin gathering items, but keep them home for now. In spring, June Langland will tell you when items can be brought to the church.

Giving Your Offering – If you would like to continue giving an offering to VLC, our mailing address is: Vashon Lutheran Church, P. O. Box 2930, Vashon, WA 98070.

The Care Closet, Medical Equipment/Supplies – 206-473-8715. Vashon Care Network – 206-604-3253. Email: [contact@vashoncarenetwork.org](mailto:contact@vashoncarenetwork.org); website: [www.vashoncarenetwork.org](http://www.vashoncarenetwork.org)

Contact Gail Larson (206/567-4779) with your prayer requests.

**OUR FAITH IN ACTION**

**SUNDAY**

1<sup>st</sup>  
9:15 – 10:00 AM  
10:30 AM  
6:30 – 8:30 PM

Food Bank Sunday  
Bible Study Class  
Worship  
AA Group

**MONDAY**

10:00 AM  
3/13, 6:00 PM

Intercessory Prayer Group  
Mission Planning Committee ZOOM Mtg.

**TUESDAY**

2<sup>nd</sup>, 9:00 AM – 1:00 PM

Quilt Sewers Group

3<sup>rd</sup>, 10:00 AM – noon

Vashon Quilting Group

**WEDNESDAY**

1<sup>st</sup>, 9:00 AM – noon

Lutheran Quilters Group

3<sup>rd</sup>, 7:00 PM

Council ZOOM Meeting

**THURSDAY**

Feb. 9 – Apr. 7, 10:00 AM – 3:00 PM

AARP Free Tax Prep, by appointment

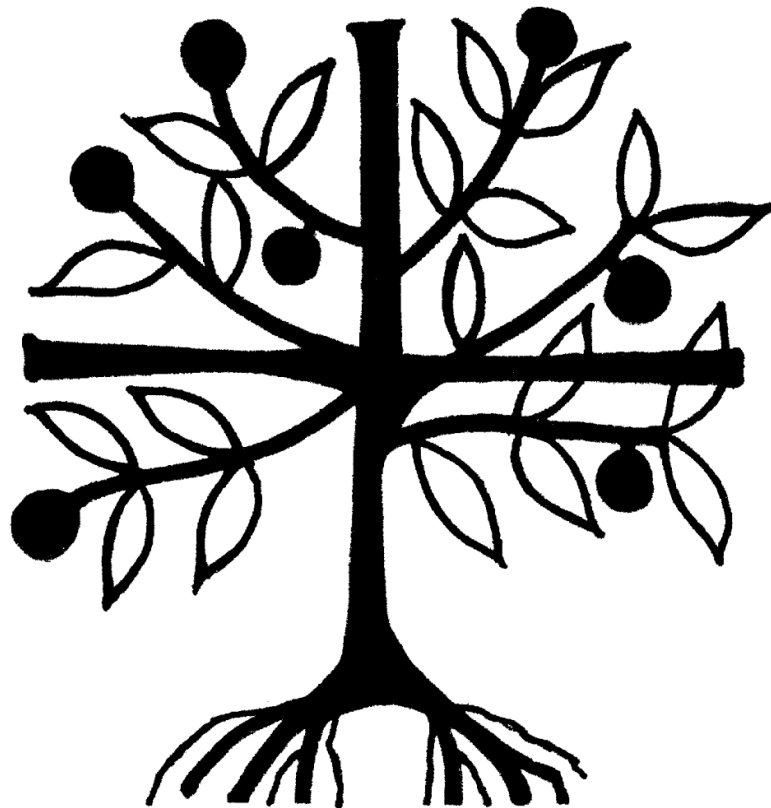
Mar. 23, 5:00 PM

IFCH Dinner prepared by VLC, served at VPC

**FRIDAY**

7:00 – 8:30 PM

AA Group for Men



**Vashon Lutheran Church**

**Mailing Address: P.O. Box 2930, Vashon WA 98070**

**Street Address: 18623 Vashon Hwy. SW**

**Office Hours: Tuesday – Friday, 11 AM–2 PM**

**Phone: 206-463-2655**

**email: [vlc98070@centurytel.net](mailto:vlc98070@centurytel.net)**

Hymns for Feb. 26, 2023

M. Haugen

Come and Gather, from "Tree of Life"

ELW, 319

O Lord, Throughout These Forty Days

ELW, 325

I Want Jesus to Walk with Me

ELW, 785

When Peace, Like a River

TFF, 183

I Must Tell Jesus

