

VASHON LUTHERAN CHURCH



Fifth Sunday after Epiphany

Feb. 4, 2024

10:30 AM Worship

Vashon Lutheran Church
Fifth Sunday after Epiphany
Feb. 4, 2024

PRELUDE

Marita Ericksen

In Isaiah the one God who sits above the earth and numbers the stars also strengthens the powerless. So in Jesus' healing work we see the hand of the creator God, lifting up the sick woman to health and service (diakonia). Like Simon's mother-in-law, we are lifted up and healed to serve. Following Jesus, we strengthen the powerless; like Jesus, we seek to renew our own strength in quiet times of prayer.

CANDLELIGHTING

Frankie Ericksen, Acolyte

GREETING/ANNOUNCEMENTS

Jack Kirkman, Lay Leader

Congregation stands as able

CONFESSION AND FORGIVENESS:

Rev. John Michael Barich

P: Blessed be the holy Trinity, ☩ one God, creator of darkness and light, word of truth, wind sweeping over the waters.

C: Amen.

Silence is kept for reflection.

P: God, our rock and refuge,

C: 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.

P: Hear these words of assurance:

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.

C: Amen.

Gathering Hymn (next page):

ELW, #617, vs. 1-3

We Come to You for Healing, Lord

1 We come to you for heal - ing, Lord, of
 2 As once you walked through an - cient streets and
 3 You touch us through phy - si - cians' skills, through
 4 When nights are long with wake - ful - ness, through
 5 We come to you, O lov - ing Lord, in

bod - y, mind, and soul, and pray that by your
 reached toward those in pain, come, ris - en Christ, a -
 nurs - es' gifts of care, and through the love of
 days when strength runs low, grant us your gift of
 our dis - tress and pain, in trust that through our

Spir - it's touch we may a - gain be whole.
 mong us still with pow'r to heal a - gain.
 faith - ful friends who lift our lives in prayer.
 pa - tience, Lord, your calm - ing peace to know.
 nights and days your grace will heal, sus - tain.

Text: Herman G. Stuempfle Jr., b. 1923
 Music: MARTYRDOM, Hugh Wilson, 1764-1824
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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.

KYRIE:

ACS, p. 31

Ky - ri - e e - lei - son. Lord, have mer - cy.

Chris - te e - lei - son. Christ, have mer - cy.

Ky - ri - e e - lei - son. Lord, have mer - cy.

1 Glo - ry to you, God, for yours is the earth;
 2 Glo - ry to you, God, for yours is the earth;
 3 Glo - ry to you, God, for yours is the earth;

yours is the ho - prom - ise, the bless - ing, the birth.
 yours the ho - san - nas, the dy - ing, re - birth.
 yours the a - noint - ing, the ra - di - ant worth.

Ours the re - joic - ing for Word giv - en frame;
 Ours the re - joic - ing for na - ture re - claimed;
 Ours the re - joic - ing for spir - its a - flame;

ours the thanks - giv - ing to your ho - ly name.

Ours be the tell - ing of deeds great - ly done;
 yours be the glo - ry, O God, yours a - lone.

PRAYER OF THE DAY:

P: Let us pray. 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.** *Congregation sits*

FIRST READING: Isaiah 40:21-31

Marlys Svensson, Lector (L)

Lector: A reading from Isaiah, Chapter 40.

L: 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.

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

PSALM: Psalm 147:1-11, 20c

Dr. Gary Koch, Cantor



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Hallelujah! How good it is to sing praises¹ to our God!

*How pleasant it is to honor¹ God with praise!

The LORD re-¹ builds Jerusalem, *and gathers the ex-¹ iles of Israel.

The LORD heals the¹ brokenhearted *and binds¹ up their wounds.

The LORD counts the number¹ of the stars *and calls them all¹ by their names.

Great is our LORD and might-¹ y in power; *there is no limit¹ to God's wisdom.

The LORD lifts¹ up the lowly, *but casts the wicked¹ to the ground.

Sing to the LORD¹ with thanksgiving; *make music upon the harp¹ to our God,

who covers the heav-¹ ens with clouds

***and prepares rain for the earth, making grass to grow up-¹ on the mountains.**

God provides food¹ for the cattle *and for the young ravens¹ when they cry.

God is not impressed by the might¹ of a horse,

***and has no pleasure in the speed¹ of a runner,**

but finds pleasure in those who¹ fear the LORD, *in those who await God's steadfast love.

Hallelujah!

SECOND READING: 1 Corinthians 9:16-23

Marlys Svensson, Lector

L: A reading from 1 Corinthians, Chapter 9.

L: 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 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.

Word of God. Word of Life. **Thanks be to God.**

Please stand as able

GOSPEL ACCLAMATION:

ACS, P. 14

A - le - lu - ya, a - le - lu - ya. A - le - lu - ya, a - le - lu - ya.
Al - le - lu - ia, al - le - lu - ia. Al - le - lu - ia, al - le - lu - ia.

A - le - lu - ya, a - le - lu - ya. El Se - ñor re - su - ci - tó.
Al - le - lu - ia, al - le - lu - ia. Christ is ris - en, ris' n in - deed.

GOSPEL: Mark 1:29-39

Rev. John Michael Barich

P: The Holy Gospel according to Mark, Chapter 1. **C: Glory to you, O Lord.**

P: 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.

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

Congregation sits

MESSAGE:

Rev. John Michael Barich

Praise to the Lord, the Almighty

1 Praise to the Lord, the Al - might - y, the King of cre - a - tion!
 2 Praise to the Lord, who o'er all things is won-drous-ly reign - ing
 3 Praise to the Lord, who will pros-per your work and de-fend you;
 4 Praise to the Lord! Oh, let all that is in me a-dore him!

O my soul, praise him, for he is your health and sal - va - tion!
 and, as on wings of an ea - gle, up - lift - ing, sus-tain - ing.
 sure-ly his good-ness and mer-cy shall dai - ly at-tend you.
 All that has life and breath, come now with prais - es be - fore him!

Let all who hear now to his tem - ple draw near,
 Have you not seen all that is need - ful has been
 Pon - der a - new what the Al - might - y can do
 Let the a - men sound from his peo - ple a - gain.

join - ing in glad ad - o - ra - tion!
 sent by his gra - cious or - dain - ing?
 if with his love he be - friend you.
 Glad - ly for - ev - er a - dore him!

Text: Joachim Neander, 1650–1680; tr. Catherine Winkworth, 1827–1878, alt.
 Music: LOBE DEN HERREN, *Erneuertem Gesangbuch*, Part II, Stralsund, 1665

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. Please sit

PRAYERS OF INTERCESSION:

Harriet Shull Nelson, Assisting Minister (A)

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

A: 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.**

A: 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.**

A: 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.**

A: 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. We lift up all those in need, either silently or aloud... God of grace, **receive our prayer.**

A: 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.**

A: 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.**

P: 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. **C: Amen.**

P: The peace of the Lord Jesus Christ be with you all. **C: And also with you.**

P: (At the end of passing of the peace) Now is the time for the sharing of our gifts to God.

Arise, Your Light Has Come!

1 A - rise, your light has come! The Spir - it's call o - bey;
2 A - rise, your light has come! Fling wide the pris - on door;
3 A - rise, your light has come! All you in sor - row born,
4 A - rise, your light has come! The moun - tains burst in song!

show forth the glo - ry of your God which shines on you to - day.
pro - claim the cap - tive's lib - er - ty, good tid - ings to the poor.
bind up the bro - ken - heart - ed ones and com - fort those who mourn.
Rise up like ea - gles on the wing, God's pow'r will make us strong.

Text: Ruth Duck, b. 1947

Music: FESTAL SONG, William H. Walter, 1825–1893

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OFFERING PRAYER:

P: Let us pray. **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.**

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.

PREFACE:

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 on this day overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. 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:

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

WORDS OF INSTITUTION/LORD’S PRAYER/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.

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

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.

P: **Invitation to Communion:** 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.

Communion Hymn #1(next page):

ACS, p. 41

Be known to us, Lord Je - sus, in the break - ing of the bread.
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.
Be known to us, Lord Je - sus, in the break - ing of the bread.
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Communion Hymn #2:

ELW, #773

P: May the grace of our Lord Jesus Christ and the gifts of his body and blood strengthen, keep and unite us, now and forever. **C: Amen.**

PRAYER AFTER COMMUNION:

P: Let us pray. 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. **C: Amen.**

BLESSING:

P: God who names you, Christ who claims you, and the Holy Spirit who dwells in you, ✝ bless you and remain with you always. **C: Amen**

Sending Song:

ELW, #860

I'm So Glad Jesus Lifted Me

1 I'm so glad I'm so glad
2 Sa - tan had me bound, Je - sus lift - ed me. Sa - tan had me bound,
3 When I was in trou - ble, When I was in trou - ble,

Je - sus lift - ed me. I'm so glad
Sa - tan had me bound, Je - sus lift - ed me,
When I was in trou - ble,

sing - ing glo - ry, hal - le - lu - jah! Je - sus lift - ed me.

Text: African American spiritual
Music: JESUS LIFTED ME, African American spiritual

DISMISSAL:

P: Go in peace. You are God's beloved. **C: Thanks be to God.**

POSTLUDE:

Marita Ericksen

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Worship Assistants This Morning:

Care Pastor – Rev. John Michael Barich
Assisting Minister – Harriet Shull Nelson
Lector – Marlys Svensson
Communion Assistant – Sindy Rice
Usher – Jim Dam
Musician – Marita Ericksen
Cantor – Dr. Gary Koch
Communion Set Up – Sindy Rice

Worship Assistants next week (2/11/24):

Care Pastor – Rev. John Michael Barich
Assistant Minister – TBA
Lector – Marlee Koch
Communion Assistant - Gail Larson
Usher – Jim Dam
Musician – Dinah Helgeson
Cantor – Dr. Gary Koch
Communion Set Up – Gail Larson

ANNOUNCEMENTS

Thank you, Rev. John Michael Barich for your participation in worship today at VLC!

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

VLC Annual Congregational Meeting is Sunday, Feb. 18, after worship, in the fellowship hall. Members are encouraged to attend this important meeting to elect council officers, approve the 2024 budget and to listen to committee reports. Refreshments will be served.

IFCH Dinner Program: VLC provides hand out meals at Vashon Presbyterian Church at 5:00 PM the fourth Thurs. of the month. Contact Patte Wagner: pattewags@aol.com to help.

The Care Closet, Medical Equipment/Supplies – 206-473-8715. Vashon Care Network – 206-473-8715.
Email: contact@vashoncarenetwork.org; website: www.vashoncarenetwork.org

VCN FAMILY CAREGIVERS SUPPORT GROUP - Vashon Care Network invites you to join other family caregivers in a safe, supportive space to share the experience of caregiving. Thursdays, 6:30–7:30 PM at VLC. ?? Call Kathy Shafel, kshafel@comcast.net, cell: 206.718-1458 or Tory Hayes, victoriansmith@comcast.net, 206.304-4544.

OUR FAITH IN ACTION

SUNDAY

1st
10:30 AM
6:30 – 8:30 PM
Feb. 18, 2024, following worship

Food Bank Sunday
Worship
AA Group
VLC Annual Congregational Meeting

MONDAY

10:00 AM
4th, 6:00 – 8:00 PM

Intercessory Prayer Group
VCN Board Meeting

TUESDAY

2nd, 9:00 AM – 1:00 PM
3rd, 10:00 AM – noon

Quilt Sewers Group
Vashon Quilting Group

WEDNESDAY

Feb. 14, 11:00 AM
1st, 9:00 AM – noon

Ash Wednesday Service @ VLC
Lutheran Quilters Group

THURSDAY

Feb. 8, 7:00 PM
6:30-7:30 PM
4th, 5:00 PM

VLC ZOOM Council Meeting
VCN Family Caregivers Support Group at VLC
IFCH Dinner prepared by VLC, served at VPC

FRIDAY

7:00 – 8:30 PM

AA Group for Men

LENT – EASTER SCHEDULE OF SERVICES

FEB 21 – MAR 20, MID-WEEK	5:00 PM, WEDS. TAIZE 30-MINUTE SERVICE @ Vashon Presbyterian Church
MAR 24 – PALM SUNDAY	10:30 AM @ VLC w/ CHS (Fr. Evan Clendenin presiding and preaching)
MAR 25, 26, 27– MON, TU, WED	6:00 pm @ VPC
MAR 28 - MAUNDY THURSDAY	5:30 PM @ CHS w/ VLC
MAR 28 – MAUNDY THURSDAY	7:00 PM @ VPC
MAR 29 - GOOD FRIDAY	7:00 PM @ Vashon Presbyterian Church W/ VLC & CHS
MAR 30 - VIGIL OF EASTER	TBA
MAR 31 – EASTER SUNRISE	6:45 AM @ CAMP BURTON
MAR 31 – EASTER SUNDAY	10:00 AM @ CHS
MAR 31 – EASTER BRUNCH	9:00 AM @ VLC
	MAR 31 – EASTER SUNDAY SERVICE 10:30AM @ VLC



Vashon Lutheran Church

**Rev. John Michael Barich, Care Pastor
(206)422-1974)**

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Hymns for Feb. 4, 2024

ELW, 617, v. 1-3	We Come to You for Healing, Lord
ELW, 858, v. 1, 2 & 4	Praise to the Lord, the Almighty
ELW, 314	Arise, Your Light Has Come!
ACS, p. 40	Be Known to Us, Lord
ELW, 773	Precious Lord, Take My Hand
ELW, 860	I'm So Glad Jesus Lifted Me