

# FIFTH SUNDAY AFTER EPIPHANY

February 4, 2024

HOLY TRINITY LUTHERAN CHURCH
MINNEAPOLIS

#### WELCOME TO ALL

The people of Holy Trinity Lutheran Church wish to extend a special welcome to all visitors! Please leave your name and phone number on the visitor card found in the pew.

We are committed to the inclusion of all people, with no exception. Therefore, we practice **open communion**, welcoming all to the table to receive the sacrament of Holy Communion.

Children are full participants in this congregation's worship, educational, and community life! The Mary Martha Room is a quiet space for infants needing to nurse or to nap. For active toddlers, the Community Room has a Children's Corner with books and a table at which to play. Our ushers are ready to assist you in finding the place that best fits your family's needs.

**Accessible and all-gender restrooms** are located in the nursery on the 2<sup>nd</sup> floor and in the basement. **Single-use, all gender restrooms** are located on the 1<sup>st</sup> floor.

For over forty years, this congregation has advocated for the **full welcome**, **inclusion**, **and equity** of lesbian, gay, bisexual, transgender, queer, intersex, and asexual (LGBTQIA+) Lutherans in all aspects of the church and the community. We invite all people into lives of authenticity, integrity, and wholeness.

Hearing assist devices and large-print bulletins are available. Ask an usher if you are interested.

Our services are livestreamed on Vimeo and Facebook every week. The live shot includes the main floor of the sanctuary. Our members who watch from home love to see their friends at church! If for privacy reasons you prefer not to be on camera, the balcony is outside of the camera's range.

If you are seeking pastoral care, please speak to a pastor today.

+invites the congregation to stand

The cover art for today's bulletin is provided by Jayne Vaillancourt. Thank you, Jayne! Jayne says this about her art: "The world is more than a place to live, it's a home to plants and animals.

God is an amazing creator, and God is nice.

# **GATHER**

# Sighs Too Deep for Words

Today we are using a liturgy titled *Sighs Too Deep for Words*. It is a collaboration of pastors, musicians, and artists intended to engage us as whole persons. At its best, liturgy empowers us to worship. This liturgy is mindful that when we worship, all of our senses, our bodies, and our imaginations are engaged personally and communally.

Like all ELCA worship liturgies it has four movements: Gathering, Word, Meal, and Sending. It employs scripture-inspired words, images, and themes intentionally to include all of God's beloved and to enlarge our conception of the God we worship, the Holy One and Holy Three.

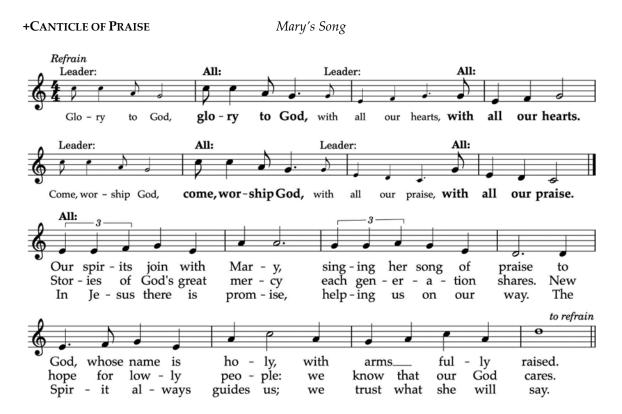
**PRELUDE** Sweet Hour of Prayer arr. Pam Gervais

Please stand and face the cross at the rear of the sanctuary.



#### +GREETING

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



#### +PRAYER OF THE DAY

Creator, Holy One, we sense our fragile creature bodies –wheat scarcely planted, flowers fading in winter. But you have not forgotten us, weary and worn. Hold us, breathe your life into us, and carry us when we can go no farther. Along the paths of suffering, be our strength. Number us among your beloved and lead us to life everlasting.

Amen.

Please be seated.

**WELCOME** 

# Word

#### FIRST READING

Isaiah 40:21-31

Blessed are they who seek wisdom; who treasure her ways and follow her paths.

PSALM: 147:1-11, 20c

Christopher Polyblank

**Refrain** (First time: cantor, then all)



Alleluia! Praise the Lord, for he is good; sing to our God, for God is loving: to God our praise is due. **Refrain** 

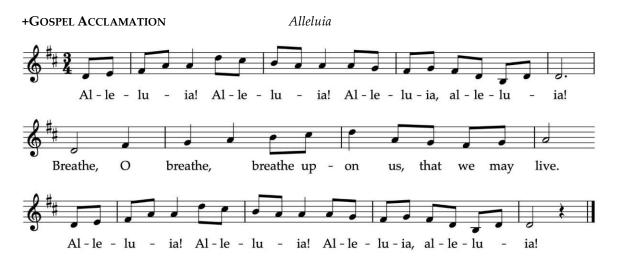
The Lord builds up Jerusalem and brings back Israel's exiles, he heals the brokenhearted, he binds up all their wounds. He fixes the number of the stars; he calls each one by its name. **Refrain** 

Our Lord is great and almighty; his wisdom can never be measured. The Lord raises the lowly; he humbles the wicked to the earth. **Refrain** 

#### SECOND READING

#### 1 *Corinthians* 9:16-23

Blessed are they who seek wisdom; who treasure her ways and follow her paths.



#### +GOSPEL READING

Mark 1:29-39

This is the Gospel of Jesus Christ.

Praise to you, Word of life!

**SERMON** 



#### +AFFIRMATION OF FAITH

Let us profess our faith:

We believe in you, O God, who spoke all life into being, author of heaven and earth, architect of time, quilter of the cosmos. You shape our bodies from the dust of the ground, and by your breath we are given life.

We believe in you, O God, who became incarnate in Christ Jesus, the Word made flesh, truly divine and truly human. You lived among us to reveal your justice, died among us to break the bonds of sin and death, and were raised among us to bring abundant life.

We believe in you, O God, who transforms us by the Holy Spirit, draws us into community, moves us to action, and inspires us to hope against hope. You breathe new life into a fallen world and equip us to proclaim the good news of resurrecting love.

All thanks and praise to you, O God, our beginning and our end. Amen.

+INTERCESSIONS Dennis O'Brien

As we celebrate the God whose power creates and sustains the universe and whose love embraces the faint and the weak, we ask God's blessing—on the church, the world and all of creation.

(silence)

God of power and compassion, you came to earth in Jesus who went about doing good, healing and casting out demons. You have entrusted that healing power to your church. Inspire Christian congregations and denominational families to unleash that power through loving service to all in need, standing with and for the poor and oppressed and working for justice. God of grace,

### Hear our prayer.

Creator of the ends of the earth, you make the grass grow and send rain to the soil. You care passionately for the earth and all its creatures. In this season of escalating climate crisis and environmental destruction, galvanize us as individuals, communities, and a global community to make the bold changes necessary for the healing of the world. Move the United States and those who govern it to take bold and sustained leadership in reversing the pollution and climate damage we have had a large part in creating. God of grace,

#### Hear our prayer.

God, ruler of all, we pray for your peace in a world torn apart by violence, revenge, and warfare. May your Spirit bring hope and a way forward where brutality and hatred seem intractable. Break the power of oppressive, totalitarian leaders who hold sway in so many countries. Empower the work of the United Nations in its mission to create a global community of mutual respect and cooperation. God of grace,

### Hear our prayer.

Compassionate One, you promise to heal the brokenhearted and bind up their wounds. We bring before you need prayer. We remember especially Lois Eid; Mary Ann Sheets's sister, Lorrie Blain; Jeff Olsen Biebighauser's mom Jo; Mary Heltsley's nephew Michael Frey; Caren Hiatt's sister-in-law, Shannon; Annie Hines's son, Nick; Joyce Hanson; Dorothy Kelly; Cori Gershon; Juliet Williamson; the family of Diane Ackert, whose funeral is Tuesday; Arnie Johanson, in hospice care; and those we name now, either silently or aloud (the congregation may name loved ones in need of God's care). God of grace

# Hear our prayer.

You are invited to offer spoken petitions. At the conclusion of your petition, please close with "God of grace," to which the congregation will respond, "Hear our prayer."

Trusting that God's understanding of us is unsearchably deep and God's love for us is boundless, we offer these prayers in the name of Jesus, **Amen.** 

# **MEAL**

#### +PEACE

The peace of Christ be with you always! (John 20:19, 21)

And also with you!

The people may greet one another with a sign of God's peace.

**OFFERING** 

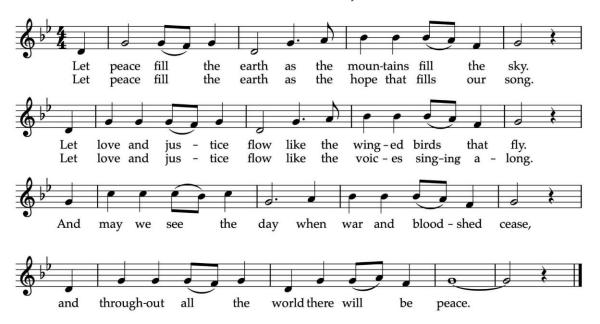
Intro for *Let Peace Fill the Earth* 

arr. Rachel Trelstad Porter

+OFFERTORY HYMN

Let Peace Fill the Earth

Communion servers are invited to come forward at this time.



#### +OFFERING PRAYER

Generous God, we give you praise! You freed the widow from her debt by transforming a small jar of oil into countless overflowing vessels. (2 Kings 4:1-7)

You liberate us from sin and death by the abundance at this table. Multiply these gifts and fill us with your spirit, so that we may embody Christ and enflesh your radical freedom.

Amen.

#### +GREAT THANKSGIVING

God is here!

The Spirit is with us!

Lift up your hearts!

We lift them to our God!

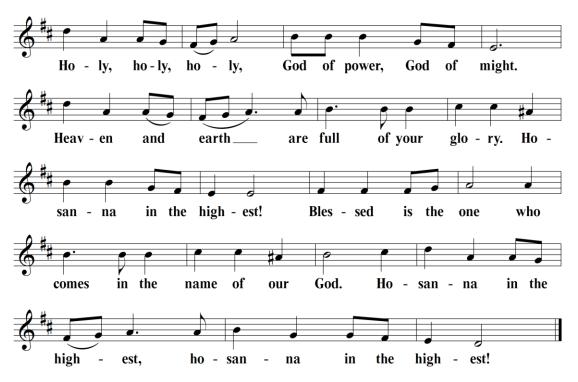
Let us give thanks to the Holy One and Holy Three!

It is right to give our thanks and praise!

And now we give you thanks because in the victory of Jesus Christ over the grave a new age has dawned, the long reign of sin is ended, a broken world is being renewed, and humanity is once again made whole.

With all heaven and earth, we shout with joy:

# +SANCTUS



#### +WORDS OF INSTITUTION

In the night in which Jesus was betrayed.... Do this for the remembrance of me. Groaning in expectation with all of creation, we proclaim the mystery of faith:

### Christ has died. Christ is risen. Christ will come again

Breath of God, in this bread and cup you bring new life to your church.

#### Breathe on us, that we may live!

May your Spirit intercede for us with sighs too deep for words, so that we might be made one body in Christ.

# Breathe on us, that we may live!

Revive our faith, infuse us with your peace, and reveal to us your justice, so that we might witness to the resurrection in all that we say and in all that we do.

### Breathe on us, that we may live!

All thanks and praise to you, O God, Holy One and Holy Three.

#### Amen!

#### +LORD'S PRAYER

We pray together:

Our Creator, Our Mother, Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven.

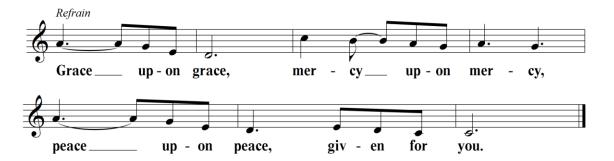
Give us today our daily bread.

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.

### +GRACE UPON GRACE



The Word made flesh dwells among us, full of grace and truth. *Refrain*. Behold our Savior who frees us from the sin of the world. *Refrain*.

Please be seated.

#### **COMMUNION INVITATION**

All are welcome at the table. This is Christ's table where no one is a stranger.

(11:00) For those worshiping at home, hear these words spoken for you: The body of Christ given for you. The blood of Christ shed for you.

These are the gifts of God for the people of God.

Thanks be to God.

All are welcome at the table.

Grape juice and gluten-free wafers are available upon request to the server.

An usher will direct you down the center aisle, where you can pick up a communion cup. You are invited to stand or kneel in front of the table, beginning from the middle and moving toward the outside. After you have received the bread and the wine, please return to your seat by way of the side aisle, where an usher will receive your communion cup.

If you wish to receive communion from your pew, please let an usher know.

### **DISTRIBUTION HYMN**

### Cast Out, O Christ



spread

a -

broad your

joy.

love

sense

your

and



#### +BLESSING

May the deep breath of God revive you with joy, infuse you with peace, and fill you with hope. **Amen.** 

### +POST-COMMUNION PRAYER

Blessed Jesus, in this rich meal of grace, you have fed us with your body, the bread of life. Now send us forth to bear your life-giving hope to a world in need.

Amen.

#### **2024 COUNCIL INSTALLATION**

It is with great joy that I invite the members of this year's Church Council to come forward. It is a privilege to recognize and support those who are engaged in this particular ministry of this congregation. These persons have been elected by you to positions of leadership:

Anne Beschnett (secretary), Matt Floding, Sandra Hisakuni (vice-president), Kari Kleven, David Kohlstedt, Margaret Kolden, Karen Kunze, Zoe Martinez, James Nysse, Dennis O'Brien, and Katie Schroeder (president).

*St. Paul writes:* There are different kinds of spiritual gifts, but the same Spirit gives them. There are different ways of serving, but the same God is served. There are different abilities to perform service, but the same God gives to everyone ability for particular service. The Spirit's presence is shown in some way in each person, for the good of all (1 Cor. 12:4-7).

Council members, you have been elected to positions of leadership and trust in this congregation. You are to see that the words and deeds of this community of faith reflect the One in whose name we gather. You are to work together with other members to see that the work of Christ is done in this congregation, in this community, and in the whole world. You are to be examples of faith active in love and to help maintain the life of this congregation. Do not fear, you do not serve alone; everyone here serves with you.

On behalf of your siblings in Christ, I ask you: Are you ready to accept and faithfully carry out the duties of the office to which you have been elected?

# Council Members: Yes, with the help of God.

People of God, I ask you: Will you support these, your elected leaders, and will you share in the mutual ministry that Christ has given to all who are baptized?

# Congregation: Yes, with the help of God.

I now declare you installed as council members of this congregation. God bless you with the Holy Spirit, that you may be faithful servants of Christ.

The congregation is invited to celebrate these, our elected leaders, with applause!

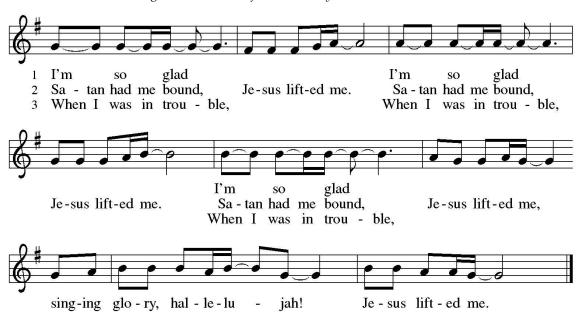
Please rise for our closing hymn.

# **SENDING**

#### +SENDING HYMN

I'm So Glad Jesus Lifted Me

Children and youth are invited to join the worship leaders as they recess and gather at the rear of the sanctuary to share the dismissal.



#### +BENEDICTION

The God of all, who raised  $\pm$  Jesus from the dead, bless you by the power of the Holy Spirit to live in the new creation.

Amen.

#### +DISMISSAL

Go in peace! You are already made whole.

Thanks be to God!

POSTLUDE Puer Nobis Anne Krentz Organ

You are invited to the Community Room (located at the rear of the worship area) for a time of conversation and refreshments.

"We Come to You for Healing, Lord" Text: Herman G. Stuempfle Jr., 1923-2007

Prayer of the day written by Melissa Florer-Bixler as part of the Holy Trinity Lutheran Church (Minneapolis, MN) expansive prayer project. Used by permission.

Music: MARTYDOM, Hugh Wilson, 1764-1824. Text © 2002 GIA Publications, Inc.

"Praise the Lord", Psalm 147: Music: Christopher Polyblank. Text © 1963, 1986 The Grail, GIA Publications, Inc.

Music: © 1997 Christopher Polyblank

"Come to Be OUr Hope, O Jesus" Text: Jaci Maraschin, 1929-2009, English; Spanish tr. Jorge Rodríguez Music: JESUS NOSSA ESPERANÇA, Marcílio de Oliveiro Filho, 1947-2005

Text © 1987, 1989 World Council of Churches. Music © 1989 Marcílio de Oliveiro Filho, admin. World Council of Churches "Let Peace Fill the Earth" Text: Ray Makeever. Music: LET PEACE FILL THE EARTH, Ray Makeever

Text and music © 1985 Ray Makeever, admin. Augsburg Fortress

"Cast Out, O Christ" Text: Mary Louise Bringle, b. 1953. Music: CONSOLATION, A. Davisson, 'Kentucky Harmony', 1816 Text © 2006 GIA Publications, Inc.

"When We Are Living" 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

"I'm So Glad Jesus Lifted Me" Text: African American spiritual. Music: JESUS LIFTED ME, African American spiritual

# HOLY TRINITY LUTHERAN CHURCH

#### LITURGY SETTING TODAY: SIGHS TOO DEEP FOR WORDS

# WORSHIP PARTICIPANTS

8:45 AM		11:00 AM
David Larson-Martínez	Preacher	David Larson-Martínez
Ingrid Rasmussen	<b>Presiding Minister</b>	Ingrid Rasmussen
	Crucifer	
Rachel Trelstad Porter	<b>Guest Musician</b>	Rachel Trelstad Porter
Caren Hiatt	Cantor	Caren Hiatt
Rick Liedholm	<b>Assisting Minister</b>	
Nicki Hines, Sue Roberts	Communion	Katy Benson
	Ushers	Kathy Holander, Rod Johnson
	Altar Guild	Vicki Bergman, Doris Gbala
	Coffee Servers	
Chris Engen	Counters	Deb Helmel, Wayne Vetter
	Closer	John Sulzbach

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#### STAFF

Ingrid Rasmussen, Lead Pastor
David Larson-Martínez, Associate Pastor
Doug Mork, Part-time Associate Pastor
Kathy Ekwall, Communications & Congregational
Coordinator
Nolan Gusdal, Building Maintenance
Phil Radtke, Cantor
Kaia Ellis, Financial Administrator

#### STAFF, CONTINUED

Sue Roberts, Publications Coordinator Erik Gerhardt, Accompanist Dennis Nordholm, Custodian Dana Simms, Custodian Logan Olson, Gloria Ringers Director

#### LEADERSHIP

Katie Schroeder, Council President Sandra Hisakuni, Council Vice President Anne Beschnett, Council Secretary Scott Cole, Council Treasurer

# PARISH INFORMATION

#### YOGA CLASSES AT HOLY TRINITY

Join us weekly, Wednesdays at Noon or Thursdays at 7:30 p.m. beginning Wednesday, January 10, and Thursday, January 11. Sign up in the Community Room to be a host of one of these classes and offer a warm welcome to those who come.

### KNITTING GROUP MEETS TUESDAY, FEBRUARY 6, 2:00 P.M.

Knitters (and crocheters!) are invited to bring their knitting or crochet projects to Holy Trinity on the first Tuesday of each month at 2:00 p.m. All are welcome to join in for needlework and conversation. For more information, contact Liz Blood (liz.bill.blood@gmail.com).

#### PANCAKE BREAKFAST YOUTH FUNDRAISER SUNDAY, FEBRUARY 11

Join us for the relaunched annual pancake breakfast from 8:30 a.m. to 1:00 p.m. on Sunday, February 11. Confirmation students and their families will host the event.

Suggested donation for tickets is \$10. Tickets are on sale in the Community Room as well as the day of the event. Kids 4 and under eat free.

We will have freshly made pancakes, and real maple syrup as well as sausage and orange juice! This is a fund-raising event for the youth in our congregation. Proceeds from the event will help youth attend the Youth Gathering in New Orleans in July.

#### **ASH WEDNESDAY, FEBRUARY 14**

As the days slowly lengthen, we begin the holy season of Lent. The ashes we receive on our foreheads remind us that we, along with all of creation, are dependent on God's grace. Services with the imposition of ashes will be held in the Sanctuary at 12:00 p.m. and 7:00 p.m. Join us for a free soup supper in the Community Room at 6:00 p.m.

#### LENT SOUP SUPPERS AND EVENING PRAYER SERVICES BEGIN FEBRUARY 21

Lent is a time of renewal, regeneration, and growth. Please join us on Wednesdays during Lent for the following opportunities:

- Lenten supper from 6:00-6:50 p.m. in the Community Room.
- Open gym time with adult supervision from 5:30 to 6:45 p.m.
- Evening Prayer Service at 7:00 p.m. in the Bartsch Room; people of all ages are invited to worship.

### HOLY TRINITY DELIVERS MEALS ON WHEELS FEBRUARY 26-MARCH 1

Holy Trinity volunteers will deliver meals for South Minneapolis Meals on Wheels Monday-Friday, February 26-March 1. Volunteers pick up meals at 11:15 a.m. at Nokomis Square (50<sup>th</sup> St. and 35<sup>th</sup> Ave. S.). Meal delivery takes about one hour. Contact Mary Engen (engenmary@yahoo.com) to sign up for all or part of the week.

# PARISH SCHEDULE

Monday, February 5	6:30-8:30 PM	Adult Choir Rehearsal
Tuesday, February 6	11:00 AM	Worship Readings Discussion
	2:00 PM	Knitting Group
Wednesday, February 7	12:00 PM	Yoga
	5:00-6:00 PM	Choir Family Meal
	5:45-6:45 PM	Children's Choir Rehearsal
	6:00-8:00 PM	Supervised Play Time
	6:00-7:300 PM	Gloria Ringers Rehearsal
Thursday, February 8	7:30 PM	Yoga
Sunday, February 11	8:30 AM-1:00 PM	Pancake Breakfast
	8:45 AM	Worship Service of Holy Communion
	10:00 AM	Sunday School
	11:00 AM	Worship Service of Holy Communion
	2:00 PM	Swahili Service

# **ADULT FORUM**

10:00 a.m. each Sunday in the Bartsch Room

# TODAY "Community Planning"

# Andy Hestness from Redesign

Redesign is a nonprofit community development corporation (CDC) established in 1969 dedicated to improving the five neighborhoods of Greater Longfellow: Seward, Longfellow, Cooper, Howe, and Hiawatha. Redesign has been a terrific partner in the Lake Street redevelopment work and is currently leading the work on both the Coliseum and the U.S. Bank Site.

# February 11 Pancake Breakfast Youth Fundraiser—No Adult Forum

# February 18 "Youth Recital"

Join us at 10:00 a.m. in the Sanctuary or on Zoom as we celebrate the gifts of several of Holy Trinity's young people during the annual youth recital.