

Zion Lutheran Church
Second Sunday After Pentecost
June 2, 2024 9:00 AM



PRE-SERVICE MUSIC
WELCOME & ANNOUNCEMENTS

*(*Please stand as you are comfortable)*

GATHERING

The Holy Spirit calls us together as the people of God.

CONFESSION AND FORGIVENESS

In the name of the Father, and of the ✝ Son, and of the Holy Spirit.

Amen.

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy name, through Jesus Christ our Lord.

Amen.

Let us confess our sin in the presence of God and of one another.

Most merciful God,

we confess that we are captive to sin and cannot free ourselves. We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name.

Amen.

God, who is rich in mercy, loved us even when we were dead in sin, and made us alive together with Christ. By grace you have been saved. In the name of ✝ Jesus Christ, your sins are forgiven. Almighty God strengthen you with power through the Holy Spirit, that Christ may live in your hearts through faith.

Amen.

PEACE

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

GATHERING SONG “O Day Full of Grace” # 521

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.

*CANTICLE OF PRAISE (ELW p. 204)

Glory be to God in heaven; peace, goodwill to all the earth.
Mighty God of all creation, Father of surpassing worth:
we exalt you, we adore you, we lift high our thanks and praise.
Saints and angels bow before you; here on earth our songs we raise.

Glory be to Christ forever, Lamb of God and Lord of love.
Son of God and gracious Savior, you have come from heav'n above;
on the cross you died to save us; now you reign at God's right hand.
Hear our prayer; restore, forgive us; in your promise firm we stand.

Holy One we now acclaim you; Lord alone, to you we call;
Holy One in faith we name you, God most high, yet near to all:
Jesus Christ, with God the Spirit, in the Father's splendor bright.
For the peace that we inherit, glory be to God on high!

PRAYER OF THE DAY

Let us pray.

Almighty and ever-living God, throughout time you free the oppressed, heal the sick, and make whole all that you have made. Look with compassion on the world wounded by sin, and by your power restore us to wholeness of life, through Jesus Christ, our Savior and Lord.

Amen.

FIRST READING: Deuteronomy 5:12-15

This portion of the Ten Commandments instructs the Israelites to keep the sabbath. The Israelites are to rest, and they are to allow their slaves, their livestock, and the foreigners living among them to do the same. They were once slaves, and so they are to treat their own slaves justly.

¹²Observe the sabbath day and keep it holy, as the LORD your God commanded you. ¹³Six days you shall labor and do all your work. ¹⁴But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. ¹⁵Remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm; therefore the LORD your God commanded you to keep the sabbath day.
Word of God, word of life. **Thanks be to God.**

PSALM: Psalm 81:1-10

¹Sing with joy to ¹God our strength
and raise a loud shout to the ¹God of Jacob.

²**Raise a song and ¹sound the timbrel,
the merry harp, ¹and the lyre.**

³Blow the ram's horn at ¹the new moon,
and at the full moon, the day ¹of our feast;

⁴**for this is a statute for Israel,
a law of the ¹God of Jacob.**

⁵God laid it as a solemn charge upon Joseph, going out over the ¹land of Egypt,
where I heard a voice I ¹did not know:

⁶**“I eased your shoulder¹ from the burden;
 your hands were set free from the gravedigger’s basket.
⁷You called on me in trouble, and I delivered you;
 I answered you from the secret place of thunder and tested you at the waters of Meribah.
⁸Hear, O my people, and I will ad-¹ monish you:
 O Israel, if you would but listen to me!
⁹There shall be no strange¹ god among you;
 you shall not worship a¹ foreign god.
¹⁰I am the LORD your God, who brought you out of the¹ land of Egypt.
 Open your mouth wide, and¹ I will fill it.**

SECOND READING: 2 Corinthians 4:5-12

When we carry out God’s ministry we do so not for our glory but for the sake of Jesus Christ whom we proclaim as Lord. The power for ministry comes from God, not us, so that we persevere no matter what, trusting in God’s power and promises at work through us

⁵We do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus’ sake. ⁶For it is the God who said, “Let light shine out of darkness,” who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. ⁷But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. ⁸We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹persecuted, but not forsaken; struck down, but not destroyed; ¹⁰always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. ¹¹For while we live, we are always being given up to death for Jesus’ sake, so that the life of Jesus may be made visible in our mortal flesh. ¹²So death is at work in us, but life in you. **Word of God, word of life. Thanks be to God.**

GOSPEL ACCLAMATION (ELW p. 205)

**Alleluia! Lord and Savior; open now your saving word.
 Let it burn like fire within us; speak until our hearts are stirred.
 Alleluia! Lord, we sing for the good news that you bring.**

GOSPEL: Mark 2:23—3:6

Jesus challenges the prevailing interpretation of what is lawful on the sabbath and tells his critics that the sabbath was made for humankind, not the other way around. Healing the man with the withered hand is work that cannot wait until the next day.

The holy gospel according to John. **Glory to you, O Lord.**

²³One sabbath [Jesus] was going through the grainfields; and as they made their way his disciples began to pluck heads of grain. ²⁴The Pharisees said to him, “Look, why are they doing what is not lawful on the sabbath?” ²⁵And he said to them, “Have you never read what David did when he and his companions were hungry and in need of food? ²⁶He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.” ²⁷Then he said to them, “The sabbath was made for humankind, and not humankind for the sabbath; ²⁸so the Son of Man is lord even of the sabbath.”

^{3:1}Again he entered the synagogue, and a man was there who had a withered hand. ²They watched him to see whether he would cure him on the sabbath, so that they might accuse him. ³And he said to the man who had the withered hand, “Come forward.” ⁴Then he said to them,

“Is it lawful to do good or to do harm on the sabbath, to save life or to kill?” But they were silent. ⁵He looked around at them with anger; he was grieved at their hardness of heart and said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored. ⁶The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

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

SERMON PASTOR KRISTIN OSTERCAMP

HYMN OF THE DAY “Softly and Tenderly” #608

APOSTLES’ CREED

With the whole church, let us confess our faith.

**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.**

BLESSING OF PRAYER SHAWLS

God of Peace, Holy Comforter- Life can weary us and we look to your Spirit for comfort and peace.

God of Restoration, bless the hands that have crafted these shawls/blankets. With each movement of their fingers, help them to see your work in their weavings. As these shawls wrap around your children, may they feel comfort that only comes from you. May your Spirit enliven the ones who will receive these shawls. May they find resurrection in their lives and renewal around every corner. May they know that you are resting as they rest and journeying as they journey.

May we be a comfort to our neighbors through this ministry. As these shawls warm the hearts of your children, continue to remind us of our deep connection through the loving thread of Christ. Amen.

PRAYERS OF INTERCESSION

Response: receive our prayer.

OFFERTORY ELW #186 “Create in Me a Clean Heart”

**Create in me a clean heart, O God,
and renew a right spirit within me.
Cast me not away from your presence,
and take not your Holy Spirit from me.
Restore unto me the joy of your salvation,
and uphold me with your free Spirit.**

OFFERING PRAYER

Let us pray.

God our provider, you have not fed us with bread alone, but with words of grace and life. Bless us and these your gifts, which we receive from your bounty, through Jesus Christ our Lord.

Amen.

***WORDS OF INSTITUTION**

***LORD'S PRAYER**

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.

COMMUNION DISTRIBUTION *(Ushers will guide you forward)*

BLESSING

Almighty God, Father, ✝ Son, and Holy Spirit, bless you now and forever.

Amen.

SENDING SONG “Lift High the Cross” #660

DISMISSAL

Go into the world knowing Christ and making him known.

Thanks be to God.

WELCOME! ZION'S LAY MINISTRY/EVANGELISM BOARD EXTENDS A SPECIAL WELCOME TO YOU THIS MORNING. MAY YOU BE FED SPIRITUALLY DURING THIS TIME OF WORSHIP.

OUR THANKS TO TODAY'S WORSHIP LEADERS/ASSISTANTS

Pastor: Kristin Ostercamp Pianists: Laura Rude, Jenna Von Holtum Organist: Marie Longo
Greeters: Gordy & Margo Peterson Ushers: Krista Johnson, Glenice Johnson
Reader: Sharon Wagner Communion assist: Tom & Kaylynn Wold

OUR PRAYERS TO ALL GOD'S CHILDREN STANDING IN THE NEED OF PRAYER.

Those under a doctor's care, those who grieve, all who are moving through a challenging season, especially Cassie Wilson, Dan Bartsch, Diane Sundby, Jeremy Lian, and Patty Dicken.

ZION WORSHIP SERVICE ONLINE Sunday mornings you can listen to the 9:00AM service online. Go to: www.ziontrf.org. in the black banner click Listen Online, Click on the RED link to KTRF.

BROADCASTS today are sponsored in memory of Herb & Joyce Swensen and Virgil & Dorothy Wold by Tom & Kaylynn Wold.

WEBSITE sponsor for June is Zion Memorials

LISTENING DEVICES & LARGE PRINT worship folders & bulletins are available from an usher.

COFFEE TALK - Kaitlin Gagner from Lutheran Social Services will be here today to give a presentation on their Caregiver Support and Respite programs. This information is great to know about when in a situation where you may need help. Their services are temporarily available at no cost. It will be in the Fellowship Hall after church services around 10 AM. Please stay for coffee and learn more about them.

AFTERNOON OUT - LSS Group Respite is a great place to bring your loved one to enjoy playing cards, bingo and reminiscing to their favorite music. Volunteers are also needed to socialize over coffee and interactive videos during Group Respite. Please contact Debi Retzlaff at 218.593.1333 or email at debi.retzlaff@lssmn.org for more information. Thursdays, 2:00 to 4:30 PM in the Lounge.

THANK YOU FOR SUPPORTING OUR WORK AND WITNESS!

May 20-26: \$2,795. May 1-26: \$20,751. YTD: \$128,715. Weekly Goal: \$6,523.
Offering plates are available on the table at the back of the church

VANCO ELECTRONIC GIVING –Sign up available on Zion's website or contact the church office.

Direct Thrivent Choice Dollars® Eligible Thrivent Financial members: Show your appreciation for Zion Lutheran Church by directing Choice Dollars. The individual recommendations you make through Choice Dollars can make a profound impact. *Thank you to all who have directed dollars!*

Scan to Give



Thank you for your generosity!

THE GROCERIES TO GO & HANDYMAN PROGRAMS are available through our church. If you need this service or would like to be a volunteer for grocery delivery, call the church office at 218-681-3296 and Darlene will get back to you.

PARISH NURSE NOTES —

Good posture places only minimal strain on your joints and muscles. Poor posture, however, can increase stress on some muscles, stretching them or causing them to shorten. When overstretched, your muscles lose their strength and are more prone to injury and pain.

Avoid poor posture. One extreme of poor posture when standing is the swayback. In this position, your stomach protrudes too far in front and your buttocks extend too far in the rear. This posture puts excessive pressure on your lower back.

The opposite extreme is the slouch position, in which your shoulders are rolled forward. If you perpetually slouch, muscles in your chest shorten, reducing your flexibility.

Practice good posture. Good posture will help you relax your muscles and may reduce your pain. Throughout the day, including when you exercise, try to maintain good posture.

Standing posture...Hold your chest high, keeping your shoulders back and relaxed. Gently pull your belly button toward your spine. Hold the position while breathing normally and looking straight ahead. Keep your feet parallel and your weight balanced on both feet. Keep your knees straight--not bent or in a locked position.

Sitting position...Rest both feet on the floor, keeping your knees level with your hips. Sit with your back pressed firmly against the chair. If necessary, support your lower back with a small cushion or rolled towel. Keep your upper back and neck comfortably straight, tucking your chin in slightly. Keep your shoulders relaxed--not rounded or pulled backward.

Goodness, that's a lot of instructions to remember. We may not get perfect at it but there is probably room for improvement. Good luck!

God's Blessing and Peace...Parish Health

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Linda Hamrick, Office Manager ziontrf@mncable.net

Darlene Wiseth, Faith Community Nurse zionph@mncable.net

David Lee / Tiffany Sterry, Custodial

SCHEDULE FOR THE WEEK:

Today: Sunday, June 2:

9:00 Zion Holy Communion worship/
Broadcast ch. 3; KTRF
10 Coffee Fellowship/ LSS Speaker
No Blood pressure screen today
10:30 Silver Creek Worship
12 GV broadcast ch. 37

Monday, June 3:

9 SAIL exercise

Tuesday, June 4:

9 Bible Study today
9-12 Faith Community Nurse hours
11 Evangelism meeting
1:30 Parish Health meeting
5:30 Parish Education meeting

Wednesday, June 5:

5:30 Supper
6:15 Worship/Baptism

Thursday, June 6:

9 SAIL exercise
2-4:30 LSS Respite Care

Next Sunday, June 9:

9:00 Zion Holy Communion worship/
Broadcast ch. 3; KTRF
10 Coffee Fellowship
10 July Sharing Servants meeting
10:30 Silver Creek Worship
12 GV broadcast ch. 37



**Wednesday Worship begins June 5th
Meal at 5:30, Worship at 6:15**



VACATION BIBLE SCHOOL will be held at Redeemer this year.
Dates are July 21-24. Sunday Kickoff 6 - 7:30 pm. Mon-Wed 9am - 1pm