

Zion Lutheran Church  
Thief River Falls, MN

New Traditions Worship  
Season of Pentecost

9:00 AM Worship  
July 14, 2024

## ANNOUNCEMENTS

### INVOCATION

### GATHERING SONG

“Rise Up O Saints of God” #669



### GREETING

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

*(2 Corinthians 13:13)*

**And also with you.**

You are the treasured people of the LORD,  
**a people holy to the LORD our God.**

Keep the words of the LORD in your heart; teach them to your children.  
**Talk about them when you are at home and when you are away, when you lie down and when you rise.**

One does not live by bread alone,

**but by every word that comes from the mouth of the LORD.**

*(Deuteronomy 26, 11, 8)*

### PRAYER OF THE DAY

The Lord be with you.

**And also with you.**

Let us pray.

O God, from you come all holy desires, all good counsels, and all just works. Give to us, your servants, that peace which the world cannot give, that our hearts may be set to obey your commandments; and also that we, being defended from the fear of our enemies, may live in peace and quietness, through Jesus Christ, our Savior and Lord.

**Amen.**

### SCRIPTURE SONG “Word of God, Come Down on Earth” #510 v. 1&3

**Word of God, come down on earth, living rain from heav'n descending;  
touch our hearts and bring to birth faith and hope and love unending.  
Word almighty, we revere you; Word made flesh, we long to hear you.**

**Word that speaks God's tender love, one with God beyond all telling,  
Word that sends us from above God the Spirit, with us dwelling,  
Word of truth, to all truth lead us; Word of life, with one bread feed us.**

### FIRST READING: Amos 7:7-15

*Amos is not the kind of prophet attached to temples or royal courts. Rather, he is an ordinary farmer from Judah (the southern kingdom) called by God to*

*speak to Israel (the northern kingdom). God's word of judgment through Amos conflicts with the king's court prophet Amaziah, whom Amos encounters at Bethel.*

<sup>7</sup>This is what [the Lord GOD] showed me: the Lord was standing beside a wall built with a plumb line, with a plumb line in his hand. <sup>8</sup>And the LORD said to me, "Amos, what do you see?" And I said, "A plumb line." Then the Lord said, "See, I am setting a plumb line in the midst of my people Israel; I will never again pass them by; <sup>9</sup>the high places of Isaac shall be made desolate, and the sanctuaries of Israel shall be laid waste, and I will rise against the house of Jeroboam with the sword."

<sup>10</sup>Then Amaziah, the priest of Bethel, sent to King Jeroboam of Israel, saying, "Amos has conspired against you in the very center of the house of Israel; the land is not able to bear all his words. <sup>11</sup>For thus Amos has said, 'Jeroboam shall die by the sword, and Israel must go into exile away from his land.' "

<sup>12</sup>And Amaziah said to Amos, "O seer, go, flee away to the land of Judah, earn your bread there, and prophesy there; <sup>13</sup>but never again prophesy at Bethel, for it is the king's sanctuary, and it is a temple of the kingdom."

<sup>14</sup>Then Amos answered Amaziah, "I am no prophet, nor a prophet's son; but I am a herdsman, and a dresser of sycamore trees, <sup>15</sup>and the LORD took me from following the flock, and the LORD said to me, 'Go, prophesy to my people Israel.' "

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

### **PSALM: Psalm 85:8-13**

<sup>8</sup>I will listen to what the LORD <sup>1</sup> God is saying;

for you speak peace to your faithful people and to those who turn their <sup>1</sup> hearts to you.

<sup>9</sup>**Truly, your salvation is very near to <sup>1</sup> those who fear you,  
that your glory may dwell <sup>1</sup> in our land.**

<sup>10</sup>Steadfast love and faithfulness have <sup>1</sup> met together;  
righteousness and peace have <sup>1</sup> kissed each other.

<sup>11</sup>**Faithfulness shall spring up <sup>1</sup> from the earth,  
and righteousness shall look <sup>1</sup> down from heaven.**

<sup>12</sup>The LORD will indeed <sup>1</sup> grant prosperity,  
and our land will <sup>1</sup> yield its increase.

<sup>13</sup>**Righteousness shall go before the LORD  
and shall prepare for <sup>1</sup> God a pathway.**

### **SECOND READING: Ephesians 1:3-14**

*In Jesus, all of God's plans and purposes have been made known as heaven and earth are united in Christ. Through Jesus, we have been chosen as God's children and have been promised eternal salvation.*

<sup>3</sup>Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, <sup>4</sup>just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. <sup>5</sup>He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, <sup>6</sup>to the praise of his glorious grace that he freely bestowed on us in the Beloved. <sup>7</sup>In him we have redemp-

tion through his blood, the forgiveness of our trespasses, according to the riches of his grace<sup>8</sup> that he lavished on us. With all wisdom and insight<sup>9</sup> he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ,<sup>10</sup> as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth.<sup>11</sup> In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will,<sup>12</sup> so that we, who were the first to set our hope on Christ, might live for the praise of his glory.<sup>13</sup> In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit;<sup>14</sup> this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

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

### **GOSPEL ACCLAMATION "Word of God, Come Down on Earth" #510, v2**

**Word eternal, throned on high, Word that brought to life creation,  
Word that came from heav'n to die, crucified for our salvation,  
saving Word, the world restoring, speak to us, your love outpouring.**

### **GOSPEL: Mark 6:14-29**

*As Jesus and his disciples begin to attract attention, Mark recalls the story of John the Baptist's martyrdom. Like John, Jesus and his disciples will also suffer at the hands of those opposed to the gospel of salvation.*

<sup>14</sup>King Herod heard of [the disciples' preaching,] for Jesus' name had become known. Some were saying, "John the baptizer has been raised from the dead; and for this reason these powers are at work in him."<sup>15</sup> But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old."<sup>16</sup> But when Herod heard of it, he said, "John, whom I beheaded, has been raised."<sup>17</sup> For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her.<sup>18</sup> For John had been telling Herod, "It is not lawful for you to have your brother's wife."<sup>19</sup> And Herodias had a grudge against him, and wanted to kill him. But she could not,<sup>20</sup> for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him.<sup>21</sup> But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee.<sup>22</sup> When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it."<sup>23</sup> And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom."<sup>24</sup> She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptizer."<sup>25</sup> Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter."<sup>26</sup> The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her.<sup>27</sup> Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison,<sup>8</sup> brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother.<sup>29</sup> When his disciples heard about it, they came and took his body, and laid it in a tomb.

Sermon Pastor Kristin Ostercamp

Hymn of the Day "Day By Day" #790

**RESPONSE TO THE WORD: CREED AND CONFESSION**

In Christ, you have heard the word of truth, the gospel of your salvation.

**We believe in him and are marked with the seal of the promised Holy Spirit.**

*(Ephesians 1:13-14)*

Living together in trust and hope, we confess our faith.

**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.**

Build yourselves up on your most holy faith;  
**pray in the Holy Spirit.**

Keep yourselves in the love of God;

**look forward to the mercy of our Lord Jesus Christ.**

If anyone is in Christ, there is a new creation:

**Everything old has passed away; behold, everything has become new!**

God has given us the ministry of reconciliation.

Therefore, let us be reconciled to God and to one another.

Gracious God,

**have mercy on us. In your compassion forgive us our sins,  
known and unknown, things done and left undone.**

**Uphold us by your Spirit so that we may live and serve you in newness of life,  
to the honor and glory of your holy name; through Jesus Christ our Lord. Amen**

Almighty God has mercy on you,

Your sins are forgiven through our Lord Jesus Christ,

Be strengthened in all goodness,

and the power of the Holy Spirit keep you in eternal life.

**Amen**

**PEACE**

Sisters and brothers, rejoice.

Mend your ways, encourage one another, agree with one another, live in peace.

The peace of the Lord be with you always.

**And also with you. Peace be with you.**

**OFFERING/ OFFERTORY "Create in Me a Clean Heart" ELW #186**

**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 to me the joy of your salvation,  
and uphold me with your free Spirit.**

God, our Creator,

**you open wide your hand and satisfy the desire of every living creature. With these gifts we bless you for your tender nurture and care. Help us to delight in your will and walk in your ways, through Jesus Christ our Lord. Amen**

**THE PRAYERS**

Response: In your mercy, **Hear our prayer.**

**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.**

**Holy Communion**

**BLESSING**

May the God and Father of our Lord Jesus Christ fill you with every spiritual blessing.

**Amen**

May the God of faithfulness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus.

**Amen**

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

**Amen**

**Sending Song "I Love to Tell the Story" #661**

**Dismissal**

Go into the world knowing Christ and making Christ known. **Thanks be to God.**

**Post-service Music**

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**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:      Ushers:

Reader: Corie Erickson      Communion assistants: Marcia Sandahl, Deb Holtan

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### **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, and Patty Dicken.

**HOLY COMMUNION** is offered at worship today. Those believing that Jesus Christ is truly present in the bread and wine are welcome to participate. Please tell the communion assistant if you prefer grape juice. If you desire to commune where you are seated, please notify an usher who will direct communion ministers to come and serve you. Communion registration cards are available in the narthex.

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

**BROADCASTS** today are sponsored by Jim & Darlene Hulteen in memory of John & Dorothy Hulteen

**WEBSITE** sponsor for July is Dick & Jan Haugen in memory of Loved Ones and Friends.

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

**WEDNESDAY WORSHIP** - Join us for supper at 5:30 and worship at 6:15 on Wednesdays. No Worship July 3rd.

**CHOIRS** - Anyone interested in joining either God's Joy Choir (K-5th) or Senior Choir, please reach out to Laura Rude at 218-684-1072. Choir practices resume in September on Wednesday evenings.

**TRF Food Shelf Mortgage Reduction** - Zion Mission fund will match donations up to \$2000. to help reduce the mortgage at the Thief River Falls Food Shelf. Helping the Food Shelf reduce this debt will free more funds to share vital resources for those who face food insecurity. Donations can be made payable to Zion Lutheran Church with TRF Food Shelf in the memo line. Thank you for supporting this important community resource. **Donations currently at \$1,245.**

### **THANK YOU FOR SUPPORTING OUR WORK AND WITNESS!**

July 1-7: \$5,636.      June 1-30:\$30,887.      YTD: \$166,223.      Weekly Goal: \$6,523.

*Offering plates are available on the table at the back of the church*

**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! YTD: \$1,998.*

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## Scan to Give



*Thank you for your generosity!*

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## PARISH NURSE NOTES —

Parenthood could be one of life's greatest joys but that doesn't mean it's always easy. Life can become very hectic with work, raising children and getting them to scheduled activities!

An Ohio State University study on researching mental health in parents revealed the following:

62% of parents feel burned out of which can also lead to loneliness, this impacts millions of young parents.

66% say the demands of parenthood left them feeling isolated and lonely.

38% surveyed felt they had no one to support them.

4 out of 5 wanted to connect more with other parents.

Burnout looks like being exhausted, frazzled, overwhelmed, having a lack of patience with your children, and literally drained. Research from the Surgeon General Advisory reports an "Epidemic of Loneliness and Isolation" from 2023 stating that this could lead to a public health crisis. When this occurs, there is a higher risk of heart disease, stroke, and dementia along with a 60% increase in premature death. It's important to seek medical help just as you would a medical problem.

Tools you can use to prevent Burnout....

1) Connect with other adults

2) Making time for yourself

3) Putting less pressure on yourself to be perfect!

Of course asking for the Lord's help, guidance and support with prayers is always a great idea!

**Remember....It is not selfish to need things for yourself that are outside of your children. The bottom line...if parents aren't healthy, their children aren't healthy either.**

Enjoy your summer...*God's Blessings and Peace. Parish Health*

**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.

**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](mailto:debi.retzlaff@lssmn.org) for more information. Thursdays, 2:00 to 4:30 PM in the Lounge.

**VOLUNTEERS NEEDED** for LSS Caregiver Respite & Support Program. Training provided for In-Home and Group Respite. 4 hour increments. Volunteers will Socialize, Reminice, play cards, misc. crafts, baking, reading, go for walks, music. For more information call Deb Retzlaff at 218-620-1295 or [Debi.retzlaff@lssmn.org](mailto:Debi.retzlaff@lssmn.org).

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Pastor Kristin Ostercamp, [pastorkristin@mncable.net](mailto:pastorkristin@mncable.net)

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Linda Hamrick, Office Manager [ziontrf@mncable.net](mailto:ziontrf@mncable.net)

Darlene Wiseth, Faith Community Nurse [zionph@mncable.net](mailto:zionph@mncable.net)

David Lee / Tiffany Sterry, Custodial

**SCHEDULE FOR THE WEEK:**

**Today: Sunday, July 14:**

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

**Monday, July 15:**

9 SAIL exercise

**Tuesday, July 16:**

9-12 Faith Community Nurse  
5:30 Executive Council meeting  
6:30 Scout Leader meeting

**Wednesday, July 17:**

No Worship tonight

**Thursday, July 18:**

9 SAIL exercise  
2:30 LSS Respite Care

**Friday, July 19:**

Church offices closed

**Next Sunday, July 21:**

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



**Wednesday Worship  
Meal at 5:30, Worship at 6:15**

Next Worship - July 24th  
Pastor Mark Helgeland preaching



**Join Us  
this Summer**

***Monday -Wednesday, July 22-24***

***5:30—8:00 PM***

***Meal at 5:00 PM***

***VBS will be held at Redeemer Lutheran  
1300 Nora St. E.***

***Registration Forms on the table in the  
narthex. Please turn in registration by  
Monday, July 15.***