

# FIRST SUNDAY IN LENT

March 6, 2022

10:30 AM



↑ = *Stand*   **C**: *Congregation*   **A**: *Worship Assistant*   **P**: *Presiding Minister*

Hymns may be found in the red hymnals in the pews.

Large-print hymns are available in the narthex as you enter.

Quiet Bags with books and soft toys, or Doodle Bags with markers  
are also available in the narthex for children.

## Informal Warm-up Session:

*Sing along with Choir and Cantor Kyle*

Music from *Liturgical Setting Nine*

ELW pp. 193–202

## Choral Introit

Psalm 91:15, 16, 1

He shall call upon me, and I will hearken unto him; I will deliver him, and bring him to honor: with length of days will I satisfy him. Whoso dwells under the defense of the Most High: shall abide under the shadow of the Almighty.

## Welcome

↑ **Gathering Hymn**

*The Glory of These Forty Days*

ELW 320

↑ **Greeting**

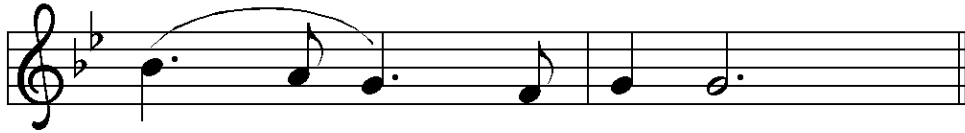
**P**: The grace of our Lord Jesus Christ, the love of God,  
and the communion of the Holy Spirit be with you all.

**C**: **And also with you.**

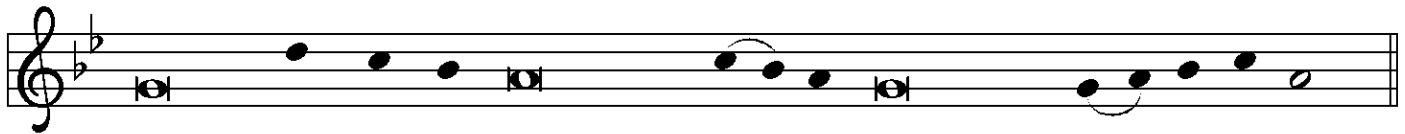
↑ Kyrie



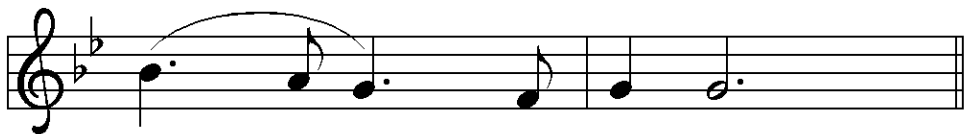
In peace, let us pray to the Lord.



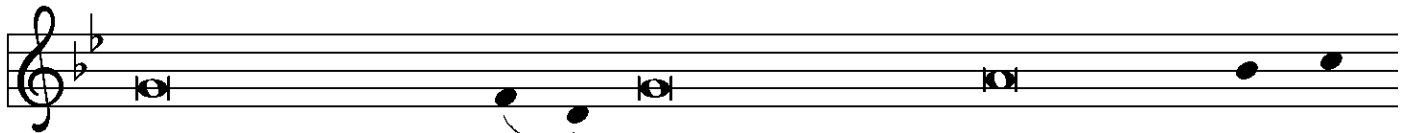
Lord, have mer - cy.



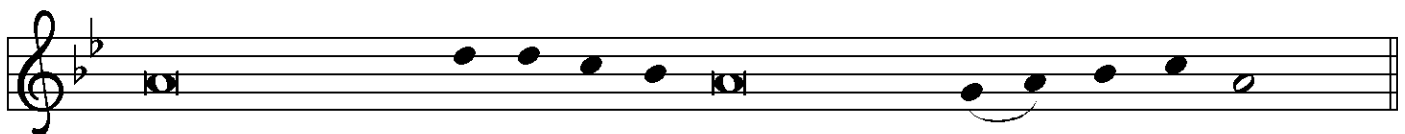
For the peace from a - bove, and for our sal - vation, let us pray to the Lord.



Lord, have mer - cy.



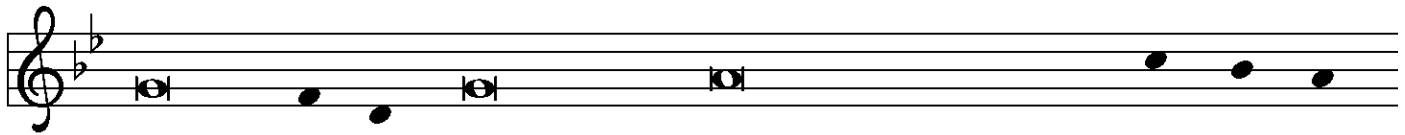
For the peace of the whole world, for the well - being of the church of



God, and for the u - ni - ty of all, let us pray to the Lord.



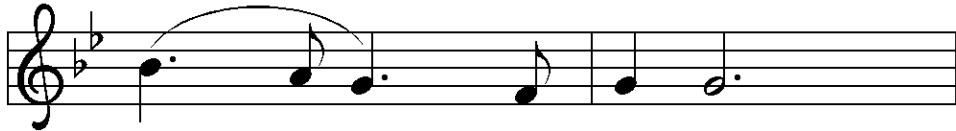
Lord, have mer - cy.



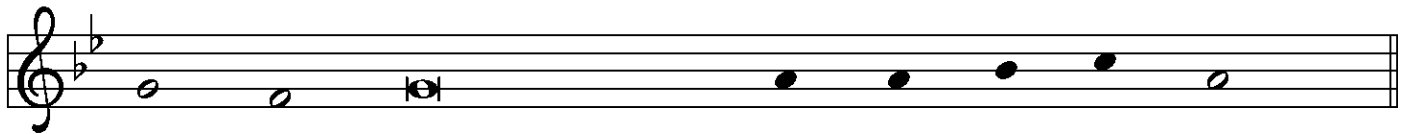
For this ho - ly house, and for all who offer here their wor - ship and



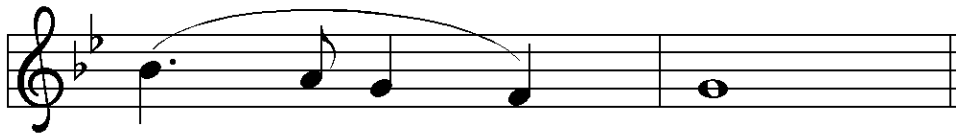
praise, let us pray to the Lord.



Lord, have mer - cy.



Help, save, comfort, and de - fend us, gra - cious Lord.



A - men.

### ↑Prayer of the Day

**P**: The Lord be with you.

**C**: **And also with you.**

**P**: Let us pray.

O Lord God, you led your people through the wilderness and brought them to the promised land.

Guide us now, so that, following your Son, we may walk safely through the wilderness of this world toward the life you alone can give, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

**C**: **Amen.**

**A:** Word of God, Word of life.

**G:** Thanks be to God.

Psalmody

Psalm 91:1-2, 9-16

*To begin the psalm, the Choir sings the Refrain and all repeat. Thereafter, the Choir sings the psalm and the Congregation sings the Refrain as indicated.*

*Refrain*

He will give his an - gels  
charge o - ver you, to keep you in all your ways.

<sup>1</sup>You who dwell in the shelter of | the Most High,  
who abide in the shadow of | the Almighty –  
<sup>2</sup>you will say to the Lord, “My refuge | and my stronghold,  
my God in whom I | put my trust.”

**REFRAIN**

<sup>9</sup>Because you have made the | Lord your refuge,  
and the Most High your | habitation,  
<sup>10</sup>no evil | will befall you,  
nor shall affliction come | near your dwelling.  
<sup>11</sup>For God will give the angels charge | over you,  
to guard you in | all your ways.  
<sup>12</sup>Upon their hands they will | bear you up,  
lest you strike your foot a- | gainst a stone

**REFRAIN**

<sup>13</sup>You will tread upon the lion | cub and viper;  
you will trample down the lion | and the serpent.  
<sup>14</sup>I will deliver those who | cling to me;  
I will uphold them, because they | know my name.

<sup>15</sup>They will call me, and I will | answer them;  
I will be with them in trouble; I will rescue and | honor them.  
<sup>16</sup>With long life will I | satisfy them,  
and show them | my salvation.

**REFRAIN**

**Second Reading**

**Romans 10:8b-13**

**A:** Word of God, Word of life.

**G:** Thanks be to God.

**↑ Lenten Verse**

ELW, page 151



Re - turn to the Lord, your God, for he is gra - cious and mer - ci - ful,



slow to an - ger, and a - bound - ing in stead - fast love.

**↑ The Holy Gospel**

**Luke 4:1-13**

**P:** The Gospel according to St. Luke, the fourth chapter.

**G:** Glory to you, O Lord.

*Following the reading*

**P:** The Gospel of the Lord.

**G:** Praise to you, O Christ.

**Sermon**

*Son of Man or Superman?*  
Pastor Dan

**↑ Hymn of the Day**

*I Want Jesus to Walk with Me*  
ELW, Hymn 325

## ↑ 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 again 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.

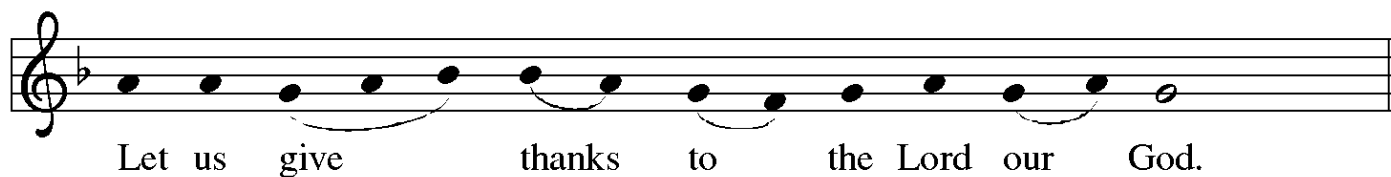
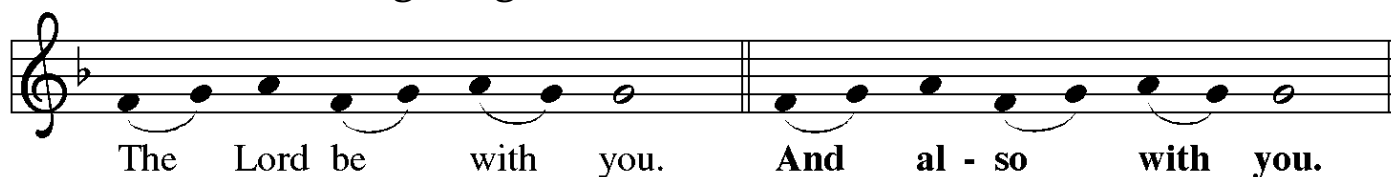


## Prayers of the Church

**A**: . . . Lord, in your mercy,

**☩**: hear our prayer.

# ↑ The Great Thanksgiving



☐: It is indeed right, our duty and our joy . . .

. . . praise your name and join their unending hymn:



## ↑ Words of Institution

### ↑ Lord's Prayer

**P**: Lord, inspire us to work toward your kingdom and teach us to pray:

**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**

**and 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.**

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**Holy Communion** – All baptized Christians who seek a taste of the new and forgiven life in Jesus Christ are welcome to receive the sacraments.

We confess and believe that Christ in his risen form is truly present in the Sacrament of bread and wine and that by sharing in this meal, we share in Christ's resurrection.

The ministration of the Sacrament will take place in the pews with individual elements. These are available as you enter; if you missed picking one up and need one, please signal an usher now with a raised hand.

When invited to commune, peel off the bottom tab to eat the bread; peel off the top tab to drink the wine. The waste can go in the paper bag found in each pew.

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### ↑ Invitation to the Table

**P**: Christ is among us.

Receive the bread of life.



## Agnus Dei



Lamb of God, you take a-way the sin of the world; have mer-cy on us.



Lamb of God, you take a-way the sin of the world; have mer-cy on us.



Lamb of God, you take a-way the sin of the world; grant us



peace, grant us peace.

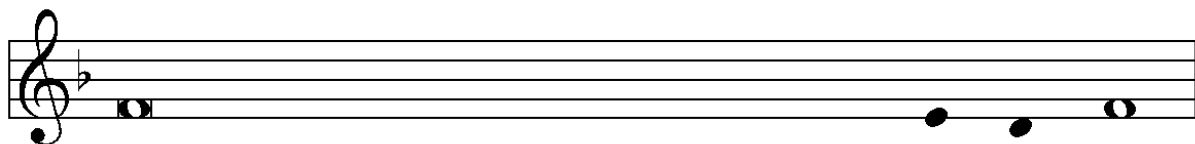
## Post Communion Prayer

☐: We give you thanks, gracious God,  
for the love you show us in this meal.  
Send us to bring good news to a hurting world,  
and to proclaim your favor to all,  
strengthened with the richness of your grace  
in your Son, Jesus Christ.

☑: Amen.

## Announcements

## ↑ Benediction



**P:** The Lord bless you and keep you.  
The Lord make his face to shine on you  
and be gracious to you.  
The Lord look upon you with favor and ✠ grant you peace.



**C:** A - men.

## ↑ Sending Hymn

*You Are the Way*  
ELW 758

## ↑ Dismissal

**A:** Go in peace. Serve the Lord.  
**C:** Thanks be to God.

*Please remain seated until the ushers dismiss you from your pew, and maintain social distancing as we exit. On your way out, put your bulletin back in the baskets on the table if you do not want to take it with you. Offerings may be put in the offering plate as you exit. If you wish to greet Pastor Dan following the service, he will be standing outside in the breezeway to allow greater space for those who need to leave after the service. You may remain in fellowship with one another as long as you like; please respect others' need for social distancing.*

## Postlude

*Fugue in G minor ("Little")*  
J.S. Bach (1685–1750)

## About today's music

For the Sundays during Lent until Palm Sunday, the QALC Choir will sing the Introit after the prelude as a moment of meditative contemplation. An Introit (from Latin, *introitus*, "entrance") is a brief selection of psalm verses (or sometimes other scripture) with a refrain (antiphon), traditionally sung at the beginning of the worship service while the ministers enter. This ancient practice is recorded as early as the first half of the 6<sup>th</sup> century and would likely predate these records. The Introit ties into the day's theme or readings in some way. For example, this morning we hear a small portion of Psalm 91 as the Introit. Later in the service, Psalm 91 returns as the Psalm of the Day and is quoted in the Gospel reading appointed for this Sunday.

## ANNOUNCEMENTS — MARCH 06

**WELCOME!** Please fill out a CONNECT card found in the pew rack if you are visiting us today, if you wish to receive our emails or newsletter, or if you wish the pastor to contact you. PRAY cards may be used for prayer requests. Place cards in the offering plate as you leave.

**A NOTE FOR VISITORS:** Please make sure you have left us a contact phone number or email when you enter and sign in. This is simply to ensure we can reach you if needed for contact tracing.

### **INFORMAL “SETTING NINE” WARM-UP SESSION TODAY @10:15**

Before the pandemic, we introduced Setting Nine in *Evangelical Lutheran Worship* (pp. 193–202). This Lent we will re-introduce this setting, with its more contemplative melodies. You are invited to join Cantor Kyle and the QALC Choir at 10:15 today for an informal session to sing through the music of the liturgy together in preparation for our Sundays during Lent.

### **FROM LUTHERAN WORLD RELIEF:**

We are all horrified by the Russian attack on Ukraine. There is no doubt that there will be terrible and widespread suffering in Ukraine and in neighboring countries.

It is a heartbreaking and desperate situation. Our teams are exploring all possible options so we can get to work as soon as we are needed — but we can't do it without your help. Your congregation can share God's love with our most vulnerable neighbors right now. A gift to our World of Good emergency fund ensures we are ready to respond to the most pressing needs with food, clean water, safe shelter, medical supplies and more. (Offerings may be made to Queen Anne Lutheran; please specify “LWR/Ukraine” on your check.) Please pray for families in Ukraine and others in crisis around the world, and please help care for them with your gift today.

### **THIS WEEK'S CALENDAR**

#### **Sunday, March 6**

Worship	8:00 AM
Forum (Conf. Rm./Zoom)	9:00 AM
Setting Nine Warm-up	10:15 AM
Worship	10:30 AM

#### **Tuesday**

Church Council (Zoom)	7:00 PM
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#### **Wednesday**

AARP Tax Aides (Conf. Rm.)	9:30 AM
Sewing and Service (Fireside)	10:00 AM
Staff Meeting (Conf. Rm)	3:00 PM
Mid-Week Worship (Zoom)	7:30 PM
AA Counterbalance (FH)	8:00 PM

#### **Thursday**

Choir Practice (nave)	7:00 PM
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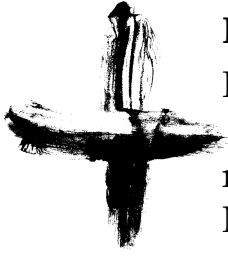
#### **Saturday**

Alanon Women (upstairs)	10:30 AM
AA Shanty Trudgers (upstairs)	7:00 PM

#### **Sunday, March 13**

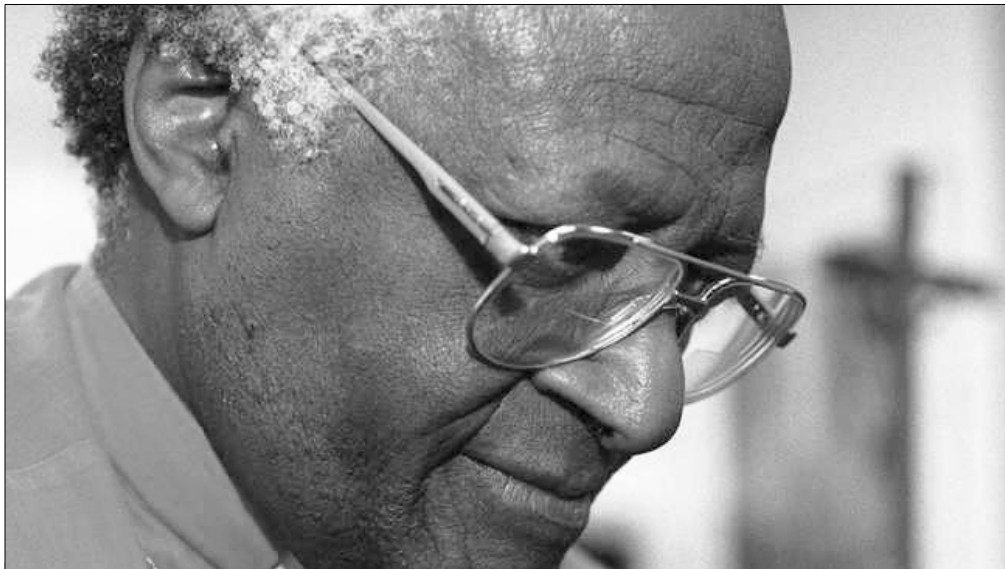
Worship	8:00 AM
Forum (Conf. Rm.)	9:00 AM
Worship	10:30 AM

**FORUMS IN LENT: Crucifixion,  
Theater of the Absurd**



**March 6, 13, 20 & 27:** with **Dr. Matthew Whitlock**, Seattle University  
Resurrection is easy, but the cross is scandalous and foolish to the world, as Paul writes. This Lent, Professor Matt Whitlock of Seattle University returns to examine the cross as an absurdity with which the authors of the New Testament struggle to make sense out of Jesus' suffering. How can we learn from their struggle as we face the senselessness of suffering in our own lives?

**All are welcome at 9 AM Sundays in the Conference Room, or to attend on Zoom.**



**LENTEN  
OFFERINGS –**

A special offering will be collected during Lent for Lutheran Community Services NW – Afghan Refugee Resettlement Program. Please mail us your offerings designated “**LCSNW – Afghan Refugees,**” or leave them after any Sunday worship during Lent.

**WEDNESDAYS IN LENT: Evening Worship on Zoom –**  
Every Wednesday during Lent (March 9 through April 6), we will have a worship service at 7:30 PM via Zoom. Each service will include a reading, reflection and hymn based on the following theme:

**Stillness, Silence, and Song:**

*Archbishop Desmond Tutu on Living a Spiritual Life*

On December 26, 2021, the world lost a famous advocate for justice, the Archbishop Desmond Tutu. Most of us associate his life with the struggle against apartheid in South Africa. What we may not know is the spirituality that informed it. This Lent, in keeping with the theme of reflection and as a way of commemorating his, we will explore a spirituality that helped change a big corner of the world – a spirituality that can change each of us too.

