

# FIRST SUNDAY IN LENT

February 26, 2023

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 available in the narthex for children.

## Prelude

*Chorale prelude on O MENSCH BEWEIN DEIN SÜNDE GROSS*  
J. S. Bach (1685–1750)

## Introit

**Psalm 91:15, 16, 1**

They shall call upon me, and I will hearken unto them; I will deliver them, and bring them to honor; with length of days will I satisfy them. You who dwell under the defense of the Most High shall abide under the shadow of the Almighty.

## Welcome

### ↑ **Gathering Hymn**

*See next page for words*

*A Mighty Fortress Is Our God*

### ↑ **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.**

## A Mighty Fortress Is Our God

A mighty fortress is our God,  
a sword and shield victorious;  
he breaks the cruel oppressor's rod  
and wins salvation glorious.  
The old satanic foe  
has sworn to work us woe!  
With craft and dreadful might  
he arms himself to fight.  
On earth he has no equal.

2 No strength of ours can match  
his might!  
We would be lost, rejected.  
But now a champion comes to fight,  
whom God himself elected.  
You ask who this may be?  
The Lord of hosts is he!  
Christ Jesus, mighty Lord,  
God's only Son, adored.  
He holds the field victorious.

3 Though hordes of devils  
fill the land  
all threat'ning to devour us,  
we tremble not, unmoved we stand;  
they cannot overpower us.  
Let this world's tyrant rage;  
in battle we'll engage!  
His might is doomed to fail;  
God's judgment must prevail!  
One little word subdues him.

44 God's Word forever shall abide,  
no thanks to foes, who fear it;  
for God himself fights by our side  
with weapons of the Spirit.  
Were they to take our house,  
goods, honor, child, or spouse,  
though life be wrenched away,  
they cannot win the day.  
The kingdom's ours forever!

55 God's love is different  
than the pow'rs;  
it wins by God's self-giving.  
The Spirit and the gifts are ours,  
for God with us is living.  
Let selfish thinking go,  
and love towards neighbors grow;  
Thy kingdom will then come,  
when we in Christ are one.  
God's love endures forever!

Text: Martin Luther, 1483-1546; tr. *Lutheran Book of Worship*  
Text © 1978 *Lutheran Book of Worship*, admin.  
Augsburg Fortress.

*The last stanza of "A Mighty Fortress" was written by Pastor Dan in an effort to underscore the nature of God's power in terms of love rather than brute force or control.*

↑ Kyrie



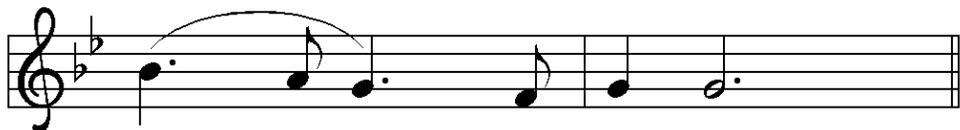
In peace, let us pray to the Lord.



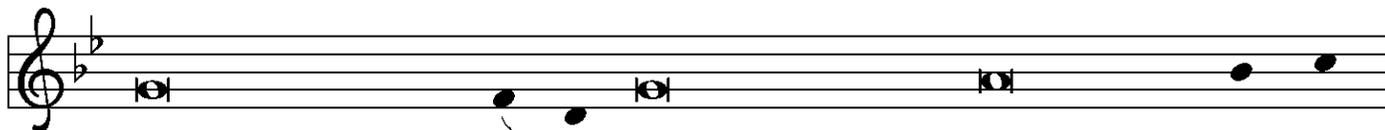
Lord, have mer - cy.



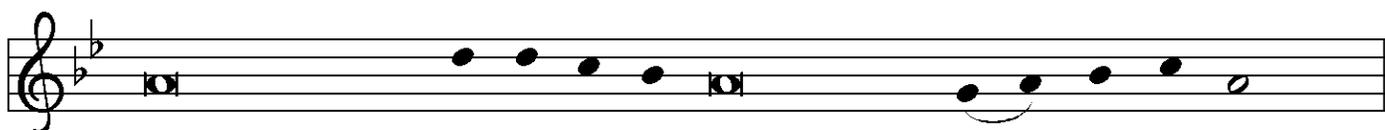
For the peace from a - bove, and for our sal - vation, let us pray to the Lord.



Lord, have mer - cy.



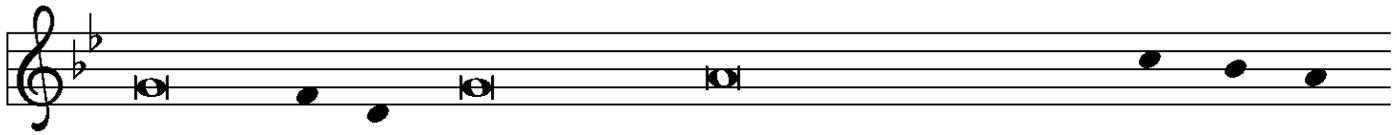
For the peace of the whole world, for the well - being of the church of



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



Lord, have mer - cy.



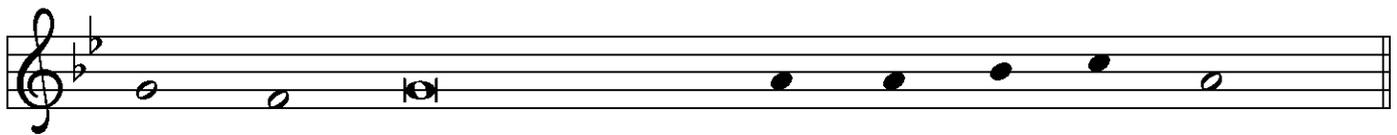
For this ho - ly house, and for all who offer here their wor - ship and



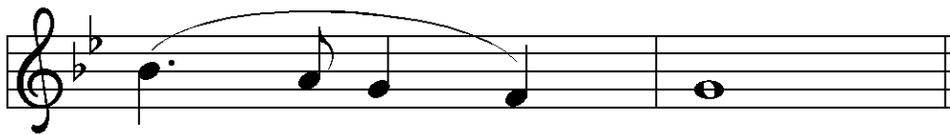
praise, let us pray to the Lord.



**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.

Lord God, our strength,  
the struggle between good and evil rages within and around us,  
and the devil, who symbolizes all the forces that defy you,  
tempt us with empty promises.

Keep us steadfast in your word  
that we might love you with all our heart,  
and when we fall, raise us again and restore us  
through your Son, Jesus Christ, our Savior and Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and forever.

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

## First Reading

Genesis 2:15-17; 3:1-7

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

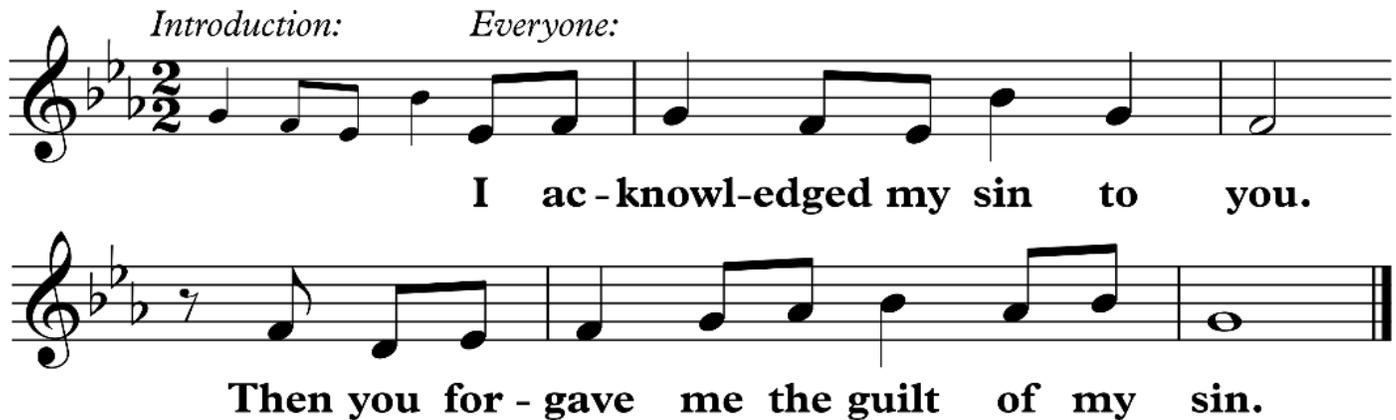
**G:** Thanks be to God.

## Psalmody

Psalm 32

*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.*

*Introduction:* *Everyone:*



**I ac - knowl - edged my sin to you.**

**Then you for - gave me the guilt of my sin.**

<sup>1</sup> Happy are they whose transgressions are forgiven,  
and whose sin is put away!

<sup>2</sup> Happy are they to whom the Lord imputes no guilt,  
and in whose spirit there is no guile!

### REFRAIN

<sup>3</sup> While I held my tongue, my bones withered away,  
because of my groaning all day long.

<sup>4</sup> For your hand was heavy upon me day and night;  
my moisture was dried up as in the heat of summer.

<sup>5</sup> Then I acknowledged my sin to you, and did not conceal my guilt.  
I said, "I will confess my transgressions to the Lord."  
Then you forgave me the guilt of my sin.

<sup>6</sup> Therefore all the faithful will make their prayers to you  
in time of trouble;  
when the great waters overflow, they shall not reach them.

### REFRAIN

- <sup>7</sup>You are my hiding-place; you preserve me from trouble;  
you surround me with shouts of deliverance.
- <sup>8</sup>"I will instruct you and teach you in the way that you should go;  
I will guide you with my eye.
- <sup>9</sup>Do not be like horse or mule, which have no understanding;  
who must be fitted with bit and bridle,  
or else they will not stay near you."
- <sup>10</sup>Great are the tribulations of the wicked;  
but mercy embraces those who trust in the Lord.
- <sup>11</sup>Be glad, you righteous, and rejoice in the Lord;  
shout for joy, all who are true of heart.

**REFRAIN**

**Second Reading**

**Romans 5:12-19**

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

**G:** Thanks be to God.

**↑ Lenten Verse**



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**

**Matthew 4:1-11**

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

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

*After the reading*

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

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

↑ Hymn of the Day

*I Want Jesus to Walk with Me*  
ELW 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 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** (*please be seated or kneel*)

☩: . . . Lord, in your mercy.

☩: Hear our prayer.

↑ Sharing of Peace

P: The peace of Christ be with you always.

C: And also with you.

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

The ministration of the Sacrament is given in two ways:

**In the pew:**

You may commune in the pews with individual elements. These are available in the narthex as you enter.

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.

**By intinction:**

When prompted by the ushers, come down the center aisle to kneel at the railing; please sanitize your hands.

Receive a wafer in your hands. Dip it in a chalice, either wine or grape juice, before partaking. Use the outside aisle to return to your seat.

↑ **The Great Thanksgiving**

The Lord be with you. And al - so with you.

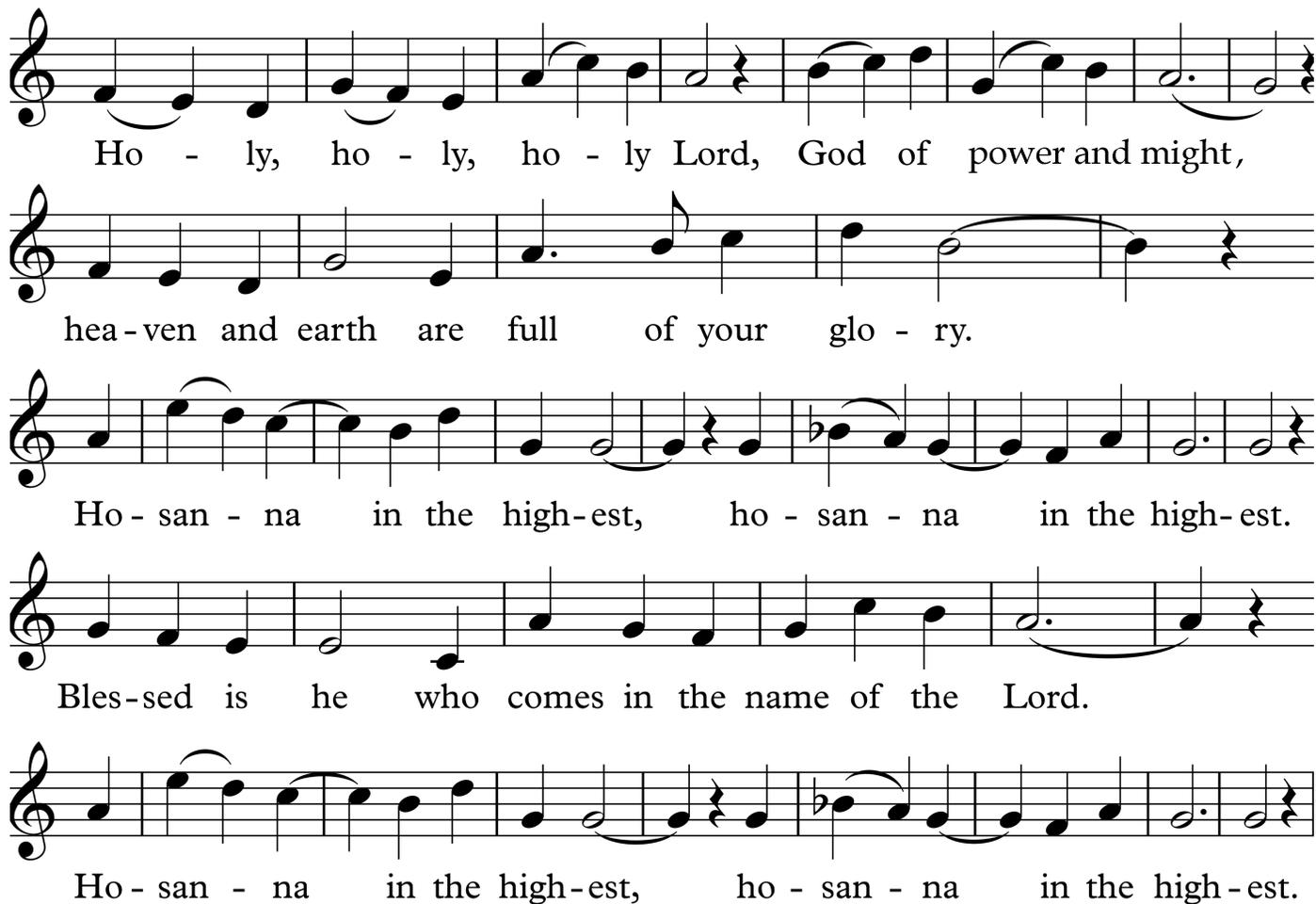
Lift up your hearts. We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

The image shows four staves of musical notation in G major (one flat) and 4/4 time. Each staff contains a melody line with lyrics underneath. The lyrics are: 'The Lord be with you. And al - so with you.', 'Lift up your hearts. We lift them to the Lord.', 'Let us give thanks to the Lord our God.', and 'It is right to give our thanks and praise.' The music consists of quarter and eighth notes with various rests and phrasing slurs.

**P**: It is indeed right, our duty and our joy . . .  
. . . praise your name and join their unending hymn:



Ho - ly, ho - ly, ho - ly Lord, God of power and might,  
hea - ven and earth are full of your glo - ry.  
Ho - san - na in the high - est, ho - san - na in the high - est.  
Bles - sed is he who comes in the name of the Lord.  
Ho - san - na in the high - est, ho - san - na in the high - est.

↑ **Words of Institution**

↑ **Lord's Prayer**

**P**: As we prepare our hearts for this holy meal,  
let us pray the prayer Jesus taught us:

**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.**

**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.**

## ↑ Invitation to the Table

**P**: Come and taste the joy of God!

## 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.

## Anthem at the Distribution

*Bread of the World*  
John Abdenour (b. 1962)

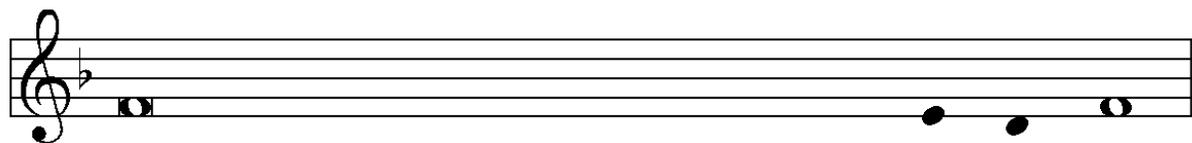
## ↑ Post-Communion Prayer

**P**: Holy One,  
we thank you for the healing  
that comes to us in this meal.  
Renew our desire for justice,  
inspire kindness toward others,  
and help us journey humbly with you.

**G**: 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

*Guide Me Ever, Great Redeemer*  
ELW 618

### ↑ Dismissal

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

### Postlude

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

### About Today's Music

There are certain pieces that seem emblematic of the season for me. The sublime setting of the 16<sup>th</sup>-century German hymn, "O Mortal Bewail Your Manifold Sins" is one of J. S. Bach's Lententide masterpieces as he sensitively portrays the image of the Savior "stretched out upon the cross" for humankind through music. And, as we turn to simpler sounds and quieter stops from the organ, I think Bach's "Little" fugue in G minor is takes on a certain poignance; I often play it for the first Sunday in Lent. I hope these pieces speak to you as we begin the season together.

## ANNOUNCEMENTS — FEBRUARY 26 , 2023

**WELCOME!** Please fill out a CONNECT card 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.

### **FORUM NEXT WEEK, MARCH 05: Remorse and Its Remedies**

Does it matter if you are sorry for what you have done—or what you have not done? Does your being sorry—does your remorse—matter? If so, how? Who is helped or changed by it? Can spiritual leaders help people wrestle with some of the most challenging dilemmas of their lives?

Episcopal priest and licensed therapist **Stephen Crippen** will lead us in discussion around his forthcoming book, *Remorse: Finding Joy through Honest Apology*. Crippen describes remorse as the crisis — both destructive and creative — that erupts within the human spirit at the point where sin and grace collide. Through personal story and accessible biblical and theological reflection, he explores the experience of remorse, the recognition of this simple truth: “I did this thing, and I should not have done it,” and the deep and joyful relief that comes from healthy remorse.

A free copy of Stephen’s book will be given to one lucky person who attends. Join us!

### **YOUTH! PROJECT PHOENIX PIE**

**PROJECT — MARCH 5:** All Project Phoenix youth are invited for pie-making next **Sunday, March 5th from 4-6 PM at St. John United Lutheran Church.**

We’ll create some baking teams to follow our leaders Matt and Hana (the founders of Porto-Pies) to create yummy treats. Each youth team will craft some delicious hand pies, and also enjoy pizza pie for dinner. When the baking is done, a special judge will crown a “star baker.” Please email [projectphoenixboard@gmail.com](mailto:projectphoenixboard@gmail.com) if you plan to attend (or have any questions).

### **THIS WEEK’S CALENDAR**

#### **Sunday, February 26**

Worship 8:00 AM

Worship 10:30 AM

#### **Monday**

Food Addicts in Recovery (FH) 7:00 PM

#### **Wednesday**

Sewing & Service (downstairs) 10:00 AM

Noon Worship (chapel) 12:00 PM

Compline Worship (chapel) 7:30 PM

AA Counterbalance (FH) 8:00 PM

#### **Thursday**

Worship & Music Committee 5:30 PM

Choir Rehearsal (Music Room) 7:00 PM

#### **Saturday**

Alanon Women (upstairs) 10:30 AM

AA Shanty Trudgers (upstairs) 7:00 PM

#### **Sunday, March 5**

Worship 8:00 AM

Forum (Conf. Rm or Zoom) 9:00 AM

Worship 10:30 AM



**WEDNESDAYS IN LENT,  
from March 1 through March 29:**

**Noon Worship –**

Every Wednesday during Lent, we will have a brief worship service in the chapel beginning at noon. The order of worship for Morning Prayer is followed, which includes a lectionary reading, a brief homily and a hymn. All are welcome.

**Worship at 7:30 PM –**

Every Wednesday we will also gather in the chapel in the evening at 7:30 PM. The order of worship for Night Prayer (Compline) is followed. The responsively-sung liturgy includes psalms and scripture.

**LENTEN OFFERINGS –** This year, offerings given on Ash Wednesday and with our Wednesday Lenten services will be given to **Camp Lutherwood**. Pastor Kristy told us about exciting changes being made at our Synod's camp on Lake Samish, under the guidance of a new interim director. For the next few years, the main focus is on **accessibility**: paving some of the walkways and putting in ramps so everyone can access the buildings and participate in the campfire and waterfront. General funds are needed as well; in the last two years, the cost of summer staff for the camp has more than doubled.

Donation checks can be made out to Queen Anne Lutheran with "Lutherwood" on the memo line.

**OFFICE HOURS THIS WEEK**

**Main Office (Barb Bash):** The office will be open Tuesday-Friday, 9:00-5:30

**Cantor Kyle** is in on Wednesdays and Thursdays.

**Pastor Dan** has returned. Feel free to contact him if you wish to make an appointment; email [pastor@queenannelutheran.org](mailto:pastor@queenannelutheran.org) or text 253.230.9695.



**TOWELS FOR LWR KITS:** QALC needs 150 dark-colored bath towels (between 20"x40" and 52"x72") for Personal Care kits in late March. Target sells dark gray in their "Room Essentials" brand, 52" x 27" for \$3.50. Amazon has several smaller-size (22 x 40) for \$3.72-\$4. Or contribute to QALCW LWR kit supplies. No white or light-colored towels please.