10:30 AM

March 05, 2023



 \uparrow = Stand **G**: 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

Selections from a partita on the OLD 124TH tune (ELW 321) David P. Dahl (b. 1937)

Introit Psalm 91:27: 8, 9, 11

My heart speaks your message, "Seek my face." Your face, O Lord, I will seek. Hide not your face from me. The Lord is my light and my salvation; whom then shall I fear?

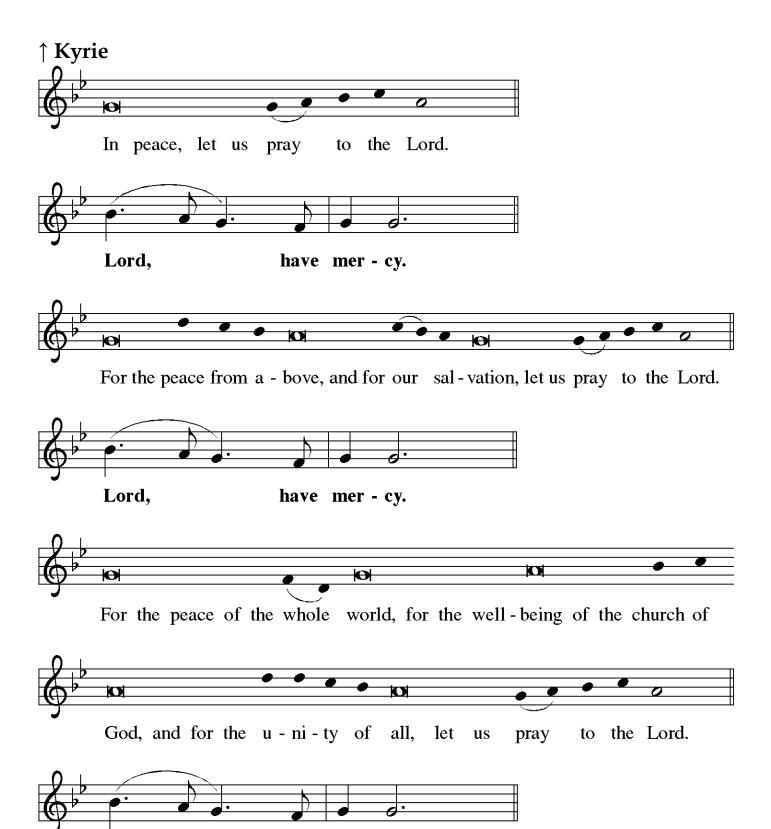
Welcome

† **Gathering Hymn** *Eternal Lord of Love, Behold Your Church A soloist or the choir sings stanza 1; all join at stanza 2.* **ELW 321**

↑ Greeting

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

G: And also with you.

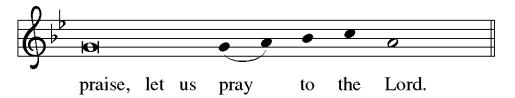


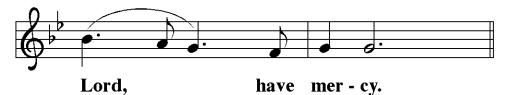
have mer - cy.

Lord,



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







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



↑Prayer of the Day

P: The Lord be with you.

G: And also with you.

P: Let us pray.

O God, in the waters of baptism you bring us to new birth to live as your children. Strengthen our faith in your promises, that by your Spirit we may lift up your life to all the world through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

G: Amen.

First Reading Genesis 12:1-4a

A: Word of God, Word of life.

G: Thanks be to God.

Psalmody Psalm 121

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.



- ¹I lift up my eyes to the hills; from where is my help to come?
- ² My help comes from the Lord, the maker of heaven and earth.
- ³ The Lord will not let your foot be moved nor will the one who watches over you fall asleep.
- ⁴ Behold, the keeper of Israel will neither slumber nor sleep;

REFRAIN

- ⁵ the Lord watches over you; the Lord is your shade at your right hand;
- ⁶ the sun will not strike you by day, nor the moon by night.
- ⁷The Lord will preserve you from all evil and will keep your life.
- ⁸ The Lord will watch over your going out and your coming in, from this time forth forevermore.

REFRAIN

Second Reading

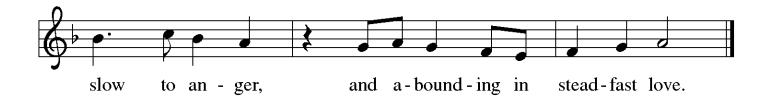
Romans 4:1-5, 13-17

A: Word of God, Word of life.

G: Thanks be to God.

↑ Lenten Verse





↑ The Holy Gospel

John 3:1-17

P: The Gospel according to St. John, the third chapter.

G: Glory to you, O Lord.

After the reading

P: The Gospel of the Lord.

G: Praise to you, O Christ.

Sermon

Rev. Stephen Crippen

↑ Hymn of the Day

God Loved the World ELW 323

↑ Apostles' Creed

G: 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)

A: ... Lord, in your mercy.

G: Hear our prayer.

↑ Sharing of Peace

P: The peace of Christ be with you always.

G: 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:

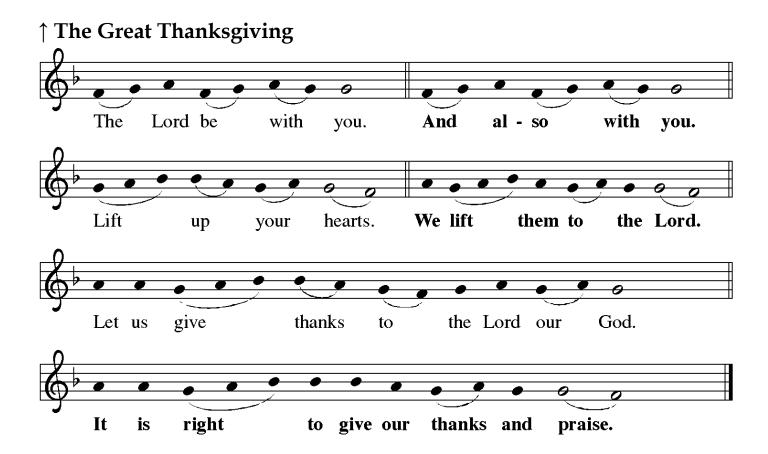
You may commune in the pews with individual elements. These are available in the narthex as you enter.

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:

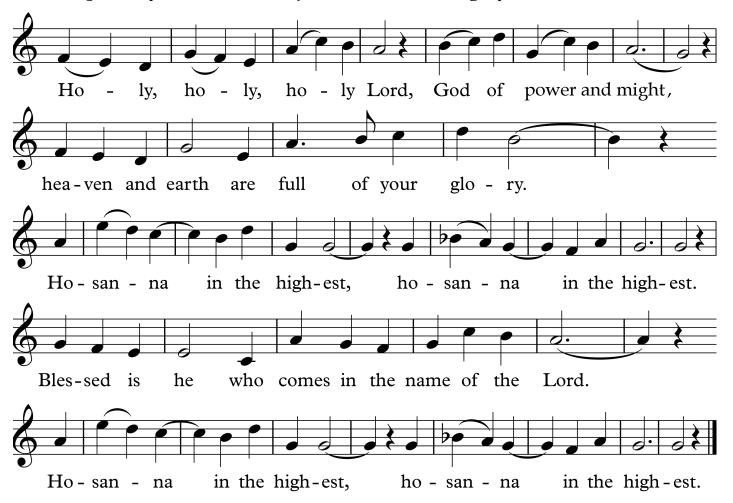
When prompted by the ushers, come down the center aisle to kneel at the railing; please sanitize your hands.

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.



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

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



↑ Words of Institution

↑ Lord's Prayer

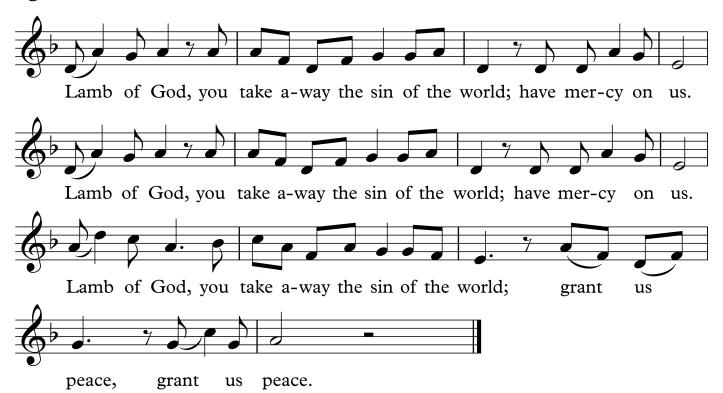
P: As we prepare our hearts for this holy meal, let us pray the prayer Jesus taught us:

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



Anthem at the Distribution

Lead Me, Lord S. S. Wesley (1810–1876)

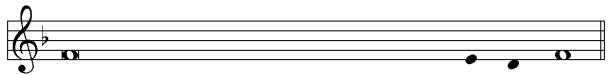
↑ Post-Communion Prayer

P: Holy One,
we thank you for the healing
that comes to us in this meal.
Renew our desire for justice,
inspire us to be kind 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.



G: A - men.

↑ Sending Hymn

Restore in Us, O God ELW 328

↑ Dismissal

A: Go in peace. Serve the Lord.

G: Thanks be to God.

Postlude

Prelude in D minor Georg Böhm (1661–1733)

About Today's Music

Each hymn *tune* has its own unique name, which is found in small capital letters in the lower right corners of the pages of ELW. Two of today's hymns have "old" names: OLD 124TH (the Gathering Hymn at 10:30) and ROCKINGHAM OLD (the Hymn of the Day).

OLD 124TH is so named because it became the tune sung by generations of Reformed Christians to metrical paraphrases of Psalm 124. The tune dates to one of the earliest sources collected for the 1562 Genevan Psalter, and it's one of the most widely-known tunes from that collection.

ROCKINGHAM OLD, also simply known as ROCKINGHAM, is also strongly associated with "When I Survey the Wondrous Cross" (ELW 803, with a different tune). ROCKINGHAM OLD dates to 1790 in London and was named by its English composer for his friend and patron, the Marquis of Rockingham.

It's not clear why the "old" appellation is part of these tune names. Sometimes one finds a later tune with a similar name, so distinguishing "old" from "new" can be useful. It is also possible that "old" is a mark of honor, as both of these tunes were historically beloved in their original communities and have spread widely across Christian denominations.

– Cantor Kyle

ANNOUNCEMENTS — MARCH 5, 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.

WE WELCOME REV. STEPHEN CRIPPEN TO THE PULPIT TODAY.

Episcopal priest and licensed therapist Stephen Crippen offers the sermon today. He also led our Forum discussion this morning 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. In his book, he explores the deep and joyful relief that comes from healthy response to remorse. Rev. Crippen returned to Seattle in April 2020 after attending Virginia Theological Seminary in Alexandria, and was ordained to the Episcopal priesthood that June. He served at Grace Episcopal Church, Bainbridge Island, and in Nov. 2022 began his call as rector of St. Paul's Episcopal Church. He and his husband Andrew live on Queen Anne hill.

OUR WORSHIP CONTINUES after the service with fellowship. Please stay for coffee and conversation. Thanks to the Boysen family for hosting today.

FORUM NEXT WEEK, MARCH 12:

Mary-Jane Rubenstein will be reading and discussing some of the key passages from her new book *Astrotopia: The Dangerous Religion of the Corporate Space Race.* She will argue that the exploration and possible inhabitation of outer space should not be left to profiteers and messianic billionaires. Rather than seeking a way for the universe to belong to us, we should be seeking ways we might belong to the universe.

A free copy of *Astrotopia* will be given to one lucky person who attends!

THIS WEEK'S CALENDAR	
Sunday, March 5	
Worship	8:00 AM
Forum (Conf. Rm or Zoom)	9:00 AM
Worship	10:30 AM
Youth: Pie Project	4:00 PM
(@ St. John United)	
Monday	
Food Addicts in Recovery (FH)	7:00 PM
<u>Tuesday</u>	
Executive Committee (Zoom)	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	
Choir Rehearsal (Music Room)	7:00 PM
<u>Saturday</u>	
Alanon Women (upstairs)	10:30 AM
AA Shanty Trudgers (upstairs)	7:00 PM
Sunday, March 12	
Worship	8:00 AM
Forum (Conf. Rm or Zoom)	9:00 AM
Worship	10:30 AM
AfterWord	12:00 PM

YOUTH! PROJECT PHOENIX PIE PROJECT TODAY AT 4:

All Project Phoenix youth are invited for pie-making 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 if you plan to attend.

BLESS YOUR HOME

Would you like your house or apartment blessed? If so, Pastor Dan would be happy to do it. This brief service involves prayer, recites Scripture, and is a wonderful way to transition into a new home or bless the one you have. Please contact Pastor Dan if you are interested. (*Exorcism included for a nominal fee.* ①)



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 is available Tuesday through Thursday, and Saturdays. Feel free to contact him if you wish to make an appointment; email pastor@queenannelutheran.org. If an immediate response is needed, text Pastor Dan at 253.230.9695.



TOWELS FOR LWR KITS: Thank you to those who have found bath towels for the Personal Care Kits. **We now need only 35 more**. QALC needs 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, with memo line "LWR kit supplies." No white or light-colored towels, please.

SPRING PLANTING! JOIN US SATURDAY, MARCH 25, 2023, 11 AM - 3 PM



The QALC Social Action committee invites you to participate in a spring planting of traditional Native American foods and medicinal plants at **Daybreak Star Indian Cultural Center** (next to Discovery Park) on March 25, as part of our environmental stewardship commitment. Come join other members of QALC for this spring planting, hosted by the Na'ah Illahee Fund and United Indians of All Tribes, as they welcome their Plant Relatives to their new home. They have been working to restore the Food and Medicine Forest at Daybreak Star Cultural Center for the last few years. This year they will be planting over 4,000 traditional food and medicines. They need our help in this work!

Please bring a good mind, good heart, and a willingness to work together (as well as a water bottle and rain jacket...tools will be provided).

Open to the public: All ages OK – under 18, please see waiver on website.

The group will meet in the parking lot at Daybreak Star Cultural Center.

For more information on what to expect during your Green Seattle Partnership event, including current COVID-19 safety measures, please visit: greenseattle.org/get-involved/volunteer

TO JOIN THIS EVENT: https://seattle.greencitypartnerships.org/event/22113/ For more information, contact Lisa Kjaer-Schade at lkjaer79@gmail.com or call her at 206-484-5123.