

FIFTH SUNDAY AFTER EPIPHANY

February 4, 2024

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

A selection of trios for organ
Richard Hudson (1924-2019)

Improvisation on NETTLETON
("Praise the One Who Breaks the Darkness," ELW 843)
Paul Manz (1919-2009)

Introit

Psalm 95:6, 7, 1

O come, let us worship and fall down, and kneel before the Lord our maker, for the Lord is our God. O come, let us since unto the Lord; let us heartily rejoice in the strength of our salvation.

Welcome

↑ Gathering Hymn

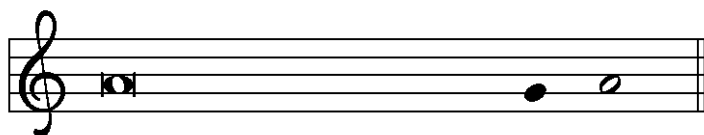
Praise the One Who Breaks the Darkness
ELW 843

↑ Greeting

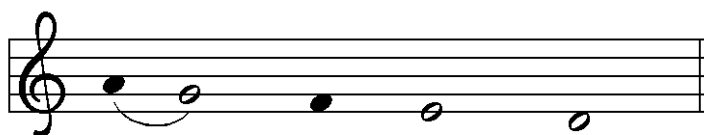
P: The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

C And also with you.

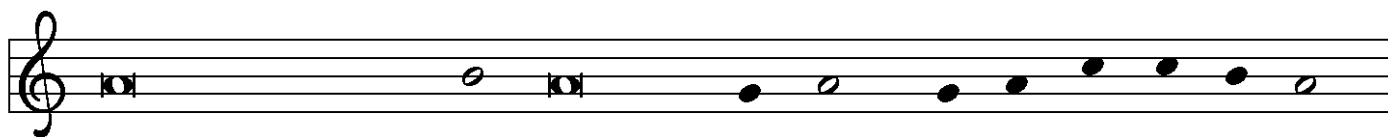
↑ Kyrie



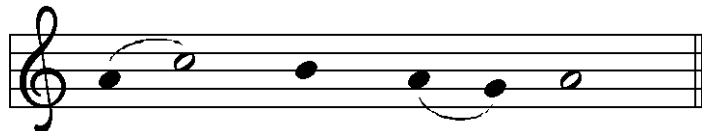
In peace, let us pray to the Lord.



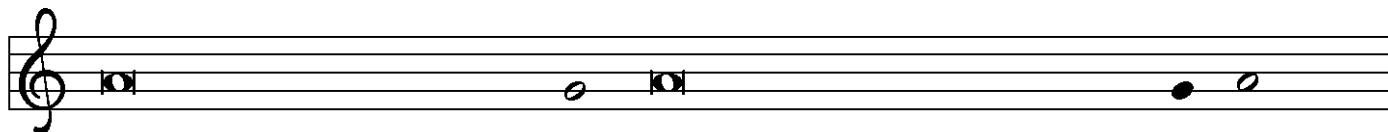
Lord, have mer - cy.



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



Lord, have mer - cy.



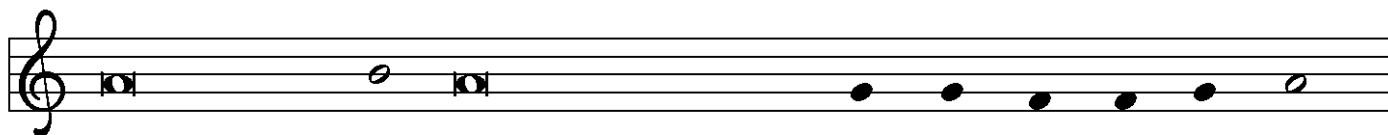
For the peace of the whole world, for the well-being of the church of God,



and for the unity of all, let us pray to the Lord.



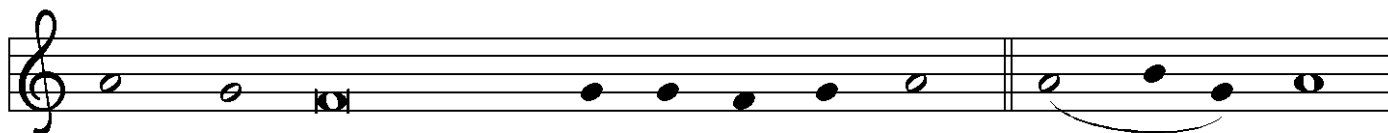
Lord, have mer - cy.



For this holy house, and for all who offer here their wor-ship and praise,

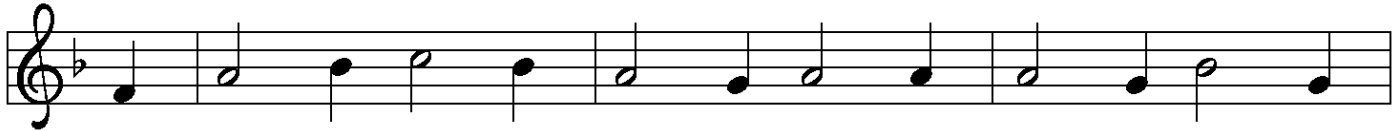


let us pray to the Lord. Lord have mer - cy.



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

↑ Hymn of Praise



1 All glo - ry be to God on high, and peace to earth be
2 Lord Je - sus Christ, the on - ly Son of God, cre - a - tion's
3 To you a - lone, O God, we cry, the Ho - ly One we



giv - en! Let an - gels sing, let all re - ply; good -
au - thor, O Lamb of God, your death a - lone takes
name you; for you a - lone are God most high, one



will breaks forth from heav - en! Lord God Al - might - y,
sin a - way for - ev - er. Stretch out your arms to
liv - ing God we claim you: we wor - ship you, Lord



heav - en's king, we wor - ship you, our thanks we sing, we
ev - 'ry land, and, as you reign at God's right hand, re -
Je - sus Christ, with God the Spir - it ev - er blest, in



praise you for your glo - ry.
ceive our prayer; have mer - cy.
God the Fa - ther's glo - ry. A - - - men.

↑ Prayer of the Day

P: The Lord be with you.

G: And also with you.

P: Let us pray.

Everlasting God, you give power to the faint
and strength to the powerless.

Make us agents of your healing and wholeness,
that your good news may be made known
to the ends of your creation,
through Jesus Christ, our Savior and Lord.

C: Amen.

Children's Message

Pastor Dan

First Reading

Isaiah 40:21-31

A: Word of God, Word of life.

C: Thanks be to God.

Psalmody

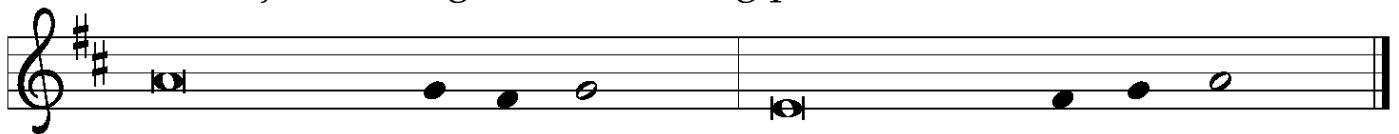
Psalm 147:1-11, 20c

Refrain: The choir introduces the refrain; all repeat. Then all repeat the refrain as indicated.

Choir: regular verses; Congregation: boldface verses.



¹Hallelujah! How good it is to sing praises | to our God!



How pleasant it is to honor | God with praise!

²**The Lord re- | builds Jerusalem,
and gathers the ex- | iles of Israel.**

³The Lord heals the | brokenhearted
and binds | up their wounds.

⁴**The Lord counts the number | of the stars
and calls them all | by their names.**

REFRAIN

⁵Great is our Lord and might- | y in power;
there is no limit | to God's wisdom.

⁶**The Lord lifts | up the lowly,
but casts the wicked | to the ground.**

⁷Sing to the Lord | with thanksgiving;
make music upon the harp | to our God,

⁸**who covers the heav- | ens with clouds
and prepares rain for the earth,
making grass to grow up- | on the mountains.**

REFRAIN

⁹God provides food | for the cattle
and for the young ravens | when they cry.

¹⁰**God is not impressed by the might | of a horse,
and has no pleasure in the speed | of a runner,**

¹¹but finds pleasure in those who | fear the Lord,
in those who await God's steadfast love. ^{20c} | Hallelujah!

REFRAIN

Second Reading

1 Corinthians 9:16-23

A: Word of God, Word of life.

C: Thanks be to God.

↑ Gospel Acclamation



↑ **The Holy Gospel**

Mark 1:29-39

P: The Gospel according to St. Mark, the first chapter.

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

After the reading

P: The Gospel of the Lord.

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

Sermon

Woe to Me if I Do Not Proclaim the Gospel

Pastor Dan

↑ **Hymn of the Day**

We Come to You for Healing, Lord

ELW 617

↑ **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.



The Apostles' Creed emphasizes the full humanity of Christ (e.g., he was born, suffered, and died) in response to one of the earliest heresies, namely, the view that Christ only “appeared” to be human. Why? Detractors believed that the Spirit of God, which is good, could not dwell in a material or physical body, which is evil. When we profess the Apostles' Creed, following Jewish tradition, we insist otherwise. The world God made is good! With great joy and without contradiction, therefore, we can say with John 1:14 that “the Word became flesh and dwelled among us.”

Prayers of the Church *(please be seated or kneel)*

A: . . . Lord, in your mercy.

C: Hear our prayer.

↑ **Sharing of Peace**

P: The peace of Christ be with you always.

C: And also with you.

Holy Communion – All people 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 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.

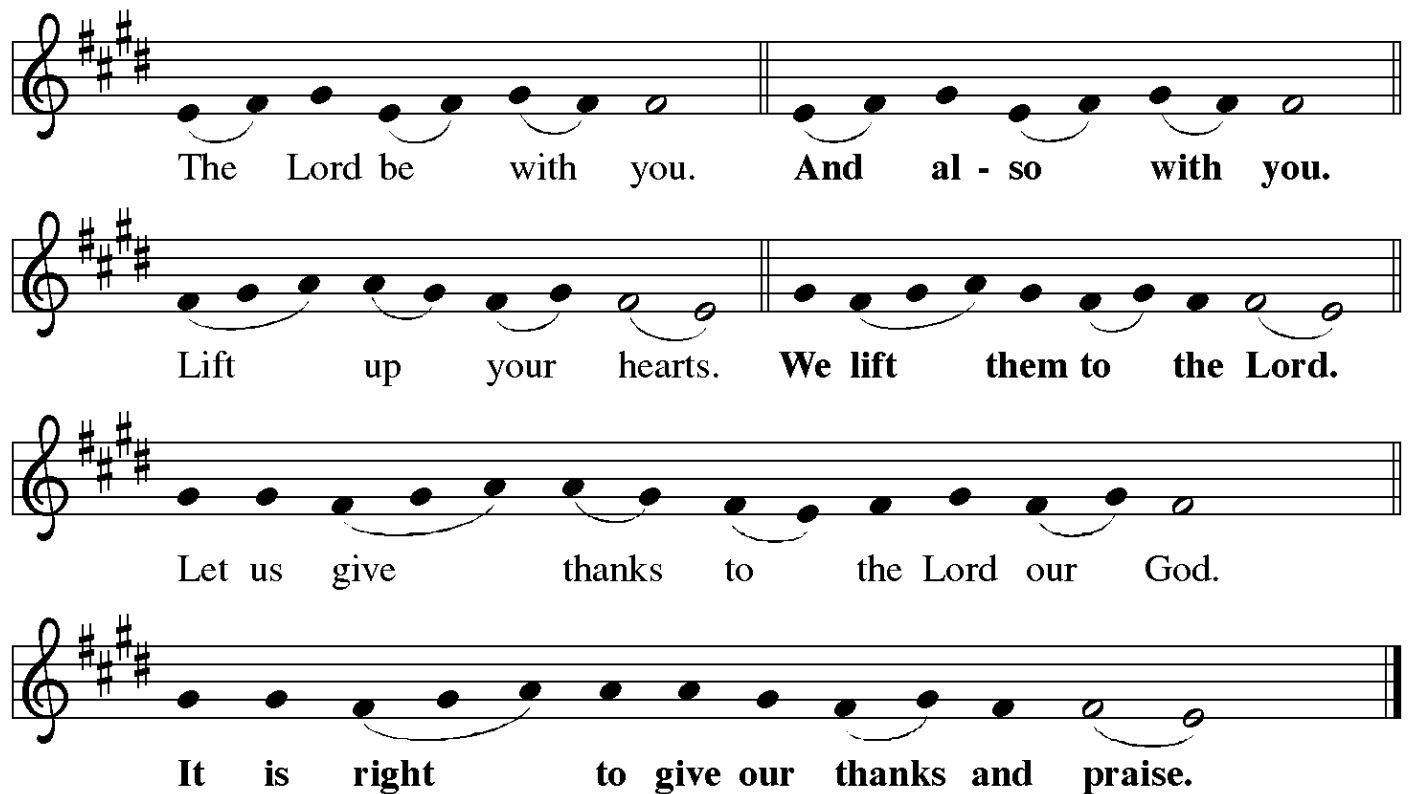
When invited to commune, peel off the bottom tab to eat the bread; peel off the top tab to drink the wine. The waste can go in the paper bag found in each pew.

By intinction:

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

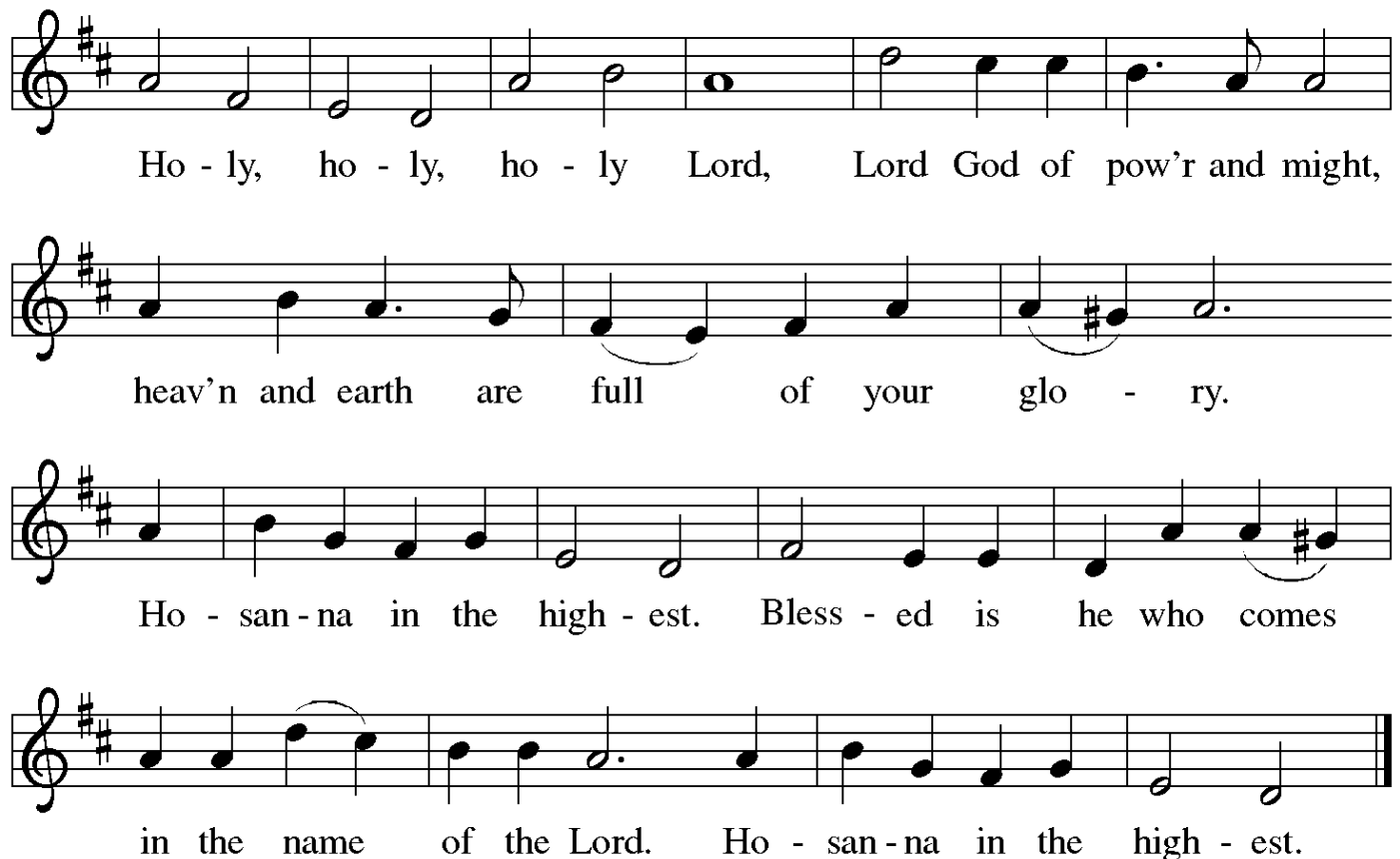
Receive a wafer in your hands. Dip it in a chalice, either wine or grape juice, before partaking. Use the outside aisle to return to your seat.

↑ 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.

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



Ho - ly, ho - ly, ho - ly Lord, Lord God of pow'r and might,
heav'n and earth are full of your glo - ry.
Ho - san - na in the high - est. Bless - ed is he who comes
in the name of the Lord. Ho - san - na in the high - est.

↑ Words of Institution

↑ The Lord's Prayer

P: Lord, remember us in 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.

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: At Jesus' table, heaven and earth are joined as one.
Come and see.

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.

↑ Distribution Hymn

Healer of Our Every Ill
ELW 612

↑ Post-Communion Prayer

P: Giver of every gift,
Christ's body is our food, and we are Christ's body.
Raise us to life by your power
for the benefit of all and to your glory,
now and forever.

C: Amen.

Announcements

↑ Benediction

P: God who names you,
Christ who claims you,
and the Holy Spirit who remains in you,
✠ bless you and keep you always.

C: Amen.

↑ Sending Hymn

Go, My Children, with My Blessing
ELW 543

↑ Dismissal

A: Go in peace. Serve the Lord.

C: Thanks be to God.

Postlude

March
Flor Peeters (1903-1986)

About Today's Music

Today's hymns tie into themes of help and healing in today's readings and Psalm of the Day – especially the Gospel reading from the book of Mark. The Hymn of the Day, "We Come to You for Healing, Lord" (ELW 617) helps apply a Christian understanding of God's help and healing in our lives. The text is by Lutheran pastor and professor Herman Stuempfle Jr. (1923–2007), who endured the ravages of Lou Gehrig's disease (ALS). Hymnologist Paul Westermeyer notes, "It is not clear whether he wrote this hymn text in response to his own suffering or whether some other circumstance prompted it." We may never understand why we must endure physical or emotional suffering (apart from understanding that we live in a fallen world in need of redemption), but in Christ we know that God is with us because the incarnate second Person of the Trinity has truly experienced human pain firsthand. More than that, we hold fast to the promise that Christ Jesus overcame suffering – and even death itself – for us through his resurrection. And so, the hymn confidently "speaks to all those 'in pain' who have 'wakefulness' at night and 'days when strength runs low,' who know 'physicians' skills,' 'nurses' care,' and 'the love of faithful friends who lift [their] lives in prayer' – and through it all the 'risen Christ among us still.'"

ANNOUNCEMENTS — FEBRUARY 4, 2024

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 want the pastor to contact you. PRAY cards may be used for prayer requests. Place cards in the offering plate as you leave.

OUR WORSHIP CONTINUES after the 10:30 service with fellowship. Thanks to Don Thomas and Dennis Alfson for hosting the coffee hour.

ALTAR FLOWERS TODAY are provided by Karen and Brent McCullough, to the glory of God and in celebration of their son Scott's birthday.

FORUM TODAY:

WOMEN OF THE REFORMATION —

Discussions about the Protestant Reformation often highlight the role of important male figures — Luther, Calvin, Zwingli, etc. However, the tenets of the Reformation brought changes for women. In honor of Katie Luther's birthday (1/29), we will explore the roles of women in the early Lutheran Church, on up to the present day. This three-part Forum series began in January with **Bishop Shelley Bryan Wee**, and continues today and on February 11 with forums led by **Dr. Lynn Hofstad**.

YOUTH ARE INVITED TO THIS PROJECT PHOENIX EVENT

@ BALLARD FIRST, TODAY 4-6 PM: The "Minute-to-Win-It Championship."

Join us for an epic game night filled with fun challenges, laughs, and your great friends. Plus a hot cocoa bar! Win a Grand Prize!.

A CALL FOR LAY MINISTRY LEADERS FROM LOCAL CHURCHES TO FORM A LOCAL ECUMENICAL QUEEN ANNE HILL GROUP

Our neighbor, Queen Anne United Methodist Church, is seeking to form a **group of laity from the various churches on the Hill who are interested in ecumenical partnership & crafting shared ministries**. Ideally the group will include 1-2 people from each church. Talk to Pastor Dan if you are interested in helping QALC in this way.

THIS WEEK'S CALENDAR

Sunday, February 4

Worship	8:00 AM
Forum	9:00 AM
Worship	10:30 AM
Youth: "Minute-to-Win-It" (@Ballard First)	4:00 PM

Monday

Food Addicts in Recovery (FH) 7:00 PM

Wednesday

Sewing & Service (FH)	10:00 AM
YA Bible Study (upstairs)	6:45PM
AA Counterbalance (FH)	7:30 PM

Thursday

Choir Rehearsal (Music Rm) 7:00 PM

Saturday

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

Sunday, February 11

Worship	8:00 AM
Forum	9:00 AM
Worship	10:30 AM
Social Action Committee	after worship



ASH WEDNESDAY IS FEBRUARY 14. All are invited to our two worship services that day, at NOON in the chapel and in the sanctuary at 7:30 PM.

LENTEN WEDNESDAYS:
MID-WEEK SUPPER, DISCUSSION, AND COMPLINE

THE END OF LIFE: A Multi-Faith Conversation

What is your attitude toward the end of life? How do you approach it? How does your faith inform your perspective, and what about the faith of our neighbors?

Mark your calendars for a first-of-its-kind Wednesday Lenten series!

Offered jointly with **Ballard First Lutheran (BFL)**, members of both churches are invited to attend, and locations will alternate. Please join us! All are welcome to:

- A light soup supper at 6:00 PM in the Fellowship Hall
- Presentation and discussion from 6:30 to 7:15 PM
- Evening compline service in the chapel at 7:15 PM

Beginning on February 21, members of Ballard First Lutheran (BFL) will join us here at Queen Anne Lutheran. **Dr. Beatrice Lawrence** of Seattle University will offer a brief talk after the meal on how people of the Jewish faith approach the end of life.

February 28: at BFL, Pastor Erik Wilson-Weiberg will discuss Christian attitudes toward the end of life, including the option of cremation.

March 6: at QALC, offering a Muslim perspective on the end of life.

March 13: at BFL, offering Native American perspectives on the end of life.

March 20: at QALC, with a roundtable discussion among those gathered.

LENTEN THURSDAYS

(2/15-3/21)

“Lent w/Baldwin & Bonhoeffer”

Pastor Dan co-leads this class for the Synod’s LiVE Project series, on **Thursday evenings in Lent, online at 7:00 PM**. This course on the faith perspectives of Dietrich Bonhoeffer and James Baldwin is **FREE** to the QALC community.

Use the promo code

LIVEBUNDLE2023

when you register at

<https://tithe.ly/event-registration/#/8122126> More detailed course info is at:

<https://www.lutheransnw.org/events/lent-with-baldwin-and-bonhoeffer/2024-02-15>



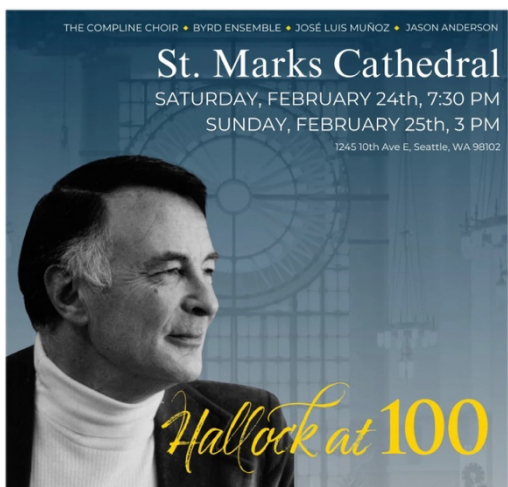
SAVE THE DATE:

QALCW Lenten Brunch

Saturday, February 17 • 9:30 AM

Fellowship Hall

Come Share in Food, Fellowship and Preparation for the 40 Days of Lent



COMPLINE CHOIR EVENT: Since 1977, I have sung in The Compline Choir, a group founded in 1956 by mystic, composer, and church musician Peter Hallock. 2024 marks the 100th anniversary of Hallock’s birth, and I am singing in concerts at Saint Mark’s Cathedral, Seattle, on Feb. 24 at 7:30 PM & Feb. 25 at 3 PM that launch the centenary celebration, together with countertenor José Luis-Muñoz and the Byrd Ensemble. Music sung is varied, spanning the Renaissance to the present day, and includes a handful of works composed by Peter Hallock – his

setting of the Lamentations of the prophet Jeremiah is particularly moving! If you can’t attend in person, a virtual concert will be available on March 2.

Having you attend one of the concerts would mean so much to me. Tickets are \$20 for seniors, \$35 for general admission, or \$40 if you want to sit closer to the performers; the virtual concert is just \$20 and you can watch anytime from March 2 to 23. Tickets and details are at <https://www.byrdensemble.com/hallockat100>. I look forward to seeing you there!

– Joel Matter

**THE HEARTHSTONE’S 2024 ANNUAL MEETING –
Founding Churches Invitation for February 15 at 7 PM**

Pastor Dan is unable to attend this meeting, but as we have several members living at The Hearthstone, we would appreciate having representation there. Please let Pastor Dan know if you’d be able to attend. The Hearthstone writes:

We want to thank you for your ongoing participation in our annual meetings over the past many years. We are excited to be able to host this year’s meeting in person again. We'd like to invite you to join us in our Chapel, or remotely via Zoom...

It is crucial that we get a response one way or another in order to confirm how many voting members will be able to participate. ... We look forward to seeing you all here at The Hearthstone next month!

– Hally Skelly, Executive Assistant

INTERESTED IN JOINING QUEEN ANNE LUTHERAN?

Pastor Dan invites you to attend our New Member Class.

- Explore what it means to be a member of Queen Anne Lutheran
- Learn about Lutheran theology and tradition
- (If you decide to join) —
Acknowledge your membership in worship on Easter Sunday

Three Tuesdays at 6 PM

- February 20
- February 27
- March 19

Interested? Talk to Pastor Dan.

HAPPINESS IS



**...singing
in a choir.**

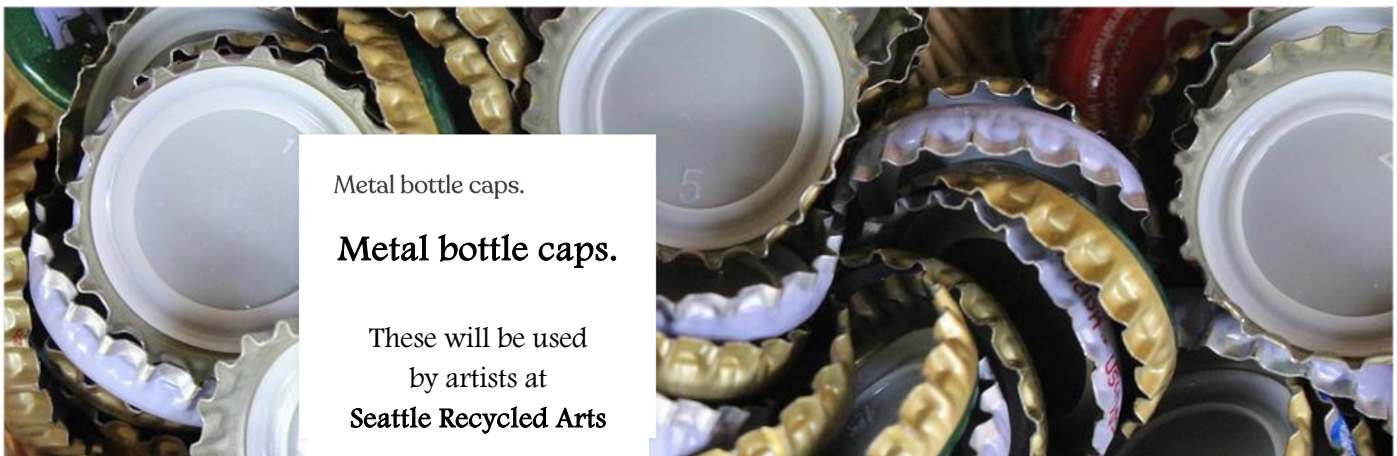
JOIN CANTOR KYLE FOR A “PICK-UP” CHOIR

SUNDAY, FEBRUARY 18

Meet at 9:30 AM in the nave.
This is a great way to try choir
for a day!

Sign up at the narthex railing
if you can attend.

RIDWELL SPECIAL COLLECTIONS— Bring by next Sunday, February 11:



Metal bottle caps.

Metal bottle caps.

These will be used
by artists at
Seattle Recycled Arts