## Lutheran Church of the Holy Comforter

216 N. Main Street • Belmont, NC 28012 • Sunday, March 1, 2020

## First Sunday in Lent

Micah Kearney Pastor



Greg Cline Organist/Choirmaster

#### WELCOME/GATHERING

### **CONFESSION AND FORGIVENESS**

All may make the sign of the cross, the sign marked at baptism, as the presiding minister begins.

P Blessed be the holy Trinity, + one God, who is present, who gives life, who calls into existence the things that do not exist.

#### C Amen.

P If you were to keep watch over sins, O Lord, who could stand? Yet with you is forgiveness, and so we confess.

Silence for reflection and self-examination.

### P Gracious God,

C have mercy on us. We confess that we have turned away from you, knowingly and unknowingly. We have wandered from your resurrection life. We have strayed from your love for all people. Turn us back to you, O God. Give us new hearts and right spirits, that we may find what is pleasing to you and dwell in your house forever. Amen.

P Receive good news: God turns to you in love. "I will put my spirit in you, and you shall live," says our God. All your sin is forgiven in the name of + Jesus Christ, who is the free and abounding gift of God's grace for you.

#### C Amen.



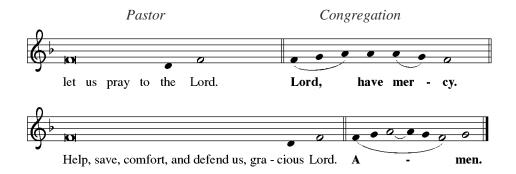
Text: Bernhardt S. Ingemann, 1789–1862; tr. Sabine Baring-Gould, 1834–1924, alt. Music: EBENEZER, Thomas J. Williams, 1869–1944

#### **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.





#### PRAYER OF THE DAY

P Let us pray.

Lord God, our strength, the struggle between good and evil rages within and around us, and the devil and all the forces that defy you tempt us with empty promises. Keep us steadfast in your word, 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.

Congregation is Seated and are invited to sing "Jesus Loves Me" as the children come forward.

#### CHILDREN'S TIME

Children ages 4 to 8 years-old are invited to go to the Education building for a 20-minute (or so) time together immediately after the Children's sermon. Children will return to their parents during the hymn of the day. Children birth through 3 years-old are invited to join others their age in the nurseries.

## FIRST READING Genesis 2:15-17; 3:1-7

A reading from the second and third chapter of Genesis.

Human beings were formed with great care, to be in relationship with the creator, creation, and one another. The serpent's promise to the first couple that their eyes would be opened led, ironically, to the discovery only that they were naked.

<sup>15</sup>The Lord God took the man and put him in the garden of Eden to till it and keep it. <sup>16</sup>And the Lord God commanded the man, "You may freely eat of every tree of the

garden; <sup>17</sup>but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

<sup>3:1</sup>Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" <sup>2</sup>The woman said to the serpent, "We may eat of the fruit of the trees in the garden; <sup>3</sup>but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" <sup>4</sup>But the serpent said to the woman, "You will not die; <sup>5</sup>for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." <sup>6</sup>So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. <sup>7</sup>Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

A The word of the Lord.

C Thanks be to God.

SECOND READING Romans 5:12-19

A reading from the fifth chapter of Romans.

Through Adam's disobedience, humanity came under bondage to sin and death, from which we cannot free ourselves. In Christ's obedient death, God graciously showers on us the free gift of liberation and life.

<sup>12</sup>Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—<sup>13</sup>sin was indeed in the world before the law, but sin is not reckoned when there is no law. <sup>14</sup>Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

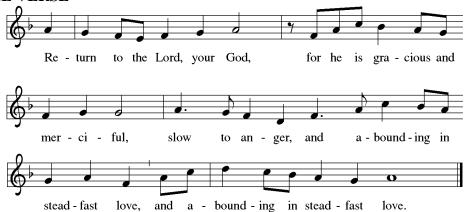
<sup>15</sup>But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. <sup>16</sup>And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. <sup>17</sup>If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

<sup>18</sup>Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. <sup>19</sup>For just as by the one man's

disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

- A The word of the Lord.
- C Thanks be to God.

#### **GOSPEL VERSE**



GOSPEL Matthew 4:1-11

P The holy gospel according to St. Matthew, the fourth chapter.

## C Glory to you, O Lord.

Jesus experiences anew the temptations that Israel faced in the wilderness. As the Son of God, he endures the testing of the evil one.

<sup>1</sup>Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup>He fasted forty days and forty nights, and afterwards he was famished. <sup>3</sup>The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." <sup>4</sup>But he answered, "It is written,"

'One does not live by bread alone,

but by every word that comes from the mouth of God."

<sup>5</sup>Then the devil took him to the holy city and placed him on the pinnacle of the temple, <sup>6</sup>saying to him, "If you are the Son of God, throw yourself down; for it is written,

'He will command his angels concerning you,'

and 'On their hands they will bear you up,

so that you will not dash your foot against a stone."

<sup>7</sup>Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'"

<sup>8</sup>Again, the devil took him to a very high mountain and showed him all the kingdoms

of the world and their splendor; <sup>9</sup>and he said to him, "All these I will give you, if you will fall down and worship me." <sup>10</sup>Jesus said to him, "Away with you, Satan! for it is written,

'Worship the Lord your God,

and serve only him."

<sup>11</sup>Then the devil left him, and suddenly angels came and waited on him

- P The gospel of the Lord.
- C Praise to you, O Christ.

#### The assembly is seated.

HYMN OF THE DAY: Lord, Jesus, You Shall Be My Song...... All Stand & Sing



- 1 Lord Je sus, you shall be my song as I jour ney;
- 2 Lord Je sus, I'll praise you as long as I jour ney. 3 As long as I live. Je - sus. make me your ser - yant.
- long live, Je - sus, make me your 3 As as ser vant, Ι fear in the dark and the doubt of my jour ney;



I'll tell ev-'ry - bod - y a - bout you wher-ev - er I go:
May all of my joy be a faith-ful re - flec-tion of you.
to car - ry your cross and to share all your bur-dens and tears.
but cour-age will come with the sound of your steps by my side.



you a - lone life and our peace and our are our May the earth and the sea and the sky join my song. For you saved me by giv ing your bod - y and blood. And with all of the fam 'ly you saved by your



Lord Je - sus, you shall be my song as jour ney. Lord Je - sus, I'll praise you as ney. long as Ι jour As long I live, Je - sus, me your vant. as make ser dawn we'll sing to your at the end of our jour ney.

#### 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 INTERCESSION

Turning our hearts to God who is gracious and merciful, we pray for the church, the world, and all who are in need.

A brief silence.

God of the wilderness, we pray for the church. Lead us in showing grace and hospitality to all who struggle with doubt or shame. Make your church holy ground where all people can be seen and loved for who you have created them to be. Hear us, O God.

Your mercy is great.

We pray for creation. Show your glory in deserts and on mountaintops. Nourish gardens and orchards and bless those who tend them. Forgive us for our desire to dominate creation instead of serving as faithful stewards and caretakers. Hear us, O God.

Your mercy is great.

We pray for the nations. Liberate leaders and governments from the temptation to exercise unjust dominion over those whom they are called to lead and serve. Hear us, O God.

Your mercy is great.

We pray for those in need. Sustain those who are hungry and alone, those who are anxious, those facing difficult decisions, and those facing a recent diagnosis or new grief. (We pray especially for . . .) Hear us, O God.

## Your mercy is great.

We thank you for putting new songs on our lips and in our hearts. Hear our voices as we join in songs of lament and praise. We give thanks for musicians, composers, and poets. Hear us, O God.

## Your mercy is great.

We praise you for bringing us through the desert into the promised land of your kingdom. We give thanks for saints who have guided us in times of trial and joy. Hear us, O God. **Your mercy is great.** 

According to your steadfast love, O God, hear these and all our prayers as we commend them to you; through Christ our Lord.

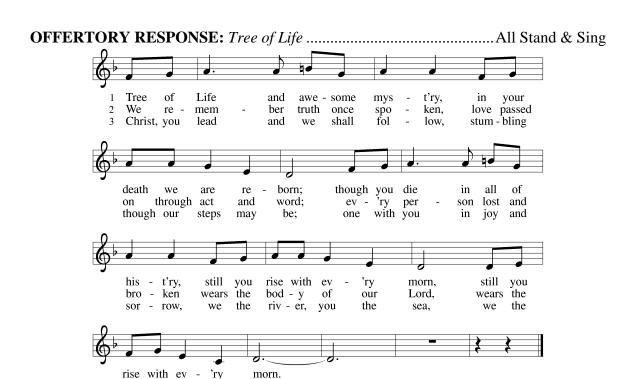
#### Amen.

#### **PEACE**

- P The peace of Christ be with you always.
- C And also with you.

The assembly is seated.

#### **OFFERING**



#### **OFFERING PRAYER**

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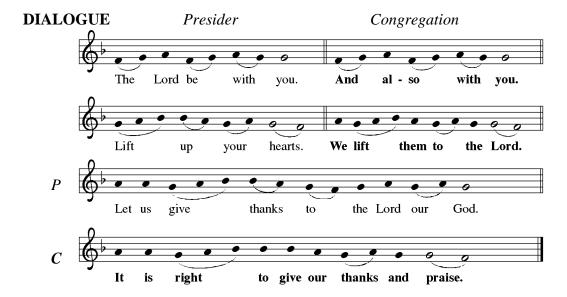
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Lord.

sea.

A Let us pray.

C Holy and generous host, you set a table where we feast as friends. Prepare us to witness to your goodness with every gift you have given us to share, that all people may know your peace through Jesus Christ, now and forever. Amen.

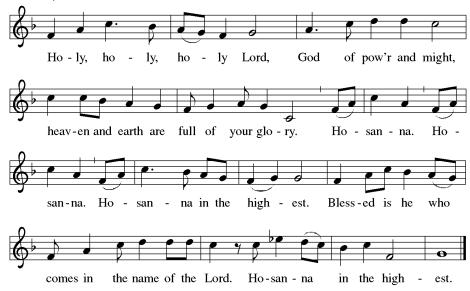


#### THE GREAT THANKSGIVING

#### **PREFACE**

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

## HOLY, HOLY, HOLY



#### THANKSGIVING AT THE TABLE

### 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;

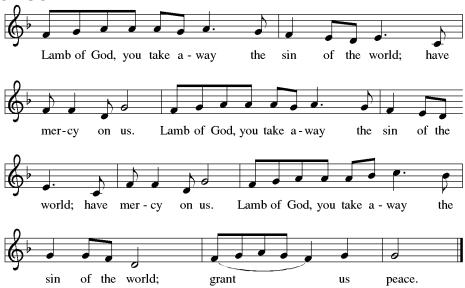
and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever and ever. Amen.



- P God's love is poured out in Christ for you. Open yourselves to receive it.
- C Thanks be to God.

#### LAMB OF GOD



#### **COMMUNION**

A cordial invitation is extended to all persons to participate in the celebration of the real presence of the Risen Christ in the Sacrament of Holy Communion.

MUSIC DURING COMMUNION: Around You, O Lord Jesus . . . . . . . All Sing



Text: Frans Mikael Franzén, 1772–1847; tr. composite Music: O JESU, AN DE DINA, H. Thomissön, *Den danske Psalmebog*, 1569 Text © 1978 *Lutheran Book of Worship*, admin. Augsburg Fortress.

- P The body and blood of our Lord, Jesus Christ, strengthen you and keep you in his grace.
- C Amen.

#### PRAYER AFTER COMMUNION

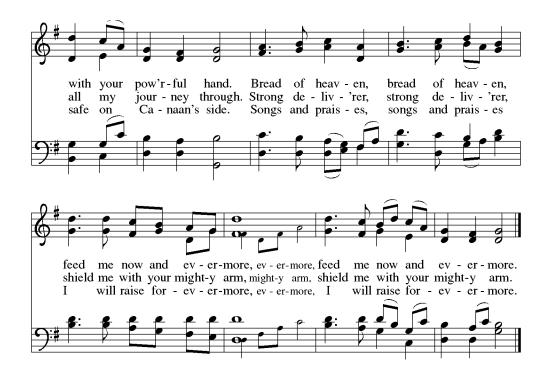
- A Let us pray.
- C We thank you, living God, for the body and blood of your Son, which sustains us in the wilderness and the garden alike. As Christ has loved us in this feast, so send us to love Christ in our neighbors. In Jesus' name we pray.

#### **BLESSING**

P Now is the acceptable time. Now is the day of salvation. Holy God, speaking, spoken, and inspiring, + bless you, unbind you, and send you in love and in peace.

C Amen.





Text: William Williams, 1717–1791; tr. William Williams and Peter Williams, 1722–1796, alt. Music: CWM RHONDDA. John Hughes. 1873–1932

#### **SENDING**

- A Go in peace, share the good news.
- C Thanks be to God.

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A CORDIAL WELCOME is extended to all our visitors on this First Sunday of Lent. We pray that you will find a warm fellowship while you are among us and that you will return home with a renewed sense of dedication to Jesus Christ. Please sign our guest register or a visitor's card so that we can become acquainted with you. If you are without a church home, we invite you to investigate membership in this family of God.

CHILDREN ARE WELCOME IN WORSHIP. Jesus said, "let the children come to me!" Parents are encouraged to utilize the Kids Worship Kits found in the Narthex for older toddlers through early elementary age. A nursery for children (infants through 3 years old) is in the Education building. Let an usher know if you need assistance.

**KIDS' WORSHIP CENTER:** Pick up kits as you enter for worship! **Please return the tote bag** with the plastic bag of crayons, scratch pads, and pencils to the stand in the narthex. The children may take any papers home with them.

**PRAYER REQUESTS:** A notebook has been placed in the narthex for your prayer requests during the week. The book will be in the narthex on Sundays and in the church office during the week. If you wish a name to be added to our prayer board, please fill out a form from the prayer book or fill in the online form at <a href="https://www.holyc.org">www.holyc.org</a>.

**THE FLOWERS ON OUR ALTAR TODAY** are given to the glory of God.

<u>Those who have placed flowers on the altar</u> may use containers to take them home, but please return the containers to the church. *Julia Gunter, Worship & Music* 

## Attendance & Budget Report for Sunday, February 23, 2020:

Attendance: 101

Budget Report	This Week	Year-to-Date	(Unfavorable)
Offering	\$ 2,752.00	\$ 31,316.00	(\$13,133.26)
Expenses	\$ 5,834.10	<b>\$ 41,316.69</b>	3,133.56
Offering less Expenses	\$ (3,082.10)	( <u>\$ 10,000.69</u> )	(\$10,000.69)

**ASSISTING MINISTERS:** 

**LECTOR:** Suzanne Fairbairn **GREETER:** Jill Cassel

ACOLYTE: Volunteer TELLERS: Shelia and Tim Kelly

CRUCIFER: Volunteer CHILDREN'S CHURCH: Volunteer

ALTAR GUILD: (Team 4) NURSERY:(10:30-11:45a) Volunteer

Katie Howard (Co Captain),

Donna Bean(Co Captain) **EUCHARIST PRESENTERS:** Volunteers

Jill Cassel

Julia Gunter USHERS: Volunteers

COMMUNION ASSISTANTS: (Team C)Beverly Robinson (Lead), Rebecca Yount, Teresa

Keller

## THIS WEEK'S MEETINGS: Today, Sunday, March 1

8:45 am Children's Ensemble
9:30 am Sunday School
10:10 am Church choir prep
10:30 am Worship w/ Holy Communion
2:00 pm Confirmation at Holy C
5:00 pm Handbells,

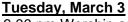
## Monday, March 2

6:00 pm PEP Exercise Class

6:00 pm Church choir practice

#### **BIRTHDAYS FOR THE WEEK: March 1-6**

March 2-Khloe Tench March 4-Dean Halvorson March 5-Rob Ratchford



6:00 pm Worship and Music Meeting 7:00 pm Nar-Anon

### Wednesday, March 4

5:15 pm Youth Handbells 6:00 pm Lenten Dinner 7:00 pm Holden Evening Prayer







#### WANT TO LOSE WEIGHT? WRITE DOWN WHAT YOU EAT!

A former study by Kaiser Permanente's Center for Health Research in Portland, Ore., shows that keeping a food diary can double a person's weight loss. "The simple act of writing down what you eat encourages people to consume fewer calories," says Jack Hollis, PhD, lead researcher of the Kaiser Weight Management Initiative.

The 1,685 participants — all overweight — were encouraged to cut calories, eat a healthy diet high in fruits and vegetables, consume only low-fat or non-fat dairy, exercise at moderate intensity levels for at least 30 minutes per day, attend weight

management support sessions, and keep food records. After six months, 69 percent lost at least 9 pounds. Average weight loss was 13 pounds, and those who kept the most records lost twice as much weight.

Linda Bacon, author of Health at Every Size (BenBella Books, 2008), advises people to also record the emotional aspects of eating to make food journaling more effective. "The more you see emotional eating patterns, the more you can understand what is driving you to eat," says Bacon. "Then you can figure out a healthier way to satisfy your needs." So, let's start those diaries and get ourselves in shape for summer swimsuit weather!

## BEGINNING <u>THURSDAYS</u>, March 12 FROM 6:30 – 7:30 PM in the fellowship hall

## JOIN US FOR Beginners Yoga

## This is a six-week beginners program held once a week COST: \$30/person for all six weeks!

### NO MAT WORK - all exercise is done sitting or standing

Join the Health Ministry in adding exercise to your life in a wholesome, healthy way!

# Questions? Call Teresa Keller, RN, PN @ 717-329-8507, email me at parishnurse0407@gmail.com

AND sign up NOW at the Health Ministry table in the education wing.

#### PRAYERS FOR OUR FAMILY OF HOLY COMFORTER

Cathleen Allen	Kay Holden	Marguerite Shive
Cynthia Buchanan	Zac Hullander	Denise Taylor
Becke Featherstone	Ben Moose	Beverly Reynolds
Ellen Fleming	Sherry Perry	Jerri & Mike Wesson
Sarah Tench Helms	Caitlin Reese	

#### **GREATER FAMILY OF GOD**

Charlene Barbee	Meredith Hovis	Family of Dawn Mitchell
Jim Barbee	Mary Huggins	Ann Mundy
Janice Barker	Family of	Linda Nichols
Amy Beale Blythe	Mark Lineberger	Robert Nichols
Doug Brewer	Steve Leonard	Sarah Nichols
Libby Byrum	Ruth Lyerly	Tommy Smith
Craig Cluttz	Jane Marino	Emily Stinson
Ron de la Vega	Ana Matthews	Brody Thornburg
Nancy Dickson	Al McCoy	Jack and Doris Wade
Earl Gardner	Clarence McLain	Joanne Weeks
Larry "Poss" Garrett		Jeff Wiles

Mark Glaeser

#### **OUR SERVICEMEN**

Beau Carroll

Tom Kasmer

Leo Kasmer

Colton Parker



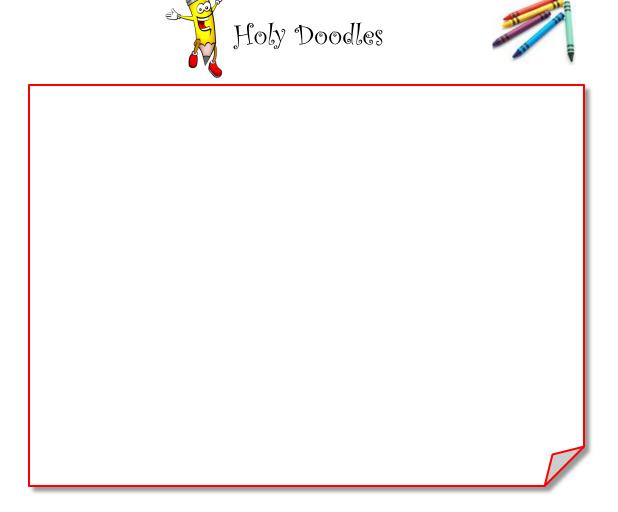
Please remember these people in your prayers.

If anyone has a person who needs to be added or removed from this list, please inform the church office.

The sign-up prayer forms are in the narthex and online at www.holyc.org.

NOTE: To ensure inclusion in the bulletin all information is due to the office by 12

Noon on Wednesdays.



## **Holy Comforter Lutheran Church**

216 N. Main Street Belmont, NC 28012 704-825-2483 holycomforter@gmail.com

SUNDAY SCHEDULE: 9:30 am Sunday School, 10:30 am The Service Church Office Hours: Monday-Thursday 8:30 am — 3:00 pm

> Micah Kearney, Pastor email: MKearney@holyc.org Greg Cline, Organist /Choirmaster Beka Forst, Director of Youth & Family Ministries Teresa Keller, Parish Nurse