

Lutheran Church of Hope

Pastor Liz Lowry

Drawn together by God, celebrating Grace, serving all

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Office Administrator Hours: Monday—Thursday, 1-5 PM

MARCH 17, 2024

FIFTH SUNDAY IN LENT



Welcome to Worship!

We are glad you are here. May you feel the presence of God with you and in this community as we sing, pray, hear the Word and share in God's communion.

If you would like to share with us your name and connect with us in other ways, there is a visitor card at the back of this bulletin that may be filled out and placed in the offering plate.

Here's some things it may be helpful to know:

Most of what you need to follow the service is in this bulletin. "ELW" refers to the red hymnal at your seat. If a song is not in the bulletin, it will be in that book.

Our "Pray & Play" area is for our children! We are so glad they are here and rejoice that God gives us many ways to worship, learn and pray. We love their giggles and squirms. Children's coloring pages are available for them. There are books and bibles available for all ages, and kids are encouraged to participate and help with every and any aspect of the service - including reading Scripture and helping with communion! There is also a "Wiggle Room" towards the back of the sanctuary if you need a separate space for your little one where you can still hear the service.



This Sunday

Next Sunday

Communion Preparation

Jennifer Wardell

Fellowship

Phyllis Rude

Carolyn Heyman

Technical Support

Adam Bryant

Megan Bladow

Altar Flowers

In celebration of
Susan Halvor's
mother's birthday.

Spirit, Open My Heart

Refrain

Spir-it, o - pen my heart to the joy and pain of
 liv-ing. As you love may I love, in re - ceiv - ing
 and in giv - ing. Spir - it, o - pen my heart.
 1 God, re - place my ston - y heart with a heart that's
 2 Write your love up - on my heart as my law, my
 3 May I weep with those who weep; share the joy of
 kind and ten - der. All my cold - ness and
 goal, my sto - ry. In each thought, word, and
 friend and neigh - bor. As I live from day to
Refrain
 fear to your grace I now sur - ren - der.
 deed, may my liv - ing bring you glo - ry.
 day, love will be my fin - est la - bor.

Text: Ruth Duck, b. 1947

Music: WILD MOUNTAIN THYME, Irish melody; adapt. Alfred V. Fedak, b. 1953

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Music © 2011 Alfred V. Fedak

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The peace of Christ be with you.
And also with you.

Let us pray.

Blessed are you, O God, holy and immortal, for you remember how we are made — as frail as dust, as fleeting as breath.

By your tender compassion, your Word became flesh and dwelt among us, that the world might know your love.

Be present with us now, we pray. Turn our hearts in trust toward you and in love toward one another, for you are gracious and merciful, slow to anger and rich in love, through Jesus Christ, now and forever. **Amen.**

WORD

Five hundred years before Christ, Ezekiel spoke to the people of Israel about the promises of God.

A reading from Ezekiel.

I will sprinkle clean water upon you, says our God, and you shall be clean from all your uncleanness, and from all your idols I will cleanse you. A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. I will put my spirit within you.

Ezekiel 36:25-27a

SONG

To You All Hearts Are Open

ELW 814

To you all hearts are o - pen, to

you all de - sires known. To you there are no

se - crets, al - might - y God; we come to you.

Text: John Tirro, b. 1966; based on an 11th cent. collect, tr. *Book of Common Prayer*

Music: ALL HEARTS ARE OPEN, John Tirro

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A reading from C.S. Lewis.

To love at all is to be vulnerable.
Love anything,
and your heart will certainly be wrung and possibly broken.
If you want to make sure of keeping it intact,
you must give your heart to no one, not even an animal.
Wrap it carefully round with hobbies and little luxuries;
avoid all entanglements;
lock it up safe in the casket of your selfishness.
But in that casket — safe, dark, motionless, airless — it will change.
It will not be broken;
it will become unbreakable, impenetrable, irredeemable.

The Four Loves

Sing: *To You All Hearts Are Open*

A reading from Psalm 51.

Create in me a clean heart, O God,
and renew a right spirit within me.
Cast me not away from your presence,
and take not your Holy Spirit from me.
Restore to me the joy of your salvation
and sustain me with your bountiful Spirit.

Psalm 51:10-12

Sing: *To You All Hearts Are Open*

Let us pray.

God of mercy,
you know us better than we know ourselves, and still you love us.
Wash us from all our sins, create in us clean hearts,
and strengthen us by your Holy Spirit that we may proclaim your praise;
through Jesus Christ, our Savior and Lord.
Amen.

Sing and repeat: *To You All Hearts Are Open*

INVITATION TO THE CROSS

Jesus, in his suffering and death, reveals the very heart of God,
a heart of pure unspeakable love,
a heart that risks everything for the sake of love,
a heart open to the suffering of others
and broken by the cruelty of others,
a heart alive with love that death could not hold.

Come, you who yearn for hope and healing in the world.
Come kneel at the cross, you who wait to see justice and truth.
Come, you who yearn for the well-being of your body or soul.
Come, you who yearn for the health of a loved one.
Come, to the cross, to the heart of God. Bring your own heart as it is—
hardened or cold, broken or empty, fearful or unfaithful, for God welcomes
it and breathes into it the Spirit of Christ's love.

PRAYER AT THE CROSS

ELW 528

Come and Fill Our Hearts *Confitemini Domino*

Con - fi - te - mi - ni Do - mi - no quo - ni - am bo - nus.
Come and fill our hearts with your peace. You a-lone, O Lord, are ho - ly.

Con - fi - te - mi - ni Do - mi - no. Al - le - lu - ia!
Come and fill our hearts with your peace. Al - le - lu - ia!

Text: Psalm 136:1 (Latin); Taizé Community

Music: CONFITEMINI DOMINO, Jacques Berthier, 1923–1994

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Anointing Fall on Me

The musical score is written for a two-part setting (Soprano and Bass) in the key of D major (two sharps). It consists of four systems of staves. The first two systems are for the phrase 'A - noint - ing fall on me.' and the last two are for 'Let the pow-er of the Ho - ly Ghost fall on me.' The melody is simple and hymn-like, with a final cadence at the end of the fourth system. The lyrics are printed below the notes.

A - noint - ing fall on me.

A - noint - ing fall on me.

Let the pow-er of the Ho - ly Ghost fall on me.

A - noint - ing fall on me.

Text: Donn Thomas, b. 1949

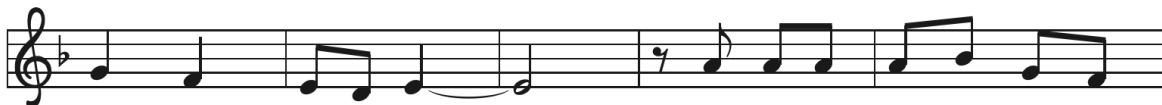
Music: Donn Thomas; arr. Evelyn Simpson-Carenton, b. 1953

ANOINTING
6 6 12 6

There Is a Longing in Our Hearts

Refrain — All

There is a long-ing in our hearts, O Lord, for you to re -



veal your - self to us.

There is a long-ing in our



hearts for love we on - ly find in you, our God.

Leader or All

1 For jus - tice,	for free - dom,	for mer - cy:
2 For wis - dom,	for cour - age,	for com - fort:
3 For heal - ing,	for whole - ness,	for new life:
4 Lord, save us,	take pit - y,	light in our



hear our prayer.
 hear our prayer.
 hear our prayer.
 deep-est night.

In sor - row,	in grief:
In weak - ness,	in fear:
In sick - ness,	in death:
We call you;	we wait:



be near; hear our prayer, O God.

Refrain

Text: Anne Quigley, b. 1955

Music: LONGING, Anne Quigley

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Let us pray.

Compassionate God,
in Christ's gentle and suffering love you have shown us the way of abundant life. Keep us joined to Christ's life-giving passion, that our hearts may know the joy and freedom for which you have created us, now and forever. **Amen.**

SHARING OF THE PEACE

OFFERING

The offerings received by this congregation support this church and local ministries in Anchorage. Checks can be made out to "Lutheran Church of Hope." You may also sign up on our website (www.hopeak.org/give) to regularly give through direct withdrawal.

OFFERTORY

Create in Me a Clean Heart

ELW 188

The musical score is written for a single voice part in G major (one sharp) and 4/4 time. It consists of five staves of music. The lyrics are written below the notes, with hyphens indicating syllables that span across multiple notes. The melody is simple and hymn-like, with a final double bar line at the end of the fifth staff.

Cre - ate in me a clean heart, O God, and re - new a right
spir - it with - in me. Cast me not a - way from your
pres - ence, and take not your Ho - ly Spir - it from me. Re -
store un - to me the joy of your sal - va - tion,
and up - hold me with your free Spir - it.

Music: J. A. Freylinghausen, 1670–1739

OFFERING PRAYER

Jesus, you are the bread of life and the host of this meal. Bless these gifts that we have gathered that all people may know your goodness. Feed us not only with this holy food but with hunger for justice and peace. We pray this in your name. **Amen.**

EUCCHARIST PRAYER

Holy God, you alone are holy, you alone are God.

The universe declares your praise: beyond the stars; beneath the sea; within each cell; with every breath.

We praise you, O God.

Generations bless your faithfulness: through the water; by night and day; across the wilderness; out of exile; into the future.

We bless you, O God.

We give you thanks for your dear Son: at the heart of human life; near to those who suffer; beside the sinner; among the poor; with us now.

We thank you, O God.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

Remembering his love for us on the way, at the table, and to the end, we proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

We pray for the gift of your Spirit: in our gathering; within this meal; among your people; throughout the world.

Blessing, praise, and thanks to you, holy God, through Christ Jesus, by your Spirit, in your church, without end. **Amen.**

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.**

INVITATION TO COMMUNION

Bread for the journey.
A feast for hungry hearts. Come!

*This is the Lord's table at which **everyone** is welcome. Come and receive! There is dark wine and white grape juice available, as well as gluten-free wafers. If you or your children do not commune, you are invited to come forward and receive a blessing.*

COMMUNION HYMNS

ELW 471

Let Us Break Bread Together



1 Let us break bread to - geth-er on our knees;
2 Let us drink wine to - geth-er on our knees;
3 Let us praise God to - geth-er on our knees;



let us break bread to - geth-er on our knees.
let us drink wine to - geth-er on our knees.
let us praise God to - geth-er on our knees.



When I fall on my knees, with my face to the ris - ing



sun, O Lord, have mer-cy on me.

Text: African American spiritual

Music: BREAK BREAD TOGETHER, African American spiritual

What a Friend We Have in Jesus



- 1 What a friend we have in Je - sus, all our sins and griefs to bear!
 2 Have we tri - als and temp - ta - tions? Is there trou - ble an - y - where?
 3 Are we weak and heav - y - lad - en, cum - bered with a load of care?



What a priv - i - lege to car - ry ev - 'ry - thing to God in prayer!
 We should nev - er be dis - cour - aged—take it to the Lord in prayer.
 Pre - cious Sav - ior, still our ref - uge—take it to the Lord in prayer.



Oh, what peace we of - ten for - feit; oh, what need - less pain we bear—
 Can we find a friend so faith - ful who will all our sor - row share?
 Do your friends de - spise, for - sake you? Take it to the Lord in prayer.



all be - cause we do not car - ry ev - 'ry - thing to God in prayer!
 Je - sus knows our ev - 'ry weak - ness—take it to the Lord in prayer.
 In his arms he'll take and shield you; you will find a so - lace there.

Text: Joseph Scriven, 1820–1886

Music: CONVERSE, Charles C. Converse, 1832–1918

BLESSING

ANNOUNCEMENTS

BENEDICTION

As tender as parent to child, so gentle is God to us.
As high as heaven is above earth, so vast is God's love for us.
As far as east is from west, so far God removes our sin,
renewing our lives in Christ. **Amen.**

SENDING HYMN Go, My Children, with My Blessing ELW 543



- 1 "Go, my chil - dren, with my bless-ing, nev - er a - lone.
- 2 "Go, my chil - dren, sins for - giv - en, at peace and pure.
- 3 "Go, my chil - dren, fed and nour-ished, clos - er to me.



Wak - ing, sleep - ing, I am with you, you are my own.
Here you learned how much I love you, what I can cure.
Grow in love and love by serv-ing, joy - ful and free.



In my love's bap-tis - mal riv - er I have made you mine for-ev - er.
Here you heard my dear Son's sto - ry, here you touched him, saw his glo - ry.
Here my Spir - it's pow - er filled you, here my ten - der com-fort stilled you.



Go, my chil - dren, with my bless-ing, you are my own."
Go, my chil - dren, sins for - giv - en, at peace and pure."
Go, my chil - dren, fed and nour-ished, joy - ful and free."

Text: Jaroslav J. Vajda, b. 1919, alt.
Music: AR HYD Y NOS, Welsh traditional
Text © 1983 Concordia Publishing House

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DISMISSAL

Go in peace. Share your bread. **Thanks be to God.**

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welcome

Name: _____

Phone Number: _____

Email: _____

Address: _____

I am a...

- ☐ First Time Visitor
- ☐ Regular Visitor
- ☐ Church Member
- ☐ In Need of Prayer

I would like to...

- ☐ receive the Weekly News email
- ☐ receive the monthly Newsletter
- ☐ learn how to get involved
- ☐ receive a call from Pastor Liz



PRAYER REQUEST

Please place this tab in the offering plate.

☐ I would like a call from
Pastor Liz
March 17, 2024

CALENDAR

*Lutheran Church of Hope events are in **bold***

SUNDAY, MARCH 17

- **8:30 AM—Bible Study**
- **10 AM—Service of Prayer and Healing**
- 2 PM—Christian Worship Center

MONDAY, MARCH 18 *Office Hours 1-5 PM*

- 6 PM—Sit Stay Play AK

TUESDAY, MARCH 19 *Office Hours 1-5 PM*

- 4:30 PM—Mobile Food Pantry
- 7 PM—Plus 24 AA
- 7 PM—Shoulder to Shoulder Al Anon

WEDNESDAY, MARCH 20 *Office Hours 1-5 PM*

- **6:30 PM—Lenten Supper & Study**

THURSDAY, MARCH 21 *Office Hours 1-5 PM*

- 6:30 PM—Overeaters Anonymous

FRIDAY, MARCH 22

- 6 PM—Sit Stay Play AK

SATURDAY, MARCH 23

- 12 PM—United Church of God
- 5 PM—Christian Worship Center

PALM SUNDAY, MARCH 24

- **8:30 AM—Bible Study**
- **10 AM—Worship with Holy Communion**
- 2 PM—Christian Worship Center