



TRINITY LUTHERAN CHURCH

1323 Central Ave, Alameda CA (510) 522-5220
Anchored in Faith. Serving Our Neighbor. Singing God's Praise.

Mission: To be a caring and diverse community of people who know and share the love of God through Jesus Christ.

Sixth Sunday after Epiphany February 12, 2023

www.trinityalameda.org
Rev. Stephanie Johnson, Pastor (510) 846-0883
Rev. Craig Minich, Pastor: East Bay Lutheran Youth Program
Rev. Ned O'Donnell, Pastor: Lutheran Ministry to Nursing Homes

In today's reading from Deuteronomy we are called to choose life by loving and obeying God. Much of today's gospel reading echoes portions of the Ten Commandments. Jesus' instructions to the crowd reveal a pattern of behavior that honors both God and the neighbor, resulting in life and health for the whole community. We too are invited to embrace these commandments, not out of fear of retribution, but because God has promised that to do so means life for us.

WELCOME TO TRINITY LUTHERAN CHURCH. *You are invited to join with us as we seek to be God's loving community for all who enter here. You are received as a friend . . .*

- *just as you are, created by God.*
- *whatever your color, culture and customs, your age, abilities, sexual orientation or gender identity.*
- *wherever circumstances find you... in the midst of change or challenge or pain, in need of strength and hope, or in search of spiritual fullness and friendship.*
- *whether you are a new visitor or an old friend, have no church home, have doubts or do not believe, or want to follow Christ and pursue peace and justice in Christ's name.*

You are embraced as an expression of the diversity and beauty of the creation God has given us.

You are welcome here!

The presence of children is a gift to the church and a reminder that our congregation is growing. Please welcome our youngest brothers and sisters and give a smile of encouragement to their parents.

✠ THE SERVICE ✠

PRELUDE *Improvisation on Lattimer*
(*"This Little Light of Mine"*)
From Suite on Afro-American Hymn Tunes
Arr. Charles Callahan, b. 1951
©1991 Concordia Publishing House

✠ GATHERING ✠

(Arrows indicate when the congregation may sit ↓ or stand ↑ as able. **Bold print** are responses spoken by the congregation.)

↑THANKSGIVING FOR BAPTISM

Blessed be the holy Trinity, ✠ one God, the fountain of living water, the rock who gave us birth, our light and our salvation. **Amen.**

Joined to Christ in the waters of baptism, we are clothed with God's mercy and forgiveness. Let us give thanks for the gift of baptism.

We give you thanks, O God, for in the beginning your Spirit moved over the waters and by your Word you created the world, calling forth life in which you took delight.

Through the waters of the flood you delivered Noah and his family. Through the sea you led your people Israel from slavery into freedom. At the river your Son was baptized by John and anointed with the Holy Spirit. By water and your Word you claim us as daughters and sons, making us heirs of your promise and servants of all.

We praise you for the gift of water that sustains life, and above all we praise you for the gift of new life in Jesus Christ. Shower us with your Spirit, and renew our lives with your forgiveness, grace, and love.

To you be given honor and praise through Jesus Christ our Lord in the unity of the Holy Spirit, now and forever. **Amen.**

↑HYMN *Guide My Feet* ACS #987 v.1-2
1 (*Guide my feet*) while I run this race.
(*Guide my feet*) while I run this race.
(*Guide my feet*) while I run this race,
for I don't want to run this race in vain.

2 (*Hold my hand*) while I run this race.
(*Hold my hand*) while I run this race.
(*Hold my hand*) while I run this race,
for I don't want to run this race in vain.

Text: African American Spiritual

↑GREETING

The joy of our Lord Jesus Christ, the compassion of God and the creative power of the Holy Spirit be with you all. **And also with you.**

↑CANTICLE OF PRAISE *Glory to God* p. 204

*Glory be to God in heaven;
peace, goodwill to all the earth.
Mighty God of all creation,
Father of surpassing worth:
we exalt you, we adore you,
we lift high our thanks and praise.
Saints and angels bow before you;
here on earth our songs we raise.*

*Glory be to Christ forever,
Lamb of God and Lord of love.
Son of God and gracious Savior,
you have come from heav'n above;
on the cross you died to save us;
now you reign at God's right hand.
Hear our prayer; restore, forgive us;
in your promise firm we stand.*

*Holy One we now acclaim you;
Lord alone, to you we call;
Holy One in faith we name you,
God most high, yet near to all:
Jesus Christ, with God the Spirit,
in the Father's splendor bright.
For the peace that we inherit,
glory be to God on high!*

↑PRAYER OF THE DAY

Let us pray. O God, the strength of all who hope in you, because we are weak mortals we accomplish nothing good without you. Help us to see and understand the things we ought to do, and give us grace and power to do them, through Jesus Christ, our Savior and Lord. **Amen.**

✠ WORD ✠

↓ FIRST READING Deuteronomy 30:15-20

[Moses said to the people:] ¹⁵See, I have set before you today life and prosperity, death and adversity. ¹⁶If you obey the commandments of the LORD your God that I am commanding you today, by loving the LORD your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the LORD your God will bless you in the land that you are entering to possess. ¹⁷But if your heart turns away and you do not hear, but are led astray to bow down to other gods and serve them, ¹⁸I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess. ¹⁹I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live, ²⁰loving the LORD your God, obeying him, and holding fast to him; for that means life to you and length of days, so that you may live in the land that the LORD swore to give to your ancestors, to Abraham, to Isaac, and to Jacob.

Word of God, Word of Life. **Thanks be to God.**

↓ Psalm 119:1-8 (read responsively)

¹Happy are they whose way is blameless,
 who follow the teaching of the LORD!
²**Happy are they who observe your decrees
 and seek you with all their hearts,**
³who never do any wrong,
 but always walk in your ways.
⁴**You laid down your commandments,
 that we should fully keep them.**
⁵Oh, that my ways were made so direct
 that I might keep your statutes!
⁶**Then I should not be put to shame,
 when I regard all your commandments.**
⁷I will thank you with a true heart,
 when I have learned your righteous judgments.
⁸**I will keep your statutes;
 do not utterly forsake me.**

↓ SECOND READING 1 Corinthians 3:1-9

¹Brothers and sisters, I could not speak to you as spiritual people, but rather as people of the flesh, as infants in Christ. ²I fed you with milk, not solid food, for you were not ready for solid food. Even now you

are still not ready, ³for you are still of the flesh. For as long as there is jealousy and quarreling among you, are you not of the flesh, and behaving according to human inclinations? ⁴For when one says, "I belong to Paul," and another, "I belong to Apollos," are you not merely human?

⁵What then is Apollos? What is Paul? Servants through whom you came to believe, as the Lord assigned to each. ⁶I planted, Apollos watered, but God gave the growth. ⁷So neither the one who plants nor the one who waters is anything, but only God who gives the growth. ⁸The one who plants and the one who waters have a common purpose, and each will receive wages according to the labor of each. ⁹For we are God's servants, working together; you are God's field, God's building.

Word of God, Word of Life. **Thanks be to God.**

↑ GOSPEL Matthew 5:21-37

The Holy Gospel according to St. Matthew, the 5th chapter. **Glory to you, O Lord.**

[Jesus said to the disciples:] ²¹"You have heard that it was said to those of ancient times, 'You shall not murder'; and 'whoever murders shall be liable to judgment.' ²²But I say to you that if you are angry with a brother or sister, you will be liable to judgment; and if you insult a brother or sister, you will be liable to the council; and if you say, 'You fool,' you will be liable to the hell of fire. ²³So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, ²⁴leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. ²⁵Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. ²⁶Truly I tell you, you will never get out until you have paid the last penny.

²⁷"You have heard that it was said, 'You shall not commit adultery.' ²⁸But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. ²⁹If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. ³⁰And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell.

³¹“It was also said, ‘Whoever divorces his wife, let him give her a certificate of divorce.’ ³²But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit adultery; and whoever marries a divorced woman commits adultery.

³³“Again, you have heard that it was said to those of ancient times, ‘You shall not swear falsely, but carry out the vows you have made to the Lord.’

³⁴But I say to you, Do not swear at all, either by heaven, for it is the throne of God, ³⁵or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. ³⁶And do not swear by your head, for you cannot make one hair white or black.

³⁷Let your word be ‘Yes, Yes’ or ‘No, No’; anything more than this comes from the evil one.”

This is the Gospel of the Lord.

Praise to you, O Christ.

↓SERMON

↓CHOIR

Total Praise

Text and music: Richard Smallwood, b. 1948
©1990 Bridge Building Music

↑ APOSTLES’ CREED

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Let us profess our faith in the words of the 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

(The congregation is encouraged to take the position which is most prayerful to you.)

You may choose to sit or stand as you are comfortable.

Called together to follow Jesus, we pray for the church, the world, and all in need.

A brief silence.

Inspire your church that it may be a sign of life throughout the world. From the exploration of faith with children and new believers to missionaries and bishops, shape lives of faithfulness, so that all find abundant life in your ways. Merciful God, **receive our prayer.**

Nourish your creation. Accompany all who plant and water. Bless the work of farmers; provide for subsistence farmers facing drought and climate change. Guide the work of agricultural scientists toward sustainable ways to feed the world. Merciful God, **receive our prayer.**

Give growth where there seems to be no hope for life. In nations and regions where reconciliation seems impossible, empower peacemakers with your Spirit. Where death holds sway through violence, disease, and hunger, equip relief workers to bring hope. Merciful God, **receive our prayer.**

Bring healing to all who experience trauma caused by systems of injustice and destructive relationships. Give courage to those struggling to repent and those seeking reconciliation. Sustain all who work for restoration. Nurture all in need especially *Jane McDermott, Mary Goglio, Michael Schulter, Alan Ferris, Paul Koski, Joanne Robinson, Wes & Marla Anderson, Mike Bonifield, Anne Winberg, Elena Sweet, Tim Bangert, Constance & Stephen Mann, Barry Toomajian, David Johnson, Alan Petersen, Vincent Maloney, George Lyon, Annalise Simmons, Helen Pedersen, Ann Kenyon, Tricia, Pam Clisham, Deanna Madarasz, Craig Anderson, Pastor Craig, Marilyn, Michael Rasmussen, Hilke de Arce, Jackson Bohm, Buddy and Sherri Scott, Nancy Stich, Patricia Runo, Gail Cromack, Kate Ganschow, Geoff Kline, Michael Lamb, Maddy Pearce, Willie Prewitt, Christine Winberg and Dorothy Wingire.* Merciful God, **receive our prayer.**

We pray for the ministries of your Word, for Trinity Church Council, the priesthood of all believers; Twin Towers United Methodist Church in Alameda, the Lutheran Church of Kagitumba in Rwanda, the Lutheran Ministry to Nursing Homes, our Sunday School, and the East Bay Lutheran Youth Program. We give thanks for the fullness of the lives of Jean Abbe, Sue Schultz and Erin Irish as they celebrate their birthdays this week. Merciful God, **receive our prayer.**

Encourage this congregation. Call us to a common purpose and keep us from quarrelling. Turn our hearts toward you and guide our leaders, so that our choices may be lifegiving for all. Merciful God, **receive our prayer.**

At this time, you are invited to pray the prayers of your heart, either silently or aloud.

A moment is offered for prayers from the congregation

Thanks be to you for the lives of all who have died in Christ. Teach us to follow them in your ways and gather us with them into the promise of eternal life with you. Merciful God, **receive our prayer.**

We bring to you our needs and hopes, O God, trusting your wisdom and power revealed in Christ crucified. **Amen.**

✠ MEAL ✠

↑ SHARING THE PEACE

The peace of the Lord be with you always.
And also with you.

OFFERING

The offering baskets will not be passed through the congregation at this time. Please place your offering in the basket placed on the stand in the middle aisle of the sanctuary.

↑ GREAT THANKSGIVING

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The Lord be with you.

And also 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.

↑ PREFACE FOR THE DAY

It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Savior Jesus Christ. In the wonder and mystery of the Word made flesh you have opened the eyes of faith to a new and radiant vision of your glory, that, beholding the God made visible, we may be drawn to love the God whom we cannot see. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join their unending hymn:

↑ HOLY, HOLY, HOLY

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Holy, holy, holy Lord, God of power and might, heav'n and earth are full of your glory. Hosanna, in the highest. Bless-ed is he who comes in the name of the Lord. Ho-sanna in the high-est.

↑ JESUS' WORDS OF INSTITUTION OF THE LORD'S SUPPER

↑ LORD'S PRAYER

You are invited to pray in the version or language of your choice.

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

Come and taste the joy of God!

Thanks be to God!

↓ DISTRIBUTION

↓ LAMB OF GOD

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Lamb of God, you take a-way the sin of the world; have mercy on us.

Lamb of God, you take a-way the sin of the world; have mercy on us.

Lamb of God, you take a-way the sin of the world; grant us peace, grant us peace.

↑ POST COMMUNION BLESSING

May the body and blood of our Lord, Jesus Christ, strengthen you and give you peace.

Amen.

↑ PRAYER AFTER COMMUNION

Let us pray. Holy One, **we thank you for the healing that springs forth abundantly from this table.**

Renew our strength to do justice, love kindness, and journey humbly with you. Amen.

✠ SENDING ✠

↑ BLESSING

The God who faithfully brings forth justice and breaks the oppressor's rod ✠ bless, strengthen, and uphold you, today and always. **Amen.**

↓ ANNOUNCEMENTS

↑ HYMN *This Little Light of Mine* #677

1 *This little light of mine, I'm goin'-a let it shine;
this little light of mine, I'm goin'-a let it shine;
this little light of mine, I'm goin'-a let it shine,
let it shine, let it shine, let it shine.*

2 *Ev'rywhere I go, I'm goin'-a let it shine;
ev'rywhere I go, I'm goin'-a let it shine;
ev'rywhere I go, I'm goin'-a let it shine,
let it shine, let it shine, let it shine.*

3 *Jesus gave it to me, I'm goin'-a let it shine;
Jesus gave it to me, I'm goin'-a let it shine;
Jesus gave it to me, I'm goin'-a let it shine,
let it shine, let it shine, let it shine.*

Text: African American spiritual

↑ DISMISSAL

Go in peace. Follow the way of Jesus.

Thanks be to God.

POSTLUDE *Precious Lord and*

I'm So Glad Jesus Lifted Me

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