



# 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.*

## The Fifth Sunday after Epiphany February 4, 2024

[www.trinityalameda.org](http://www.trinityalameda.org)  
Rev. Stephanie Johnson, Pastor (510) 846-0883

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In Isaiah the one God who sits above the earth and numbers the stars also strengthens the powerless. So in Jesus' healing work we see the hand of the creator God, lifting up the sick woman to health and service (*diakonia*). Like Simon's mother-in-law, we are lifted up and healed to serve. Following Jesus, we strengthen the powerless; like Jesus, we seek to renew our own strength in quiet times of prayer.

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**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 *Creating God, Your Fingers Trace*

Tune: *Prospect*, W. Walker, *Southern Harmony*, 1835

Arr. Aaron David Miller b. 1972 ©2005 Augsburg Fortress

## ✠ 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 *We Come to You for Healing, Lord*

#617 vs. 1, 3, 5

- 1 ***We come to you for healing, Lord,  
of body, mind, and soul,  
and pray that by your Spirit's touch  
we may again be whole.***
- 3 ***You touch us through physicians' skills,  
through nurses' gifts of care,  
and through the love of faithful friends  
who lift our lives in prayer.***

- 5 ***We come to you, O loving Lord,  
in our distress and pain,  
in trust that through our nights and days  
your grace will heal, sustain.***

Text: Herman G. Stuempfle Jr., b. 1923

Text © 2002 GIA Publications, Inc., Chicago, IL

### ↑ GREETING

The love of God poured into our hearts, the saving grace of Jesus Christ, and the abundant life of the Holy Spirit be with you all. **And also with you.**

### ↑ CANTICLE OF PRAISE *Glory to God* p. 185 (Refrain)

***Glory to God in the highest, the highest,  
and peace to God's people on earth.***

***Lord God, heavenly King, almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory. (Refrain)***

***Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer. (Refrain)***

***For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ, with the Holy Spirit,  
in the glory of God the Father. Amen.  
Amen. Amen.***

### (Final refrain)

***Glory to God in the highest, the highest,  
and peace to God's people on earth.  
Glory to God in the highest, the highest,  
and peace to God's people on earth.***

### ↑ PRAYER OF THE DAY

Let us pray. Everlasting God, **you give strength to the weak and power to the faint. 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. Amen.**

✠ WORD ✠

↓ FIRST READING

Isaiah 40:21-31

<sup>21</sup>Have you not known? Have you not heard?  
Has it not been told you from the beginning?  
Have you not understood from the foundations  
of the earth?

<sup>22</sup>It is he who sits above the circle of the earth,  
and its inhabitants are like grasshoppers;  
who stretches out the heavens like a curtain,  
and spreads them like a tent to live in;

<sup>23</sup>who brings princes to naught,  
and makes the rulers of the earth as nothing.

<sup>24</sup>Scarcely are they planted, scarcely sown,  
scarcely has their stem taken root in the earth,  
when he blows upon them, and they wither,  
and the tempest carries them off like stubble.

<sup>25</sup>To whom then will you compare me,  
or who is my equal? says the Holy One.

<sup>26</sup>Lift up your eyes on high and see:  
Who created these?

He who brings out their host and numbers them,  
calling them all by name;  
because he is great in strength,  
mighty in power,  
not one is missing.

<sup>27</sup>Why do you say, O Jacob,  
and speak, O Israel,  
“My way is hidden from the LORD,  
and my right is disregarded by my God”?

<sup>28</sup>Have you not known? Have you not heard?  
The LORD is the everlasting God,  
the Creator of the ends of the earth.  
He does not faint or grow weary;  
his understanding is unsearchable.

<sup>29</sup>He gives power to the faint,  
and strengthens the powerless.

<sup>30</sup>Even youths will faint and be weary,  
and the young will fall exhausted;

<sup>31</sup>but those who wait for the LORD shall renew their  
strength,  
they shall mount up with wings like eagles,  
they shall run and not be weary,  
they shall walk and not faint.

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

↓ Psalm 147:1-11,20c

<sup>1</sup>Hallelujah! How good it is to sing praises to our  
God! How pleasant it is to honor God with praise!

<sup>2</sup>**The LORD rebuilds Jerusalem,  
and gathers the exiles of Israel.**

<sup>3</sup>The LORD heals the brokenhearted  
and binds up their wounds.

<sup>4</sup>**The LORD counts the number of the stars  
and calls them all by their names.**

<sup>5</sup>Great is our LORD and mighty in power;  
there is no limit to God’s wisdom.

<sup>6</sup>**The LORD lifts up the lowly,  
but casts the wicked to the ground.**

<sup>7</sup>Sing to the LORD with thanksgiving;  
make music upon the harp to our God,

<sup>8</sup>**who covers the heavens with clouds and prepares  
rain for the earth, making grass to grow upon  
the mountains.**

<sup>9</sup>God provides food for the cattle  
and for the young ravens when they cry.

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

<sup>11</sup>but finds pleasure in those who fear the LORD,  
in those who await God’s steadfast love. <sup>20c</sup>  
Hallelujah!

↓ SECOND READING

1 Corinthians 9:16-23

<sup>16</sup>If I proclaim the gospel, this gives me no ground  
for boasting, for an obligation is laid on me, and  
woe to me if I do not proclaim the gospel! <sup>17</sup>For if I  
do this of my own will, I have a reward; but if not of  
my own will, I am entrusted with a commission.

<sup>18</sup>What then is my reward? Just this: that in my  
proclamation I may make the gospel free of charge,  
so as not to make full use of my rights in the gospel.

<sup>19</sup>For though I am free with respect to all, I have  
made myself a slave to all, so that I might win more  
of them. <sup>20</sup>To the Jews I became as a Jew, in order to  
win Jews. To those under the law I became as one  
under the law (though I myself am not under the  
law) so that I might win those under the law. <sup>21</sup>To  
those outside the law I became as one outside the  
law (though I am not free from God’s law but am  
under Christ’s law) so that I might win those outside  
the law. <sup>22</sup>To the weak I became weak, so that I  
might win the weak. I have become all things to all  
people, that I might by all means save some. <sup>23</sup>I do it  
all for the sake of the gospel, so that I may share in  
its blessings.

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

## ↑GOSPEL ACCLAMATION

p. 188

*Al-le-lu-ia. Lord, to whom shall we go?  
You have the words of e-ter-nal life.  
Al-le-lu-ia... al-le-lu-ia, al-le-lu-ia,  
Al-le-lu-ia... al-le-lu-ia, al-le-lu-ia.*

## ↑GOSPEL

Mark 1:29-39

The Holy Gospel according to St. Mark, the 1<sup>st</sup> chapter.

**Glory to you, O Lord.**

<sup>29</sup>As soon as [Jesus and the disciples] left the synagogue, they entered the house of Simon and Andrew, with James and John. <sup>30</sup>Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. <sup>31</sup>He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

<sup>32</sup>That evening, at sunset, they brought to him all who were sick or possessed with demons. <sup>33</sup>And the whole city was gathered around the door. <sup>34</sup>And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

<sup>35</sup>In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. <sup>36</sup>And Simon and his companions hunted for him. <sup>37</sup>When they found him, they said to him, "Everyone is searching for you." <sup>38</sup>He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." <sup>39</sup>And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

## ↓SERMON

### ↓CHOIR *Precious Lord, Take My Hand*

Text: Thomas A. Dorsey, 1899-1993 Music: George N. Allen, 1812-1877,  
adapt. Thomas A. Dorsey Text and music ©1938, 1966 Unichappell Music Inc.  
admin. Hal Leonard Corp.

## ↑APOSTLES' CREED

p. 105

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.

As we celebrate Christ embodied in human form, we pray for God's blessing on the church, the world, and all of creation.

### *A brief silence.*

Everlasting God, you bring your healing power to the church. Give your church a spirit of unity and prayer, that we discern your way for us in the world. God of grace, **receive our prayer.**

Creator of the ends of the earth, you make the grass grow and send rain for the soil. Bring your creation into harmony and balance. Give animals their food and provide healthy shelter for your people. Inspire us to honor the miraculous beauty of all you have made. God of grace, **receive our prayer.**

God without equal, your steadfast love endures forever. Bring the leaders, elected officials, and peacekeepers of our towns and countries into understanding and unity. Guide them to serve with compassion and understanding. God of grace, **receive our prayer.**

God who strengthens, you lift up with your hand any who are suffering. Heal those who are brokenhearted and strengthen the weak and all in need, especially *Lou and Stevie O'Connell, Barbara Denis, JoAnn Lee, Eva Fields, Ryan Simpson, Elizabeth Madaras, RuthAnne Ladue, Jerry Stich, Kelly Rager, Sister Pat Nagle, Judy Lamb, Bernadette Hunsaker, Peter Dow, Jane McDermott, Mary Goglio, Wes & Marla Anderson, Constance Farber, Alan Petersen, Annalise Simmons, Helen Pedersen, Ann Kenyon, Tricia, Pam Clisham, Deanna Madarasz, Craig Anderson, Pastor Craig, Michael Rasmussen, Jackson Bohm, Nancy Stich, Patricia Runo, Gail Cromack, Kate Ganschow, Michael Lamb, Maddy*

*Pearce, Christine Winberg and Dorothy Wingire.* God of grace, **receive our prayer.**

We pray for the ministries of your Word, for Trinity Church Council, the Strategic Exploration Team, the priesthood of all believers, Alameda All Faiths Coalition, the Lutheran Church of Kagitumba in Rwanda and our Sunday School. We pray for the fullness of the lives of Colleen Vermillion and Zack Kelly as they celebrate thier birthdays this week. God of grace, **receive our prayer.**

God who gives power to the faint, challenge us to share the faith stories of what God has done in our lives. Open us to receive the unique ways God is at work in your people, especially those whose perspectives challenge our own. God of grace, **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*

God who calls each star by name, we remember all who have died. Shelter all who mourn with your mercy and care, and give us hope in your promised salvation. God of grace, **receive our prayer.**

Knowing the Holy Spirit intercedes for us, we offer these prayers and the silent prayers of our hearts in the name of our Savior, Jesus Christ.  
**Amen.**

## ✠ MEAL ✠

### ↑ SHARING THE PEACE

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

### ↓ OFFERING

### ↑ GREAT THANKSGIVING

p. 190

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. By the leading of a star he was shown forth to all nations; in the waters of the Jordan you proclaimed him your beloved Son;*

*and in the miracle of water turned to wine he revealed your glory. 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

p. 190

**Holy, holy, holy Lord, God of power and might: heaven and earth are full of your glory, full of your glory.**

**Hosanna, hosanna, hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna, hosanna, hosanna in the highest.**

### ↑ 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

At Jesus' table, heaven and earth are joined as one. Come and see. **Thanks be to God.**

### ↓ DISTRIBUTION

*All are welcome to receive Holy Communion.*

*The cup we serve is non-alcoholic. **Gluten-free wafers are offered for those who have need. Please indicate your need to the pastor as you approach to receive the host.** If you do not wish to take communion you may come forward for a blessing or remain seated.*

### ↓ LAMB OF GOD

p. 191

**Lamb of God, you take away the sin of the world; have mercy on us.**

**Lamb of God, you take away the sin of the world; have mercy on us.**

**Lamb of God, you take away the sin of the world; grant us peace, grant us peace, Lamb of God.**

### ↑ 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. 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. **Amen.**

### ✠ SENDING ✠

#### ↑BLESSING

God who names you, Christ who claims you, and the Holy Spirit who dwells in you, ✠ bless you and remain with you always.  
**Amen.**

#### ↓ANNOUNCEMENTS

#### ↑HYMN      *When We Are Living*      #639

- 1**    *When we are living, it is in Christ Jesus,  
and when we're dying, it is in the Lord.  
Both in our living and in our dying,  
we belong to God, we belong to God.*
- 2**    *'Mid times of sorrow and in times of pain,  
when sensing beauty or in love's embrace,  
whether we suffer, or sing rejoicing,  
we belong to God, we belong to God.*

- 3**    *Across this wide world, we shall always find  
those who are crying with no peace of mind;  
and when we help them, or when we feed  
them,  
we belong to God, we belong to God.*

Text: st. 1, based on Romans 14:8; tr. Elise S. Eslinger, b. 1942  
st. 2-3, Roberto Escamilla, b. 1931; tr. George Lockwood, b. 1946  
Music: SOMOS DEL SEÑOR, Spanish traditional  
Spanish text, sts. 2-3 © 1983 Abingdon Press and tr. © 1989 The United  
Methodist Publishing House, admin. The Copyright Company

#### ↑DISMISSAL

Go in peace. You are God's beloved.  
**Thanks be to God.**

#### POSTLUDE      Fantasia on *Coronation*

Tune: Oliver Holden Arr. Edward Broughton, 1934-2015  
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# THIS WEEK'S ANNOUNCEMENTS AT TRINITY

ATTENDANCE LAST SUNDAY: 45

## IMPORTANT DATES THIS WEEK:

Mon 2/5            9:30am    Craft Group  
Tues 2/6        7:30am    Bible Study (meets on Zoom)  
Wed 2/7       10:00am   Women's Bible Study (meets on Zoom)

**HELP NEEDED: PEW MOVING** Next Sunday, February 11, we will be moving our pews back to the orientation that puts the altar on the courtyard wall. We could use some able bodies to help us move the pews currently in the sanctuary as well as bring in some of the pews that are in the Fellowship Hall that were moved out during our return to worship after COVID. We thank you in advance for your help!

**EMPTY EGG CARTONS NEEDED** The Christian Education committee has prepared a family devotional activity for the Lenten season. They are in need of a dozen more empty egg cartons (the ones that hold a dozen eggs). If you have one you can bring, please put them on one of the pews in the narthex. Thank you!

**ASH WEDNESDAY WORSHIP** February 14th is Ash Wednesday. We will hold an in-person service with the imposition of ashes at 2:00p. Please note that this is an afternoon service and has been scheduled to begin after street sweeping parking restrictions have ended.

### **Visits from Pastor Stephanie**

If you would appreciate a visit from Pastor Stephanie, she is available by phone, text or email to make an appointment. She is happy to visit with you in your home, at her office, or a location of your convenience.

### **Pastor's Office Hours**

*Mon-10:00-Noon; Tues. 9am-Noon; Thurs.-10:00-Noon*

You can reach Pastor Stephanie on her cell phone at (510) 846-0883