



# 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.*

## Fifteenth Sunday after Pentecost September 1, 2024

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

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Jesus protests against human customs being given the weight of divine law, while the essence of God's law is ignored. True uncleanness comes not from external things, but from the intentions of the human heart. Last week Jesus told us "the words that I have spoken to you are spirit and life" (John 6:63). Now James says God has given us birth by the word of truth. We who were washed in the word when we were born in the font return to it every Sunday to ask God to create in us clean hearts.

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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 ✠

## ↓ ANNOUNCEMENTS

## ↓ PRELUDE

## ✠ GATHERING ✠

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

## ↑ CONFESSION AND FORGIVENESS

Blessed be the holy Trinity, ✠ one God, who forgives all our sin, whose mercy endures forever. **Amen.**

Let us confess our sin and come to God for healing.

*Silence is kept for reflection.*

Gracious God,  
**have mercy on us. We confess that we have honored you with our lips, but have harmed our neighbors with our tongues. The cravings at war within us cause conflicts and disputes. In our desire to be first we make distinctions among ourselves. We place the needs of the poor and the suffering last. In your great mercy, forgive us our sins. Draw near to us with grace in time of need, and turn us to follow in the way of Jesus Christ, our Savior and Lord. Amen.**

God promises to forgive our iniquity and to remember our sin no more. By grace you have been saved. In the name of ✠ Jesus Christ, the source of eternal healing, your sins are forgiven. **Amen.**

## ↑ HYMN *For the Beauty of the Earth* #879 vs. 1, 2, 5

**1 For the beauty of the earth,  
for the beauty of the skies,  
for the love which from our birth  
over and around us lies:**

### *Refrain*

*Christ, our God, to thee we raise  
this our sacrifice of praise.*

**2 For the wonder of each hour  
of the day and of the night,  
hill and vale and tree and flow'r,  
sun and moon and stars of light: Refrain**

**5 For each perfect gift of thine,  
peace on earth and joy in heav'n;  
for thyself, best gift divine,  
to our world so freely giv'n: Refrain**

Text: Folliott S. Pierpoint, 1835-1917, alt.

## ↑ 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.**

## ↑ KYRIE

**Page 193**

*In peace, let us pray to the lord.*

**Lord, have mercy.**

*For the peace from above, and for our salvation,  
let us pray to the Lord.*

**Lord, have mercy.**

*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 mercy.**

*For this holy house, and for all who offer their worship and praise, let us pray to the Lord.*

**Lord, have mercy.**

*Help, save, comfort, and defend us, gracious Lord.  
Amen.*

## ↑ HYMN OF PRAISE

**Page 196-197**

***This is the feast of vic-to-ry for our God.***

***Al-le-lu-ia, al-le-lu-ia.***

***1. Wor-thy is Christ, the Lamb who was slain,  
whose blood set us free to be peo-ple of God.  
Pow-er, rich-es, wis-dom, and strength, and hon-  
or, bless-ing, and glo-ry are his. (refrain)***

***2. Sing with all the peo-ple of God, and join in  
the hymn of all cre-a-tion; Bless-ing, hon-or, glo-  
ry, and might be to God and the Lamb for-ev-er.  
A-men.***

***This is the feast of vic-to-ry for our God, for the  
Lamb who was slain has be-gun his reign.  
Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.***

## ↑ PRAYER OF THE DAY

Let us pray. O God our strength, **without you we are weak and wayward creatures. Protect us from all dangers that attack us from the outside, and cleanse us from all evil that arises from within ourselves, that we may be preserved through your Son, Jesus Christ, our Savior and Lord. Amen.**

✠ WORD ✠

↓FIRST READING                      Deuteronomy 4:1-2,6-9

<sup>1</sup>So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the LORD, the God of your ancestors, is giving you.

<sup>2</sup>You must neither add anything to what I command you nor take away anything from it, but keep the commandments of the LORD your God with which I am charging you.

<sup>6</sup>You must observe them diligently, for this will show your wisdom and discernment to the peoples, who, when they hear all these statutes, will say, "Surely this great nation is a wise and discerning people!" <sup>7</sup>For what other great nation has a god so near to it as the LORD our God is whenever we call to him? <sup>8</sup>And what other great nation has statutes and ordinances as just as this entire law that I am setting before you today?

<sup>9</sup>But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children's children.

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

↓Psalm 15

<sup>1</sup>LORD, who may dwell in your tabernacle?

Who may abide upon your holy hill?

<sup>2</sup>**Those who lead a blameless life and do what is right, who speak the truth from their heart;**

<sup>3</sup>they do not slander with the tongue, they do no evil to their friends; they do not cast discredit upon a neighbor.

<sup>4</sup>**In their sight the wicked are rejected, but they honor those who fear the LORD. They have sworn upon their health and do not take back their word.**

<sup>5</sup>They do not give their money in hope of gain, nor do they take bribes against the innocent. Those who do these things shall never be overthrown.

↓SECOND READING                      James 1:17-27

<sup>17</sup>Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. <sup>18</sup>In fulfillment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures.

<sup>19</sup>You must understand this, my beloved: let

everyone be quick to listen, slow to speak, slow to anger; <sup>20</sup>for your anger does not produce God's righteousness. <sup>21</sup>Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

<sup>22</sup>But be doers of the word, and not merely hearers who deceive themselves. <sup>23</sup>For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; <sup>24</sup>for they look at themselves and, on going away, immediately forget what they were like. <sup>25</sup>But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

<sup>26</sup>If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. <sup>27</sup>Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

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

↑GOSPEL ACCLAMATION                      Page 198

*Alleluia, alleluia. Alleluia, alleluia.*

*Lord, to whom shall we go?*

*You have the words of eternal life.*

*Alleluia, alleluia. Alleluia, alleluia.*

↑GOSPEL                      Mark 7:1-8, 14-15,21-23

The Holy Gospel according to St. Mark the 7<sup>th</sup> chapter.

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

<sup>1</sup>Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around [Jesus], <sup>2</sup>they noticed that some of his disciples were eating with defiled hands, that is, without washing them. <sup>3</sup>(For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; <sup>4</sup>and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) <sup>5</sup>So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" <sup>6</sup>He said to them, "Isaiah prophesied rightly about you hypocrites, as it is written,

'This people honors me with their lips,  
but their hearts are far from me;

<sup>7</sup>in vain do they worship me,  
teaching human precepts as doctrines.'

<sup>8</sup>You abandon the commandment of God and hold

to human tradition.”

<sup>14</sup>Then he called the crowd again and said to them, “Listen to me, all of you, and understand:

<sup>15</sup>there is nothing outside a person that by going in can defile, but the things that come out are what defile.

<sup>21</sup>“For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, <sup>22</sup>adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. <sup>23</sup>All these evil things come from within, and they defile a person.”

This is the Gospel of the Lord.

**Praise to you, O Christ.**

## ↓SERMON

↑HYMN *Change My Heart, O God* #801

*Change my heart, O God;  
make it ever true.*

*Change my heart, O God;  
may I be like you.*

*You are the potter;*

*I am the clay.*

*Mold me and make me;  
this is what I pray.*

*Change my heart, O God;  
make it ever true.*

*Change my heart, O God;  
may I be like you.*

Text: Eddie Espinosa, b. 1953

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↑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.

Drawn together in the power of the Holy Spirit, we pray with confidence for the church, God's good creation, and all who are in need.

### *A brief silence.*

God of every generation, give the church a sense of purpose and belonging. Sustain and build up leaders and lay people as we accompany one another in our life with Christ. Merciful God, **receive our prayer.**

God of creation, you named humans as co-creators with you. Where the earth cries out in pain, bring wholeness. Guide governments and industry, that environmental laws and practices seek to heal and not harm. Bring relief and justice to people and places suffering from climate catastrophe. Merciful God, **receive our prayer.**

Sovereign God, we pray for local communities of every kind: rural and urban; established and new. Lead those in authority to seek the good of all through their words and actions and to mentor others in honest and generous ways. Merciful God, **receive our prayer.**

Healing God, you draw near to all who are hurting. Be with all who desire relief from chronic and acute illness, cancer, and post-traumatic stress disorder. Strengthen health care workers, therapists, and caregivers. Tend to those who are close to our hearts, especially *Nevi Zabilski, Saemi Ladue, Brian Schoenrock, Ginny Ostergren, Chuck Bangert, Ann Kenyon, Betty Ann Haskins, Matt Fleischman, Ginny Parsons, Lou and Stevie O'Connell, JoAnn Lee, Ryan Simpson, Elizabeth Madaras, Jerry Stich, Sister Pat Nagle, Peter Dow, Jane McDermott, Mary Goglio, Marla Anderson, Constance Farber, Alan Petersen, Annalise Simmons, Helen Pedersen, Tricia, Pam Clisham, Deanna Madarasz, Jackson Bohm, Nancy Stich, Patricia Runo, Michael Rasmussen, Gail Cromack, Kate Ganschow, Michael Lamb, Maddy Pearce, Christine Winberg and Dorothy Wingire.* Merciful God, **receive our prayer.**

We pray for the ministries of your Word, for Trinity Church Council, the Strategic Exploration Team, the priesthood of all believers, Pacifica Senior Living in Oakland, the Lutheran Church of Kagitumba in Rwanda and our Sunday School. We pray for the

fullness of the lives of Marilyn Ohm-Smith, Sherri Bangert and Dan Norboe as they celebrate their birthdays this week. Merciful God, **receive our prayer.**

On this Labor Day weekend we remember and give thanks for all who have fought for workers' rights around the world. Continue to improve working conditions and establish fair wages so that all people may thrive. 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*

Comforting God, console us as we mourn our departed. We hold fast to the promise that death has been defeated by our Savior Jesus Christ. Merciful God, **receive our prayer.**

We entrust these and all our prayers to you, holy God, in the name of your beloved child, Jesus Christ, our Savior. **Amen.**

## ✠ MEAL ✠

### ↑ SHARING THE PEACE

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

### ↓ OFFERING

### ↑ 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

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; who on this day overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. 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

Page 200

**Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest, Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest, 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 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 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 COMMUNION

Jesus welcomes you to this table.  
Come, here is your God. **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

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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 God,  
**you have welcomed us to this meal and fed us with dignity at your table. Send us now to welcome others and to be at peace with one another, through Jesus Christ our Lord. Amen.**

✝ SENDING ✝

↑ BLESSING

God all mighty, God most merciful ✝ bless you,  
keep you, and give you peace. Amen.

↑ HYMN      *Guide My Feet*      ACS #987

- 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.*
- 3 *Stand by me while I run this race.  
Stand by me while I run this race.  
Stand by me while I run this race,  
for I don't want to run this race in vain.*

4 *I'm your child while I run this race.  
I'm your child while I run this race.  
I'm your child while I run this race,  
for I don't want to run this race in vain.*

5 *Search my heart while I run this race.  
Search my heart while I run this race.  
Search my heart while I run this race,  
for I don't want to run this race in vain.*

Text: African American spiritual

↑ DISMISSAL

Go in peace. Follow Jesus.  
Thanks be to God.

POSTLUDE

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# THIS WEEK'S ANNOUNCEMENTS AT TRINITY

ATTENDANCE LAST SUNDAY: 46

## IMPORTANT DATES THIS WEEK:

Mon 9/2 *Trinity Offices closed in honor of Labor Day*  
9:30am Craft Group  
Tues 9/3 7:30am Tuesday Morning Bible Study (meets on Zoom)  
Wed 9/4 10:00am Women's Bible Study resumes (meets on Zoom)  
Thurs 9/5 12:30pm Ukuleles with Ozzy  
Fri 9/6 10:00am Mission & Service set-up for GWOH

**THIS MORNING TRINITY WELCOMES** Gail Kiyomura as our musician while Starr is on vacation. Gail is a member of St. Paul Lutheran in Oakland and her name may look familiar to you as the former Vice-President of our Synod Council. Welcome, Gail!

**WOMEN'S BIBLE STUDY We're Back!** The Women's Bible Study meets Wednesdays from 10:00am - 11:00am on Zoom. We hope you will plan to join us in September as we embark on a study of 1, 2, and 3 John. To join the zoom meeting, click on the link found in your weekly email Trinity Builder either in the schedule or in the announcement.

**A MESSAGE FROM STARR** Thank you to all those who submitted titles of your favorite hymns! I have compiled a list joining these titles with the ones you submitted in 2019, resulting in a total of 77 different hymns. "How Great Thou Art" received the most votes, with 6. Tied for second place with 4 votes each were "Abide With Me" and "This Little Light of Mine." I plan to use at least one hymn from this list each Sunday, so if you want to hear your favorite be sure to attend worship as often as you can so you don't miss your hymn! And it is never too late to suggest a hymn.



**God's work.**  
**Our hands.**

**GOD'S WORK. OUR HANDS. SERVICE PROJECT** Please join us after worship next Sunday, September 8<sup>th</sup> for coffee hour hosted by the Mission and Service Committee followed by putting together our hygiene kits for Lutheran World Relief.

**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