

July 28, 2024
Tenth Sunday after Pentecost
9:30 am



FIRST LUTHERAN CHURCH

STATEMENT OF WELCOME

We, the community of First Lutheran Church of Bothell, proclaim the message that the grace of our Lord is infinitely inclusive and that everyone is welcome. We believe that Christ calls us to reconciliation and wholeness in a world of alienation and brokenness.

As a Reconciling in Christ congregation and as disciples of Christ seeking justice and reconciliation among all peoples, we at First Lutheran Church welcome all into the fullness of God's love. **We welcome everyone, without exception and regardless of sex, race, ethnicity, sexual orientation, gender identity, physical and mental ability, age, or station in life.** We recognize that each person is a unique creation of God, and through grace, a child of God.

All are welcome at First Lutheran.

All are welcome to worship, to hear the Good News, to receive the sacraments, and to share in fellowship and service. As members of First Lutheran Church, we pledge ourselves and our congregation to exercise our faith in Christ, treasuring one another's similarities while embracing our God-given differences. We pledge that we will strive to live as a reconciling people, in our life together and in our outreach to the world.

FIRST LUTHERAN CHURCH STAFF:

Presiding Pastor
Rev. Pam Russell
pamsrussell@comcast.net

**Director of REACH
Ministries**
Roger Steinke
rsteinke@flcbothell.org

**Director of Music
(Organist/Choir Dir.)**
Lucy Kay Osborne
lkosborne@flcbothell.org

Office Manager
Kristin Smith
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Preschool Directors
Amy Case
Stephanie Corrigan

Church Office
425-486-2314

WORSHIP NOTES

- + Please sign the card in the pew rack and place in the offering plate with your offering before Holy Communion.
- + The service is printed in this bulletin. Some hymns are located in the red hymn book.
- + Hearing enhancement receivers, large print bulletins are available. Feel free to ask an usher for assistance.
- + Our expectation is that children will be in worship. We understand, though, that there are times when your wiggly ones need a distraction. There is a “Pray Space” under the stairs in the inner narthex with soft toys and books. We also have a nursery with a caregiver available. Please ask an usher for assistance.
- + If you would like to have a digital copy of the bulletin, go to our website and download the PDF. www.flcbothell.org
- + Public Wi-Fi: FLC Wireless—Password: MartyLuther

Serving Us In Worship Today

Greeter	David Shogren
Ushers	Andrew Shulz Carsten Thode
Acolyte	Hazel Baker
Lector	Joyce Thode
Sound Tech	Ann Bormann
Camera Tech	David Osborne
Communion Assistants	Clint Bastin Donna Hillard
Pew Angel	Marcus Hodges

If you would like to give electronically, please use this QR code:



Tenth Sunday after Pentecost

July 28, 2024

GATHERING

The Holy Spirit calls us together as the people of God.

PRELUDE: *Be Thou My Vision, Arr. Stephanie Immordino*
Alexia Payne, Violin, Lucy Kay Osborne, Piano

WELCOME

THANKSGIVING AT THE FONT

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 you created us in your image and placed us in a well-watered garden. In the desert, you promised pools of water for the parched, and you gave us water from the rock. When we did not know the way, you sent the Good Shepherd to lead us to still waters. At the cross, you washed us from Jesus' wounded side, and on this day, you shower us again with the water of life.

We praise you for your salvation through water, for the water in this font, and for all water everywhere.

Bathe us in your forgiveness, grace, and love. Satisfy all who thirst, and give us the life only you can give.

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

Amen.

GATHERING SONG: *Baptized and Set Free* (ELW 453)



1 We are peo - ple cre - at - ed, cho - sen by God.
2 We are fed and we're nour - ished, filled and re - freshed.
3 We are nour - ished by wa - ter, all liv - ing things,
4 Now with praise and thanks - giv - ing, we join the song.



Then we're washed, ev - er gent - ly, in mer - cy and love.
Then our hun - ger re - turns and a - gain we are blessed.
and by life that the Spir - it a - bun - dant - ly brings.
All are wel - come! We gath - er to sing loud and strong.



Sin has pow - er no more. Je - sus o - pened the door
For what - ev - er the need, God is great - er in - deed:
As we jour - ney toward home, may your pres - ence be known:
Not en - slaved, but set free! From now on, all will be



to a foun - tain bring - ing heal - ing, and whole - ness and more.
end - less o - cean, al - ways deep - er than all of our need.
pre - cious riv - er, ev - er - flow - ing, now car - ry us home.
one in Je - sus, one in wa - ter, bap - tized and set free!

GREETING

The grace of our Lord Jesus Christ, the love of God,
and the communion of the Holy Spirit be with you all.
And also with you.

PRAYER OF THE DAY

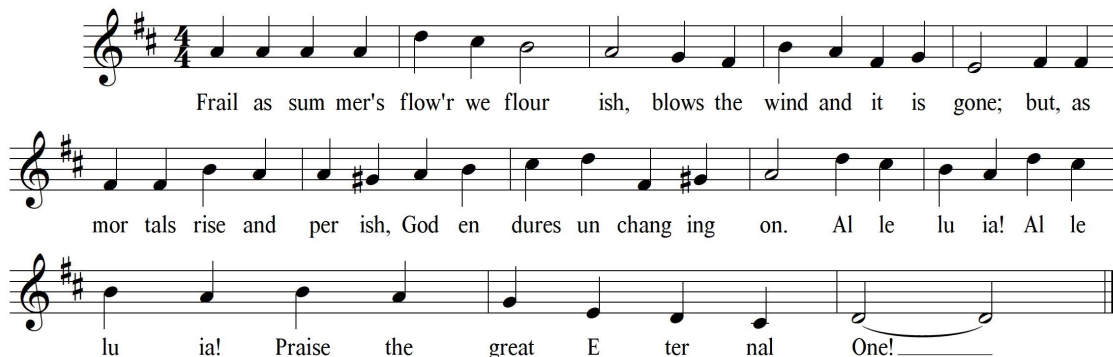
Let us pray.

Gracious God, you have placed within the hearts of all your children a longing for your word and a hunger for your truth. Grant that we may know your Son to be the true bread of heaven and share this bread with all the world, through Jesus Christ, our Savior and Lord.

Amen.

ANTHEM: *Lord, Be With Us On This Day, J. Althouse;*
Doug Peterson, Gordy Phelps, Kris Dersch & June Condra

HYMN OF PRAISE, VS. 3 *Praise, My Soul, the God of Heaven (ELW 864)*

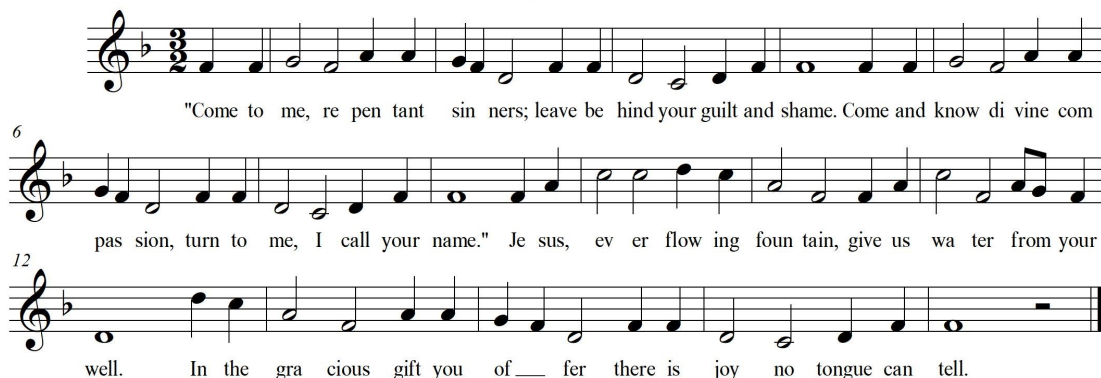


Frail as sum mer's flow'r we flour ish, blows the wind and it is gone; but, as
mor tals rise and per ish, God en dures un chang ing on. Al le lu ia! Al le
lu ia! Praise the great E ter nal One!

WORD

God speaks to us in scripture reading, preaching, and song.

WELCOMING THE WORD, VS. 4 *Come to Me, All Pilgrims Thirsty (ELW 777)*



"Come to me, re pen tant sin ners; leave be hind your guilt and shame. Come and know di vine com
pas sion, turn to me, I call your name." Je sus, ev er flow ing foun tain, give us wa ter from your
well. In the gra cious gift you of fer there is joy no tongue can tell.

THE WORD: Mark 7:1-23

¹Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, ²they noticed that some of his disciples were eating with defiled hands, that is, without washing them. ³(For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; ⁴and 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.) ⁵So 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?" ⁶He 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; in vain do they worship me, teaching human precepts as doctrines.'You abandon the commandment of God and hold to human tradition."

⁹Then he said to them, "You have a fine way of rejecting the commandment of God in order to keep your tradition! ¹⁰For Moses said, 'Honor your father and your mother'; and, 'Whoever speaks evil of father or mother must surely die.'

¹¹But you say that if anyone tells father or mother, 'Whatever support you might have had from me is Corban' (that is, an offering to God) — ¹²then you no longer permit doing anything for a father or mother, ¹³thus making void the word of God through your tradition that you have handed on. And you do many things like this."

¹⁴Then he called the crowd again and said to them, "Listen to me, all of you, and understand: ¹⁵there is nothing outside a person that by going in can defile, but the things that come out are what defile."

¹⁷When he had left the crowd and entered the house, his disciples asked him about the parable. ¹⁸He said to them, "Then do you also fail to understand? Do you not see that whatever goes into a person from outside cannot defile, ¹⁹since it enters, not the heart but the stomach, and goes out into the sewer?" (Thus he declared all foods clean.) ²⁰And he said, "It is what comes out of a person that defiles. ²¹For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, ²²adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. ²³All these evil things come from within, and they defile a person."

Word of God.

Word of Life.

CHILDREN'S SERMON
SERMON

Roger Steinke, Director of REACH Ministries
Rev. Pam Russell

HYMN OF THE DAY: *Spirit, Open My Heart* (ACS 1043)

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.

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

One in the communion of saints and in the power of the Holy Spirit, we join our voices in prayer.

God of generations, you work in us far more than we can ask or imagine. Bless the church you have called into being across time and space, and fill it with the power of the Spirit for loving service. In your mercy,
hear our prayer.

God of field and forest, streams and seas, you are the fullness of all things. As grains of wheat grow upon the earth and fish swim in the waters, sustain your creation. Protect harvests and give every person food in due season. In your mercy,
hear our prayer.

God beyond borders, you rule all in all. Bless the work of humanitarians and peacekeepers, shield those who live, work, or serve in harm's way, and bring an end to war and conflict. In your mercy,
hear our prayer.

God of healing, you open wide your hand and satisfy the desire of every living thing. We remember any who are sick or suffering, families in our community who endure hunger, those who seek asylum or citizenship, and our beloved for whom death is near. In your mercy,
hear our prayer.

God of grace, you root us and ground us in love. We give thanks for the newly-wed Micah Berg and Clare McGrane. Bless them with love, grace and kindness all their lives. Keep them faithful to each other and to you. Guard and keep Micah and Clare, Pastor Berg and Susan, and all their family members, as they travel to Scotland. Bring joy and delight to their family gatherings and to all their explorations. In your mercy,
hear our prayer.

God of all, your love in Christ surpasses all knowledge. We give thanks for the departed who have come to know the fullness of your grace. Join our voices with theirs and all the saints in singing your praises. In your mercy,
hear our prayer.

Holy God, holy and merciful: into your outstretched arms we commend ourselves and all for whom we pray, trusting in the one who is the way, the truth, and the life, Jesus Christ our Savior and Lord.
Amen.

PEACE

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

MEAL

God feeds us with the presence of Jesus Christ.

OFFERTORY: *Beach Spring, A.K. Organ*

Alexia Payne, Violin & Lucy Kay Osborne, Piano

OFFERING *Let the Vineyards Be Fruitful (ELW 184)*



Let the vine-yards be fruit-ful, Lord, and fill to the brim our cup of



bless-ing. Gath-er a har-vest from the seeds that were sown, that



we may be fed with the bread of life. Gath-er the hopes and dreams of

all; u - nite them with the prayers we of - fer. Grace our ta - ble
with your pres - ence, and give us a fore - taste of the feast to come.

OFFERING PRAYER

Jesus, Bread of life, you have set this table with your very self, and called us to the feast of plenty. Gather what has been sown among us, and strengthen us in this meal. Make us to be what we receive here, your body for the life of the world.

Amen.

GREAT THANKSGIVING

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.

THANKSGIVING AT THE TABLE

Holy God, our Maker, Redeemer, and Healer, in the harmonious world of your creation, the plants and animals, the seas and stars were whole and well in your praise.

When sin had scarred the world, you sent your Son to heal our ills and to form us again into one.

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, therefore, his acts of healing, his body given up, and his victory over death, we await that day when all the peoples of the earth will come to the river to enjoy the tree of life.

Send your Spirit upon us and this meal: as grains scattered on the hillside become one bread, so let your Church be gathered from the ends of the earth, that all may be fed with the Bread of life, your Son.

Through him all glory and honor is yours, Almighty Father, with the Holy Spirit, in your holy Church, both now and forever.

Amen

LORD'S PRAYER

Gathered into one by the Holy Spirit, let us pray as Jesus taught us.

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 us 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

Christ has set the table with more than enough for all.

Come!

COMMUNION

The body of Christ, given for you.

The blood of Christ, shed for you.

Amen.

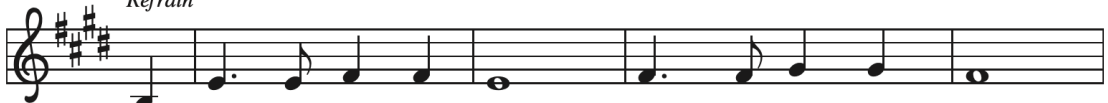
COMMUNION: We will receive the body of Christ as bread with these or similar words: The body of Christ, given for you. If you desire a gluten-free option that is available. The blood of Christ will be received as either red wine or white grape juice with these or similar words: The blood of Christ, shed for you.

WHO MAY COMMUNE? All are welcome at the Lord's Table. It is a free gift given to all for the forgiveness of sins. The words "for you" really mean FOR YOU! Children may commune at the discretion of their parents. If you wish to receive a blessing: cross your arms over your chest as a sign for the communion assistants.

DIRECTIONS FOR COMMUNION: Please come forward by the center aisle at the direction of the ushers to receive the sacrament and return to your seat down the side aisle. Please register each person taking communion on a pew card.

COMMUNION HYMN: *By Grace We Have Been Saved* (ACS 1006)

Refrain



By grace we have been saved— saved by grace through faith,



not be-cause of what we do; it is the gift of God.



1 On the days when you are weak,	on the
2 Rest your bod - y, rest your mind,	in the
3 You don't need to be a - fraid.	You will



days when you are strong,	rich or	poor,
still - ness you will find	you're a	love - ly,
nev - er be a - lone.	There is	mer - cy,



Refrain

young or	old,	just	lis - ten	to	the	song.
pre - cious	child,	part	of	the	great	de - sign.
there	is	hope,	and	love	will	take
						you
						home.

COMMUNION HYMN: *Come to the Table* (ELW 481)



Come to the ta - ble of mer - cy, pre - pared with the wine and the bread.



All who are hun - gry and thirst - y, come, and your souls will be fed.



Come at the Lord's in - vi - ta - tion; re - ceive from his nail - scarred hand.

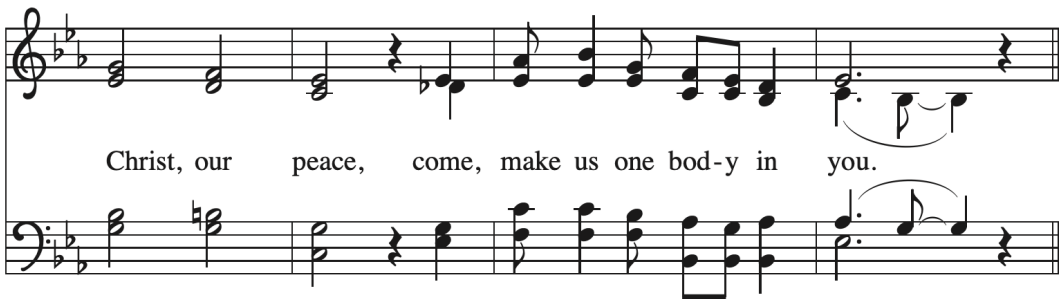


Eat of the bread of sal - va - tion; drink of the blood of the Lamb.

COMMUNION HYMN: *Christ, Our Peace* (ACS 1037)



Christ, our peace, you break down the walls that di - vide us;



Christ, our peace, come, make us one bod - y in you.

PRAYER AFTER COMMUNION

Jesus, Bread of life, we have received from your table more than we could ever ask. As you have nourished us in this meal, now strengthen us to love the world with your own life. In your name we pray.

Amen.

SENDING

God blesses us and sends us in mission to the world.

ANNOUNCEMENTS

BLESSING

The blessing of God, who provides for us, feeds us, and journeys with us, be upon you now and forever.

Amen.

SENDING SONG: *Remember and Rejoice* (ELW 454)



- 1 Re - mem - ber and re - joice, re - newed by floods of grace.
- 2 In life, in death, we trust in God's most ho - ly name,
- 3 We pledge our - selves a - new to flee the lures of hell,
- 4 God, bless us by your grace; re - mind us of your care.
- 5 Re - mem - ber and re - joice, re - newed by floods of grace.



We bear the sign of Je - sus Christ, that time can - not e - rase.
for - ev - er traced by wa - ter sign, and sealed by Spir - it flame.
to cling to Christ's com - mu - ni - ty, in jus - tice, peace to dwell.
Re - new - ing Spir - it, fill us now, in - spire our work, our prayer.
We bear the sign of Je - sus Christ, that time can - not e - rase.

DISMISSAL

Go in peace. You are the body of Christ.

Thanks be to God.

POSTLUDE: *Fugue in D*, G. F. Handel

INFORMATION FOR THE WEEK!

Sunday, July 28 Tenth Sunday after Pentecost

Welcome Rev. Pam Russell!

9:30 am Worship w/Holy Communion

Monday, July 29

9:00 am Vacation Bible School

12:00 pm Staff Meeting

Tuesday, July 30

9:00 am Vacation Bible School

Lectionary with Pastor Pam Russell

3:30 pm Weekly News Submission Deadline

7:00 pm Book Club Meeting

Wednesday, July 31

9:00 am Vacation Bible School

Thursday, August 1

9:00 am Vacation Bible School

Friday, August 2

Church Office Closed

Saturday, August 3

9:00 am Altar Guild

Garden Guild

Sunday, August 4 Eleventh Sunday after Pentecost

Welcome Rev. Pam Russell!

9:30 am Worship w/Holy Communion

10:30 am Coffee with Council—Jean Peterson & Gary Curtis

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In Our Prayers

We pray for Bishop Doctor Sani Ibrahim Azar and the Evangelical Lutheran Church in Jordan and the Holy Land.

Those living with cancer:

Juanita (Bonnie Ahlstedt's sister-in-law), **Mark** (Dick Boyce's son), **Lisa** (Steve Coble's sister), **Karen** (Scott Eiler's sister), **Dan** (Paula Glandon's brother-in-law), **Edith Holbrook** (member), **Tracee** (Bonnie Ahlstedt's friend), **Richard** (Sandy Hendricks' cousin), **Jessica Hockstedler** (member), **Joshua** (Ken & Kristin Smith's friend), **Castulo** (Alcaraz family friend), **Wayne** (Dave Shogren's friend), **Beth** (Anne Larsen's sister), **Jana** (Renee & Mike Markert's friend), **Tim** (Dave Shogren's friend), **Richard** (Ruth Neitzel's brother), **Ted** (Sue Toyoda's friend), **Kip** (Paul Desilet's uncle), **Jim** (Hendricks' family friend), **Joanne** (Carolyn Becker's sister-in-law), **Diane Mackey** (frequent visitor), **Chris & family** (Dan & Sandy Hendricks' friends), **Jean Rahr** (former member), **Jacky Schnarre** (member), **Deborah** (Vicki Shank's cousin), **Karen** (Nora Strothman's cousin), **Debbie** (Karen Thomas' friend), **August** (Karey Coble's friend) Patty Weston's Father.

Those who are ill, have an injury or who are recovering from surgery:

Carolyn Becker (member), **Donna** (Roger Steinke's friend), **Dick Boyce** (member), **Doug** (Ho Brown's brother-in-law), **Susan** (Bob Berg's cousin), **Bishop Shelley Bryan-Wee**, **John** (Linda Chapman's brother-in-law), **Joan Christian** (member), **Susan Cook** (member), **Richard** (Susan & Ross Cook's brother), **Randy** (Chris Martin's friend), **Leanne** (Krista Daniels' sister), **Elizabeth** (Jane King's friend), **Nancy Davis** (member), **John Godek** (member). **Teresa Fesalbon** (Friend of the Bakers) **Jim** (Sandy Hendricks' cousin), **Marilyn Iverson** (member), **Mary** (Melanie Veazey's mother), **Karen Johnson** (member), **Marlo** (Leona Keltner's friend), **Amy** (Nancy McGee's friend), **Kathy Koneiczka** (member), **Richard Koneiczka** (Kathy Koneiczka's husband), **Albert** (Chris Martin's friend), **Doug** (Justin LaFord's father), **Jeanne** (Justin LaFord's mother), **John** (Valarie Cole's father), **Andy** (Vickie Shanks' friend), **Donnabel** (Derrick StaRosa's sister), **Ron** (Beth Phelps' brother), **Sarah** (Susan & Ross Cook's daughter), **Sandy Sailand** (member), **Mona Shogren** (member), **Harriett** (Roger Steinke's friend), **Walt Stoll** (member), **Kathy Telford-Luiz** (member), **Christopher** (Karen & Ray Thomas' friend).

Those who are homebound or in extended care facilities:

Valerie (Kendahl Adjorlolo's cousin), **Bonnie Ahlstedt** (member), **Jeanette Backstrom** (member), **Sherrill & Larry Baker** (members), **Trudy Eichelsdoerfer** (member), **Marge Gonyea** (member), **Marlys Helgeland** (member), **Jane King** (member), **Greta Nelson** (member), **Hildur O'Connor** (member), **Lawrence** (Leon Romaniuk's father), **Jacquie Stoll** (member), **Sigrid** (Carsten Thode's mother), **Roger Wolter** (member).

Those Serving Our Country:

AIR FORCE: **Mason Land** (Debbie & Darryl Lageson's nephew), **Jake Peoples** (Andrea & Eric Peoples' son) and **Erin Siebert** (Linda & Joe Siebert's daughter)

NAVY: **Christopher Whipple** (Carolyn Whipple's son)

We are honored to be able to pray for your family members in need. Our policy is to publish immediate concerns for 2 weeks, unless we hear from you that an illness or situation is ongoing.

August 4, 2024 Eleventh Sunday after Pentecost

Mark 7:24–37

The Syrophenician Woman

Weekly Financial Report

July 21, 2024

Attendance in Person: 98

Zoom:: 24

July 21, 2024

General Offerings: \$6,800

Capital Improvement: \$1,041

General Offerings Needed Each Week: \$10,510

**Twelve Ways to Care: Sabbatical Thoughts
for First Lutheran Church Members**

Care for Self

Spend time in contemplative prayer or spiritual reading

Take a nature walk

Care for Others

Call

Visit

Write a letter

Spend time in the narthex speaking with someone you don't know well

Care for the Community

Pick up trash

Contribute to the 'Change for Change' jar

Contribute to a food drive and/or FLC's Caring Corner

Care for the World

Eat low on the food chain

Buy local

Donate to Lutheran World Relief, ELCA Disaster Response, Global Refuge, etc.

SERMON NOTES

What caught my attention:

What did I hear that I am eager to share with another person?

I think the title of the sermon should be:



Evangelical
Lutheran Church
in America