

Sunday, July 7, 2024

7th Sunday after Pentecost



Jesus does great deeds of power and gives his disciples authority over demons. Yet none of this power is unilateral; it all must be received by faith. Jesus asks his disciples to go out without money or supplies, so that they will be dependent on how others receive them. When we are sent from the assembly to witness and to heal, we are asked to be vulnerable, to be dependent on the reception of others. The Spirit always operates in the "between": between Jesus and his Abba, between Jesus and us, between you and me, between us and those to whom we are sent.

Central Lutheran Church: Called to Share God's Love.

We're glad you are here! Help us welcome you by signing a Welcome to Worship pad.

Please give the name of each person attending worship, including children.

Visitors, may we have your complete address?

Children 5 years and under are welcome in our worship services or in the nursery in room 4.

GATHERING
PRELUDE

"Battle Hymn of the Republic"

arr. Marilynn Ham Debbie Pankow

ANNOUNCEMENTS

CONFESSION AND FORGIVENESS

You may face the baptismal font as the service begins. All may make the sign of the cross, the sign that is marked at baptism.

Blessed be the holy Trinity, † one God, the God of manna, the God of miracles, the God of mercy. **Amen.**

Drawn to Christ and seeking God's abundance, let us confess our sin. Silence is kept for reflection.

God, our provider, help us. It is hard to believe there is enough to share. We question your ways when they differ from the ways of the world in which we live. We turn to our own understanding rather than trusting in you. We take offense at your teachings and your ways. Turn us again to you. Where else can we turn? Share with us the words of eternal life and feed us for life in the world. Amen.

Beloved people of God: in Jesus, the manna from heaven, you are fed and nourished. By Jesus, the worker of miracles, there is always more than enough. Through Jesus, † the bread of life, you are shown God's mercy: you are forgiven and loved into abundant life. **Amen.**

CENTRAL LUTHERAN CHURCH MISSION STATEMENT

Called to Share God's Love

CENTRAL LUTHERAN CHURCH VISION

Living out God's Grace and Love through Worship, Learning, Fellowship and Service

CENTRAL LUTHERAN CHURCH CORE VALUES

We are a congregation that

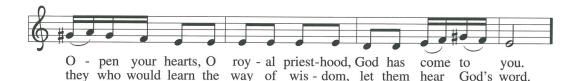
- is open to all,
- values a community of all ages,
- is grounded in scripture and sacrament.
- nurtures individual gifts,
- believes that everyone has something to offer,
- values involvement in the greater community,
- supports all in the challenges and celebrations of their lives, as God meets us where we are.

OPENING HYMN ELW # 519

"Open Your Ears, O Faithful People"



- 1 O pen your ears, O faith-ful peo-ple, o pen your ears and hear God's word.
- 2 They who have ears to hear the mes-sage, they who have ears, now let them hear;











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.**

KYRIE ELW SETTING THREE

ELW pp. 138-39

- In peace, let us pray to the Lord.
 In 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 here their worship and praise, let us pray to the Lord.
 ↓ Lord, have mercy.
- ☐ Help, save, comfort, and defend us, gracious Lord. ☐ Amen.

CANTICLE OF PRAISE ELW SETTING THREE

ELW pp. 140-41

- ☐ Refrain: This is the feast of victory for our God. Alleluia, alleluia, alleluia.
- Worthy is Christ, the Lamb who was slain, whose blood set us free to be people of God. refrain
- Power, riches, wisdom and strength, and honor, blessing, and glory are his. refrain
- □ For the Lamb who was slain has begun his reign. Alleluia. refrain

PRAYER OF THE DAY

God of the covenant, in our baptism you call us to proclaim the coming of your kingdom. Give us the courage you gave the apostles, that we may faithfully witness to your love and peace in every circumstance of life, in the name of Jesus Christ, our Savior and Lord. Amen.

Please be seated.

WORD

FIRST READING Isaiah 43:14-19

The prophet declares that long ago God performed mighty deeds and delivered Israel from Egyptian bondage through the waters of the sea. Now, God is about to do a new thing, bringing the exiles out of Babylon and through the wilderness in a new Exodus.

¹⁴Thus says the LORD, your Redeemer, the Holy One of Israel: For your sake I will send to Babylon and break down all the bars, and the shouting of the Chaldeans will be turned to lamentation. ¹⁵I am the LORD, your Holy One, the Creator of Israel, your King. ¹⁶Thus says the LORD, who makes a way in the sea, a path in the mighty waters, ¹⁷who brings out chariot

and horse, army and warrior; they lie down, they cannot rise, they are extinguished, quenched like a wick: ¹⁸Do not remember the former things, or consider the things of old. ¹⁹I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.

The Word of the Lord. Thanks be to God.

PSALM 123



¹To you I lift [|] up my eyes, ∥

to you enthroned in the heavens.

²As the eyes of servants look to the hand of their masters, and the eyes of a maid to the hand | of her mistress, |

so our eyes look to you, O LORD our God, until you show us your mercy.

³Have mercy upon us, O LORD, have mercy,

for we have had more than enough I of contempt,

4too much of the scorn of the in- | dolent rich, | and of the derision | of the proud.

SECOND READING 2 Corinthians 12:2-10

Christians do not boast of their own accomplishments. Rather, Christian boasting focuses attention on how the power of Christ is present in our lives, especially in times of weakness and vulnerability. No matter what our circumstances in life, Christ's grace is sufficient for us.

²I know a person in Christ who fourteen years ago was caught up to the third heaven—whether in the body or out of the body I do not know; God knows. ³And I know that such a person—whether in the body or out of the body I do not know; God knows—4was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. 5On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. ⁶But if I wish to boast. I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, ⁷even considering

the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. ⁸Three times I appealed to the Lord about this, that it would leave me, 9but he said to me, "My grace is sufficient for you, for power is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. ¹⁰Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

The Word of the Lord. Thanks be to God.

READINGS FOR SUNDAY JULY 14

Amos 7:7-15; Psalm 85:8-13; Ephesians 1:3-14; Mark 6:14-29

GOSPEL ACCLAMATION ELW SETTING THREE ☐ Alleluia, Lord, to whom shall we go? You have the words of eternal life. Alleluia, Alleluia.

ELW p. 142
Please stand

GOSPEL Mark 6:1-13

At home and abroad, Jesus and his disciples encounter resistance as they seek to proclaim God's word and relieve affliction.

The holy gospel according to Saint Mark. Glory to you, O Lord.

¹[Jesus] came to his hometown, and his disciples followed him.2On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! 3 Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?" And they took offense at him. ⁴Then Jesus said to them, "Prophets are not without honor, except in their hometown, and among their own kin, and in their own house." ⁵And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. ⁶And he was amazed at their unbelief.

Then he went about among the villages teaching. ⁷He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. ⁸He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; 9but to wear sandals and not to put on two tunics. 10 He said to them, "Wherever you enter a house, stay there until you leave the place. 11 lf any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them." 12 So they went out and proclaimed that all should repent. 13They cast out many demons, and anointed with oil many who were sick and cured them.

The gospel of the Lord. Praise to you, O Christ.

CHILDREN'S SERMON

Rev. Mark Galbraith

SERMON

Rev. Mark Galbraith

Thank you to our worship leaders today:

Presider:
Musician:
Assisting Minister:
Lector:
Rev. Mark Galbraith
Debbie Pankow
Sharon Jones
Linda Bender

A/V Wrangler: volunteer

Projectionist: Carol Norquist

HYMN ELW # 396

"Spirit of Gentleness"



Spir - it, Spir - it of gen-tle-ness, blow through the wil-der-ness







- 1 You moved on the wa ters, you called to the deep,
- 2 You swept through the des ert, you stung with the sand,
- 3 You sang in a sta ble, you cried from a hill,
- 4 You call from to mor row, you break an-cient schemes.



then you coaxed up the moun - tains from the val - leys of sleep; and you goad - ed your peo - ple with a law and a land; then you whis-pered in si - lence when the whole world was still; From the bond - age of sor - row all the cap - tives dream dreams;



you called to each and o - ver the thing: ons and when they were blind with i - dols and ed lies, and down in the cit you called once a gain, У our wom - en see vi sions, our men clear their eyes.



"A - wake from your slum - bers and rise on your wings."
then you spoke through your proph - ets to o - pen their eyes.
when you blew through your peo - ple on the rush of the wind.
With . . . bold new de - ci - sions your peo-ple a - rise.

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

We come before the triune God to pray for our communities, ourselves, and our world.

We Ask Your Prayers for:

Alaska Native Lutheran; Anchorage Grace Korean; Good Shepherd Lutheran of Wasilla; Jan Adasiak, Marcia Baranow, Gary Bergman, Wendy Bergman, Jan Beverlin, Al Boecker, Joe & Lisa Boecker, Lori Boecker, Yvonne Boecker, Harlan & Ella Braun, Erik Bryant, Maria Bulkow, Charlene Chanonto, Betsy Cooper, Katy Coski, Kathy Earhart, Dixie Foley, Shannon Foley, Harris family, Dianne Hillemeyer, Mark Johnson, Pete Kropidlowski, Dee Lambert, Dukyeon Lee, Ed & Donna Luiten, Ed Mjolsnes, Arne & Norma Mjolsnes, Marilyn McKay, Marlene Rapp, George Rhyneer, John Rogers, Lynn Soiseth, Pierre Stragier, Lee & Jackie van Horn, Bob Voris, Jim & Wendy, Bobbi Whitmire, Mark Wohlgemuth, Kallen Young, Kay Zernia, Kariana, Judy, Michael, Sue and Rich, Sue

Each petition ends: Merciful God, receive our prayer.

Receive our prayers, O God, and come quickly to our aid, through the power of the Spirit and the love of Jesus Christ. **Amen.**

MEAL

PEACE

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

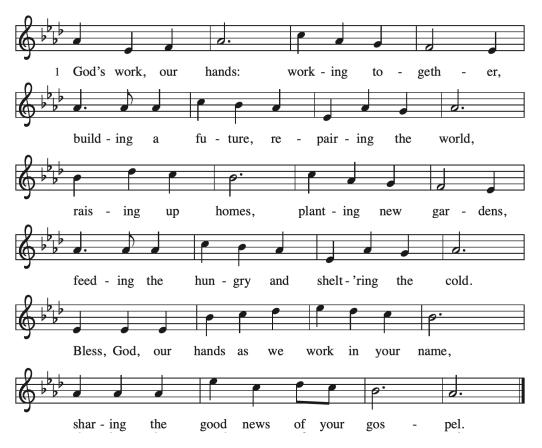
OFFERING

The offering plate is located on a table at the center back of the Sanctuary. We welcome your donations to support Central's ministries and beyond via cash, check, card via the Square app on the tablet at the table, or at our website at centluth.org. Thank you.

Please stand.

OFFERTORY ACS # 1000 v. 1

"God's Work, Our Hands"



OFFERING PRAYER

Let us pray. 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.

PREFACE

It is indeed right, . . . we praise your name and join their unending hymn:

SANCTUS ELW SETTING THREE

ELW p. 144

 → Holy, holy, holy Lord, God of pow'r and might, heaven and earth are full of your glory. Hosanna. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

EUCHARISTIC PRAYER

LORD'S PRAYER

Our Lord gives us a meal and gives us a prayer. We pray together :

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 the Meal †

This is not Central's table, not a Lutheran table; this is God's table, and you are all welcome.

Please be seated.

COMMUNION

All are welcome at the Lord's Table. Today we commune in a walking style—you'll be offered a wafer of bread and may select a cup of wine (red) or grape juice (white). After communing, drop your empty cup in the basket. If, for any reason, you prefer to receive a blessing in lieu of receiving communion, please cross your arms over your heart. Gluten-free wafers are available on the tray at the first pew.

Votive candles are available to light in memory of loved ones in the stand on the left side of the altar. Please use the Oil Candle Lighter. It is the small metal box with two removable metal wands. Each wand has a wick on one end that is kept moist with oil from inside the box. Light the wick end of the wand from an already lit votive candle. After lighting a new votive candle, blow out the flame on the wand and place it back into the container, which will re-wet the wick with new oil. Please do not let the wick burn for a long time, as it will use up the oil in the wand and the wick will actually start to burn (which we do not want). Please do not pick up the votive candles to light them. Let each worshipper re-light and extinguish the wand at their turn; do not pass the burning wand to another person.

LAMB OF GOD ELW SETTING THREE

ELW p. 146

□ 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.

COMMUNION HYMN ELW # 575

"In Christ Called to Baptize"



COMMUNION HYMN ELW # 579

"Lord, You Give the Great Commission"





The body and blood of our Lord and Savior Jesus Christ strengthen you and keep you in his grace and peace. **Amen.**

SENDING

PRAYER AFTER COMMUNION

Let us pray. 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 HYMN W&P # 46

bring

to

truth and

love

to

"Go in Peace and Serve the Lord"

tion.

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BLESSING

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

DISMISSAL

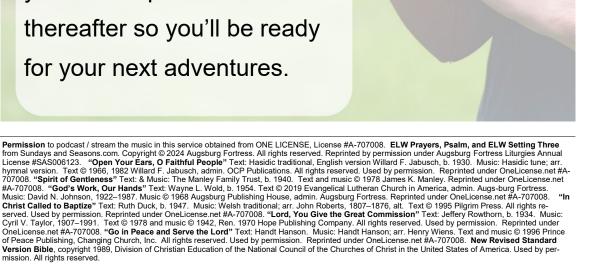
Go in peace. You are the body of Christ. Thanks be to God.

Postlude

"Prelude and Fugue in F Major"

by J. S. Bach **Debbie Pankow**

NEXT SUNDAY, JULY 14: Worship at 9:30 am, and please plan to stay for Pastor Mark's game plan presentation on what to expect in this Interim Ministry year. We'll provide lunch thereafter so you'll be ready for your next adventures.



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Worship:

Interim **Pastor Mark Galbraith** leads worship July 7, 14 and 28. Synodically Authorized Minister **Linda Bender** will preside and preach on July 21.

Study:

Book Group is reading West with Giraffes: A Novel by Lynda Rutledge. Discuss on Monday, July 15, at 4:30 pm.

Fellowship:

Celebrate Creation Walking Group walks Monday evenings on multi-use and hiking trails. Open to all ages and all faith communities, so bring a walking buddy! (Canine buddies must be leashed.) July 8 we'll meet up at Valley of the Moon Park at 6:30 pm. Questions? Contact Linda Bender & Kathy Freeman.

Summer at the Parks Fun in the Sun and Revel in the Rain with folks from multiple ELCA congregations. Join friends 10 am to Noon on Saturday, July 20 at Jewel Lake Park (4401 W. Dimond). Bring your own snacks and drinks; leashed dogs are welcome at these parks.

Serve:

Now collecting: **kids' books** for Little Free Library and Fairview Block Party booth, & **toiletries** for care kits from your travels

THANK YOU to Sandy McKinney, Sue Tonkins and Jean Boecker for prepping our newsletters for mailing this week. THANK YOU to cookie donors including Dahna Graham, Steve Lambert and Lisa Bulkow and hospitality volunteers Lisa Bulkow and Judith Muller.

Our **Helping Hands Clothing Closet** could really use everything: socks, boots and shoes, coats, hoodies, tees, pants and jeans in smaller adult sizes.

Year-round, we collect shelf-stable foods for **LSSA Food Pantry**. Our July focus is kid-friendly snacks including granola bars, trail mix or nuts, cans of fruit, applesauce, crackers, etc.

News:

Skyler and Josie and leader Heather will be attending the **ELCA Youth Gathering** along with sixty-four other Alaskan ELCA folks in New Orleans in July. You can support the youth in this quest for service, learning, touristing, and fellowship by making a donation, and the group will be sending postcards and videos to donors from the event. Raffle tickets for a raft float trip on the Kenai River are also available, with proceeds going to the trip expenses.

Central Lutheran Local Organizing Ministry is a part of AFACT (Anchorage Faith in Action Congregations Together). We are network of churches of different denominations and community organizations. CLC LOM are researching Fairview Recreation Center. If you live in Fairview area, we would like to hear from you on your past and present experiences at the Recreation Center. We meet every two weeks. Next meeting is Tuesday, July 9th from 3 to 4. Call Dahna Graham 907-333-9613 or Eva Wissmann 907-301-6331.

Altar flowers today are available to be sponsored, taken home and enjoyed

Sunday 7/7

9:30 am WORSHIP SERVICE with Rev. Mark Galbraith (Sanctuary) or via centluth.org

11 am KOREAN PRESBYTERIAN WORSHIP SERVICE (Small Chapel, Community Room)

2 pm ANLC WORSHIP SERVICE (Sanctuary)

Monday 7/8

Russian tutoring meets most days in rooms 3-4

1:30 pm Staff Meeting (Church office)

2 pm Women's Gather Bible Study (Church office & via zoom.us)

6:30 pm Celebrating Creation Walking Group @ Valley of the Moon Park

Tuesday 7/9

1 - 3 pm Helping Hands Clothing Closet open (HH Closet)

4:45 - 6 pm Pickleball (lower parking lot or Fellowship Hall)

Bible studies & meetings Zoom.us meeting ID 963 8911 9335

Worship online

via centluth.org

Wednesday 7/10

8:30 - 10 am Coffee Klatsch @ Kaladi Bros. on Brayton

Text Study takes a few weeks off

4:30 pm KOREAN PRESBYTERIAN WORSHIP SERVICE (Narthex, then Community Room)

Thursday 7/11

Friday 7/12

4:30 pm KOREAN PRESBYTERIAN WORSHIP SERVICE (Narthex, then Community Room)

Saturday 7/13

9 am - 2 pm Anchorage Farmers' Market (upper parking lot)

9:30 - 10:30 am WW Meeting (Community Room)

10 am - 1 pm Log Cabin Quilters (Fellowship Hall)

11:30 am - 1:30 pm NAMI (Community Room)

2 - 4 pm Glenda Burk Celebration of Life Potluck (Fellowship Hall)

4 pm George Rhyneer Funeral Service and Reception (Sanctuary, Small Chapel)

Sunday 7/14

9:30 am **WORSHIP SERVICE with Rev. Mark Galbraith** (Sanctuary) or via centluth.org 10:45 am Game Plan Presentation with Rev. Mark Galbraith (Sanctuary) or via centluth.org followed by lunch provided (Balcony)

11 am KOREAN PRESBYTERIAN WORSHIP SERVICE (Small Chapel, Community Room)

2 pm ANLC WORSHIP SERVICE (Sanctuary)

3 - 5 pm ANLC Potluck to Celebrate Pastors George and Karen Sonray (Fellowship Hall)