



Weekly Announcements

Mt. Carmel Lutheran Church

For Week of Feb. 5, 2023

CONGREGATIONAL VOTE – FEB. 12

All members are called to attend a congregational meeting on Sunday, Feb. 12, following worship at 10:30 a.m. for the purpose of voting on a motion to extend a call for our settled pastor. Please contact the office if you would like to attend via Zoom. Stay for “Super Bowl Sunday” lunch sponsored by We Gather Together.

CAMP WAPO DEADLINE

Parents and caregivers please get on the ball and register for camp by Feb. 15. The Foundation is sponsoring all Mt. Carmel kids with scholarships again this year! Please sign up using the link: <http://lwlbc.com/mtcarmel-mpls>.

HELLO, MY NAME IS ...

It's great to be back for in-person worship. Some of us know everyone and some of us really struggle with names and faces. Will you please wear a nametag each Sunday? See Rich Feist for a nametag or fill one out with the ushers in the Narthex. THANK YOU to Rich Feist, Carol Panning, Lory Dubbels and Lynette Dubbels for making new nametags.

PLANNING FOR LENT

Ash Wednesday is Feb. 22. Gustavus Adolphus will join us here for a service at 6:30 p.m. If you have palms from last year, please bring them back to church. They will be burned on Fat Tuesday, Feb. 21. Leave palms in the bin on the Narthex table on Sunday or in the conference room during the week.

PARKING RESTRICTION

Minneapolis is going to odd-side parking only until April 1 or until revoked starting tomorrow. Please park on the north side of 31st Ave and on the east side of Ulysses St. and Hayes St.

SUPER BOWL SUNDAY LUNCH - FEB. 12

We Gather Together will sponsor a lunch for Super Bowl Sunday. Wear your favorite football jersey and join us in the Fellowship Hall after worship for walking tacos. All are welcome!

SOUP SUPPER AND CULVER'S LUNCH

There are two opportunities for worship and fellowship during Lent. A community meal will be served Wednesdays at 5:30 p.m. followed by Holden Evening Prayer at 6:30 p.m. Please contact the office if your group would like to volunteer to serve the meal. Mar. 1 and Mar. 29 are open!

New this year is a, 11:30 a.m. lunchtime gathering at Culver's in St. Anthony. Order your food and join the group for prayer and discussion in the meeting room.

SUNDAY SCHOOL AND YOUTH GROUP TODAY

Sunday school (preschool-5th grade) will follow worship, running from 10:45 – 11:30 a.m. Please return to the Sanctuary for music at 10:45. Youth (6th-12th grade) will meet in the Youth Room downstairs.

ALTAR FLOWERS

If you would like to sponsor flowers, there are openings throughout February! Sign up in the Narthex and send a check to the office. Each bouquet is \$27.



612-781-2796



office@mountcarmelmpls.org



www.mtcarmel.net



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THOSE WE ARE PRAYING FOR

- Dwayne Bills, recovering from cataract surgery
- Kathleen, mother of childcare parent Erika Ells, in need of healing prayer
- Dick Anderson, recovering from shoulder surgery
- Tom, Matt Nordeen's father, recovering from hip surgery
- Val Hendrickson, recovering from hip surgery
- Marilyn, Janell Wampler's sister, whose wound is almost healed and is staying in the health care center.

To include your prayers on this list, contact the church office.

HOMEBOUND AND LONG-TERM CARE

Ethel Antonson, Marlene Black, Lorraine Carlson, Annette Dahl, Gerry Johnson, and Dorothy Warhol

REMEMBERING TO GIVE

Please continue to support our congregation with your faithful financial contributions to Mt. Carmel as you are able. There are several ways to give:

- Mail your check to the church or drop off in the secure mailbox.
- Online by credit card or bank account. Visit mountcarmelmpls.org/give or scan the QR code for online giving opportunities.



Your generous support for Mt. Carmel and our ministry is truly appreciated.

SCHOLARSHIP APPLICATIONS DUE FEB. 28

Applications for Foundation scholarships are due Feb. 28. Pick up a hard copy in the Narthex or contact the office for an e-copy.

MUSIC AND FELLOWSHIP OPPORTUNITIES

Bell Choir – Wednesday rehearsal at 6:30 p.m. in the Sanctuary. Contact Ruth Bills at ruthabills@gmail.com

Sanctuary Choir – Wednesday rehearsal at 7:30 p.m. in the Choir Room. Contact Ruth Bills at ruthabills@gmail.com

Good Fruits Bible Study—Tuesdays at 2:30 p.m. in the Fireside Room and via Zoom. Contact Leona Olson at onondave@yahoo.com

Online Men's Bible Study—Wednesdays at 6:45 a.m. via Zoom. Contact Ralph Matthes at marinosdelimpls@gmail.com

Racial Justice Book Study —Meet every other Thursday, 6:30-8 p.m. in the Fireside Room and via Zoom. Contact Barb Hollister at 612-590-6469

THRIVENT MEMBERS – CHOICE DOLLARS

March 31 is the deadline to direct your Choice Dollars. Please, consider directing some or all of these to Mt. Carmel. You should have received an e-mail about this from Thrivent with a link to their website. These dollars are made by Thrivent and do not take the place of your pledged contributions. Thanks.

NEED A RIDE TO CHURCH?

Call the church office (612-781-2796) by noon Friday to let us know you want a ride.



MT CARMEL LUTHERAN CHURCH

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Fifth Sunday in Epiphany

February 5, 2023

Congregation parts are printed in **bold**.

*Please make sure you have the following items on hand and ready for communion:
Bread on a small plate. You may put a cloth or napkin on top if you like.
Wine or grape juice (or some other beverage) and small glasses to drink from.*

PRELUDE

WELCOME/ANNOUNCEMENTS

GATHERING

CONFESSION AND FORGIVENESS

P: Blessed be the holy Trinity, ✚ one God, who makes all things new, whose mercy endures forever.

C: **Amen.**

P: Trusting in God's mercy, let us confess our sin.

Silence is kept for reflection.

P: Holy One, source of our renewal,

C: **we confess that we are wrapped up in sin, and cannot free ourselves. We have not practiced your righteousness. Our hearts have turned away from you. For the sake of the world you so love, forgive us, that we may be reconciled to one another for the glory of your holy name.**

Amen.

P: Thus says our God: "The former things have come to pass and new things I now declare." God's mercy makes us new. We are forgiven in the name of ✚ Christ our Savior.

C: **Amen.**

GATHERING HYMN

Gather Us In

ELW 532

- 1 Here in this place the new light is streaming,
now is the darkness vanished away;
see in this space our fears and our dreamings
brought here to you in the light of this day.
Gather us in, the lost and forsaken,
gather us in, the blind and the lame;
call to us now, and we shall awaken,
we shall arise at the sound of our name.

- 2 We are the young, our lives are a myst'ry,
we are the old who yearn for your face;
we have been sung throughout all of hist'ry,
called to be light to the whole human race.
Gather us in, the rich and the haughty,
gather us in, the proud and the strong;
give us a heart, so meek and so lowly,
give us the courage to enter the song.

- 3 Here we will take the wine and the water,
here we will take the bread of new birth,
here you shall call your sons and your daughters,
call us anew to be salt for the earth.
Give us to drink the wine of compassion,
give us to eat the bread that is you;
nourish us well, and teach us to fashion
lives that are holy and hearts that are true.

- 4 Not in the dark of buildings confining,
not in some heaven, light years away—
here in this place the new light is shining,
now is the kingdom, and now is the day.
Gather us in and hold us forever,
gather us in and make us your own;
gather us in, all peoples together,

fire of love in our flesh and our bone.

GREETING

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

C: **And also with you.**

HYMN OF PRAISE

Hallelujah, We Sing Your Praises

ELW 535 verse 2

Refrain:

**Hallelujah! We sing your praises,
all our hearts are filled with gladness.
Hallelujah! We sing your praises,
all our hearts are filled with gladness.**

2 **Now he sends us all out, strong in faith, free of doubt,
strong in faith, free of doubt. Tell to all the joyful gospel. *Refrain***

PRAYER OF THE DAY

L: Let us pray. Lord God, with endless mercy you receive the prayers of all who call upon you. By your Spirit show us the things we ought to do, and give us the grace and power to do them, through Jesus Christ, our Savior and Lord.

C: **Amen.**

WORD

FIRST READING

Isaiah 58: 1-12

L: Shout out, do not hold back!
Lift up your voice like a trumpet!
Announce to my people their rebellion,
to the house of Jacob their sins.

Yet day after day they seek me
and delight to know my ways,
as if they were a nation that practiced righteousness
and did not forsake the ordinance of their God;
they ask of me righteous judgements,
they delight to draw near to God.
'Why do we fast, but you do not see?
Why humble ourselves, but you do not notice?'
Look, you serve your own interest on your fast-day,
and oppress all your workers.
Look, you fast only to quarrel and to fight
and to strike with a wicked fist.
Such fasting as you do today
will not make your voice heard on high.
Is such the fast that I choose,
a day to humble oneself?
Is it to bow down the head like a bulrush,
and to lie in sackcloth and ashes?
Will you call this a fast,
a day acceptable to the Lord?

Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?
Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,
and not to hide yourself from your own kin?
Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the Lord shall be your rearguard.
Then you shall call, and the Lord will answer;
you shall cry for help, and he will say, Here I am.

If you remove the yoke from among you,
the pointing of the finger, the speaking of evil,
if you offer your food to the hungry
and satisfy the needs of the afflicted,
then your light shall rise in the darkness
and your gloom be like the noonday.
The Lord will guide you continually,
and satisfy your needs in parched places,
and make your bones strong;
and you shall be like a watered garden,
like a spring of water,
whose waters never fail.
Your ancient ruins shall be rebuilt;
you shall raise up the foundations of many generations;
you shall be called the repairer of the breach,
the restorer of streets to live in.

SECOND READING

1 Corinthians 2:1-16

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, 'What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him' —

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are discerned spiritually. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny.

'For who has known the mind of the Lord
so as to instruct him?'
But we have the mind of Christ.

L: Word of God, Word of life.

C: **Thanks be to God.**

GOSPEL ACCLAMATION

Halle, Halle, Halle

ELW p. 172

Halle, halle, hallelujah.

Halle, halle, hallelujah.

Halle, halle, hallelujah.

Hallelujah. Hallelujah.

GOSPEL READING

Matthew 5: 13-20

P: The Holy Gospel according to Matthew, the 5th chapter.

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

P: 'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

'You are the light of the world. A city built on a hill cannot be hidden. No one after

lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

‘Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

P: The Gospel of the Lord.

C: **Praise to you, O Christ.**

CHILDREN’S MESSAGE

MESSAGE “In the Name of Christ, STOP”

HYMN OF THE DAY

Christ, Be Our Light

ELW 715

- 1 Longing for light, we wait in darkness.
Longing for truth, we turn to you.
Make us your own, your holy people,
light for the world to see.**

Refrain

**Christ, be our light!
Shine in our hearts.
Shine through the darkness.
Christ, be our light!
Shine in your church gathered today.**

- 2 Longing for peace, our world is troubled.
Longing for hope, many despair.
Your word alone has pow'r to save us.
Make us your living voice. *Refrain***

**5 Many the gifts, many the people,
many the hearts that yearn to belong.
Let us be servants to one another,
signs of your kingdom come. *Refrain***

APOSTLES CREED

C: 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 THE PEOPLE

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

A brief silence.

L: Call your people to seek your wisdom in difficult conversations and action. Give the church everywhere courage to repent for the ways we have tolerated and practiced injustice. Merciful God,

C: receive our prayer.

L: Inspire our wonder at creation, from the light of dawn to the beauty of the dark night. Sustain the unseen depths of the ocean to the plants and animals we know well. Bring healing to lands and communities experiencing natural disasters. Merciful God,

C: receive our prayer.

L: Instruct the powerful in your ways. Provide upright leadership in business and industry, that workers are not oppressed. Throughout the world, inspire voters and raise up politicians to heed your call for nations to practice righteousness. Merciful God,

C: **receive our prayer.**

L: Loosen the bonds of injustice in our midst. Grant peace to endless quarrels, put an end to hunger, and break every yoke of oppression. Shelter all who flee abuse in their homes or violence in their communities. Satisfy those afflicted in any way. *We pray especially for* Merciful God,

C: **receive our prayer.**

L: Shape our congregation to be salt for the earth. Give us delight in your commandments, that we are generous with those in need. Make us steadfast in our trust in you, ready with tangible mercy and compassion for our neighbors. Merciful God,

C: **receive our prayer.**

Here other intercessions may be offered.

L: The cross and resurrection bring redemption from sin and death. We praise you for *(the Martyrs of Japan and)* all whose unshaken faith in Christ shines forth in their witness. Keep them in our remembrance and bring us with them into the kingdom of heaven. Merciful God,

C: **receive our prayer.**

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

C: **Amen.**

PEACE

OFFERTORY

Sanctuary Choir

“Come and Be Joyful”

OFFERTORY RESPONSE

We Are an Offering

ELW 692

**We lift our voices, we lift our hands,
we lift our lives up to you: we are an offering.
Lord use our voices, Lord use our hands,
Lord use our lives, they are yours: we are an offering.
We are an offering.**

OFFERING PRAYER

Blessed Are You, O God

ELW p. 129

P: Blessed are you O God, maker of all things. Through your goodness you have blessed us with these gifts: our selves, our time, and our possessions. Use us, and what we have gathered, in feeding the world with your love, through the one who gave himself for us, Jesus Christ, our Savior and Lord.

C: **Amen.**

MEAL

WORDS OF INSTITUTION

P: 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 all people for the forgiveness of sin. Do this for the remembrance of me.

THE LORD'S PRAYER

P: Let us pray the prayer Jesus taught us:

C: **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

P: The table is ready. All are welcome.

Lamb of God

ELW p. 135

**C: 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.
Grant us peace.**

RECEIVING THE MEAL

P: This is the body of Christ, broken for you.
This is the blood of Christ, shed for you.

For those communing online, take the bread. This is the body of Christ, broken for you. Now take the cup. This is the blood of Christ, shed for you.

POST COMMUNION BLESSING

POST COMMUNION PRAYER

L: 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.

C: Amen.

FINAL BLESSING

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

C: Amen.

SENDING HYMN

This Little Light of Mine

ELW 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.

DISMISSAL

L: Go in peace. Follow the way of Jesus.

C: Thanks be to God.

You are invited to remain and enjoy the postlude.

Serving in Worship Today

Presiding..... Rev. Steve Olson
Music Director Ruth Bills
Altar Guild Janell Partyka
Liturgist Dave Olson
Lector Janell Wampler
Soundboard Tech Myrna Flatland and Paul Lathrop
Usher..... Justin Fischer and Steve Ristuben
Mini-bus Andy Benedict
Coffee Fellowship..... Karl Breitbarth and Diane Langer

Altar flowers are given by Diane Langer in memory of her father Doug Davis.

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Hallelujah We Sing Your Praises - Text: South African, tr. *Freedom Is Coming*, 1984. English text © 1984 Utryck, admin. Walton Music Corp.

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This little Light of Mine - Text: African American spiritual