



†The Second Sunday of Lent

28 February 2010

8:30 & 11:00 a.m.

Phinney Ridge Lutheran Church

7500 Greenwood Avenue North

Seattle, Washington 98103

www.prlc.org • office@prlc.org • 206-783-2350

Fasting and Feasting in Lent

Lent is a time for personal and spiritual reflection and renewal. It is often a time of fasting as a form of personal sacrifice. Here is another idea: a FAST from an attitude or attribute that draws us away from God, accompanied by a FEAST of an opposing attitude or attribute that supports and nurtures our baptismal calling as children of God. Here are some ideas for your consideration.

Fast from judgment

Feast on compassion

Fast from greed

Feast on sharing

Fast from scarcity

Feast on abundance

Fast from fear

Feast on peace

Fast from lies

Feast on truth

Fast from gossip

Feast on praise

Fast from anxiety

Feast on patience

Fast from evil

Feast on kindness

Fast from apathy

Feast on engagement

Fast from discontent

Feast on gratitude

Fast from noise

Feast on silence

Fast from discouragement

Feast on hope

Fast from hatred

Feast on love

Order of Worship

PRE-SERVICE MUSIC

8:30 Organ

Prelude in e minor

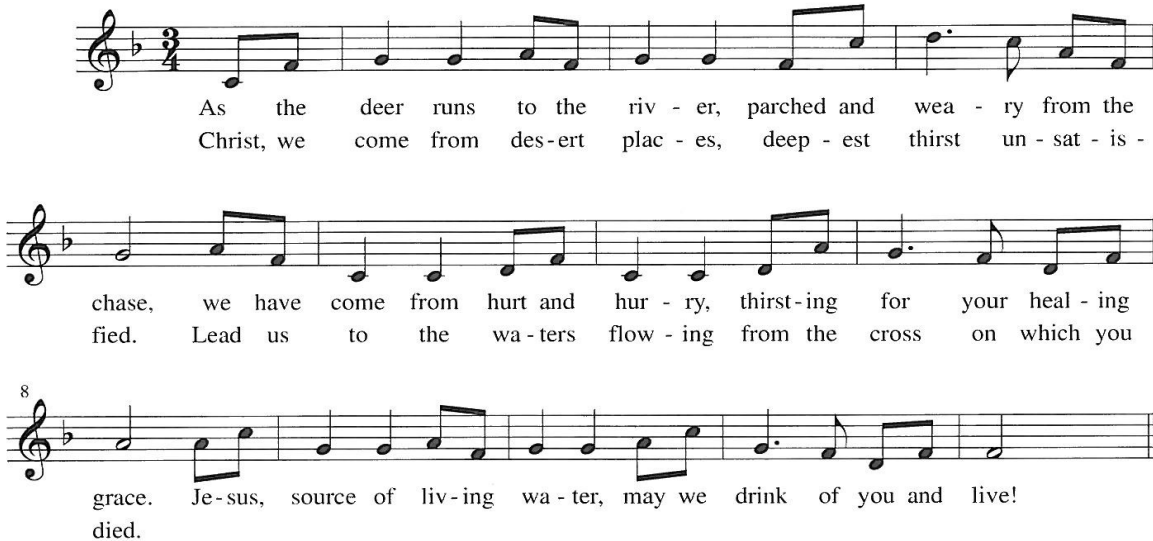
J.S. Bach

11:00 Handbell Choir

*Lamb of God, Most Holy
Aria*

Mokleburst
G.F. Handel

WELCOME



As the deer runs to the riv - er, parched and wea - ry from the
Christ, we come from des - ert plac - es, deep - est thirst un - sat - is -
chase, we have come from hurt and hur - ry, thirst - ing for your heal - ing
fied. Lead us to the wa - ters flow - ing from the cross on which you
8
grace. Je - sus, source of liv - ing wa - ter, may we drink of you and live!
died.

CONFESSION AND FORGIVENESS

In the name of the Father, and of the † Son, and of the Holy Spirit.

Amen.

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy name, through Jesus Christ our Lord.

Amen.

Let us confess our sin in the presence of God and of one another.

Silence for reflection and self-examination

Most merciful God,
we confess that we are captive to sin and cannot free ourselves. We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name. Amen.

In the mercy of almighty God, Jesus Christ was given to die for us, and for his sake God forgives us all our sins. As a called and ordained minister of the church of Christ, and by his authority, I therefore declare to you the entire forgiveness of all your sins, in the name of the Father, and of the + Son, and of the Holy Spirit.

Amen.

ENTRANCE HYMN, #468

Around You, O Lord Jesus

APOSTOLIC 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...God of the covenant, in the mystery of the cross you promise everlasting life to the world. Gather all peoples into your arms, and shelter us with your mercy, that we may rejoice in the life we share in your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Amen.

FIRST READING: Genesis 15:1–12, 17–18

¹After these things the word of the LORD came to Abram in a vision, "Do not be afraid, Abram, I am your shield; your reward shall be very great." ²But Abram said, "O Lord GOD, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?" ³And Abram said, "You have given me no offspring, and so a slave born in my house is to be my heir." ⁴But the word of the LORD came to him, "This man shall not be your heir; no one but your very own issue shall be your heir." ⁵He brought him outside and said, "Look toward heaven and count the stars, if you are able to count them." Then he said to him, "So shall your descendants be." ⁶And he believed the LORD; and the LORD reckoned it to him as righteousness.

⁷Then he said to him, "I am the LORD who brought you from Ur of the Chaldeans, to give you this land to possess." ⁸But he said, "O Lord GOD, how am I to know that I shall

possess it?" ⁹He said to him, "Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtledove, and a young pigeon." ¹⁰He brought him all these and cut them in two, laying each half over against the other; but he did not cut the birds in two. ¹¹And when birds of prey came down on the carcasses, Abram drove them away.

¹²As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him. ¹⁷When the sun had gone down and it was dark, a smoking fire pot and a flaming torch passed between these pieces. ¹⁸On that day the LORD made a covenant with Abram, saying, "To your descendants I give this land, from the river of Egypt to the great river, the river Euphrates.

Holy wisdom, holy word.

Thanks be to God.

CHILDREN'S WORD

SECOND READING: : Philippians 3:17—4:1

^{3:17}Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. ¹⁸For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. ¹⁹Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. ²⁰But our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. ²¹He will transform the body of our humiliation that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself.

^{4:1}Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

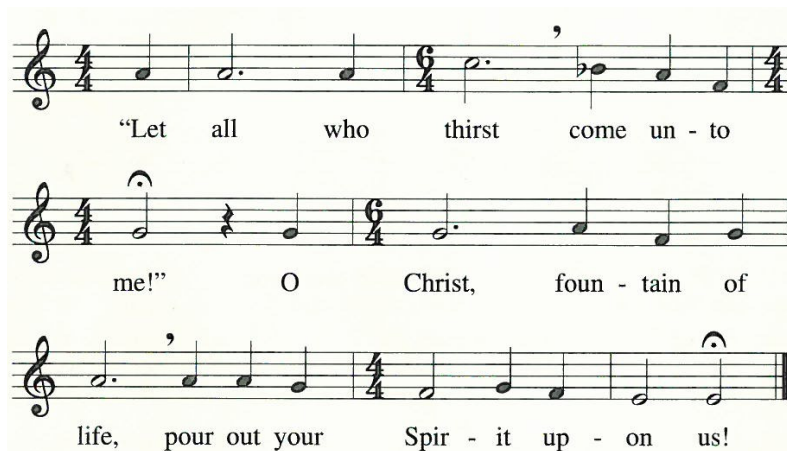
Holy wisdom, holy word.

Thanks be to God.

GOSPEL VERSE

Let All Who Thirst Come Unto Me

André Gouzes, OP



“Let all who thirst come un - to
me!” O Christ, foun - tain of
life, pour out your Spir - it up - on us!

GOSPEL: Luke 13:31–35

The Holy Gospel according to Luke.

Glory to you, O Lord.

³¹At that very hour some Pharisees came and said to him, "Get away from here, for Herod wants to kill you." ³²He said to them, "Go and tell that fox for me, 'Listen, I am casting out demons and performing cures today and tomorrow, and on the third day I finish my work.

³³Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed outside of Jerusalem.' ³⁴Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! ³⁵See, your house is left to you. And I tell you, you will not see me until the time comes when you say, 'Blessed is the one who comes in the name of the Lord.'"

The Gospel of the Lord.

Praise to you, O Christ.

SERMON

HYMN of the DAY, #613

Thy Holy Wings

PRAYERS and PEACE

Let us pray for the whole people of God in Christ Jesus and for all people according to their needs...

...Gracious God

Hear our prayer.

Into your hands, O Lord, we commend all for whom we pray, trusting in your mercy; through your Son, Jesus Christ our Lord.

Amen.

The peace of the Lord be with you always.

And also with you.

PARISH CONCERNS

OFFERING and OFFERTORY MUSIC

8:30 Youth Choir *O Jesus, Grant Me Hope and Comfort*

J.W. Franck

11:00 Chancel Choir *I Want Jesus to Walk with Me*

setting by Ronald Nelson

OFFERTORY PRAYER

Let us pray...God our provider,

you have not fed us with bread alone, but with words of grace and life. Bless us and these your gifts, which we receive from your bounty, through Jesus Christ our Lord. Amen.

OPENING DIALOG

The Lord be with you.

And also with you.

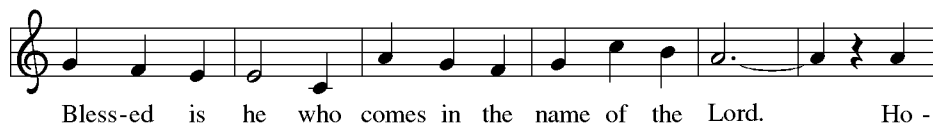
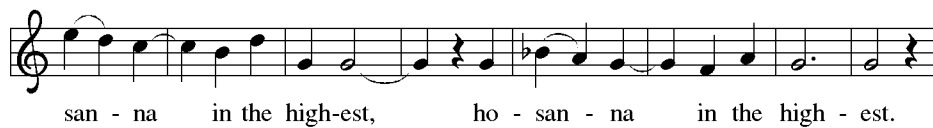
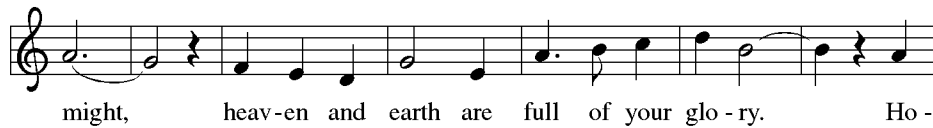
Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

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. You call your people to cleanse their hearts and prepare with joy for the paschal feast, that renewed in the gift of baptism, we may come to the fullness of your grace. 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:



EUCCHARISTIC PRAYER

Holy, mighty, and merciful Lord, heaven and earth are full of your glory. In great love you sent to us Jesus, your Son, who reached out to heal the sick and suffering, who preached good news to the poor, and who, on the cross, opened his arms to all.

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 death, resurrection, and ascension, we await his coming in glory.

Pour out upon us the Spirit of your love, O Lord, and unite the wills of all who share this heavenly food, the body and blood of Jesus Christ, our Lord; to whom, with you and the Holy Spirit, be all honor and glory, now and forever.

Amen.

LORD'S PRAYER

**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.

FRACTION and INVITATION

DISTRIBUTION to the FAITHFUL

We welcome all who desire to receive the Lord's body and blood for the forgiveness of sin and renewal of life to join us for Holy Communion. Please come forward at the direction of the ushers. Red wine or white grape juice is available as each communicant chooses. Gluten-free wafers are available. Young children and others who do not commune are invited and welcome to come forward for a blessing.

MUSIC DURING THE DISTRIBUTION

LAMB OF GOD

Hymn #790, *Day by Day*

Organ, *Thy Holy Wings*, setting by John Ferguson

Hymn #831, *The God of Abraham Praise*

LAMB OF GOD



Lamb of God, you take a - way the sin of the
world; have mer - cy on us. Lamb of God, you
take a - way the sin of the world; have mer - cy on us.
Lamb of God, you take a - way the sin of the
world; grant us peace, grant us peace.

POST-COMMUNION BLESSING AND PRAYER

The body and blood of our Lord Jesus Christ strengthen you and keep you in his grace, now and unto eternal life.

Amen.

Let us pray.... Compassionate God, you have fed us with the bread of heaven. Sustain us in our Lenten pilgrimage: may our fasting be hunger for justice; our alms, a making of peace; and our prayer, the song of grateful hearts, through Jesus Christ, our Savior and Lord.

Amen.

BENEDICTION AND DISMISSAL

The Lord bless you and keep you.

The Lord make his face shine on you and be gracious to you.

The Lord look upon you with favor and give you peace.

In the name of the Father, and of the † Son and of the Holy Spirit.

Amen.

Go in peace. Serve the Lord.

Thanks be to God.

Participants in Today's Liturgy

PRESIDER

Pastor Beverly R. Piro

PREACHER

Pastor Paul E. Hoffman

CHILDREN'S WORD

Vicar Abigail Perez Jimenez

ASSISTING MINISTERS

John Hubbard (8:30)

Alan Pearson (11)

EUCCHARISTIC MINISTERS

Marilyn & Dave Lambrecht (8:30)

Lois Stettner, Carol Cummins (11)

LECTORS

Steve Moody, Karen Snedker (8:30)

David & Katy Arndt (11)

ACOLYTES

Makenzie Blaney, Fiona Hubbard (8:30)

Felix Halvorson, Jamie Beers (11)

CHOIRS

Youth Choir (8:30)

Directed by Shari Anderson & Valerie Shields

Chancel and Handbell Choirs (11)

Directed by Beth Ann Bonnecroy

ORGANIST

Valerie Shields

Our Weekly Circle of Prayer

For homebound members and friends of Phinney

Jerry Abrahamson, Helen Hankins, Myrtle Nelson

For our partner congregations

Our Redeemer's Lutheran Church

For the family & friends of the recently deceased

Adele Kosciulek, mother of Karen Kosciulek, died 2/21

Recent Hospitalizations, illnesses, and other concerns

Nancy Winder, recovering from broken ankle

Del Schilke, in hospice care at Kindred Hospital

Ruth Berven, undergoing chemotherapy for breast cancer

Sallie Shippen, recovering from foot surgery on 7 January

KC Ramaekers, at home with pregnancy complications

Bernice Anderson, recurring meningitis symptoms

Myrvette Hyseni, CDC cook, mother died

Dave Rodgers close friend of Bob Stettner, receiving chemotherapy treatment for lymphoma

Dorothy Peterson, sister of Carol Cummins, undergoing chemotherapy for breast cancer
Gladys McGuire, mother of Colleen James, health concerns
Donna Hendrix, mother of Jeff, recently hospitalized
Cali, friend of Van Sanford family, injured in snow boarding accident
David Goforth, brother of Jeff, recovering from a stroke
Sasha, friend of the Thorson-Dodroes, in intensive care
Norman Stanley, Roberta Diesner's brother
Karline & family, Kari Van Sanford's sister-in-law in Haiti
The Hain Family
The family of Chuck Cox
Deirdre, friend of Lin Smith

For persons diagnosed with cancer, undergoing treatments

Elsa Wagner, Barbara Pfaff, Carolyn Mead, Ken Halvorson, Les Hubbard, Beth Smith, Bill, Nancy, Kristi Lee, Don, Doris Pearson, Todd M., Kristin Seymour, Buffy, Tom Tittle, Russ Gilbertson, Linda Covert, Robert Sylwester, Lana, Sean Gatchell, Lily, Marc Price, Eka Gurning, David Hildebrand, Larry Reimnitz, Lisa, Steve Bodnar, Mike & Mary, Christoph Schmidt, Samantha del Agula, Don, Ed Pfaff, Ken Rogge, Linda, Jerry Douglas Bell, Sandy Baker, Fred Page, Stan Zintel

For persons with ongoing needs

Elizabeth Stokoe, Karen Buchholz, Phyllis McMaster, Sharon Alley, David Kahle, Marisue Thomas, Ruth Jackson, Wally, Kate, Jena Meagher, Myqka, Jane Chauvin, Heather-Marie Wilson, Norman Stromberg, Lilian Huber, Doris Hendrickson, Lorraine Olson, Niki, Tenisha, Carla, Robin, Barb, Anna and family, Charlotte Gaddis, Orlo & Elizabeth Stokoe, Kathleen, Sierra, Erika, Kessler Family, Wallstrom Family, Mickey Morris, Charles, Sr. Ellen Stephen, Winston, Sarah Taylor, Dick Beers, Judy, Eva Ferrin, Bart Brosten, Bob Ramborger, Dick Holden, Bernice Anderson, Rob Thompson, Hink Sahs, Sean, Jacob G., Stambaugh family, Jamie Cox, Nel Taylor, Wendy Weber, Marion Bentson, Bob, Shauna B., Jenne, Kelly, Jane Hines, Rachel Brosten, Charles, Amber Ronald, Jill Hendrix, Scott Lee, Eugene, Cathy, Tony, Lita P., Debra, Ruth, Minnie, Lita, Don Ritter, Trish, Richard, Jean Anderson, Matt, Lakshmi, Neil, Abby, Leo, Mike, Marian, Wayne, Jane, Bonnie, Rebecca, John, Ruth, Luther, Suzanne, Kerstin, Wayne M., Scott, Hank Heinz, Jon, Nancy Harris & family, Luci J. Baker Johnson & family, Jerome Sonnefeld, Arlene, Cheryl, Bill, Judy, Pastor Stoa, Troy Bingisser

Special requests for prayer

The people of Haiti and those serving the victims of the Haiti earthquake
Troops deployed in Iraq and Afghanistan, diplomats, peacemakers
The unemployed

Attendance Last Sunday: 8:30 AM / 173; 11:00 AM / 105; 7:00 PM / 14

Next Week's Lessons: Isaiah 55:1-9, 1 Corinthians 10:1-13, Luke 13:1-9

Announcements

This morning's Adult Forum, 10:00 a.m. in the Tree of Life Room. John and Jackie Hubbard, your PRLC LYONS Board representatives, invite all PRLC adults to a forum to reflect on LYONS - our shared youth ministry program. The LYONS board is beginning the formation process of a new 3 year covenant proposal to our member congregations and conducting a top to bottom program review. As part of this process, we are asking all of our LYONS stakeholder groups for input on what shared youth ministry means, the value it brings to PRLC and our larger church family and where we'd like to see LYONS in several years. Any adult at PRLC who is interested in youth ministry is invited to our first stakeholder forum - this isn't just for LYONS parents. Youth currently involved in the LYONS programs and LYONS alumni will get their own unique opportunities to participate in this input gathering phase and are encouraged to participate during those phases of the process.

This Friday, March 5th **WITH THESE HANDS** will meet for fellowship and working on our individual projects (sewing, photos, handcrafts etc.) . We meet in Room 301 & 302 from 5:00 to 9:30 the first Friday of each month. Come when you can, bring your projects and if you choose a snack or dish to share. Women of all ages make up this informal group. Questions- contact Mary Bergstrom 784-1693 or JoAnn Cress 783-0637

11:15 Lenten Midweek Service and Soup Lunch. Pastor Hoffman will be leading and preaching at a series of Lenten mid-week services beginning 24 February and continuing through 24 March. The services will be held in the chapel and each Wednesday's sermon will explore in-depth a different passage from the four-chapter book of Paul's Letter to the Philippians. Worship bulletins for the entire Lenten season are available today at Grace Station or by asking a member of the pastoral staff. These bulletins contain not only the services for the entire season, but also the text for Philippians for your Lenten prayer and study. Following each service, a simple lunch of soup and bread will be served. Everyone is welcome to attend!

Mirinesse Women's Choir invites you to attend their upcoming concerts. Mirinesse is a choir of fifty auditioned singers, performing beautiful and uplifting music from a variety of times and places. This year's concert will include music of Haydn, Brahms and Debussy, *Missa Kenya* by Paul Basler, new works from composers near and far, and rousing Early American tunes. Tickets are (suggested donation) \$12 in advance and \$15 at the door. Talk with Beth Ann Bonneroy about tickets, or find more info at www.mirinessewomenschoir.org

Concert dates and times:

Sun, Feb 28, 7:00 pm, Trinity Lutheran Church, 6215 196th SW, Lynnwood

Fri, March 5, 7:30 pm, Phinney Ridge Lutheran Church

Sun, March 14, 1:30 pm, Trinity Episcopal Church, 8th Ave and James, Seattle

Adult Forum March 14: Thrivent Financial for Lutherans Membership

Current Thrivent Members and people interested in Thrivent Membership are invited to an adult education opportunity in the Tree of Life Room on Sunday, March 14 at 10: a.m.. Launching in spring 2010, Thrivent Choice is a new giving program that lets members help choose where Thrivent Financial gives back. Representatives from Thrivent will be available to explain the new opportunities available in 2010. There are two ways that church members will be able to participate:

Voting: All benefit and associate members will be eligible to "vote" to distribute a portion of Thrivent Financial's charitable funds among a short list of national charities (Lutheran and non-Lutheran), one to two times per year.

Choice Dollars: many members will be able to direct Thrivent Choice Dollars to thousands of Lutheran nonprofit organizations, **including Phinney Ridge Lutheran Church.**

Thrivent grants have supported many of Phinney Ridge Lutheran Church's ministries in the past. These ministries include the Growing in Grace Building Campaign, the Phinney Ridge Gospel Choir, the Outreach Fund, the Child Development Center and several others. Please attend this forum to hear how we can continue to have these grant moneys directed to the ministries of our congregation.

This Week at LYONS



Tonight from 6:30-8pm, Dinner Theater Rehearsal!
This rehearsal marks the start of the heavy Dinner Theater time. From now on, except for some special occasions (like spring break), DT rehearsals will be every Sunday and Thursday from here on out. So if you are interested in being in "Channel 3: Y Witness News", you should come! All high school youth are welcome! Location: The Den (1501 NW 90th St) Cost: Free

-LYONS needs your help! During a recent switch to our new emails, we lost some of your addresses! You can help by just sending us an e-mail and telling us who you are! You can e-mail Julie at lyonsdirector@roaringlyons.org and Billy at lyonspa@roaringlyons.org. Thanks!

This Week at PRLC

Sunday, 28 February		+Lent II
8:30 & 11:00 a.m.	Holy Communion	Sanctuary
10:00 a.m.	Adult Forum: LYONS	Tree of Life
10:00 a.m.	Sunday School	
10:15 a.m.	Bell Choir Rehearsal	Sanctuary
5:00 p.m.	The WAY	Fellowship Hall
7:00 p.m.	Spoken Evening Prayer	Chapel
Tuesday, 2 March		
6:15 a.m.	Men's Bible Study	Library
8:30 a.m.	Quilters	Quilting Room
10:30 a.m.	Staff Meeting	Tree of Life
2:00 p.m.	Food Bank	Food Bank
6:00 p.m.	Executive Committee	Conference Call
7:00 p.m.	Alcoholics Anonymous	301/302
Wednesday, 3 March		
9:30 a.m.	Spirited Women	Tree of Life
11:15 a.m.	Mid-week Lenten Service/Soup Lunch	Chapel/Library
5:00 p.m.	Youth Choir Rehearsal	Choir Room
5:30 p.m.	Bread for the Journey	
6:20 p.m.	Gospel Choir Rehearsal	Tree of Life
7:00 p.m.	Food Bank	Food Bank
7:30 p.m.	Alcoholics Anonymous	Tree of Life
7:30 p.m.	Chancel Choir Rehearsal	Choir Room
Thursday, 4 March		
2:00 & 7:00 p.m.	Food Bank	Food Bank
Friday, 5 March		
5:00 p.m.	With These Hands	301/302
7:30 p.m.	Mirinesse Choir Concert	Sanctuary
Sunday, 7 March		+Lent III
8:30 & 11:00 a.m.	Holy Communion	Sanctuary
9:45 a.m.	Blood Pressure Tests	Outside Room 301/302
10:00 a.m.	Adult Forum: Philippians	Tree of Life
10:00 a.m.	Sunday School	
5:00 p.m.	The WAY	Fellowship Hall
7:00 p.m.	Spoken Evening Prayer	Chapel

Looking Ahead

(full parish calendar at www.prlc.org)

20 MARCH SAT	Compass Housing Alliance Auction 6:00 p.m., Seattle Marriott Waterfront Hotel
3 APRIL SAT	Easter Vigil 6:30 p.m., Sanctuary
16 APRIL FRI	LYONS Dinner Theater Opening Night Performances on April 16,17,18,23,24,25
18 APRIL SUN	Pheast of Phinney Community Event & Fund Raiser for PRLC Food Bank
25 APRIL SUN	Congregational Annual Election Meeting Time and location TBD
2 MAY SUN	Mass of the Children 7:00 p.m., Sanctuary
14-15 MAY FRI-SAT	Annual Greenwood Phinney ArtWalk Friday 6-9:30 p.m., Saturday 12-5:00 p.m.
14-15 MAY FRI-SAT	NW WA Synod Assembly Everett Events Center

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The Ministry Staff

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Valerie Shields, Organist,
Youth Choir Director

Beth Ann Bonnecroy, Chancel, Vesper, and
Handbell Choir Director

Donna Hoffman,
Children's Choir Director

Shari Anderson, Accompanist

Greg Remme, Custodian

Our congregation participates in a youth ministry organization with 7 other Lutheran churches in Seattle, called LYONS (Lutheran Youth of North Seattle)
Director: Pastor Julie Hutson; Program Assistant: Billy Bergstrom
206-706-5997 ▪ roaringlyons.org

Our congregation participates in a Lutheran counseling organization with congregations from across the Puget Sound area. Lutheran Counseling Network is a coalition of licensed pastoral counselors who provide therapy in a variety of settings for a variety of needs. One such office is located in our facility with Counselor Rosemary Raynaud providing therapy on an appointment basis. Learn more. Check out Lutheran Counseling Network at www.lutherancounseling.net. You can also reach Rosemary by phone at: 206.364.1046, ext. 3.

Church Office Hours
Monday through Thursday 8:30 to 4:30
Friday 8:30 to 12:30