

SUNDAY, March 13, 2022



5300 10th Avenue South · Minneapolis, MN 55417
612-825-6846 · nokomisheights.org

a congregation of the Evangelical Lutheran Church in America



Nokomis Heights is a Reconciling In Christ (RIC) Congregation.
We believe the gospel is God's gift to all people, to be shared unconditionally,
without regard to cultural or ethnic background; race; sexual orientation;
gender identity; physical or mental abilities;
socio-economic, marital, or family status; or age.
We welcome lesbian, gay, bisexual, and transgender people, their partners and their
families into full participation in the life and ministry of this congregation.

WORSHIP LEADERS

Pastors	Kristen Capel, Steven Delzer
Organist	Julie Urban
Vocalists	Sara Birkeland, Johan Christopherson, Annika Coyle, Carolyn Deters, Chris Meiers, Maren Nelson, Sarah Winter
Lector	Jan Myers
Recording/Editing	Dana Lonn

In our prayers this week: Casey Austad, Linda Austad, Jerry Casterton, Christopher Ferguson, Rich Gronner, Jennifer Harris, Dee Levine, Katie Slingsby, and Blanca Raniolo's sister Nelly.

In-person worship in the Sanctuary, Sundays, at 10:00 am
Adult Forum in Fellowship Hall at 9:00 am
Sunday School in the Nokomis Room at 9:00 am
Confirmation in the Youth Room at 9:00 am
Masks are required

Online worship premieres at 10:00 am every Sunday.
Find us online on Facebook and YouTube!
www.nokomisheights.org



**NOKOMIS
HEIGHTS**

Place of Worship. Space for Questions.

NOKOMIS HEIGHTS LUTHERAN CHURCH (ELCA)

MARCH 13, 2022

SECOND SUNDAY IN LENT

10:00 A.M.

A TIME TO CENTER

PRELUDE

“Love Consecrates the Humblest Act”

Hobby

WELCOME

GROUNDING MOMENT

As earth turns from sunrise to sundown
And seasons turn seamlessly one to another
As our lives turn from praise to pain and back to praise again
So we turn toward God in worship.

In our homes
In our workplaces
In our beds
At our kitchen tables.

We bring all that we are
All that we long to be
And we lay it before God.

As we turn toward God
We discover the miraculous promise
That God is already turned toward us.
Exactly where we are.

A TIME TO GATHER

SONG

“Now Is the Time of Grace”

ACS 918

Leader will sing verses 2 and 3, found on page 4. Please join in the refrain.

The image shows two staves of musical notation in G major (one sharp). The first staff has two measures: measure 1 is marked with a '1' and contains the notes G4, A4, B4, G4, F#4, E4; measure 2 is marked with a '2' and contains the notes D4, C4, B3, A3, G3. The lyrics 'Now is the time of grace, now is the day of sal - va - tion.' are written below the first staff. The second staff contains the notes G4, A4, B4, G4, F#4, E4, D4, C4, B3, A3, G3. The lyrics 'Turn now, and seek God's face, now be-hold God's in-vi - ta-tion.' are written below the second staff.

Verses – Leader

- 1 This is the fast that God would choose: 2 Sharing your bread with the hungry
to loose the bonds of injustice, and welcoming homeless in,
to let the captives go free, offering hope and offering help,
and to break the yoke of oppression. this is what God requires. *Refrain*

Refrain

- 3 Then shall your light break forth as dawn,
and healing shall come to you quickly;
then you shall call and God shall answer,
God's love shall go before you. *Refrain*

CONFESSION AND FORGIVENESS

From Ecclesiastes

LEADER: As one season turns to another in the miracle of creation,
so we turn our hearts to God,
who turns our mourning into dancing
and our brokenness into grace upon grace.
To everything there is a season, and now is the season for turning.

ALL: **We turn to God with broken relationships.**

LEADER: Now is a time for healing.

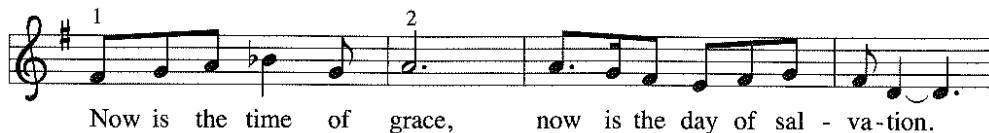
ALL: **We turn to God with regrets we have held too long.**

LEADER: Now is a time for releasing.

ALL: **We turn to God with despair for what the world has become.**

LEADER: Now is a time for hoping.

ALL: **We turn to God with sighs too deep for words.**



LEADER: God declares to all people, now is the time for grace.
Your sins are forgiven, your brokenness made whole.
Receive through Jesus Christ grace upon grace.

Leader: **Congregation:**

1. Let us join as one as we pray to the Lord, Lord have mer - cy.
 2. That all of the world may know your peace,

Leader: **Congregation:**

For the peace from a - bove and for our sal - va - tion, Lord have mer - cy.
 That the poor be re - stored and the bound re - leased,

Leader:

For this ho - ly house and for all who in faith, gath - er to wor - ship in this place, that
 That the life of the church may be strong and se - cure an - chored and cen - tered sole - ly on You, and for

Congregation:

we may be - hold a glimpse of Your face, Lord have mer - cy.
 gui - dance and grace in all that we do,

Lord have mer - cy, Christ have mer - cy, Lord have mer - cy.

PRAYER OF THE DAY

ALL: When Jesus washed his disciples' feet,
 turning master to servant,
 you showed us your heart of service and love.
 Turn our hearts toward one another,
 that we may be servants
 and messengers of love in this world.
 Amen

A TIME TO REFLECT

THE READING

Psalm 51:6-12

LEADER: You desire truth in the inward being;
therefore teach me wisdom in my secret heart.

ALL: **Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.**

LEADER: Let me hear joy and gladness;
let the bones that you have crushed rejoice.

ALL: **Hide your face from my sins,
and blot out all my iniquities.**

LEADER: Create in me a clean heart, O God,
and put a new and right spirit within me.

ALL: **Do not cast me away from your presence,
and do not take your holy spirit from me.**

LEADER: Restore to me the joy of your salvation,
and sustain in me a willing spirit.

The Word of the Lord.

ALL: **Thanks be to God.**

SONG

"Return to God"

Haugen



Re - turn to God with all your heart, the Source of grace and



mer-cy; Come, seek the ten-der faith-ful-ness of God.

THE GOSPEL

John 13:1-17

LEADER: Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus answered, "You do not know now what I am

doing, but later you will understand.” Peter said to him, “You will never wash my feet.” Jesus answered, “Unless I wash you, you have no share with me.” Simon Peter said to him, “Lord, not my feet only but also my hands and my head!” Jesus said to him, “One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.” For he knew who was to betray him; for this reason he said, “Not all of you are clean.”

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, “Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.”

The Word of the Lord.

ALL: **Thanks be to God.**

SERMON


Pastor Kristen Capel

SONG

“Jesu, Jesu fill Us with Your Love”

ELW 708

Refrain



Je - su, Je - su, fill us with your love, show



us how to serve the neigh-bors we have from you.



1 Kneels at the feet of his friends, si - lent - ly wash - es their feet,
 2 Neigh - bors are wealth - y and poor, var - ied in col - or and race,
 3 These are the ones we will serve, these are the ones we will love;
 4 Kneel at the feet of our friends, si - lent - ly wash - ing their feet:

Refrain

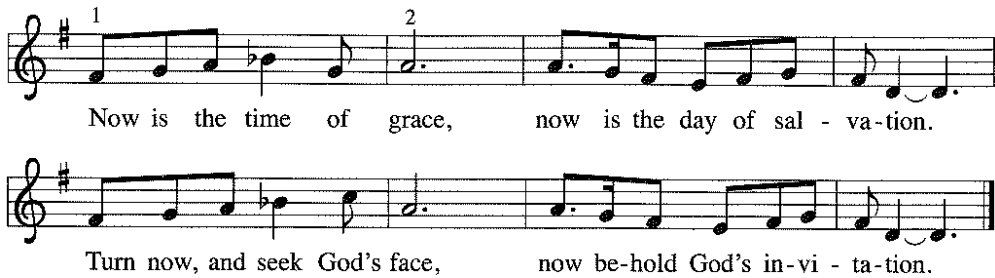


mas - ter who acts as a slave to them.
 neigh - bors are near - by and far a - way.
 all these are neigh - bors to us and you.
 this is the way we will live with you.

A TIME TO PRAY

PRAYERS OF THE CHURCH

LEADER: Turning to God in prayer, we pour out our hearts, confident in God's promise to hear and receive.



The image shows two staves of musical notation in G major (one sharp). The first staff begins with a treble clef and a key signature of one sharp (F#). It contains two measures of music. The first measure is marked with a '1' above it and contains the notes G4, A4, B4, C5, B4, A4, G4. The second measure is marked with a '2' above it and contains the notes G4, A4, B4, C5, B4, A4, G4. Below the first staff is the lyrics: "Now is the time of grace, now is the day of sal - va - tion." The second staff also begins with a treble clef and a key signature of one sharp. It contains two measures of music. The first measure contains the notes G4, A4, B4, C5, B4, A4, G4. The second measure contains the notes G4, A4, B4, C5, B4, A4, G4. Below the second staff is the lyrics: "Turn now, and seek God's face, now be-hold God's in - vi - ta - tion."

LEADER: Humble God, washing the grimy feet of your disciples was an unexpected act of service and kindness. May we, like you, kneel at the feet of our neighbors, serving in ways that make us uncomfortable, offered as a gift with no expected return.
Lord, hear our prayer.

All: **We turn to you, O God.**

Leader: Merciful God, bring justice to all people who are marginalized. We pray especially for newcomers from other countries, that we would provide a space of inclusion, belonging, and love. As we welcome friends to our homes, may we welcome newcomers with joy.
Lord, hear our prayer.

All: **We turn to you, O God.**

Leader: Peace-filled God, as war rages in Ukraine and world leaders face down the enemy of violence and greed, be present with the Ukrainian people. Protect those fleeing for the safe unknown, and fill countries who receive them with love, compassion, and radical hospitality. Stir up your spirit of resistance in the hearts of the Russian people that, with courage, that they might stand against tyranny and speak out for peace, even as their lives are upended too.
Lord, hear our prayer.

All: **We turn to you, O God.**

Leader: God of justice, thank you for teachers who pour out their lives for our children. We pray for the Minneapolis teachers, crying out for equal pay, equal representation, better working conditions, and appreciation for the work they are doing. Bring justice to our education system and help teachers everywhere to know that their job to shape the future of our world is a holy calling.
Lord, hear our prayer.

ALL: **We turn to you, O God.**

LEADER: Healing God, fill us with joy and gladness; let all the broken parts of us rejoice.
Help all who feel broken, abandoned, or misused. Fill us with the assurance that, in you, everyone in your world can know wholeness, especially... (*members and friends in need of prayer*).

Lord, hear our prayer.

ALL: **We turn to you, O God.**

LEADER: Almighty God, we turn to you. Shine your light. Transform our world. Guide us in the way shown by Jesus, the Word made flesh, living among us. In the name of God our Creator, Christ our Redeemer, and the Holy Spirit our Comforter, we pray.

ALL: **Amen**

Now is the time of grace, now is the day of sal - va - tion.
Turn now, and seek God's face, now be-hold God's in-vi - ta - tion.

LORD'S PRAYER

ALL: **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

A TIME TO GIVE

SHARING THE PEACE

LEADER: The peace of Christ be with you always.

ALL: **And also with you.**

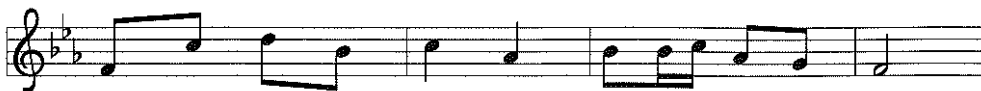
GENEROSITY MOMENT

There are many ways to support Nokomis Heights. You can drop cash or a check into the offering plate in the entry as you leave or mail a check to the church office. You can pick up a pledge card in the front entry and make a plan for weekly or monthly giving. You can also donate online at nokomisheights.org/give. The easiest way to make a donation to Nokomis Heights, though, is to use the Vanco Mobile app. Thank you for your generosity. Your contributions spread love throughout our community.

SONG (st. 1 and 3)

“Build a Longer Table”

ACS 1062



1 Build a long - er ta - ble, not a high - er wall,
2 Build a saf - er ref - uge, not a larg - er jail;
3 Build a broad - er door - way, not a long - er fence.
4 When we lived as ex - iles, ref - u - gees a - broad,



feed - ing those who hun - ger, mak - ing room for all.
where the weak find shel - ter, mer - cy will not fail.
Love pro - tects all peo - ple, spar - ing no ex - pense.
Christ be - came our door - way to the reign of God.



Feast - ing to - geth - er, strang - er turns to friend,
For an - y place where jus - tice is de - nied,
When we em - brace com - pas - sion more than fear,
So must our ta - bles wel - come those who roam.



Christ breaks walls to piec - es; false di - vi - sions end.
Christ will breach the jail wall, free - ing all in - side.
Christ tears down our fenc - es: all are wel - come here.
None can be ex - clud - ed; all must find a home.

OFFERING PRAYER

ALL: God of abundance,
receive these gifts of our hearts and lives,
and use them to build the biggest table imaginable,
that all might be fed and live together in peace. Amen

A TIME TO BE SENT

ANNOUNCEMENTS

BENEDICTION

SONG (st. 1-2)

“Love Consecrates the Humblest Act”

ELW 360

Love consecrates the humblest act
and haloes mercy’s deeds;
it sheds a benediction sweet
and hallows human needs.

When in the shadow of the cross
Christ knelt and washed the feet
of his disciples he gave us
a sign of love complete.

SENDING

LEADER: Go in peace. Love and serve the Lord.

ALL: **Thanks be to God.**

Moment of silence

POSTLUDE

“Fugue in E Minor”

J.S. Bach

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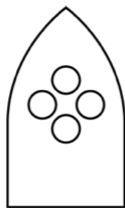
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Place of Worship. Space for Questions.