



*"And He went throughout Galilee,  
proclaiming the message..."*

Mark 1:39a NRSV

ASCENSION LUTHERAN CHURCH and SCHOOL

*"A Church for Families, a Family for Everyone"*

February 7, 2021

# FIFTH SUNDAY AFTER THE EPIPHANY

February 7, 2021

**Welcome** to all who are attending our service today. We are glad you are with us! To all guests and visitors, we especially extend our hands of friendship. May God bless the worship time for each one of you. Please come again!

**NURSERY AVAILABLE** We have an unstaffed nursery for your convenience and privacy. The nursery has audio and video so you may hear and see the worship service while attending to your child.

**Holy Communion** is celebrated at the 8:30 service on the 1st and 3rd Sundays of the month, and at the 11:00 service on the 2nd and 4th Sundays.

(**P**) = Pastor, (**C**) = Congregation, (**A**) = Reader/Assisting)

## ✠ PREPARATION ✠

**Theme: "Jesus for All People"**

### AS WE GATHER

In today's Gospel from Mark, Jesus says, "Let us go on to the next towns, that I may preach there also, for that is why I came out." His ministry and mission for this world was one for all people. Even as Jesus early on in His earthly ministry heals people, including Simon's mother-in-law, so He comes to us still with healing through the forgiveness of sins. Blessed by Him and His unending grace, we can be rejuvenated and strengthened on "wings like eagles" and serve all in His name and "become all things to all people, that by all means I might save some . . . for the sake of the gospel."

### PRELUDE

### WELCOME

### HYMN

**"Father Welcomes"**

(refrain)

**Father welcomes all His children to His fam'ly through His Son.  
Father giving His salvation, life forever has been won.**

Little children, come to me, for My kingdom is of these.  
Life and love I have to give, mercy for your sin. **(refrain)**

In the water, in the Word, in His promise, be assured:  
Those who are baptized and believe shall be born again. **(refrain)**

## INVOCATION

**P** In the name of the Father and of the ✠ Son and of the Holy Spirit.  
**C** Amen.

## BAPTISM OF NOLA GREY PETRI – *daughter of John and Kinsey Petri*

### OPENING SENTENCES *Isaiah 40:21–22, 28; Psalm 147:3, 5*

**P** Do you not know? Do you not hear? Has it not been told you from the beginning?  
Have you not understood from the foundations of the earth?

**C** **It is He who sits above the circle of the earth . . . who stretches out the heavens like a curtain.**

**P** Have you not known? Have you not heard?

**C** **The LORD is the everlasting God, the Creator of the ends of the earth.**

**P** He heals the brokenhearted

**C** **and binds up their wounds.**

**P** Great is our Lord, and abundant in power;

**C** **His understanding is beyond measure.**

## CONFESSION (sung)

**P** Let us confess our sin to the Lord as we pray and sing:

I confess to You, O Lord, that I have sinned.

I confess to You, O Lord, all my sin within.

I have failed to live for You

In the things I say and do,

And have fallen short of living in Your love.

**(Chorus)**

**Lord, have mercy on me. Lord, have mercy, set me free.  
O forgive me, Lord, I pray, And take my sin away  
By the cross and empty grave for my soul.**

I confess to You, O Lord, that I have sinned.  
I confess to You, O Lord, all my sin within.  
I have placed myself above, and have hurt the ones I love,  
And I know that only You can set me free. **(chorus)**

Take us back to the water. Wash away our sins.  
Welcome us, O Father, Back to Your home again.  
Bless Your sons and daughters,  
And let the feast begin, Let it begin! **(chorus)**

**ABSOLUTION**

**P** We hear today in God's Word, "Do you not know that in a race all the runners compete, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable." As we run to our Savior in repentance and rely on Him to receive the crown of life He alone has earned, and upon this your confession, I, as a called and ordained servant of the Word, announce the grace of God unto all of you, and in the stead and by the command of our Lord Jesus Christ I forgive you all your sins in the name of the Father and of the † Son and of the Holy Spirit.

**C** Amen.

**SALUTATION**

**P** The Lord be with you.

**C** And also with you.

**PRAYER OF THE DAY**

**P** Let us pray.

O God, our loving Father, as we run and grow weary and walk and feel faint in this earthly life of trials, troubles, and temptations, raise us up by Your grace that we be strengthened by Your Word and the hope You give through Christ's empty tomb; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

**C** Amen.

## SHARING THE PEACE OF THE LORD

- P** The peace of the Lord be with you all.  
**C** **And also with you.**

### ✠ THE WORD ✠

#### OLD TESTAMENT READING

Isaiah 40:28–31 (ESV)

(The Lord's understanding is unsearchable.)

<sup>28</sup> Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; His understanding is unsearchable. <sup>29</sup> He gives power to the faint, and to him who has no might He increases strength. <sup>30</sup> Even youths shall faint and be weary, and young men shall fall exhausted; <sup>31</sup> but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

- A** This is the Word of the Lord.  
**C** **Thanks be to God.**

#### EPISTLE

1 Corinthians 7:29–35 (ESV)

(Sharing the Gospel with all people)

<sup>16</sup> For if I preach the gospel, that gives me no ground for boasting. For necessity is laid upon me. Woe to me if I do not preach the gospel! <sup>17</sup> For if I do this of my own will, I have a reward, but if not of my own will, I am still entrusted with a stewardship. <sup>18</sup> What then is my reward? That in my preaching I may present the gospel free of charge, so as not to make full use of my right in the gospel. <sup>19</sup> For though I am free from all, I have made myself a servant to all, that I might win more of them. <sup>20</sup> To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though not being myself under the law) that I might win those under the law. <sup>21</sup> To those outside the law I became as one outside the law (not being outside the law of God but under the law of Christ) that I might win those outside the law. <sup>22</sup> To the weak I became weak, that I might win the weak. I have become all things to all people, that by all means I might save some. <sup>23</sup> I do it all for the sake of the gospel, that I may share with them in its blessings. <sup>24</sup> Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. <sup>25</sup> Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. <sup>26</sup> So I do not run aimlessly; I do not box as one beating the air. <sup>27</sup> But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

- A** This is the Word of the Lord.  
**C** **Thanks be to God.**

## HOLY GOSPEL

Mark 1:29–39 (ESV)

(Jesus, who came for all people, heals many.)

**P** The Holy Gospel according to St. Mark, the first chapter.**C** **Glory to You, O Lord.**

<sup>29</sup> And immediately He left the synagogue and entered the house of Simon and Andrew, with James and John. <sup>30</sup> Now Simon's mother-in-law lay ill with a fever, and immediately they told Him about her. <sup>31</sup> And He came and took her by the hand and lifted her up, and the fever left her, and she began to serve them. <sup>32</sup> That evening at sundown they brought to Him all who were sick or oppressed by demons. <sup>33</sup> And the whole city was gathered together at the door. <sup>34</sup> And He healed many who were sick with various diseases, and cast out many demons. And He would not permit the demons to speak, because they knew Him. <sup>35</sup> And rising very early in the morning, while it was still dark, He departed and went out to a desolate place, and there He prayed. <sup>36</sup> And Simon and those who were with Him searched for Him, <sup>37</sup> and they found Him and said to Him, "Everyone is looking for You." <sup>38</sup> And He said to them, "Let us go on to the next towns, that I may preach there also, for that is why I came out." <sup>39</sup> And He went throughout all Galilee, preaching in their synagogues and casting out demons.

**P** This is the Gospel of the Lord.**C** **Praise to You, O Christ.**

## HYMN

**"There Is A Balm In Gilead"**

**There is a balm in Gilead  
To make the wounded whole;  
There is a balm in Gilead  
To heal the sin-sick soul.**

Sometimes I feel discouraged  
And think my work's in vain,  
But then the Holy Spirit  
Revives my soul again. **(Refrain)**

If you cannot preach like Peter,  
If you cannot pray like Paul,  
You can tell the love of Jesus  
And say He died for all. **(Refrain)**

Don't ever feel discouraged,  
For Jesus is your friend;  
And if you lack for knowledge,  
He'll ne'er refuse to lend. **(Refrain)**

## SERMON

## “RUN, RUN, RUN”

Mark 1:29–39  
Pastor Jim Sprengle

## APOSTLES' CREED

**I believe in God, the Father Almighty, maker of heaven and earth.**

**And in Jesus Christ, His 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 into hell. The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. From thence He will come to judge the living and the dead.**

**I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

## TITHES AND OFFERINGS

*(Our offerings are made as an act of worship, given in loving response to all that God has graciously given us, both materially and spiritually.)*

## PRAYER OF THE CHURCH

**P** Let us pray for all people of God and for all people in their need.

For the Church of God everywhere, that the Lord Jesus would continue to work among His people to forgive sins, deliver from death and the devil, and strengthen and preserve them in the one true faith unto life everlasting, let us pray to the Lord.

**C** **Lord, have mercy.**

**P** For the kingdoms of this world, that God would guide rulers to act with justice and integrity in service to all those entrusted to their care, and that when surrounded by violence and uncertainty, His people might trust in His unsearchable wisdom and cling to His promises of rescue in Christ Jesus, let us pray to the Lord.

**C** **Lord, have mercy.**

**P** For all Christian homes, that God would give the endurance that comes from the Holy Spirit, that each member of the family would run their course in this life, and continue to the end as they receive the crown of eternal life, let us pray to the Lord.

**C** **Lord, have mercy.**

**P** For those who grieve and those in need of healing and deliverance, *especially...* that God who heals the brokenhearted and binds up their wounds would grant them relief and preserve them in the hope of His steadfast love in Christ Jesus.

For those who suffer from chronic illness and long-term suffering that, as Jesus healed the mother-in-law of Simon Peter, God would give power to the faint, increase the strength of those who have no might, and preserve them in patience and the faith that in Christ they will mount up with wings like eagles, run and not be weary and walk and not faint, let us pray to the Lord.

**C** **Lord, have mercy.**

**P** For those who are celebrating this week, *especially...* that the Lord bless them in their celebrations and milestones this week and in the year to come, let us pray to the Lord.

**C** **Lord, have mercy.**

**P** All these things and whatever else You know that we need, grant us, Father, for the sake of Him who died and rose again and now lives and reigns with You and the Holy Spirit, one God forever and ever,

**C** **Amen.**

## THE LORD'S PRAYER

**P** Taught by our Lord and trusting in His promises, we are bold to pray:

**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.**

## CLOSING & BENEDICTION

*Based on 1 Corinthians 9*

**P** As the Lord healed the mother-in-law of Peter, so He heals the wounds of our hearts.

**C** **Praise to You, Lord Jesus Christ.**

**P** As Jesus sent away the evil spirits, so He gives us His Spirit of faith and love.  
**C** **Praise to You, Lord Jesus Christ.**

**P** As He preached the Gospel to all of Galilee, so He brings His life to us.  
**C** **Praise to You, Lord Jesus Christ.**

**P** In all we do for the sake of the Gospel, that we may share in its blessings.  
**C** **Praise to You, Lord Jesus Christ.**

**P** 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. *Numbers 6:24–26*  
**C** **Amen.**

## **ANNOUNCEMENTS**

(Please read the FYI in your bulletin for additional announcements and information.)

## **SONG**

### **“On Eagles’ Wings”**

You who dwell in the shelter of the Lord,  
who abide in His shadow for life,  
say to the Lord: “My refuge,  
my rock in whom I trust!”

**And He will raise you up on eagles’ wings,  
bear you on the breath of dawn,  
make you to shine like the sun,  
and hold you in the palm of His hand.**

The snare of the fowler will never capture you,  
and famine will bring you no fear:  
under His wings your refuge,  
His faithfulness your shield. **(refrain)**

## **DISMISSAL**

**P** Go in peace. Serve the Lord.  
**C** **Thanks be to God!**

## ACKNOWLEDGEMENTS

Scripture taken from *The Holy Bible, English Standard Version*®, Copyright © 2001 by Crossway Bibles, a division of Good News Publishers. Capitalization of pronouns referring to the Deity has been added and is not part of the original English Standard Version text.

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## ANNOUNCEMENTS

## February 7, 2021

### † ATTENDING SATURDAY SERVICE

Services will be recorded at 2:00pm. The official rule for religious services is maximum 25 people, including pastors and assistants, 6-foot distancing and masks are required. After the service is recorded, a brief communion service will be held for those in attendance.

**Reservations:** Contact office and speak to Michele.

Reservations for coming Saturday only (no multiple weeks)

If full that week, names go on next week's list

**The procedure for coming is as follows:**

1. Do not have ANY illnesses or symptoms.
2. Arrive prior to 2:00pm as the service is taped and disturbances after beginning are not good
3. Wear a mask when entering
4. Use hand sanitizer on the table and sign in on the sheet there
5. Social distance of 6 feet at all times
6. Enter the building through the Narthex Entrance
7. To enter the sanctuary, use the door at the hallway not the main sanctuary doors as they are blocked off due to filming.
8. No dwelling after church in the narthex. Please take conversations outside.

### † ALTERNATIVES FOR HOMEBOUND WORSHIP

- Online Daily Devotions are on our Facebook page: Ascension Lutheran Church and School - Portland
- Radio: KPDQ on 93.9FM Sunday mornings at 7:00am.
- [alcportland.org](http://alcportland.org) for Bible Studies and Worship Services

### † ASCENSION HELP LINE – 971-715-1416

## † MILESTONES

### BAPTISM BIRTHDAYS

Bill Green 2/10

### BIRTHDAYS

Eli Deal 2/9 Christina Freeman 2/12  
Virginia Jacobs 2/12

### WEDDING ANNIVERSARIES

Bill and Roberta Ritchie Feb 11, 1966

### PRAYER NEEDS?

Contact the church office with any requests at 503-665-8821 or e-mail:  
office@alcportland.org

### PRAYERS ARE REQUESTED FOR:

The Family of Jack Webber, Carolyn Erdmann, Elly Brown, Mike Hatley, The family of Alejandra Gamboa, The Family of Randy Arronson, Mary Niska, Larry Hart, Bill Ritchie, Colleen Ek Yah, Esperanza Gutierrez, Brian Laxton, Virginia Hunt, John Eilers and Family, Marty Blankenburg, Richard Robertson, Lewis Eilers, The Family of Ordena Laxton, The Family of Wayne Rippon, Rich Zahursky, Audrey Bauch, Alan Bauch, Leonard Murphy, Bruce Blubaum, Judy Blubaum, Ray Brown, Antonia Martinez (mother of Esperanza Gutierrez), Michele Sprengle  
Ava Wentela (Sue Wentela's granddaughter), Carol Santorufo (sister of Sue Wentela),  
\*Barbara Schrader, \*Dale Porath, All those suffering or infected with Covid-19.  
*\*Home Bound.*

### PRAY FOR OUR MILITARY:

Marie Cassetty Brown, Air Force — Ramstein Air Base, Germany AFB LA (sister-in-law of Wanda Cassetty);  
Jaden Keup, Army – deployed (great-nephew of Karon Keup);  
Jon Porath, Air Force — Nellis Air Force Base, Las Vegas NV (son of Dale and Sherry Porath);  
Dakota Saunders, US Navy — Based in Cecilia Italy (godson of Carrie Graham);  
Alex Williamson, Air Force, Reserve — Washington (grandson of Rebecca Williamson);  
Michael Williamson, Air Force, Reserve — Texas (grandson of Rebecca Williamson);  
Jamie Wong-Lopez, Marines — Annapolis MD (nephew of Kevin and Merci McInaney);  
Clayton Wright, Air Force – Yokota AFB Japan (grandson of Virginia Jacobs);  
Colton Wright, Navy — Assigned to USS Harry S. Truman (grandson of Virginia Jacobs);  
Tyler Young, Navy — Deployed (nephew of Karen Arronson).

# Ascension Lutheran Church and School

1440 SE 182<sup>nd</sup> Avenue, Portland, OR 97233  
Church: 503-665-8821 · Childcare Center: 503-667-6750  
Web Site: [www.alcportland.org](http://www.alcportland.org)

Church Office Hours: Monday–Friday 9am to 3pm

## Our Mission Statement:

~ *Go and Share Jesus Christ* ~

## Our Vision Statement:

*“Take part...Join Jesus on His mission”*

The members of Ascension Lutheran Church are committed to being God's witnesses in Gresham, and in all of Portland and the Northwest, and to the ends of the earth (Acts 1:8) by:

With the universal Christian Church, we believe, teach and respond to the love of the Triune God—the Father, Creator of all that exists; the Son Jesus Christ, Who left His home in Heaven to become flesh and blood, to suffer and die for the sins of all peoples of the world, and Who rose from the grave, victorious over sin, death and the devil, that we too might live with Him in Heaven; and the Holy Spirit, Who creates faith in our hearts in Christ Jesus through God's Word and Sacrament. The three Persons of the Holy Trinity are one God, co-equal and co-eternal. The core teachings of our faith from the Lutheran perspective can be summarized in three short phrases: Grace alone, Scripture alone, Faith alone.

## STAFF

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