

Welcome to Good Shepherd Lutheran Church
Building up God's people through His word for His world

Fifth Sunday after Epiphany
February 4, 2024

In Isaiah the one God who sits above the earth and numbers the stars also strengthens the powerless. So in Jesus' healing work we see the hand of the creator God, lifting up the sick woman to health and service (diakonia). Like Simon's mother-in-law, we are lifted up and healed to serve. Following Jesus, we strengthen the powerless; like Jesus, we seek to renew our own strength in quiet times of prayer.

We especially welcome our guests who are worshipping here today. What a privilege to greet you! If you have no church home in the area, we invite you to participate in the life and ministry of Good Shepherd. For information about our congregation, visit gslcva.org. Also, please fill out a Welcome card, which you'll find near the hymnals, and place it in the offering plate near the doors to the sanctuary.

Our worship reflects the liturgical tradition of the Christian church. Holy Communion is celebrated on the first, third, and fifth Sundays at 8:00 and 11:00 a.m. Our informal worship service, Sunday/PRAISE, features contemporary music and is held in the Fellowship Hall at 11:00 a.m. on the second and fourth Sundays of the month, with communion celebrated on fourth Sundays.

To all worshippers: The presence of children in worship is a gift to the Body of Christ and a reminder that our congregation is growing. Remember that Jesus said, "Let the little children come to me." Please welcome our young ones and give their parents a smile of encouragement or a helping hand, if needed.

To the parents of young ones, here are a few suggestions for worshipping with your children: Relax! God put the wiggles and giggles in kids; don't feel that you have to suppress them in His house. All are welcome! Sit toward the front, where it is easier to see and hear what's going on. Quietly explain the parts of the worship service and actions of the pastor, ushers, communion assistants, etc. Sing the hymns and songs, pray, and voice the responses aloud. Children learn worshipful behavior by copying you. If you have to leave the worship service with your child or stand up and walk around the back of the sanctuary, feel free to do so, but please come back! And finally, if you so choose, . . .

You are welcome to use our nursery, as well as our parents' room next to the nursery, if your young ones need a break from the service. The Parents' Room is also a comfortable place where mothers may nurse their babies. The worship service is livestreamed to a monitor in the Parents' Room.

We offer Sunday School and a variety of Bible studies and spiritual growth opportunities for children, youth, and adults on Sunday mornings. Sunday School classes meet at 9:30 a.m. See News and Announcements for class information.

Flowers and plants in our worship areas are supported by financial donations to the Flower Fund. These floral offerings beautify the church, uplift service participants, and remind us of God's good creation. You can find information about being a flower sponsor on the bulletin board near the Fellowship Hall and at gslcva.org, under "Flower Sponsorships" on the Worship page.

Prelude “Air (from Suite No. 3) ” J.S. Bach
Welcome Pastor James

Please stand

Opening Hymn “Today Your Mercy Calls Us” **Hymn No. 915**

Invocation, Confession, and Forgiveness

The sign of the cross + may be made by all in remembrance of their baptism.

P: Blessed be the holy Trinity, + one God, creator of darkness and light, word of truth, wind sweeping over the waters.

C: Amen.

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

Silence for reflection on God’s word and for self-examination. You may kneel or remain standing.

P: God, our rock and refuge,

C: we pour out our hearts before you. We have known you but have not always loved you. We have wounded one another and sinned against you. We have not always recognized the Holy Spirit dwelling in each of us. Remember your covenant. Renew your creation. Restore us, that we might proclaim your good news to all. Amen.

P: The voice of the Lord is upon the waters. God has spoken: The time of grace is now. In Jesus, the reign of God has come near. By the authority of + Jesus Christ, your sins are forgiven. You are God’s beloved.

C: Amen.

Please stand

SERVICE OF THE WORD

Kyrie [Lord, have mercy] **Music in hymnal, pages 152-53**

Hymn of Praise “This Is the Feast” **Music in hymnal, page 155**

Salutation and Prayer of the Day **Music in hymnal, page 156**

P: The Lord be with you.

C: And also with you.

P: Let us pray.

Everlasting God, you give strength to the weak and power to the faint. Make us agents of your healing and wholeness, that your good news may be made known to the ends of your creation, through Jesus Christ, our Savior and Lord.

C: Amen.

Please sit

First Reading

Isaiah 40:21-31

The Judeans in exile have a good reason to be hopeful: the one who will bring them to freedom is the God who created the world, the God who subdues the rulers of the earth and gives strength to those who are weary.

- L: ²¹Have you not known? Have you not heard?
 Has it not been told you from the beginning?
 Have you not understood from the foundations of the earth?
- ²²It is he who sits above the circle of the earth,
 and its inhabitants are like grasshoppers;
who stretches out the heavens like a curtain,
 and spreads them like a tent to live in;
- ²³who brings princes to naught,
 and makes the rulers of the earth as nothing.
- ²⁴Scarcely are they planted, scarcely sown,
 scarcely has their stem taken root in the earth,
when he blows upon them, and they wither,
 and the tempest carries them off like stubble.
- ²⁵To whom then will you compare me,
 or who is my equal? says the Holy One.
- ²⁶Lift up your eyes on high and see:
 Who created these?
He who brings out their host and numbers them,
 calling them all by name;
because he is great in strength,
 mighty in power,
 not one is missing.
- ²⁷Why do you say, O Jacob,
 and speak, O Israel,
“My way is hidden from the LORD,
 and my right is disregarded by my God”?
- ²⁸Have 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.
- ²⁹He gives power to the faint,
 and strengthens the powerless.
- ³⁰Even youths will faint and be weary,
 and the young will fall exhausted;

³¹but those 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.

L: This is the Word of the Lord.

C: **Thanks be to God.**

Second Reading

1 Corinthians 9:16-23

God entrusted Paul with the responsibility of bringing the gospel to diverse people. Hence the focus of Paul's ministry is not his own rights or privileges as an apostle but the privilege of serving God by freely sharing the good news of Christ with others.

L: ¹⁶If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! ¹⁷For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. ¹⁸What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

¹⁹For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. ²⁰To 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 I myself am not under the law) so that I might win those under the law. ²¹To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. ²²To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. ²³I do it all for the sake of the gospel, so that I may share in its blessings.

L: This is the Word of the Lord.

C: **Thanks be to God.**

Please stand

Alleluia

Music in hymnal, page 156

Holy Gospel

Mark 1:29-39

P: The Holy Gospel, according to St. Mark, the first chapter.

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

Music in hymnal, page 157

Everywhere Jesus goes, many people expect him to set them free from oppression. Everywhere he goes, he heals people and sets them free. Disease, devils, and death are running for their lives. The forces that diminish human life are rendered powerless by Jesus.

P: ²⁹As soon as [Jesus and the disciples] left the synagogue, they entered the house of Simon and Andrew, with James and John. ³⁰Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. ³¹He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

³²That evening, at sunset, they brought to him all who were sick or possessed with demons. ³³And the whole city was gathered around the door. ³⁴And he cured 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.

³⁵In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. ³⁶And Simon and his companions hunted for him. ³⁷When they found him, they said to him, "Everyone is searching for you." ³⁸He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." ³⁹And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

P: This is the Gospel of the Lord.

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

Music in hymnal, page 157

Please sit

Hymn of the Day "Amazing Grace"

Hymn No. 744

If you think your child might be unable to sit through the entire service, this would be an appropriate time to take him/her to the nursery.

Message "Everyday Problems & Healing"

Pastor Johann

Musical Reflection

Please stand

Nicene Creed

C: **We believe in one God, the Father, the Almighty, maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father,
God from God, Light from Light, true God from true God,
begotten, not made, of one being with the Father.**

Through Him all things were made.

**For us and for our salvation he came down from heaven;
by the power of the Holy Spirit he became incarnate from the virgin Mary
and was made man.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again in accordance with the Scriptures;
he ascended into heaven and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.**

With the Father and the Son he is worshiped and glorified.

**He has spoken through the prophets.
 We believe in one holy catholic and apostolic Church.
 We acknowledge one Baptism for the forgiveness of sins.
 We look for the resurrection of the dead, and the life of the world to come.
 Amen.**

Please sit

Announcements

Pastor James

Please fill out a Welcome card and place it in the offering plate near the sanctuary doors after the service, or hand it to an usher as you leave.

Anthem (8:00) “Thy Holy Wings” arr. Martha Lynn Thompson
Handbell Choir

Anthem (11:00) “Deep River” Matthew Culloton
Sanctuary Choir

Deep river, my home is over Jordan.
 Deep river, Lord, I want to cross over into
 campground.

Oh, don't you want to, oh, go to that gospel
 feast,
 that promised land where all is peace?

Deep river, my home is over Jordan.
 Deep river, Lord, I want to cross over into
 campground.

Deep river, I want to cross over into
 campground.

Please stand

Offertory Prayer

**C: Blessed are you, Holy One, for all good things come from you. In bread and cup you
 open heaven to us. Meet us at this table, that we receive what we seek and follow
 your Son, Jesus, in whose name we pray. Amen.**

Prayer of the Church

At the end of each petition, the prayer leader will say, “God of grace...”

The congregation responds, “receive our prayer.”

Please see the News and Announcements sheet for a listing of intercessions.

SERVICE OF THE SACRAMENT

Preface and Proper Preface

Music in hymnal, page 160

Sanctus [Holy, Holy, Holy]

Music in hymnal, page 161

Lord's Prayer

**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.

The Words of Our Lord

Pax Domini [The peace of the Lord]

P: The peace of the Lord be with you always.

C: **And also with you.**

Agnus Dei [Lamb of God]

Music in hymnal, page 163

Please sit

Distribution

We believe that Christ is truly present in the bread and wine, according to His Word: “This is My Body . . . this is My blood” (Matthew 26:26-27), and that in this sacrament our Lord gives us forgiveness of our sins, unity with God, and strength for a life of service.

We invite all baptized Christians who have made their First Communion, examined themselves, discern the body and blood of Christ in the sacrament for the forgiveness of their sins, and sincerely seek to amend their lives to join us at His Table.

Distribution procedure: Please come forward by the center aisle or as instructed by the usher. Fill the rail, beginning at the end near the wall. Kneel. Cup your hands to receive the bread. Then, take an individual cup from the tray as it is passed. **Cups in the innermost circle of the communion tray contain juice** for those who do not wish to drink wine. **For those who need gluten-free wafers:** Bring with you one of the brightly colored pieces of paper from the pews and hand it to the communion assistant who is distributing the wafers. That person will bring a gluten-free wafer to you.

Return to your seat via the aisle next to the windows. Place your empty communion cup in the bowl near the end of the rail. If you are unable to walk to the communion rail, please speak to an usher, and we will bring the sacrament to you.

Distribution Hymns “The Lamb”
“What Is This Bread”

Hymn No. 547

Hymn No. 629

Please stand

Post-Communion Collect

P: Giver of every gift, Christ’s body is our food, and we are Christ’s body. Raise us to life by your power for the benefit of all and to your glory, now and forever.

C: **Amen.**

Blessing

P: God who names you, Christ who claims you, and the Holy Spirit who dwells in you, + bless you and remain with you always.

C: **Amen.**

Closing Hymn

“Go, My Children, with My Blessing”

Hymn No. 922

Dismissal

P: Go in peace. You are God’s beloved.

C: **Thanks be to God.**

Postlude

“Arrival of the Queen of Sheba ”

G. F. Handel

As your schedule permits, please be seated during the postlude for a time of prayer and reflection.

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Please join us for coffee and conversation in the Fellowship Hall following the service.

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We hope you will continue to connect with us by liking our Facebook page and following us on Instagram. Find them by searching @gslcva on those platforms. We also encourage you to subscribe to our YouTube channel and follow us on Vimeo so that you don’t miss any of our virtual services, kids’ messages, and more. Questions? Contact Communications Director Jeff Donahue, jeff@gslcva.org

Serving Today

	8:00	11:00
Worship Leader	Pastor James	Pastor James
Preacher	Pastor Johann	Pastor Johann
Crucifer	James Moore	*
Acolyte	Abigail Daisy	Sophia Ellis
Scripture Reader	Andrew Otterbacher	Jerry Johnson
Prayer Leader	Kirsten Bates	Joshua Stone
Cantor		Bennett Umhau
Communion Assistants	Pastor Johann (host) Pastor James (host) Melinda DeWan (tray) Chris Miller (tray)	Pastor Johann (host) Pastor James (host) Jeff Peterson (tray) John Purtilo (tray)
Ushers	Jim Smith (lead) Jamie Ellor	Ron Voigt (lead) Rob Fekete
Choir Director	Anne Lee	Anne Lee
Organist	Anne Lee	Anne Lee
Altar Guild	Diane Ellor	Linda Fekete
Projectionist	Jeff Donahue	Jeff Donahue
Audio Engineer	Dan LaMaestra	Dan LaMaestra
Livestream Manager		Matt Hardy
Greeter	Kristi Nickerson (door) Ric Nickerson (door) Donna Harper (welcome center)	Bill Ciesar (door) Deb Ciesar (door) June McGurn (welcome center)
Guest Welcome	Paul Kasulis	Georgia Thorstenson
Engagement	Heidi Cooper	Heidi Cooper
Opener	Ric Nickerson	
Closer		Allen Millman
Coffee Setup	Drew Lipman	
Kitchen Cleanup		Mia Millman

* = unfilled as of February 1

Board of Servant Leaders

Linda Terlecki, chair
Rob Fekete, vice-chair
Drew Lipman, secretary

Laura Blackburn
Paul Kasulis
Goodwyn Morgan
Deanine Thrash

Core Ministry Areas

Worship

Team Leaders: Georgia Thorstenson and Julie Schorfheide; Staff Liaison: Pastor Johann

The Worship Team encompasses music, seasonal celebrations, arts, worship schedule, Sanctuary Choir (Anne Lee), Handbell Choir (Anne Lee), traditional worship, and contemporary worship (Dan LaMaestra), the worship spaces, and support personnel (e.g., ushers, greeters, acolytes).

Discipleship

Team Leader: Pastor James

The Discipleship Team oversees adult education, Sunday school, Vacation Bible School, children's ministry (Michelle Tenhaeff), and youth ministry (Holly Vanderhoof).

Parish Life

Team Leader: Brian Cors; Staff Liaison: Heidi Cooper

The Parish Life Team helps foster our community through Life Groups, member engagement, fellowship events, new member inclusion, concerts, public events, picnics, and intergenerational events, and reaches out to guests who worship at Good Shepherd.

Mission

Team Leader: Pastor Johann

Through the Mission Team, Good Shepherd supports a variety of mission efforts: world and local (Bill and Lisa Schuler), synod/district, social ministry and community service (Holly Vanderhoof). Evangelism, publicity, media, and social media (Jeff Donahue) support these efforts.

Congregational Care and Nurture

Team Leader: June McGurn; Staff Liaison: Pastor Johann

The Congregational Care and Nurture Team helps support the mental, physical, emotional, and spiritual health of the congregation through literature, programs, and opportunities to serve others at Good Shepherd. This ministry's volunteers help in many ways: at memorial services and receptions; through member care visits and transportation; by sending cards for life events; and by arranging meals ("Take Them a Meal" team, Caroline Ruppert) for the sick and infirm, for their families, and for families with newborns.

Administration

Team Leader: Pastor Johann

This team is in charge of property (Roger Thorstenson), financing the mission (Mike DeWan), stewardship (Don Kidwell), human resources/personnel (Matt Frankner),

communications (Jeff Donahue), contracts, church office, calendar/program management, and technology (Gary Budzier).

Good Shepherd's Staff

Jotham Johann, Senior Pastor

Room 201; pastorjo@gslcva.org; 703-439-2754

Gary James, Assisting Pastor

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Kathy Otterbacher, Interim Preschool Director

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Georgia Thorstenson, Business Manager

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Jeff Donahue, Communications Director

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Heidi Cooper, Director of Engagement

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Anne Lee, Organist & Director of Choirs

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Michele Clair, Administrative Assistant

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Holly Vanderhoof, Community Service Coordinator & Youth Ministry Director

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Dan LaMaestra, Praise Band Director & Audio Production Specialist

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Michelle Tenhaeff, Children's Ministry Coordinator

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Abbey Panetti, Communications Assistant

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Chloe Vanderhoof, Social Media Assistant

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Please note that the church office is closed on Mondays.

Good Shepherd is a member congregation of the Southeastern District
of the Lutheran Church—Missouri Synod