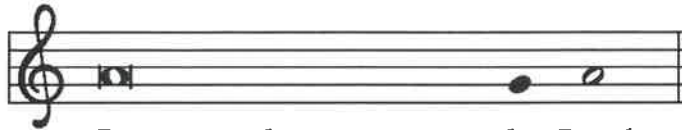




Lent

OUR SAVIOR
LUTHERAN CHURCH

KYRIE



AM: In peace, let us pray to the Lord.



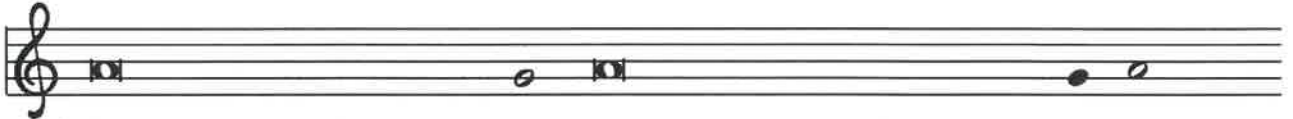
C: Lord, have mer - cy.



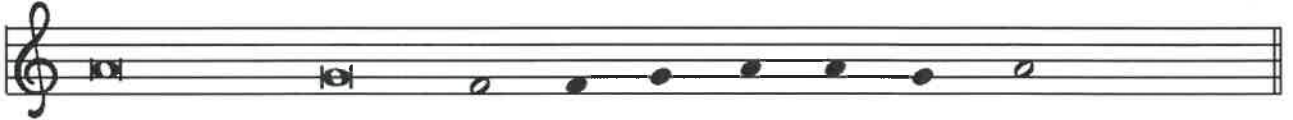
AM: For the peace from a-bove, and for our sal - vation, let us pray to the Lord.



C: Lord, have mer - cy.



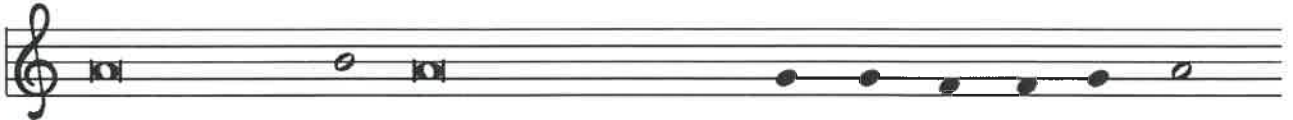
AM: For the peace of the whole world, for the well-being of the church of God,



and for the unity of all, let us pray to the Lord.



C: Lord, have mer - cy.



AM: For this holy house, and for all who offer here their wor-ship and praise,



let us pray to the Lord. C: Lord have mer - cy.



AM: Help, save, comfort, and de-fend us, gra-cious Lord. C: A - men.

PRAYER OF THE DAY

PM: Let us pray. O God,

C: with steadfast love you draw us to yourself, and in mercy you receive our prayers. Strengthen us to bring forth the fruits of the Spirit, that through life and death we may live 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 LESSON

Jeremiah 31:31-34

³¹The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. ³²It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the Lord. ³³But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. ³⁴No longer shall they teach one another, or say to each other, “Know the Lord,” for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

AM: Word of God, word of life. **C: Thanks be to God.**

SECOND LESSON

Hebrews 5:5-10

⁵Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, “You are my Son, today I have begotten you”; ⁶as he says also in another place, “You are a priest forever, according to the order of Melchizedek.”

⁷In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. ⁸Although he was a Son, he learned obedience through what he suffered; ⁹and having been made perfect, he became the source of eternal salvation for all who obey him, ¹⁰having been designated by God a high priest according to the order of Melchizedek.

AM: Word of God, word of life. **C: Thanks be to God.**

GOSPEL ACCLAMATION

Return to God

Cantor

Text & Music: Marty Haugen, b. 1950

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 12:20-33

²⁰Now among those who went up to worship at the festival were some Greeks. ²¹They came to Philip, who was from Bethsaida in Galilee, and said to him, “Sir, we wish to see Jesus.” ²²Philip went and told Andrew; then Andrew and Philip went and told Jesus. ²³Jesus answered them, “The hour has come for the Son of Man to be glorified. ²⁴Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if

it dies, it bears much fruit. ²⁵Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. ²⁶Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

²⁷“Now my soul is troubled. And what should I say—‘Father, save me from this hour’? No, it is for this reason that I have come to this hour. ²⁸Father, glorify your name.” Then a voice came from heaven, “I have glorified it, and I will glorify it again.” ²⁹The crowd standing there heard it and said that it was thunder. Others said, “An angel has spoken to him.” ³⁰Jesus answered, “This voice has come for your sake, not for mine. ³¹Now is the judgment of this world; now the ruler of this world will be driven out. ³²And I, when I am lifted up from the earth, will draw all people to myself.” ³³He said this to indicate the kind of death he was to die.

PM: The Gospel of the Lord.

C: Praise to you, O Christ.

SERMON

Fear of Falling

Pastor Jim Kruse

You can't see it on this recording, but I am limping around today. I missed the last step doing downstairs yesterday in my home and took a tumble onto the landing. I bumped my knee and my head a bit, and got a little cut on my ear. So today, I am on the mend. My learning from this, other than to be more careful, is that I have reached that point in life where falling, or more accurately, fear of falling, is going to always be there lurking in the back of my mind. Half a lifetime ago I used to freely sing in the shower in the morning, now have to concentrate on my footwork. There was a time when I climbed ladders like a monkey. Now it's both feet on each rung, one rung at a time all the way up and all the way down.

From the first time we first push ourselves up from four on the floor to two on the floor, take a step forward, and come crashing back down, fear of falling is ingrained in our being. The first time I really faced up to this fear I was 11 years old and I was standing on high diving board with every intention of jumping off. The high dive I am talking about was bolted down onto a large floating pier that was anchored way out in the deep water of a lake in Central Illinois where we would visit with my Aunt Helen and Uncle Fred every August.

It was our very last day at the lake, and I had spent most of the week sitting on the beach watching the steady stream children my age and older moving through an endless of circle fun and excitement. I had learned, by watching, that the process began by joining a line that started at the base of the ladder and stretched across the front of the pier, waiting like airplanes queued up for takeoff. The child at the base of the ladder would stand at the ready, carefully watching to the end of the board, 25 feet up in the air. The very instant a child went off the board, BAM, the one at the foot of the ladder would scamper up the ladder as fast as she could and take her place behind the child who was now toeing the line.

When it was your turn, I noticed, the lifeguard who was monitoring the activity at the top of the tower would point to you, and you would go roaring down the board as fast as you could. Pushing down as hard as you could on the very last inch of the diving board, you would launch yourself as high and as far as possible could into the air, only to come down with arms and legs flailing, plummeting into the lake with a giant splash. Finally you would close the circuit by swimming the ten yards or so back to the pier, climbing

the 3-step ladder attached to the side, and speed walking (no running allowed) back into the line waiting to ascend to the sky one more time. It was all great fun!

By the end of the week, I had seen enough. I decided to join the line and take my turn. Whatever was happening 25 feet up in the air at the top of that diving platform is still unclear to me. Only that a sense of terror set in that I had never experienced before. And later, my brothers tell me how I had embarrassed myself and them as I pleaded with the lifeguard to sheepishly climb my way back down,

In the Gospel for today, Jesus talks about the end of his life as if it were a seed being planted in the ground. “Unless a grain of wheat falls into the ground and dies, it remains alone;” he says, “but if it dies it bears much fruit.” And then Jesus talks about the fear of doing that when he says, “Whoever loves her life will lose it, but those who hate her life in this world will find life for all eternity.”

But what does it mean to fall into the earth and die? What does it mean to love your life so much that you lose it? We show our loving of our life as a fear of falling in many different ways. We are afraid of falling when we stay away from those we do not understand, those who have gotten sick and we do not know what to say to them, those who have lost their way in life and we do not know how to help them. We are afraid of falling when we neglect our health, when we eat the foods that are not good for us, when we don't find time to exercise, when we stay away from the doctor. We are afraid of falling when we get wrapped up in pursuits of work or pleasure, working 60, 70 hours a week. When we follow sports teams or social media or movie reviews as though these things that really matter in our lives, or when we cross the paths of our neighbors and coworkers and never give them more than a nod and a wave.

What I am describing are not strange, abnormal, unrecognizable behaviors in people. What I am describing is life; my life, your life, human life. And if I haven't touched on any of the traits that you exhibit it is only because I lack the time or the imagination to identify them. But you can. You know your habits, you know your fears, you know your hiding places, you know what keeps you from being fully alive. You know where you are afraid of falling.

Fortunately Jesus knows them as well. Jesus is in the middle of his ministry. He is living his life, doing the work he was supposed to be doing, teaching, healing, forgiving sins, challenging injustice, telling about God's loving heart. And suddenly that all changes. John tells us “some Greeks show up.” And Jesus knows it is time to die. The Greeks are the sign, they are the trigger, they are the fulfillment of the promise made thousands of years earlier to Abraham, that all the nations of the world would come to know God through Abraham and his descendants. Even if no one else knew what it meant, Jesus knew. “Now is my soul troubled,” he said. “Now is the hour come.” Jesus was experiencing the very human emotion: “fear of falling.”

We learn from Jesus and his troubled heart, that God has a way of breaking in and reminding us of the way we hold on to our lives. For Jesus it was the Greeks. For us it may be a death, the loss of family or friends, difficulties with relationships. Or it may be, as it is with this congregation, a change in pastoral leadership that is shaking things up.

At the very least, this time of year, late in Lent, God is breaking into our lives as we follow Jesus to and through the crucifixion. A few short days after Jesus said these words to his disciples, he will go marching into Jerusalem on a donkey like he is some sort of king, where he will be arrested, put on a mock trial, and crucified on a cross. Jerusalem: the place where “He will be lifted up from the earth and draw all people to himself.” [A death that ends up in a new life.]

In the end, Jesus is saying that if you insist on clinging to your life, holding it close, seeking only the things you want when you want them, it is no real life at all. But if you work to find ways to give your life away, as a loving spouse, as a tender parent, as an involved member of a faith community, as a dear friend, as an advocate for the people who get broken by the ways of the world, you find out why you have been given life in the first place and your time in this world will be well-lived.

What I did not know in the summer of 1964, but I learned the following year, is that if you get up each morning by climbing to the top of the 25-foot high dive. If you wait at the end of the board then like airplanes queued up for take off, your heart pounding in your chest for all it is worth. Your hands free of the steel piped railing. And then if, when the world points to you, you would go roaring down the board as fast as you can, and pushing off from the very last inch of the diving board with all you are worth, launching yourself as high and as far as into this life as you possibly can, only to come down with arm and legs flailing, plummeting into the lake of life with a giant splash. And finally, if you would close the circuit each night by swimming the ten yards or so back to the pier, climbing the 3-step ladder attached to the side, and speed walking (no running allowed) back into the line waiting to ascend to the sky one more day. If you would live your life this way, then you will bear much fruit, and you will have lived your life as it was intended to be lived.

HYMN OF THE DAY

Lamb of God

Cantor

Text & Music: Twila Paris, b. 1958

Your only Son, no sin to hide, but you have sent him from your side
To walk upon this guilty sod and to become the Lamb of God.

Your gift of love we crucified. We laughed and scorned him as he died.
The humble king we named a fraud and sacrificed the Lamb of God.

O Lamb of God, sweet lamb of God, I love the holy Lamb of God.

Oh, wash me in your precious blood, my Jesus Christ, the Lamb of God.

I was so lost, I should have died, but you have brought me to your side
To be led by your staff and rod and to be called a lamb of God.

OFFERING

During the season of Lent, we see and hear most clearly the fullness of God’s love, as Jesus accepts the journey to the cross, where he suffers death on our behalf. The mission of the church is to continue to carry this good news to all people across the years. Please make a special effort this Lent to support this work at Our Savior Lutheran Church with your financial gifts.

OFFERING PRAYER

PM: Faithful God, you walk beside us in desert places, and you meet us in our hunger with bread from heaven. Accompany us in our journey as we pass over death to life with Jesus Christ, our Savior and Lord.

C: Amen.

APOSTLES' CREED

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

Relying on the promises of God, we pray boldly for the church, the world, and all in need.

[A brief silence.]

You wash us through and through and remember our sin no more. Make your church a community of forgiveness throughout the world. Give your people courage to forgive; through them show the world new possibilities. Bless ministries of repentance and reconciliation. Lord, in your mercy, **hear our prayer.**

You fill the earth—from tiny grains of wheat to the mighty thunder—with your presence, and you call us to attend to your will for all creation. Grant weather that prepares the soil for seeds; protect all from violent storms, flooding, and wildfires. Lord, in your mercy, **hear our prayer.**

You promise to write your law on our hearts. Guide citizens throughout the world to shape communities that reflect your mercy, justice, and peace, and give them creativity to work for the welfare of all. Lord, in your mercy, **hear our prayer.**

You sustain us with your bountiful Spirit. Restore the joy of all who need to know your presence: those who are lonely or feel unforgivable, those who need healing of mind or body, especially, John Kip, Noreen, Rachel, Alice, Leslie, Evy and her family, the Smith & Taylor families, James, Joan and Stephanie, Betty, Brandi, Katia & Rahul, Willie & Mary, Donna, Bruni, the Kowal and the Zazueta families, Roger, communities across the country, Dave, Guests of the Community Meals Program, Sonja, Nicole, Josee and Jeannie. Lord, in your mercy, **hear our prayer.**

God of the powerful and helpless, you clothe us with strength when our spirits are weak and weary. We are grateful that vaccines that reduce the spread of the COVID-19 pandemic are reaching more and more people, and we pray for the continued success of this medical miracle. At the same time, we pray that you give peace to the families of those who have lost loved ones. Strengthen and encourage those who are sick and those who work to alleviate the suffering. Lord, in your mercy, **hear our prayer.**

For what and for whom else do the people of God pray this morning?

[Here other intercessions may be offered.]

Lord, in your mercy, **hear our prayer.**

In the cross of Christ, your name is glorified. We praise you for those who have given us words to worship you. With all those who have died in Christ, bring us into life everlasting.

Lord, in your mercy, **hear our prayer.**

We entrust ourselves and all our prayers to you, O faithful God, through Jesus Christ our Lord.

Amen.

THE LORD'S PRAYER

PM: Lord, remember us in your love as you teach us to pray:

C: 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.

SENDING SONG

Lord Jesus, You Shall Be My Song

Cantor

Text & Music: Les Petites Soeurs de Jésus and L'Arche Community

Lord Jesus, you shall be my song as I journey;
I'll tell ev'rybody about you wherever I go:
You alone are our life and our peace and our love.
Lord Jesus, you shall be my song as I journey.

BLESSING

PM: You are what God made you to be: created in Christ Jesus for good works, chosen as holy and beloved, freed to serve your neighbor.

God bless you † that you may be a blessing, in the name of the holy and life-giving Trinity.

C: Amen.

POSTLUDE

The Old Rugged Cross — Carlton R. Young

Jiyoung Lee

Serving in Worship:

Worship Leader:	Pastor Jim Kruse
Assisting Minister:	Debby Beck
Cantors:	Emily Waltzer, Marc Montague
Organist:	Jiyoung Lee
Pianist:	Scott Hafso
Videographer:	Leslie Waltzer
Video Editor:	Dave Carlson
Banner:	Elaine Stamm
Bulletin Cover:	Craig Gillin

Readings for next Sunday: Mark 11:1-11; Isaiah 50:4-9a; Philippians 2:5-11; Mark 14:1--15:47

Acknowledgements: Liturgy reprinted from SundaysandSeasons.com, copyright © 2020, Augsburg Fortress. All rights reserved. Reprinted by permission under **Augsburg Fortress License #32992**. Scripture quotations are from the New Revised Standard Version Bible © 1989 Division of Christian Education of the National Council of Churches of Christ in the USA.

Our Savior Lutheran Church Staff

Rev. James R. Kruse, *Transition Pastor*
Shari Lundberg, *Parish Administrator*
Dr. Jiyoung Lee, *Parish Organist*

Scott Hafso, *Director of Worship & Music*
Kate Gagnon, *Lay Visitation Minister*



Additional worship resources:

Reading: Psalm 51: 1-12

Suggested Hymn for Listening: *My Song Is Love Unknown*

Text: Samuel Crossman, 1624-1683; Music: John Ireland, 1879-1962

Prayer is putting our faith into action. We invite you to include these people in your daily prayers. You can make prayer requests via email at office@oslcissaquah.org. All written requests will remain on this list for 4 weeks.

John Wray strength and healing (Shelley & Mark Howe)

Kip Hauser diagnosed with throat cancer. (father of Cheryl Hauser)

Noreen adoptive mother of a 3 week old baby, in the hospital with COVID. (Connie Fletcher)

Rachel 21 yrs old, in need of a kidney transplant. (Marilyn Carlson)

Alice F healing and wholeness. (Marilyn Carlson)

Leslie Lapp hit by a car and recovering from injuries, wife to a pastor in California. (Mary Ann Hult)

Evy Sneva and her family as they grieve the loss of her son.

The Smith and Taylor families, James Murphy recovering from COVID (Shelley & Mark Howe)

Joan Perry admitted to the hospital for COVID 19, and her daughter, **Stephanie**. (Cheryl Neeb)

Betty Anderson-healing of intestinal issues. (mother of Shelley Howe)

Brandi Kowal-peace and strength after a miscarriage. (niece of Shelley Howe)

Katia & Rahul, Willie & Mary, Donna, Bruni, the The Kowal & Zazueta families recovering from COVID (Shelley & Mark Howe)

Roger Stanley strength and healing. (Alice Lewis)

Safety and peace for communities being torn apart during these difficult times. (Karen Hansen)

Dave Carlson continued healing and following kidney transplant surgery.

Guests of the Community Meals Program safety, health and peace of mind. (Connie Fletcher)

Sonja 3 years old undergoing treatment for cancer. (granddaughter of Henrik & Patty Christopherson)

Nicole DeCamp healing and strength. (Ken DeCamp and Cheryl Leiter)

Josee Jordan peace of mind as she faces health challenges. (Dianne Tanner)

Jeannie Lindquist continued healing and strength.

Healing and peace of mind: Henrik & Patty Christopherson (Dianne Tanner); **Vern Lindquist; Marian James; Gregory** (nephew of Joanne Suttmeier); **Doug Patur; Katie Moeller; Margot Inman; Ken Acker** (son of Lucy Acker); **Marilyn Carlson; Taufik Hidayut** (Ken Konigsmark); **Don Wilkinson** (husband of Gwynn Wilkinson); **Rebecca Thomas; Tanisha Foote** (Marilyn Carlson)

Dorothy Soland; Randi Strom; Jeanne Kuipers; John Pass; Florence Kinnune; Carol Harbolt; Sandy Aldworth; Jen Winslow; Larry Pruitt.

Undergoing cancer treatment: Tim Rutten (cousin of Mark Howe); **Carol Howe** (cousin of Mark Howe); **Tom Killoran** (Shelley Howe); **Les Carlson** (father of Dave Carlson); **Harold Mandt** (brother of Mary Ann Hult and Lorna Robertson); **Chris Howe** (brother of Mark Howe); **Peggy Scalise** (cousin of Mark Howe); **Eileen Letts** (cousin of Mark Howe); **Keith DeCamp** (brother of Ken DeCamp); **Barbara Jones** (mother of Ron Sordahl); **Doug McVety** (Helen Nychay); **Al Batt** (Connie Fletcher); **Larry Harbolt** (Ray Harbolt); **Gerald Welch** (Vern and Jeannie Lindquist); **Dana Mancini** (Jan Setterlund); **Greg Petersen** (Wes Collum); **Barry Donker** (Joan Parish); **Kathryn Aitcheson** (Gerrie Hendrickson); **Yuko Takiguchi** (Teiko Soland)

Living with cancer: Liz Kidd (Bob Beck); **Duane Jacobson; Mary Lewis** (sister-in-law of Lyle and Alice Lewis); **Mark Becker** (uncle of Paula Seeger); **Barbara Krogh Jarvis** (sister of Steve Krogh); **Suzanne Lewis** (daughter-in-law of Lyle & Alice Lewis); **Mira Bergsma**

Expectant Mothers: Karen (daughter of Bob & Patty Gerde); **Marian Martin** (Stacy Smith); **Alyssa Saavedra** (Cheryl Neeb); **Shawna McIntyre** (Cheryl Neeb)

Mourning the death of loved ones: For peace and comfort during this time of grieving for the family and friends of: **JD Golick** (nephew to Patty Gerde); **Dave McMurray** (father of Shannon Dickens); **Del Elliott** (Kate Gagnon); **John Sneva** (Evy Sneva's son)

Members and friends serving in the military; fire & police departments, & emergency rooms: Mike special ops, unexpectedly called up. (nephew of Dave and Marilyn Carlson)

Global Missions and Missionaries: Augusta Victoria Hospital, Jerusalem, and for Palestinians in East Jerusalem and the West Bank. Chiclayo, Peru: **Pepe** at Las Brisas, **Merci** in San Antonio and **Harold** at Las Lomas. **MaaSae Girls Lutheran Secondary School** in Tanzania.

Thanksgiving: for the joyous birth of Claire, granddaughter to Mark Mummy and Bev Geary.