

All donations can be dropped off in the grocery cart near the Welcome Desk. If you'd like to give a monetary donation, you're welcome to do so using an envelope at the Welcome Desk.

•**Pastoral Care & Visitation** - If you're in need of care, prayer, or conversation, reach out to the office to be connected with the pastor or our Care & Visitation Team. We also invite you to stop by our Community Prayer Wall located just outside the sanctuary.



*Please join us in lifting up these brothers and sisters in prayer:*

*Mavis Wold  
Norma Gilbertson  
Audrey Swanberg  
Jeannie Kuzmich  
Eric Thompson & family*

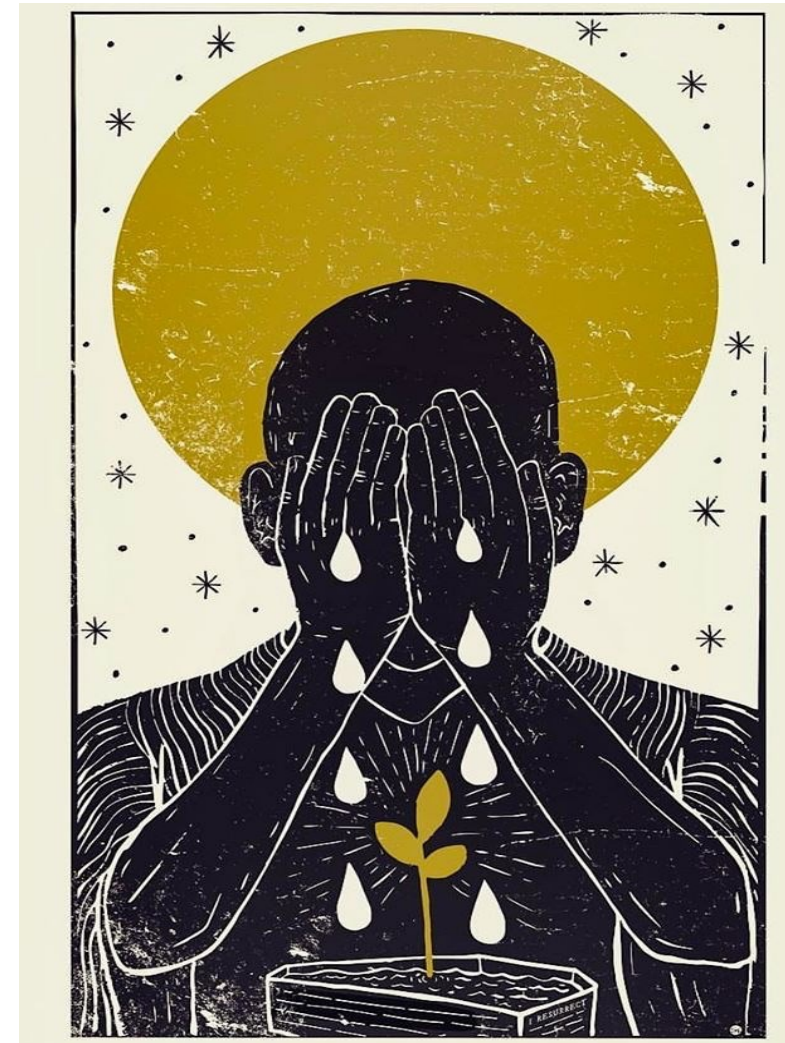
*Claudia Reitan  
Josh Day  
Arlene Finke  
Kim & John Schoffstall*

*To be added or removed from the weekly prayer list, please contact the church office ([office@crossofglory.us](mailto:office@crossofglory.us)) or call 763-533-8602.*

*This Lenten season, we also invite you to regularly stop by our Community Prayer Wall, located just outside the sanctuary. Inspired by the wailing wall in Jerusalem, where our Jewish brothers and sisters gather to publicly lament, grieve, and mourn, the Cross of Glory prayer wall seeks to be a place where we can lift our laments before God. You are invited to write a prayer petition--either one that will be shared among the Cross of Glory community in our worship life, or one intended only for God--and place it in the prayer wall. All prayers are prayed for regularly by Pastor Ali. Prayers intended to be shared are lifted up on occasion in worship--the next date being March 30th. We are grateful to Grant Dossett, who crafted this prayer wall in 2021 as part of his Eagle Scout Project.*

# The First Sunday In Lent

## L[am]ent: FASTING



Artwork: The Sorrowful Saint by Scott Erickson (2016)

**March 9, 2025**

**Cross of Glory Lutheran Church  
Brooklyn Center, MN**

# L[am]ent

**A Lenten Journey at Cross of Glory**  
Join us this Lenten season as we explore the ancient practice--and enduring power--of lament. Through exploring "liturgies of lament" that span time and tradition each Sunday in worship, we will lament the sin and suffering of ourselves and of our world--and through it, will encounter a God who hears our cries.

Sunday Worship  
9:30 AM

March 9: Fasting

Learning lament from the Desert Fathers & Mothers

March 16: Graoning

Learning lament from the land

March 23: Protest

Learning lament from the Madres de la Plaza

March 30: Singing

Learning lament from the spirituals & the blues

April 6: Gathering

Learning lament from German Political Evensongs

Wednesdays  
5:30 PM  
Community Meal + Prayer

## COMMUNITY ANNOUNCEMENTS

- Coffee Fellowship** - All are welcome to a time of food and fellowship in the Fellowship Hall following worship.
- L[am]ent:** Join us Sunday mornings at 9:30 am this Lenten season as we explore the ancient practice--and enduring power--of lament. We'll explore "liturgies of lament" that span time and tradition each Sunday in worship, including fasting, weeping, protest, singing, and gathering. We will lament the sin and suffering of ourselves and of our world--and through it, we will encounter a God who hears our cries.

- Lenten Community Suppers** - Come at 5:30 pm on Wednesdays to break bread with neighbors as we journey through this Lenten season together. Thanks to camp families for hosting these meals. If you have any questions, reach out to Chellie Sebald or Kris Simon. And if you have any dietary restrictions, please reach out to the office so we can plan accordingly each week. Thank you!
- Praying Psalms of Lament** - The book of Psalms gives voice to some of our deepest sorrows and griefs. Throughout Lent, we invite you into a communal spiritual practice of praying a psalm of lament each day. Please help yourself to the devotional resource on the Welcome Desk.

- Welcoming Guest Preacher** - We look forward to welcoming Emily Dubie, who teaches at Princeton Theological Seminary and lives and works at Princeton's "Farminary" (where theological education meets sustainable farming), as our [digital] guest preacher next week.
- Support Kids Heading to Camp Wapo** - Camp youth will be at the front doors after worship with plant sale information for you. 30% of all flowers and 15% of gift cards will be used to support our campers this summer. You can take a card to order at home, or have one of our youth help you order online today! Your support goes a long way to help offset the cost of camp. We will share more info about other upcoming fundraisers this spring!

- MN FoodShare March Challenge** - Throughout the month of March, CoG is collecting non-perishable food items to share with our neighboring food shelves at CAPI and CEAP here in Brooklyn Center.  
*(continued)*

## Gathering

### PRELUDE

### WELCOME

### CONFESSION AND FORGIVNESS

Pastor: Blessed be the Holy Trinity, one God † who hears our laments, who laments with us, and who promises that lament is not the end of the story.

**All: Amen.**

P: Let us take a moment of silence now to confess, repent, and lament our sins in the presence of God and one another...

*\*\*Silence for reflection and repentance\*\**

P: Gracious God,

**A: have mercy on us. We confess that we have turned from you and given ourselves into the power of sin. We are truly sorry and humbly repent. In your compassion forgive us our sins, known and unknown, things we have done and things we have failed to do. Turn us again to**

## PRAYER OF GOOD COURAGE

*\*\*Please turn to face the back doors as we prepare to go into the world with good courage. You're also invited to join hands with or put your hand on a neighbor near you as a reminder that we do not go forth alone.\*\**

**ALL: O God, you have called us to ventures  
of which we cannot see the ending,  
By paths as yet untrodden,  
Through perils unknown.  
Give us faith to go out with good courage.  
Not knowing where we go,  
But only that your hand is leading us,  
And your love supporting us,  
Through Jesus Christ our Lord.  
Amen!**

## DISMISSAL

L: Go in peace. Serve the Lord.  
**A: Thanks be to God.**

## POSTLUDE

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### MUSIC CREDITS

The Order of Service is from Evangelical Lutheran Worship which is commended for use in the Evangelical Lutheran Church in America.

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### WORSHIP LEADERSHIP

Pastor: Rev. Ali Tranvik  
Director of Choirs: Keith J. Williams  
Worship & Tech Director: Mark Trease  
Vocalists: Becca Floyd, Johnetta  
Freeman, Erik Haugland, Kris Simon  
Guitar: Josh Smith  
Technical Team: Dawn, Ryan and Bill  
Bailey

Greeters: Gordy and Maggie Johnsrud  
Communion: Kris Simon, Judy Lewis,  
Prayers of the People: Carolyn Davis  
Ushers: Dan Aulwes, Cheryl Anderson,  
Don Halverson, Gayle Merritt  
Crucifer: Markia Marquardt  
Fellowship: Julie and Dan Aulwes  
Ministers: The People of Cross of Glory

**you, and uphold us by your Spirit, so that we may live and serve you  
in the newness of life through Jesus Christ, our Savior and Lord.  
Amen.**

P: God, who is rich in mercy, loved us even when we were dead in sin,  
and made us alive together with Christ. By grace you have been saved.  
In the name of † Jesus Christ, your sins are forgiven. Almighty God  
strengthen you with power through the Holy Spirit, that Christ may live  
in your hearts through faith.

**A: Amen.**

*\*\* Please stand as you are able \*\**

**MUSIC O Lord, Throughout these Forty Days #319**

*\*\* Kids are invited to meet in the back of the sanctuary to process in with the cross\*\**

### Verse 1

O Lord,  
throughout these forty days  
you prayed and kept the fast;  
inspire repentance for our sin,  
and free us from our past.

### Verse 2

You strove with Satan, and you won;  
your faithfulness endured;  
lend us your nerve,  
your skill, and trust  
in God's eternal word.

### Verse 3

Though parched and hungry,  
yet you prayed  
and fixed your mind above;  
so teach us to deny ourselves  
that we may know God's love.

### Verse 4

Be with us through this season,  
Lord, and all our earthly days,  
that when the final Easter dawns,  
we join in heaven's praise.

## PRAYER OF THE DAY

P: The Lord be with you.

**A: And also with you.**

P: Let us pray...

**A: O God, help us keep the fast these forty days. Empty us of all  
that takes us away from paying attention to you and to our  
neighbor, and fill us with the food of your Spirit, through your Son  
Jesus Christ, our daily bread. Amen**

*\*\* Please be seated \*\**

## PSALM OF LAMENT

Psalm 69:1-16



Save | me, O God,  
for the waters have risen up | to my neck.  
**I am sinking in deep mire, and there | is no foothold.**  
**I have come into deep waters, and the torrent washes | over me.**  
I have grown weary with my crying; my | throat is parched;  
my eyes are worn out from looking | for my God.  
**Those who hate me without a cause are more than the hairs of my**  
**head; my lying foes who would destroy | me are mighty.**  
**Must I then give back what I | never stole?**  
O God, you | know my foolishness,  
and my faults are not hid- | den from you.  
**Let not those who hope in you be put to shame through me,**  
**Lord | God of hosts;**  
**let not those who seek you be disgraced because of me,**  
**O | God of Israel.**  
Surely, for your sake I have suf- | fered reproach,  
and shame has cov- | ered my face.  
**I have become a stranger to | my own kindred,**  
**an alien to my | mother's children.**  
Zeal for your house has eat- | en me up;  
the scorn of those who scorn you has fall- | en upon me.  
**I humbled my- | self with fasting,**  
**but that was turned to | my reproach.**  
I put on | sackcloth also,  
and became a by- | word among them.  
**Those who sit at the gate mur- | mur against me,**  
**and the drunkards make | songs about me.**  
But as for me, this is my prayer to you,  
at the time you have | set, O Lord:  
“In your great mercy, O God, answer me with your un- | failing help.

## MUSIC

**Yet Not I But Through Christ in Me** Robinson, Farren,  
Thompson

*\*\* Kids are invited to gather in the front of the sanctuary to process out with the cross\*\**

**Verse 1**

What gift of grace  
is Jesus my redeemer?  
There is no more  
for heaven now to give.  
He is my joy,  
my righteousness and freedom,  
My steadfast love,  
my deep and boundless peace.  
To this I hold my hope is only Jesus  
For my life is wholly bound to his.  
Oh, how strange and divine  
I can sing all is mine,  
Yet not I but through Christ in me.

**Verse 2**

The night is dark  
but I am not forsaken.  
For by my side  
the Savior he will stay.  
I labor on  
in weakness and rejoicing,  
For in my need  
his power is displayed.  
To this I hold:  
my Shepherd will defend me  
Through the deepest  
valley he will lead  
Oh, the night has been won  
and I shall overcome,  
Yet not I but through Christ in me.

**Verse 3**

No fate I dread I know I am forgiven  
The future sure

the price, it has been paid.  
For Jesus bled  
and suffered for my pardon,  
And he was raised  
to overthrow the grave.  
To this I hold:  
my sin has been defeated.  
Jesus now and ever is my plea.  
Oh, the chains are released.  
I can sing I am free.  
Yet not I but through  
Christ in me

**Verse 4**

With every breath  
I long to follow Jesus  
For he has said  
that he will bring me home.  
And day by day  
I know he will renew me  
Until I stand  
ith joy before the throne.  
To this I hold my hope is only Jesus  
All the glory evermore to him.  
When the race is complete  
still my lips shall repeat  
Yet not I but through Christ in me

**Ending**

When the race is complete  
still my lips shall repeat,  
Yet not I but through Christ in me.  
Yet not I but through Christ in me.



## MUSIC

### I Give Myself Away (Hinn/McDowell)

#### Chorus

I give myself away.  
 I give myself away  
 So You can use me.  
 I give myself away.  
 I give myself away  
 So You can use me. *(Repeat)*

#### Verse 1

Here I am.  
 Here I stand.  
 Lord, my life is in Your hands.  
 Lord, I'm longing to see  
 Your desires revealed in me.  
*(Chorus)*

## POST-COMMUNION PRAYER

P: Generous Host,  
 Even as we fast, you prepare for us a feast.  
 Even as we weep, you offer us joy.  
 Even as we lament, you nourish us for the journey.  
 Filled with the gift of your body, send us now to set tables of hospitality  
 and love in our communities, that we might become your body, for the  
 sake of an aching world.  
 In Jesus' name we pray,  
**Amen.**

#### Verse 2

Take my heart.  
 Take my life  
 As a living sacrifice.  
 All my dreams,  
 All my plans,  
 Lord, I place them in Your hands.  
*(Chorus)*

#### Bridge

My life is not my own.  
 To You, I belong.  
 I give myself.  
 I give myself to You.  
 My life is not my own.  
 To You, I belong.  
 I give myself.  
 I give myself to You. *(Repeat)*  
*(Chorus)*

**Save me from the mire; do not | let me sink;  
 let me be rescued from those who hate me and out of | the deep  
 waters.**

Let not the torrent of waters wash over me,  
 neither let the deep swal- | low me up;  
 do not let the pit shut its | mouth upon me.  
**Answer me, O Lord, for your | love is kind;  
 in your great compassion, | turn to me.**

Leader: The word of the Lord.

**ALL: Thanks be to God.**

## SILENCE

*\*\* At this time you're invited into a time of silent prayerful reflection. \*\**

## FIRST READING

**Isaiah 58:1-12**

Shout out, do not hold back!  
 Lift up your voice like a trumpet!  
 Announce to my people their rebellion,  
 to the house of Jacob their sins.  
 Yet day after day they seek me  
 and delight to know my ways,  
 as if they were a nation that practised righteousness  
 and did not forsake the ordinance of their God;  
 they ask of me righteous judgements,  
 they delight to draw near to God.  
 'Why do we fast, but you do not see?  
 Why humble ourselves, but you do not notice?'  
 Look, you serve your own interest on your fast-day,  
 and oppress all your workers.  
 Look, you fast only to quarrel and to fight  
 and to strike with a wicked fist.  
 Such fasting as you do today  
 will not make your voice heard on high.  
 Is such the fast that I choose,  
 a day to humble oneself?  
 Is it to bow down the head like a bulrush,  
 and to lie in sackcloth and ashes?

*Sending*

## COMMUNITY ANNOUNCEMENTS

Will you call this a fast,  
 a day acceptable to the LORD?  
 Is not this the fast that I choose:  
 to loose the bonds of injustice,  
 to undo the thongs of the yoke,  
 to let the oppressed go free,  
 and to break every yoke?  
 Is it not to share your bread with the hungry,  
 and bring the homeless poor into your house;  
 when you see the naked, to cover them,  
 and not to hide yourself from your own kin?  
 Then your light shall break forth like the dawn,  
 and your healing shall spring up quickly;  
 your vindicator shall go before you,  
 the glory of the LORD shall be your rearguard.  
 Then you shall call, and the LORD will answer;  
 you shall cry for help, and he will say, Here I am.  
 If you remove the yoke from among you,  
 the pointing of the finger, the speaking of evil,  
 if you offer your food to the hungry  
 and satisfy the needs of the afflicted,  
 then your light shall rise in the darkness  
 and your gloom be like the noonday.  
 The LORD will guide you continually,  
 and satisfy your needs in parched places,  
 and make your bones strong;  
 and you shall be like a watered garden,  
 like a spring of water,  
 whose waters never fail.  
 Your ancient ruins shall be rebuilt;  
 you shall raise up the foundations of many generations;  
 you shall be called the repairer of the breach,  
 the restorer of streets to live in.

Leader: The word of the Lord.

**ALL: Thanks be to God.**

**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.**

## HOLY COMMUNION

*Come to the table, where God's gifts of grace and love are poured out for all, and where all are welcome. If you're worshiping onsite, you're invited to come forward when an usher cues your row. You'll be offered bread from the first server (gluten-free option available), and wine from the second server (grape juice option available). If you'd like to take communion in your seat, simply cue an usher and we'd be glad to bring it to you.*

P: The body of Christ is given for you.

The blood of Christ is shed for you.

**All: Amen.**

## MUSIC DURING COMMUNION

### MUSIC

### Give Me Jesus

#770

#### Verse 1

In the morning when I rise,  
 in the morning when I rise,  
 in the morning when I rise,  
 give me Jesus.

#### Refrain

Give me Jesus,  
 give me Jesus.  
 You may have all the rest,  
 give me Jesus.

#### Verse 2

Dark midnight was my cry,  
 dark midnight was my cry,  
 dark midnight was my cry,  
 give me Jesus. *(Refrain)*

#### Verse 3

Just about the break of day,  
 just about the break of day,  
 just about the break of day,  
 give me Jesus. *(Refrain)*

#### Verse 4

Oh, when I come to die,  
 oh, when I come to die,  
 oh, when I come to die,  
 give me Jesus. *(Refrain)*

#### Verse 5

And when I want to sing,  
 and when I want to sing,  
 and when I want to sing,  
 give me Jesus. *(Refrain)*

**MUSIC**                      **Have Thine Own Way (Less of Me)**                      **Aubrey**

**Verse 1**  
Have Thine own way, Lord.  
Have Thine own way.  
Thou art the Potter, I am the clay.  
Mold me and make me  
after Thy will,  
While I am waiting yielded and still.

**Chorus**  
Less of me and more of You,  
I surrender, Lord, my life to You.  
You are the Potter, I am the clay.  
Whatever it takes, Lord,  
Have Thine own way.

**Verse 2**  
Have Thine own way, Lord.  
Have Thine own way.  
Wounded and weary help me, I

pray.  
Power, all power, surely is Thine.  
Touch me and heal me,  
Savior divine. *(Chorus)*

**Interlude**  
You are the Potter, I am the clay.  
Whatever it takes, Lord,  
Have Thine own way.

**Verse 3**  
Have Thine own way, Lord.  
Have Thine own way.  
Hold o'er my being absolute sway.  
Fill with Thy Spirit till all shall see  
Christ only, always, living in me.

**PRAYERS OF THE PEOPLE**

Leader: Lord, in your mercy...  
**All: Hear our prayer.**

*Table*

**WORDS OF INSTITUTION**

On the night in which he was betrayed, our Lord Jesus took bread, 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.

**LORD'S PRAYER**

P: Lord, remember us in your kingdom, and teach us to pray...

**SILENCE**

*\*\* At this time you're invited into a time of silent prayerful reflection. \*\**

**CHOIR ANTHEM**                      **Create in Me**                      **Muskrat**

*Create in me a clean heart, O God, and renew a right spirit within me.  
Cast me not away from your presence, and take not thy Holy Spirit from me.  
Restore unto me the joy of thy salvation, and uphold me with thy free spirit.  
And then will I teach transgressors thy ways,  
and sinners shall be converted unto thee.  
Create in me a clean heart, O God, and renew a right spirit within me.*

**CHILDRENS SERMON**

**GOSPEL READING**                      **Luke 4:1-13**

*\*\* Please stand as you are able \*\**

P: The Gospel according to Luke the fourth chapter.

**ALL: Glory to you, O Lord.**

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone." '

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written,

"Worship the Lord your God,  
and serve only him." '

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written,

"He will command his angels concerning you,  
to protect you", and

"On their hands they will bear you up,

so that you will not dash your foot against a stone.” ’  
Jesus answered him, ‘It is said, “Do not put the Lord your God to the test.” ’ When the devil had finished every test, he departed from him until an opportune time.

Leader: The word of the Lord.

**ALL: Praise to you O Christ.**

*\*\* Please be seated \*\**

## SILENCE

*\*\* At this time you're invited into a time of silent prayerful reflection. \*\**

## REFLECTION I

### QUESTIONS FOR PRAYERFUL MEDITATION

How might you explore lament as fasting this Lent?  
What is one thing you might fast from?

## REFLECTION II

### MUSIC

### When We Are Tested

#922

#### Verse 1

When we are tested and  
wrestle alone,  
famished for bread when the  
world offers stone,  
nourish us, God,  
by your word and your way,  
food that sustains us by  
night and by day.

#### Verse 2

When in the desert we cry for relief,  
pleading for paths marked  
by certain belief,  
lift us to love you beyond  
sign and test,  
trusting your presence,  
our only true rest.

#### Verse 3

When we are tempted  
to barter our souls,  
trading the truth for the  
pow'r to control,  
teach us to worship  
and praise only you,  
seeking your will in the  
work that we do.

#### Verse 4

When we have struggled and  
searched through the night,  
sorting and sifting the  
wrong from the right,  
Savior, surround us with  
circles of care,  
angels of healing, of hope,  
and of prayer.

## CONFESSION OF FAITH

*\*\* Please stand as you are able \*\**

**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.**

## SHARING OF THE PEACE

P: The peace of Christ be with you always.

**A: And also with you.**

P: Let's share a sign of God's peace with one another.

*\*\* Please be seated \*\**

## OFFERING

*We invite you to place your offering in the basket located in the center aisle before or after the service, or to make a gift using the QR code provided here. Thank you for your generous giving.*

