**February 4, 2018 8:30 & 10:45**

**5th Sunday After Epiphany**

The 2018 Winter Olympic Games is about to begin. From alpine skiing to speed skating, and from biathlon to ski jumping, athletes will throw themselves down slopes, off ramps and across ice in attempts to be faster, higher and stronger, in line with the official Olympic motto (Citius, Altius, Fortius – Latin for "Faster, Higher, Stronger"). Spiritually speaking, could this motto not apply to our lives as well?

**WE GATHER IN GOD’S NAME …**

**Gathering Music**

 **Hymnal 404 Every time I feel the Spirit** *Afro-American Spiritual*

 **Hymnal page 19 Musical Setting B**  *James A. Kriewald*

**Greeting**

 Leader: O magnify the Lord with me,

 **People**: **and let us exalt God’s name together!** Psalm 34:3

**Announcements**

**Introit** 10:45 Psalm 100: 1-2 *Karle Erickson*

Make a joyful noise to the Lord, and come into his presence with singing!

**Call to Worship**

Leader: Look, here is our God, the One we have waited for.

**People:** **Let us be glad and rejoice in our salvation.**

Leader: Come feast on the bread and the cup.

**People:**  **Enjoy the blessings of the Lord, the vindication from our God.**

Leader: Come! Let us worship the Lord.

 *Adapted from Isaiah 25 and Psalm 24*

 **… TO GIVE PRAISE TO GOD …**

**Hymnal 660 God is here** (standing) *Abbot’s Leigh*

**Opening Prayer of Confession (in unison)**

Merciful God, you call us to be salt and light and to live as your righteous, holy people. We want to, but we often fall short! We confess that there is good and bad, light and dark within our own hearts. We want to do what is right, but our fears and anxieties lead us to self-protection rather than vulnerability, to hoarding rather than freely sharing, to self-righteousness rather than compassion. Forgive us, O God. Restore us by your mercy that having received the gift of your infinite love, we might turn to our neighbor and give your love away. For the sake of Christ, we pray. Amen.

**Silent Confession**

**Hymnal 402 Lord, I want to be a Christian** (stanza 1, seated) *Afro-American Spiritual*

**Lord, I want to be a Christian in my heart, in my heart;**

 **Lord, I want to be a Christian in my heart.**

 **In my heart, in my heart; Lord, I want to be a Christian in my heart.**

Words of Assurance

Pastor: God’s forgiveness is freely extended to all who in faith repent. Hear and believe the Good News: Jesus Christ forgives all your sins!

People: Hallelujah! Amen.

**… TO CELEBRATE THE FAMILY OF FAITH …**

**Anthem** 10:45 Make a joyful noise *Jeremy Russell*

 Make a joyful noise unto God. Come, make a joyful noise, all you people.

**The Sign of Peace** *Please pass the peace to your neighbors as a sign of reconciliation and love.*

 Leader: The peace of Christ be with you.
 People: And also with you.

Gathering Song *James Ritchie*

 This, this is where children belong,

 welcomed as part of the worshiping throng.

 Water, God’s Word, bread and cup, prayer and song:

 This is where children belong.

 WORDS AND MUSIC: James Ritchie ©1999 Abingdon Press

**Message for Young Disciples** Rev. Thomas Q. Strandburg

 (All children are invited. Please sing as children come forward.)

After the children’s message at the 10:45 service, children ages 3 - 3rd grade may attend **Kids Praise** in the Welcome Center. Children will be escorted to and from Kids Praise by teachers. They will return to the Sanctuary near the end of the service, and parents may meet them.

**… TO HEAR GOD’S WORD PROCLAIMED …**

**Anthem** 10:45 One bread, one body *One bread, one body*

Refrain: One bread, one body, one Lord of all, one cup of blessing which we bless.

And we, though many throughout the earth, we are one body in this one Lord.

1. Gentile or Jew, servant or free, woman or man, no more. Refrain

2. Many the gifts, many the works, one in the Lord of all. Refrain

3. Grain for the fields, scattered and grown, gathered to one, for all. Refrain

Scripture Reading 8:30 Scott Miller

 10:45 Jessica Langston

A Lesson from the Hebrew Scripture

Isaiah 40:21-31 The incomparable God

**Pastoral Prayer**

**The Lord’s Prayer**

 **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. Amen.**

**Celtic Alleluia** **Alleluia** (sing 4 times, standing) *O’Carroll and Walker*

Scripture Reading

 A Lesson from the Gospel

 Mark 1:29-39 Jesus’ ministry spreads

 **Response**

Leader: The Word of the Lord.

**People: Thanks be to God**.

**… TO OFFER OUR GIFTS AND TO DEDICATE OUR LIVES …**

**Offertory Anthem** 10:45 Be still *David Evans, arranged by C.J. Adams*

 Be still, for the Spirit of the Lord, the Holy One, is here.

Come, bow before him now, with reverence and with fear.

In him no sin is found, we stand on holy ground.

Be still, for the power of the Lord is moving in this place,

 he comes to cleanse and heal, to minister his grace.

 No work too hard for him, in faith receive from him.

**Doxology 587** *Tune: Tallis’ Canon, Hymnal 682*

 **Bless thou the gifts our hands have brought;**

 **bless thou the work our hearts have planned.**

 **Ours is the faith, the will, the thought;**

 **the rest, O God, is in thy hand.**

**Prayer of Dedication**

**Sermon** “Faster, Higher, Stronger” Rev. Thomas Q. Strandburg

**Worship & Song 3167 Feed us, Lord** (first verse only, seated) *Feed us*

The Sacrament of Holy Communion

The Great Thanksgiving

Leader: The Lord be with you.

**People: And also with you**

Leader: Lift up your hearts.

**People: We lift them up to the Lord.**

Leader: Let us give thanks to the Lord our God.

**People: It is right to give our thanks and praise.**

 Leader: *(The pastor continues in prayer, and concludes with the following words. . . )*

Therefore, with all your faithful people from every time and place we join the whole creation to lift our hearts in joyful praise.

 *(Musical Setting B, U.M. Hymnal, p. 19)*

**People:** **Holy, holy, holy, Lord, God of power and might,**

**Heaven and earth are full of your glory. Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

Leader: *(The pastor continues in prayer, and concludes with the following words . . .)*

As we affirm the mystery of faith.

*(Musical Setting B, U.M. Hymnal, p. 20)*

**People: Christ has died; Christ is risen; Christ will come again.**

Leader: *(The pastor continues in prayer, and concludes with the following words . . .)* Through Jesus Christ our Lord and Savior, who lives in unity with you and the Holy Spirit, One God, to all eternity.

**People: Amen.**

**Giving the Bread and Cup**

 During the distribution of the elements, join the choir singing the first 3 stanzas of hymns beginning with Hymnal 418.

**Prayer following Communion**

**… TO GO REJOICING IN GOD’S NAME!**

**Worship & Song 3169 You feed us, gentle Savior** (standing) *Merle’s Tune*

**Benediction**

**Today’s Services**

**The flowers on the altar** are given by Dolores Kortlandt in loving memory of her parents, loved ones and her son, Fred Kortlandt, Jr.

**The flowers in the Chancel** are given by Joyce Magill in honor of the Chancel Choir.

**Special music at 10:45** is provided by the Chancel Choir, with pianist Mary Paine, who teaches piano in the area and plays with the Chapel Bells; the Children’s Choir, co-directed by Courtney Heath and Kim Rhoton; and the Youth Choir.

**February is Black History Month** which we are celebrating by singing Afro-American Spirituals.

**Acolytes** Anna Rhoton and Tre Nagle

**Greeters 8:30**  Joe Catalano **10:45**  Chuck and Brenda Vogel

**Worship options for children** We encourage children to participate in the **Children’s Sermon** at both services, and in **Kids Praise** during the 10:45 service. **Nursery services** are offered in Room 204 of the Education Building. Ask ushers or greeters and follow signs for direction.

**Podcasts of Sunday Sermons**  Catch up on messages from MLUMC with a podcast of Pastor Tom’s and others’ Sunday sermons. Sermons can be found at http:// mlumc.buzzsprout.com or navigate to the site from the link on our webpage, [www.mlumc.org](http://www.mlumc.org). Sermons also will be posted to iTunes. Full recordings of the service are available upon request.

**Today’s Scriptures**

**Isaiah 40:21-31**

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.

**Mark 1:29-39**

29As soon as they 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 sundown, 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.

**Keep in Prayer**

**Hospitalized**

Ralph Brown, St. Clair

**Convalescing in Care Facilities**

Leila Berkey, Asbury Heights

Ed Clarke, Asbury Place

Lois Colley, Concordia

John Katshir, Asbury Heights

Pat Seitz, Concordia

Carol Van Sickle, Concordia

**Convalescing at Home**

Jean Boyer, Mary Caldwell,

Carolyn Dagg, Earl Killian,

Wilda Dietz, David Lewis,

Charles Hohing, Susan Lichtenfels,

Robert Murray, Betty Trout

Virginia (Jinny) Sheppard

**In the Military**

Jason Boyer, SPC Natalie Brown

**Maj. Zachary Allen Finch, USMC**James Iantelli, 1st Lt. Jaskiewicz
S. Sgt. Keith Kimmell, Adam Kmick

PFC Brendan Lamport
Sgt. Matthew McConahan, Thomas Orda
David Poncel, Sgt. Steven Reitz
Capt. Scott B. Rushe, Pastor Rick Townes
Maj. Azizi Wesmiller

Maj. Matthew C. Wesmiller
Sgt. Keith Scott Winkowski

Sgt. Michael Zimmerman

**In Sympathy**

Condolences are offered to the family of church member William Lewis who passed away on Tuesday, January 23, 2018. Prayers of sympathy may be sent to the family:

 Lewis Family

 730 Bower Hill Rd. #310

 Pittsburgh, PA 15243

The congregation also offers its sympathy to the family of 87-year-old Gerald Raubaugh who passed away Wednesday, January 24, 2018. Condolences may be sent to the family:

 Raubaugh Family

 50 Vanadium Rd.

 Bridgeville, PA 15017

**Looking to send a card?**

**Here are some helpful addresses:**

Asbury Heights

700 Bower Hill Road

Pittsburgh, PA 15243

Concordia Health Center

1300 Bower Hill Road

Pittsburgh, PA 15243

St. Clair Hospital

1000 Bower Hill Road

Pittsburgh, PA 15243

**CALENDAR – SUNDAY, FEBRUARY 4 THRU SATURDAY, FEBRUARY 10**

**Family Promise Host Week**

**SUNDAY 2/4**

 8:30 am Worship Sanner Chapel

 9:30 am Sunday School for All Ages/Coffee Café Various/Brookline Parlor

 10:45 am Worship Sanctuary

 Kids Praise Welcome Center

 12 pm Blood Pressure Screening Brookline Parlor

 12 pm Faith for Today Meeting Welcome Center

**MONDAY 2/5**

 7 pm Chapel Bells Rehearsal Bell Room

 7 pm Charge Conference/Church Council Welcome Center

**TUESDAY 2/6**

 6 pm Terrific Tuesday Asbury Center

 7 pm Boy Scout Troop #23 Brookline Parlor

**WEDNESDAY 2/7**

 6 pm Homebuilders’ Potluck Asbury Center

**THURSDAY 2/8**

 9:30 am UMW Board Library

 6:30 pm Promise Bells Rehearsal Bell Room

 7:30 pm Chancel Choir Rehearsal Choir Room

**FRIDAY 2/9**

 9:30 am Women’s Bible Study Room 102

 1:30 pm Memoirs Group Welcome Center

 7 pm Arrow of Light Cub Scouts Brookline Parlor

**SATURDAY 2/10**

 8 am Men’s Reveille Breakfast Asbury Center