



YOU MAKE KNOWN TO ME  
THE PATH OF LIFE;  
IN YOUR PRESENCE THERE IS  
FULLNESS OF JOY;  
AT YOUR RIGHT HAND ARE  
PLEASURES FOREVERMORE.



*Psalm 16:11*

**Sunday June 26, 2022**  
**Arlington Hills Lutheran Church**



# Sunday, June 26, 2022

## Third Sunday of Pentecost

### Introduction

*We have no good apart from God. That makes Jesus' call to follow him an invitation to freedom. This is freedom to revel in the Spirit's fruit: love, joy, peace, and patience. This is freedom to not be imprisoned by anything that would keep us from the fullness of the life God has given us. This is the path of life.*

**Prelude**            **“Will You Come and Follow Me”**    arr. Anne Krentz Organ

### Welcome and Announcements

**Greeting** *(John 6:68)*

P: Alleluia. Lord, to whom shall we go? You have the words of eternal life.

**All: Alleluia**

### Confession and Forgiveness

*All may make the sign of the cross, the sign that is marked at baptism, as the presiding minister begins.*

P: Blessed be the holy Trinity, † one God, whose steadfast love endures forever.

**All: Amen.**

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

*Silence is kept for reflection.*

P: Merciful God,

**All: we confess that we have not followed your path but have chosen our own way. Instead of putting others before ourselves, we long to take the best seats at the table. When met by those in need, we have too often passed by on the other side. Set us again on the path of life. Save us from ourselves and free us to love our neighbors. Amen.**

P: Hear the good news! God does not deal with us according to our sins but delights in granting pardon and mercy. In the name of † Jesus Christ, your sins are forgiven. You are free to love as God loves.

All: Amen.

### **Apostolic Greeting and Prayer of the Day**

P: The grace of our Lord Jesus Christ, the love of God and the communion of the Holy Spirit be with you all.

All: **Sovereign God, ruler of all hearts, you call us to obey you, and you favor us with true freedom. Keep us faithful to the ways of your Son, that, leaving behind all that hinders us, we may steadfastly follow your paths, through Jesus Christ, our Savior and Lord.  
Amen.**

Opening Hymn

**“Will You Come and Follow Me”**  
Verses 1, 2, 4, & 5 (*found on page 12*)

ELW #798

Readings

Assisting Minister

**First Reading:**

**1 Kings 19:15-16, 19-21**

*In the story preceding today’s reading, the prophet Elijah flees for his life to the security of God’s mountain. There God reveals to Elijah that there are still other faithful people in Israel and commissions him to anoint new leaders, including his own successor, Elisha.*

<sup>15</sup>Then the LORD said to [Elijah,] “Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. <sup>16</sup>Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place.

<sup>19</sup>So he set out from there, and found Elisha son of Shaphat, who was plowing. There were twelve yoke of oxen ahead of him, and he was with the twelfth. Elijah passed by him and threw his mantle over him. <sup>20</sup>He left the oxen, ran after Elijah, and said, “Let me kiss my father and my mother, and then I will follow you.” Then Elijah said to him, “Go back

again; for what have I done to you?” <sup>21</sup>He returned from following him, took the yoke of oxen, and slaughtered them; using the equipment from the oxen, he boiled their flesh, and gave it to the people, and they ate. Then he set out and followed Elijah, and became his servant.

**Psalm:** **Psalm 16.** *Read responsively by whole verse.*

*I have set the LORD always before me. (Ps. 16:8)*

AM: <sup>1</sup>Protect me, O God, for I take refuge in you; I have said to the LORD, “You are my Lord, my good above all other.

All: <sup>2</sup>**All my delight is in the godly that are in the land, upon those who are noble among the people.**

AM: <sup>3</sup>But those who run after other gods shall have their troubles multiplied.

All: <sup>4</sup>**I will not pour out drink offerings to such gods, never take their names upon my lips.**

AM: <sup>5</sup>O LORD, you are my portion and my cup; it is you who uphold my lot.

All: <sup>6</sup>**My boundaries enclose a pleasant land; indeed, I have a rich inheritance.**

AM: <sup>7</sup>I will bless the LORD who gives me counsel; my heart teaches me night after night.

All: <sup>8</sup>**I have set the LORD always before me; because God is at my right hand, I shall not be shaken.**

AM: <sup>9</sup>My heart, therefore, is glad, and my spirit rejoices; my body also shall rest in hope.

All: <sup>10</sup>**For you will not abandon me to the grave, nor let your holy one see the pit.**

AM: <sup>11</sup>You will show me the path of life; in your presence there is fullness of joy, and in your right hand are pleasures forevermore.

## Second Reading: Galatians 5:1, 13-25

*For Paul, the freedom Christ gives is not permission to do whatever we want. It is the invitation to be what we could not be otherwise. The power and guidance of Christ's Holy Spirit produce a different kind of life, one marked by the fruit of this Holy Spirit.*

<sup>1</sup>For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery.

<sup>13</sup>For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity for self-indulgence, but through love become slaves to one another. <sup>14</sup>For the whole law is summed up in a single commandment, "You shall love your neighbor as yourself." <sup>15</sup>If, however, you bite and devour one another, take care that you are not consumed by one another.

<sup>16</sup>Live by the Spirit, I say, and do not gratify the desires of the flesh. <sup>17</sup>For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want. <sup>18</sup>But if you are led by the Spirit, you are not subject to the law. <sup>19</sup>Now the works of the flesh are obvious: fornication, impurity, licentiousness, <sup>20</sup>idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, <sup>21</sup>envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God.

<sup>22</sup>By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, <sup>23</sup>gentleness, and self-control. There is no law against such things. <sup>24</sup>And those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup>If we live by the Spirit, let us also be guided by the Spirit.

AM: Word of God, Word of Life

All: **Thanks Be to God.**

## Gospel Acclamation

P: The holy gospel according to Luke, the 9<sup>th</sup> Chapter.

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

**Gospel: Luke 9:51-62**

**Sermon "Gentleness-Strength Under Control" Pastor Orval Osmundson**

**Hymn of the Day "Amazing Grace, How Sweet the Sound" ELW# 779**  
*All Verses (Found on page 13)*

**Apostle's Creed**

**All: 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 Intercession**

**Assisting Minister**

*After each prayer is offered the Assisting Minister will say "God of Grace", and the congregation will respond "Hear Our Prayer".*

**AM: God of Grace**

**All: Here our prayer.**

**Offering**

**Offering Music "Thine the Amen" arr. Anne Krentz Organ**

**Offering Prayer**

**P: God of abundance: you have set before us a plentiful harvest. As we feast on your goodness, strengthen us to labor in your field, and equip us to bear fruit for the good of all, in the name of Jesus.**

**All: Amen.**

## **Invitation to Communion**

P: In Christ's presence there is fullness of joy. Come to the banquet.

## **Words of Institution**

P: Let us proclaim the mystery of faith.

**All: Christ has died, Christ has risen. Christ will come again.**

## **Lord's Prayer**

**All: 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**

## **Distribution**

## **Prayer after Communion**

P: Life-giving God, through this meal you have bandaged our wounds and fed us with your mercy. Now send us forth to live for others, both friend and stranger, that all may come to know your love. This we pray in the name of Jesus.

**All: Amen.**

## **Sending Hymn**

**“On Our Way Rejoicing”**  
*All Verses (found on page 14)*

**ELW #537**

## **Blessing**

P: The God of peace, Father, † Son, and Holy Spirit, bless you, comfort you, and show you the path of life this day and always.

**All: Amen.**

## **Postlude**

**“Sent Forth by God's Blessing”**

**arr. John Turner**



## Dismissal

P: Go in peace. Love your neighbor.

All: **Thanks be to God.**

## Leading Worship Today

**Pastor:** Rev. Orval Osmundson

**Music:** Barb Rossow

**Assisting Ministers:** Valerie and Orval Osmundson

**Usher:** Charles and Elaine Rohrbach

**Livestream Producer:** Silvester Vivic

Copyright © 2021 Augsburg Fortress. All rights reserved.

Permission to podcast / stream the music in this service obtained from

ONE LICENSE, License #72077. All rights reserved.”

Parts of the Liturgy reprinted from *EVANGELICAL LUTHERAN WORSHIP*, copyright © 2006 Augsburg Fortress. All rights reserved. Used by permission of Augsburg Fortress license #15484-LIT.

*Our service today will be live streamed if anyone would like to view our new website or be connected to Facebook. From sundaysandseasons.com.*

## Announcements and Prayer List

**Today we welcome, Caryn Josephson** to our service and fellowship as a part of “Be a Ship builder – **Companionship**” theme for June.

Caryn is Chair of the Iringa Committee, BKB North Central cluster leader and on the board of directors of Iringa Hope. As an active member of Prince of Peace Lutheran Church in Roseville, she and her husband Jim have made 8 visits to their companion congregations of Bomalang’ombe and Vikongwa. She enjoys sharing ideas and tips with groups considering Tanzania travel!

**Bega Kwa Bega** is the phrase we use to describe our companion synod relationship with the Iringa Diocese of the Evangelical Lutheran Church in Tanzania (ELCT). In English, the phrase means ‘*shoulder to shoulder*’, describing the way in which we accompany one another in a spirit of mutuality, inclusivity, and vulnerability.

At its heart Bega Kwa Bega is a joint ministry between communities of faith in the ELCA and ELCT, whose purpose is to proclaim the Gospel of Jesus Christ, to extend Christian hospitality, and to strengthen relationships with one another through the shared practices of prayer, presence, and projects.

Through the work of this partnership and the leading of God's Holy Spirit, we envision a deeper faith and fuller life, accompanying one another as participants in God's ongoing mission in both America and Tanzania.

Karibu sana! (You are warmly welcome!)

**Please pray this week for AHLC Members and friends:** Peggy Engh, Barb Rossow, Anna Kuxhausen, Dona Haberman, Jackie Staples, Dean Anderson, Richard Johnson, Priscilla Reeve, Jerry Ekblad, Gary Winter, Betty Richter, Velta Krauze, Joanne Policone, Shirley Johnson, Margaret Cleary, MaryAnn Wistrom, John Lind, John Hollman, Deb Perry, Esther Hallgren, Jan Kowitz, Richard Edge, Sharon Anderson, Linda Nyberg and Lorraine Nyberg.

### **Upcoming Events:**

**July 17<sup>th</sup> – Bach Music – Grace Lutheran Church** is coordinating an afternoon of Bach music with a special joint choir and the marvelous sounds from his majestic music. This will take place at 3:00 p.m. Grace Lutheran is located just NW of #94 and White Bear Avenue at 1730 Old Hudson Road. Rehearsals Wednesday nights at Grace.

**July 24<sup>th</sup> - East Side Collaborative Worship Service** - At Battle Creek Park (Band shell, just south of #94 on McKnight.) Watch the “Lights From The Heights” for more information.

**August 2 – East Side Collaborative – National Night out** – at Our Redeemer Lutheran Church – 5:00 p.m. – 7:30 p.m. Amy and Adams will be providing music. More information to follow.

**August 21<sup>st</sup> - East Side Collaborative Worship Service** – (annual picnic) – Lake Phalen Amphitheater (middle/west side of the lake) with a picnic meal to follow. Watch the “Lights from the Heights” for more information. This will be our farewell celebration for our intern Per Halaas as he completes his internship with the four East Side churches.

## **Happy Birthday**

Stephanie Burgess	June 1	Nancy Mapson	June 14
Gerry McInerney	June 5	Virginia Iverson	June 19
Wayne Hansen	June 6	Beverly Lamb	June 22
Thomas Hartquist	June 7	Jerry Ekblad	June 23
Todd Rosenow	June 7	Palmer Iverson	June 24
Koreen Pedginski	June 10	Marilyn Nelson	June 26
Cindy Schreiber	June 12	Diane Allmendinger	June 27
Marion Anderson	June 12	Vicki O'Connor	June 30
JoAnn Metling	June 13	Valerie Osmundson	June 30
Steven Hurtlely	June 13		

## **Happy Anniversary**

Dennis and Florence Rasmusson  
Dean and Chris Anderson  
Tom and Sandra Dolen  
Kristin and Jesse Voglepohl  
Dee Ann and Bob Nelson  
Valerie and Orval Osmundson

Will You Come and Follow Me  
*The Summons*



1 "Will you come and fol - low me if I but call  
 2 "Will you leave your - self be - hind if I but call  
 3 "Will you let the blind - ed see if I but call  
 4 "Will you love the you you hide if I but call  
 5 Lord, your sum - mons ech - oes true when you but call



your name? Will you go where you don't  
 your name? Will you care for cruel and  
 your name? Will you set the pris - 'ners  
 your name? Will you quell the fear in -  
 my name. Let me turn and fol - low



know and nev - er be the same?  
 kind and nev - er be the same?  
 free and nev - er be the same?  
 side and nev - er be the same?  
 you and nev - er be the same.



Will you let my love be shown, will you let my  
 Will you risk the hos - tile stare, should your life at -  
 Will you kiss the lep - er clean, and do such as  
 Will you use the faith you've found to re - shape the  
 In your com - pa - ny I'll go where your love and



name be known, will you let my life be  
 tract or scare? Will you let me an - swer  
 this un - seen, and ad - mit to what I  
 world a - round, through my sight and touch and  
 foot - steps show. Thus I'll move and live and



grown in you and you in me?"  
 pray'r in you and you in me?"  
 mean in you and you in me?"  
 sound in you and you in me?"  
 grow in you and you in me.

Text: John L. Bell, b. 1949  
 Music: KELVINGROVE, Scottish traditional  
 Text © 1987 Iona Community, GIA Publications, Inc., agent, 7404 S. Mason Ave., Chicago, IL 60638.  
 www.giamusic.com. 800.442.3358. All rights reserved. Used by permission.

Duplication in any form prohibited without permission or valid license from copyright administrator.

## Amazing Grace, How Sweet the Sound

1 A - maz - ing grace!— how sweet the sound— that  
 2 'Twas grace that taught my heart to fear, and  
 3 Through man - y dan - gers, toils, and snares I  
 4 The Lord has prom - ised good to me; his  
 5 When we've been there ten thou - sand years, bright

6 saved a wretch like me! I once was lost, but  
 7 grace my fears re - lieved; how pre - cious did that  
 8 have al - read - y come; 'tis grace has brought me  
 9 word my hope se - cures; he will my shield and  
 10 shin - ing as the sun, we've no less days to

11 now am found; was blind, but now I see.  
 12 grace ap - pear the hour I first be - lieved!  
 13 safe thus far, and grace will lead me home.  
 14 por - tion be as long as life en - dures.  
 15 sing God's praise than when we'd first be - gun.

Text: John Newton, 1725–1807, alt., sts. 1–4; anonymous, st. 5  
 Music: NEW BRITAIN, W. Walker, *Southern Harmony*, 1835; arr. Edwin O. Excell, 1851–1921, alt.

## On Our Way Rejoicing

1 On our way re - joic - ing glad - ly let us go.  
2 Un - to God the Fa - ther joy - ful songs we sing;

Christ our Lord has con - quered; van - quished is the foe.  
un - to God the Sav - ior thank - ful hearts we bring;

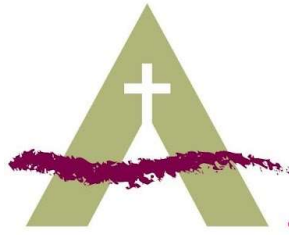
Christ with - out, our safe - ty; Christ with - in, our joy;  
un - to God the Spir - it bow we and a - dore,

who, if we be faith - ful, can our hope de - stroy?  
on our way re - joic - ing now and ev - er - more.

*Refrain*

On our way re - joic - ing; as we for - ward move,  
hear - ken to our prais - es, O blest God of love!

Text: John S. B. Monsell, 1811-1875, alt.  
Music: HERMAS, Frances R. Havergal, 1836-1879



# Arlington Hills

LUTHERAN CHURCH

**Sunday Worship: 9:30 a.m. in person or online and link on website.**

**Address: 1115 Greenbrier Street St. Paul, Minnesota 55106**

**Phone: 651-771-5501**

**Website: [www.ahlc-stp.org](http://www.ahlc-stp.org)**

**Staff: Pastor Mitch Kinsinger  
Barb Rossow, Organist  
Per Halaas, Intern**

**[pastor@ahlc-stp.org](mailto:pastor@ahlc-stp.org)**

**[pianobr@aol.com](mailto:pianobr@aol.com)**

**[phalaas001@luthersem.edu](mailto:phalaas001@luthersem.edu)**