



In gratitude, Bethel Lutheran Church amplifies God's grace, nourishes all creation, reaches out, and builds community.

- We are a Reconciling in Christ Congregation.
- Why a Public Church? To impact and enhance the community so that everyone feels a sense of love and belonging.

*I will give you rest*



# HEALING SUNDAY

**FEBRUARY 8, 2026**

Bethel Lutheran Church - In-person and Online  
YouTube: @bethelmpls

# HEALING SUNDAY

February 8, 2026, 10:00AM

We welcome to the Lord's Table all people, without exception, who desire to receive the blessings of Christ's body and blood in this sacramental meal of bread and wine. If you are online, please prepare your own table with bread, wine, and/or a treat for anyone not receiving communion.

**Boldface font indicates congregational response.**

*Worship leaders will indicate when to stand and sit, as you are able.*

## GATHERING

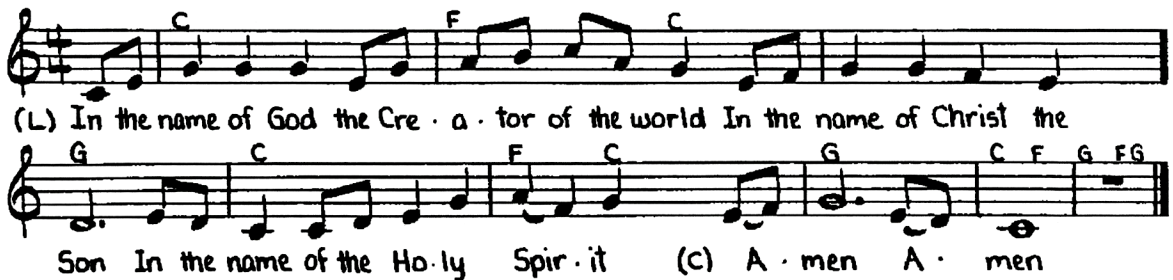
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### Gathering Music

"Meditation on I Want to Walk as a Child of the Light"

by James Biery

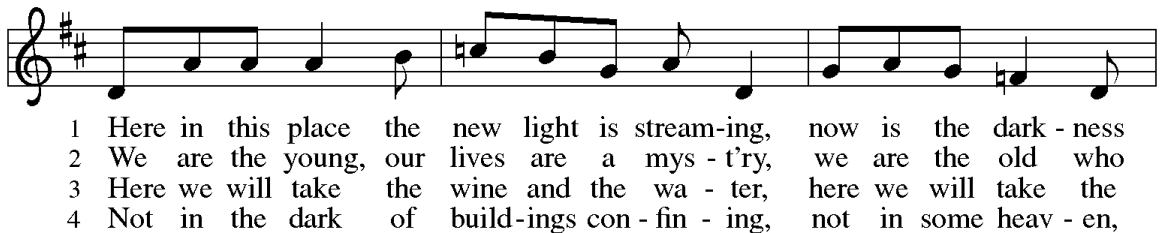
### Welcome and Announcements



(L) In the name of God the Cre · a · tor of the world In the name of Christ the  
Son In the name of the Ho · ly Spir · it (c) A · men A · men

### Opening Hymn ELW 532

"Gather Us In"



1 Here in this place the new light is stream-ing, now is the dark - ness  
2 We are the young, our lives are a mys - t'ry, we are the old who  
3 Here we will take the wine and the wa - ter, here we will take the  
4 Not in the dark of build-ings con - fin - ing, not in some heav - en,



van - ished a - way; see in this space our fears and our dream-ings  
yearn for your face; we have been sung through - out all of his - t'ry,  
bread of new birth, here you shall call your sons and your daugh - ters,  
light years a - way— here in this place the new light is shin - ing,



brought here to you in the light of this day.  
called to be light to the whole hu - man race.  
call us a - new to be salt for the earth.  
now is the king - dom, and now is the day.



Gath - er us in, the lost and for - sak - en, gath - er us in, the  
Gath - er us in, the rich and the haugh - ty, gath - er us in, the  
Give us to drink the wine of com - pas - sion, give us to eat the  
Gath - er us in and hold us for - ev - er, gath - er us in and



blind and the lame; call to us now, and we shall a - wak - en,  
proud and the strong; give us a heart, so meek and so low - ly,  
bread that is you; nour - ish us well, and teach us to fash - ion  
make us your own; gath - er us in, all peo - ples to - geth - er,



we shall a - rise at the sound of our name.  
give us the cour - age to en - ter the song.  
lives that are ho - ly and hearts that are true.  
fire . . of love in our flesh and our bone.

Text: Marty Haugen, b. 1950

Music: GATHER US IN, Marty Haugen

Text and music © 1982 GIA Publications Inc., 7404 S. Mason Ave., Chicago, IL 60638. [www.giamusic.com](http://www.giamusic.com). 800.442.3358.

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# Prayer of the Day

Let us pray. Loving God, **you call us into a community of mutual support and health. Bring your healing touch to all who are sick, send medical professionals to minister to those who suffer, encourage us to accompany those who are lonely, and bring hope to all who are in despair. We ask this through Christ our Lord. Amen.**

## Kyrie

(Refrain) x<sup>h</sup> = hand clap (optional)

The musical score for the Kyrie consists of three staves of music. The first two staves are in C major and 4/4 time, featuring a melody with hand claps (marked with 'x<sup>h</sup>') on the second and fourth beats of each measure. The third staff is in A minor and 4/4 time, featuring a melody with hand claps on the second and fourth beats of each measure. The lyrics are written below the staves, with some words in parentheses indicating they are optional or part of a refrain.

Glo-ry to God Glo-ry to God Glo-ry to God in the high-est  
Glo-ry to God Glo-ry to God Peace to the peo-ple of the Lord (FINE)  
Wor-thy is Christ the Lamb who was slain whose blood set us free to be peo-ple of God  
Pow-er Rich-es and wis-dom and strength and hon-or and bless-ing and glo-ry are his  
Sing with all the peo-ple of God and join in the hymn of all cre-a-tion  
Bless-ing and hon-or glo-ry and might be to God and the Lamb for-ev-er A-men (to refrain)

## WORD

### Lesson

Psalm 34:1-10 *Inclusive*

I will bless YHWH always; praise will continually be on my lips! **My soul will boast about YHWH — let the oppressed hear it and be glad!** Glorify YHWH with me, and let us exalt God's Name together. **I sought YHWH, who answered me and freed me from all my fears.** Those who look to YHWH are radiant, and their faces are never covered with shame. **The poor called out; YHWH heard and saved them from all their troubles.** The angel of YHWH encamps around those who revere God, and rescues them. **Taste and see how good YHWH is!**



Happiness comes to those who take refuge in YHWH. **Holy people of God, revere YHWH — for those who stand in awe of God lack nothing.** The young lion may grow weak and hungry, but those who seek YHWH will lack no good thing.

Word of God. **Word of Life.**

### Children's Message, then Sunday School

*Children and the young at heart are invited to the front of the sanctuary.*

### Gospel Acclamation



### Gospel

Matthew 11:28-30 *Inclusive*

The Gospel according to Matthew, the eleventh chapter. **Glory to you, O Lord.**

Come to me, all you who labor and carry heavy burdens, and I will give you rest. Take my yoke upon your shoulders and learn from me, for I am gentle and humble of heart. Here you will find rest for your shoulders, for my yoke is easy and my burden is light.

The Gospel of the Lord. **Praise to you, O Christ.**

### Sermon

## Hymn of the Day ELW 614

"There Is a Balm in Gilead"

*Refrain*



There is a balm in Gil-e-ad to make the wound-ed whole;



there is a balm in Gil-e-ad to heal the sin-sick soul.



- 1 Some - times I feel dis - cour-aged and think my work's in vain,
- 2 If you can - not preach like Pe - ter, if you can-not pray like Paul,
- 3 Don't ev - er be dis - cour-aged, for Je - sus is your friend;

*Refrain*



but then the Ho - ly Spir - it re - vives my soul a - gain.  
you can tell the love of Je - sus and say, "He died for all."  
and if you lack for knowl-edge, he'll ne'er re - fuse to lend.

Text: African American spiritual

Music: BALM IN GILEAD, African American spiritual

## A New Creed

**We are not alone. We live in God's world.**

**We believe in God: who has created and is creating, who has come in  
Jesus, the Word made flesh, to reconcile and make new, who works  
in us and others by the Spirit. We trust in God.**

**We are called to be the Church: to celebrate God's presence,  
to live with respect to Creation, to love and serve others, to seek  
justice and resist evil, to proclaim Jesus, crucified and risen,**

**our judge and our hope.**  
**In life, in death, in life beyond death, God is with us. We are not alone.**  
**Thanks be to God.**

A New Creed is an affirmation of faith adopted at the 23<sup>rd</sup> General Council, United Church of Canada in 1968. Used as property of public domain

## **Prayer Updates**

### **Prayers of the People**

Trusting in God's extraordinary love, let us come near to the Creator in Prayer.

*A brief silence.*

*Each petition ends with a response:*

Spirit, intercede for us, **send wholeness to your creation.**

Receive the prayers of your children, merciful God, and hold us forever in your steadfast love; through Jesus Christ, our holy wisdom. **Amen.**

### **Peace**

The peace of Jesus is with you always. **And also with you.**

### **Offering**

*For checks and cash offerings, please place them in the offering plate at the back of the sanctuary. For members, if you are making a cash donation, place it in an envelope with your name on it. For online giving through PayPal scan the QR code.*

*Online worshipers, please send checks directly to:  
Bethel Lutheran, 4120 17th Ave S, Mpls, MN 55407  
Thank you for your generosity!*



### **Bethel Choir**

"My God, My Portion" Southern Harmony (Dunlap's Creek)

# Offering Prayer

Let us pray. Holy God, **you call us to believe and bear fruit. May the gifts that we offer here be signs of your abiding love. Form us to be witnesses in the world, through Jesus. Amen.**

## MEAL

### The Great Thanksgiving

(L) The Lord be with you (C) And with you, too

(L) Lift up your hearts, lift up your hearts (C) We lift them to the Lord

(L) Let us thank the Lord our God (C) It is right to give God thanks and praise

(L) The Lord be with you (L) And with you, too

(C) The Lord be with you (C) And with you, too

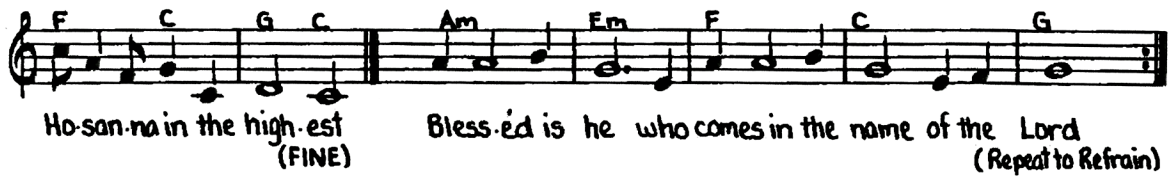
The musical score is written in treble clef with a key signature of one sharp (F#). It consists of five systems of music. Each system has a vocal line and a piano accompaniment line. The lyrics are written below the vocal line. Chords are indicated above the notes: C, F/C, C, F, G, C, F/C, C, F/C, C, F, G, C, F, C, Am, G, C, F/C, C, F/C, C, F, G, C. The piano accompaniment consists of a simple harmonic pattern of eighth and sixteenth notes.

### Holy, Holy, Holy

(Refrain)

Ho-ly Ho-ly Ho-ly Lord God of power and love Heav'n and earth are full of you

The musical score is written in treble clef with a key signature of one sharp (F#). It consists of one system of music. The lyrics are written below the notes. Chords are indicated above the notes: C, F, C, F, C, G, C, F, C. The piano accompaniment consists of a simple harmonic pattern of eighth and sixteenth notes.



## Words of Institution

For as often as we eat this bread and drink this cup, we proclaim the mystery of faith, that **Christ has died. Christ is risen. Christ will come again.**

## Lord's Prayer

Gathered into one by the Holy Spirit, let us pray as Jesus taught us:

**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.**

## Blessing for Healing

Let us pray. O God, **the giver of health and salvation, we give thanks to you for the gift of oil. As your holy apostles anointed many who were in need of healing, so pour out your Holy Spirit on us as a gift, that we who in faith receive this anointing may be made whole; through Jesus Christ our Lord. Amen.**

## Invitation to Communion

## Lamb of God

Lamb of God who takes a - way the sin of all the world to - day, Have  
 Lamb of God who'd give your soul to see a bro - ken world made whole; In  
 Lamb of God who takes a - way the sin of all the world to - day, Have

mer - cy on us ri - sen Lord, And heal us with your liv - ing word  
 death you left us bread and wine, In life you bid us come and dine  
 mer - cy on us ho - ly son, And bring us peace when day is done

## Hymn ELW 464

"Bread of Life, Our Host and Meal"

1 Bread of life, our host and meal, Je - sus, feed us.  
 2 Bread now break and wine now pour, Je - sus, feed us.  
 3 Grant for - give - ness in the feast— Je - sus, feed us—  
 4 Thank you for this gift we share. Je - sus, feed us.

Christ, by faith, to see and feel, feed us with your love.  
 Make us one, our hope re - store; feed us with your love.  
 for the great - est and the least; feed us with your love.  
 Save God's chil - dren ev - 'ry - where; feed us with your love.

Text: Ray Makeever, b. 1943; Rusty Edwards, b. 1955

Music: JESUS, FEED US, Ray Makeever

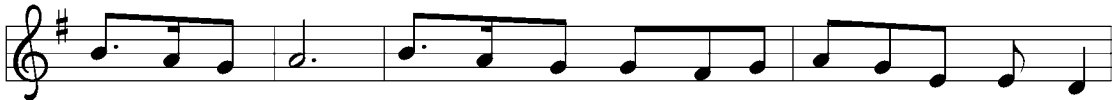
Text and music © 1996 Hope Publishing Company, Carol Stream, IL 60188. All rights reserved. Used by permission.

## Communion Hymn ELW 608

## "Softly and Tenderly Jesus Is Calling"



- 1 Soft - ly and ten - der - ly Je - sus is call - ing, call - ing for  
2 Why should we tar - ry when Je - sus is plead - ing, plead - ing for  
3 Oh, for the won - der - ful love he has prom - ised, prom - ised for



you and for me. See, on the por - tals he's wait - ing and watch - ing,  
you and for me? Why should we lin - ger and heed not his mer - cies,  
you and for me! Though we have sinned, he has mer - cy and par - don,

### *Refrain*



watch - ing for you and for me.  
mer - cies for you and for me? "Come home, come home!"  
par - don for you and for me.



You who are wea - ry, come home." Ear - nest - ly, ten - der - ly,



Je - sus is call - ing, call - ing, "O sin - ner, come home!"

Text: Will L. Thompson, 1847–1909

Music: THOMPSON, Will L. Thompson

## Post Communion Blessing

The body and blood of our Lord Jesus Christ strengthens you in faith, holds you in God's grace, forgives your sins, and empowers you to love all others.

**Amen.**

# Post Communion Prayer

Let us pray. Jesus our friend and savior, **your life, death, and resurrection** changed our world. May this meal of bread and wine bless us and sustain us in the building of a blessed community which welcomes all people, that sees all people, and that works for justice for all people. Amen.

## SENDING

### Benediction

God, the Author of life, Christ, the living Cornerstone, and the life-giving Spirit of adoption, blesses you now and forever. **Amen.**

### Sending Hymn ELW 742

“What a Friend We Have in Jesus”



1 What a friend we have in Je - sus, all our sins and griefs to bear!  
2 Have we tri - als and temp - ta - tions? Is there trou - ble an - y - where?  
3 Are we weak and heav - y - lad - en, cum - bered with a load of care?



What a priv - i - lege to car - ry ev - 'ry - thing to God in prayer!  
We should nev - er be dis - cour - aged—take it to the Lord in prayer.  
Pre - cious Sav - ior, still our ref - uge—take it to the Lord in prayer.



Oh, what peace we of - ten for - feit; oh, what need - less pain we bear—  
Can we find a friend so faith - ful who will all our sor - row share?  
Do your friends de - spise, for - sake you? Take it to the Lord in prayer.





all be - cause we do not car - ry ev - 'ry-thing to God in prayer!  
Je - sus knows our ev - 'ry weak - ness—take it to the Lord in prayer.  
In his arms he'll take and shield you; you will find a so - lace there.

Text: Joseph Scriven, 1820–1886

Music: CONVERSE, Charles C. Converse, 1832–1918

## Dismissal

Go in peace to seek justice for all people. **Thanks be to God!**

## Sending Music

“We Come to You for Healing” by Anne Krentz Organ

<b>Ministers:</b>	All Believers	<b>Musicians:</b>	Anne Phillips, Bethel Vocal Choir
<b>Presiding Minister:</b>	Rev. Brenda Froisland	<b>Sacristy:</b>	Marilyn Newborg
<b>Assisting Minister:</b>	Kristin Cleary	<b>Ushers:</b>	Susan Johnson and Jerry Johnson
<b>Lector:</b>	Darlene Olson	<b>Live Streaming:</b>	Gene Rodi and Ted Allison
<b>Cantor:</b>	Sarah Berke	<b>Hospitality:</b>	Sharon Rodi
<b>Music Director:</b>	Bernie Asher	<b>Altar Guild:</b>	Janet Anderson and Norma Lanning

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**BETHEL LUTHERAN CHURCH'S  
2ND SATURDAY**

# CONCERT SERIES

**SEWARD CONCERT BAND**

**FEBRUARY 14, 2026, 3PM**

*Suggested \$10 Donation.*

**BETHEL LUTHERAN CHURCH**

4120 17th Ave. S.

Minneapolis, MN | [bethel-mpls.org](http://bethel-mpls.org)

**ALL ARE WELCOME**

*without exception!*



*Join us for our free*  
**COMMUNITY  
FUN NIGHT**



## **BOARD GAME NIGHT**



**Thursday, February 12, 5:30pm-7:30pm**

Free Meal at 5:30-6:15pm: Chili, Salad, and Cinnamon Rolls

Activity: Play a variety of Board Games with those in attendance



**BETHEL LUTHERAN CHURCH** | 4120 17th Ave. S., Minneapolis, MN | [bethel-mpls.org](http://bethel-mpls.org)

# PRAYER

## list...

### PRAY FOR BETHEL MEMBERS

Barb Saunders	Karen McBride
Anna Wohnoutka	Laurel Jorgensen
Alice Evenson	Gloria Condon
Dave and Libby Krogh	Hundt Family
Hoover Family	Puckett Family
Leonard Phillips	Darrell Dahl
David and Sue	Walker Family
Dorumsgaard Ayers	Cannon Family
Joyce Hughes	Warwick Family
Jerry Johnson	Pikkarainen Family
	Gert Carlson

### PRAY FOR OUR RELATIVES AND FRIENDS

Vince and Carrie (Kelly Chilvers friends)  
Andrea and Sage (Candy Hickenbotham's family)  
Ethylmae Ross (Gloria Condon's aunt)  
The family of Nick (Ann Allison's nephew)  
Ian (Pr B's friend)  
Eric (Pr B's and Mary's family friend)  
Julian (Jan Walker's friend)  
Kevin Johnson and family (Les' brother)  
Beth (Dan Hauge's sister)  
Kristian (Pr B's friend)  
Steve (Pr B's brother)  
Michael (Marilyn Newborg's brother)  
Donovan (Angel Cannon's father)  
Rita (Sharon Phillips' friend)  
Calvin (Angel Cannon's godfather)  
Laura (Lisa Chovan Spence's sister)  
Wayne (Karen Warwick's dad)  
Trent and Michelle (Norma's Family)  
Darlene (Jeff Alberts' mom)  
Susan (Mike Condon's sister)  
John (Kathy Hundt's brother-in-law)  
Andrea (Mona Falk's daughter)

### MORE PEOPLE OF GOD

- Renee Nicole Good and Alex Pretti's families, friends, and community members
- Victims of natural and human disasters
- People of Ukraine, Israeli Citizens, Iranian Citizens, and Palestinians in Gaza
- All of us regarding COVID, RSV, Flu, Mpox
- Black, Brown, Indigenous, and Asian Lives
- People without homes
- Refugees, Migrants and Asylum Seekers
- People affected by gun violence

### MEMBERS, RELATIVES AND FRIENDS IN THE SERVICE

Katrel Bishop (Pr B's nephew)  
Adam Froisland (Pr B's nephew)  
Evan Harrison (Pr B's great nephew)

### BETHEL'S MISSION PARTNERS

- ❖Bancroft Neighborhood Association   ❖Bread of Life Deaf Lutheran Church (BOLD)  
❖ReconcilingWorks   ❖Casa de Oracion - Pentecostal  
❖Mpls Area Synod   ❖Nokomis Healthy Seniors   ❖CANMN