

SIT UP



Palm Sunday

March 24, 2024



Ascension Lutheran Church
1105 N. Washington Blvd.
Ogden, UT 84404
801.782.2810

Welcome to Worship...

Welcome to all God's guests, including those who call themselves "members" of this church named Ascension Lutheran Church more than 50 years ago.

A special welcome to guests who are here for the first time or who call yourselves "visitors" among the people of this community. It is at God's invitation, through worship, the Holy Spirit calls each of us to come to a place of **community, communion** and **commitment**. Each of us brings a different lens to worship, and yet, in a worshipping community, these differences become celebrations of diversity.

**Children are always welcome in worship services;
however please know
a nursery is provided for children under 4 years of age.**

Please silence your cell phones at this time.

Introduction to this Day

This week, the center of the church's year, is one of striking contrasts: Jesus rides into Jerusalem surrounded by shouts of glory, only to be left alone to die on the cross, abandoned by even his closest friends. Mark's gospel presents Jesus in his complete human vulnerability: agitated, grieved, scared, forsaken. Though we lament Christ's suffering and all human suffering, we also expect God's salvation: in the wine and bread, Jesus promises that his death will mark a new covenant with all people. We enter this holy week thirsty for the completion of God's astonishing work.

Welcome to Worship

Procession of Palms

John 12:12-16

Kel ¹²The next day the great crowd that had come to the festival heard that Jesus was coming to Jerusalem. ¹³So they took branches of palm trees and went out to meet him, shouting,

"Hosanna! Blessed is the one who comes in the name of the Lord — the King of Israel!"

¹⁴Jesus found a young donkey and sat on it; as it is written:

¹⁵"Do not be afraid, daughter of Zion.

Look, your king is coming, sitting on a donkey's colt!"

¹⁶His disciples did not understand these things at first; but when Jesus was glorified, then they remembered that these things had been written of him and had been done to him.

Please stand as you are able.

Hosanna

Words and Music by
Carl Tuttle

1, 3. Ho - san - na! Ho - san - na! Ho - san-na in the high -
2. Glo - ry! Glo - ry! Glo-ry to the King of

-est! Ho - san - na! Ho - san - na! Ho - san-na in the high -
kings! Glo - ry! Glo - ry! Glo-ry to the King of

-est! Lord we lift up Your name _____ with hearts full of praise.
kings!

Be ex - alt - ed, oh Lord, my God. Ho -
 -san - na in the high - est! kings! Ho -
 Glo - ry to the King of _____

[You may be Seated](#)

PD Make no mistake, the powers-that-be in Jerusalem sat up and took notice of the peaceful and powerful actions of Jesus and his hope-filled, palm-waving followers on that morning. It was a demonstration of the “power” of God’s love. It was an act of solidarity with the least of these – standing in stark juxtaposition to the military might of the Roman rulers. "It was a non-violent action featuring a man sitting on a donkey — an action that has offered hope throughout the ages." Will we sit up and take notice of the injustice of this world? Will we work to eradicate it in ways that honor that first Palm Sunday parade?

Opening Song

1. When I am down and oh, my soul's so wear - y, when trou - bles
 come and my heart bur - dened be, then I am still and wait here in the
 si - lence un - til You come and sit a while with me. You raise me



up so I can stand on moun - tains. You raise me up to walk on storm - y seas. I am strong when I am on Your shoul - ders. You raise me up to more than I can be.

Mark 14:1-2, 10-11

¹It was two days before the Passover and the festival of Unleavened Bread. The chief priests and the scribes were looking for a way to arrest Jesus by stealth and kill him; ²for they said,

"Not during the festival, or there may be a riot among the people."

¹⁰Then Judas Iscariot, who was one of the twelve, went to the chief priests in order to betray him to them. ¹¹When they heard it, they were greatly pleased, and promised to give him money. So he began to look for an opportunity to betray him.

¹²On the first day of Unleavened Bread, when the Passover lamb is sacrificed, his disciples said to him,

"Where do you want us to go and make the preparations for you to eat the Passover?"

¹³So he sent two of his disciples, saying to them,

"Go into the city, and a man carrying a jar of water will meet you; follow him, ¹⁴and wherever he enters, say to the owner of the house, 'The Teacher asks, Where is my guest room where I may eat the Passover with my disciples?' ¹⁵He will show you a large room upstairs, furnished and ready. Make preparations for us there."

¹⁶So the disciples set out and went to the city, and found everything as he had told them; and they prepared the Passover meal.

¹⁷When it was evening, he came with the twelve. ¹⁸And when they had taken their places and were eating, Jesus said,

*"Truly I tell you, one of you will betray me,
one who is eating with me."*

¹⁹They began to be distressed and to say to him one after another,

"Surely, not I?"

²⁰He said to them,

"It is one of the twelve, one who is dipping bread into the bowl with me. ²¹For the Son of Man goes as it is written of him, but woe to that one by whom the Son of Man is betrayed! It would have been better for that one not to have been born."

Confession and Forgiveness

[Please stand in body or spirit.](#)

P Let us confess together
Loving God,

***All* Peace-loving God,
our first instinct in fighting oppression
is often to take up weapons,
utter fighting words, and lash out with vitriol.
But Jesus demonstrated humility and patience,
even against his mortal enemies.
In this moment of quiet, we lift up to you
those things we'd like to give up for good...
for the sake of The Good.**

P Our God is merciful and the Source of our salvation,
who desires not that we live in sin or guilt
but rather that we turn from evil,
confess our wrongdoing and accept forgiveness.

Therefore, may the One who came to restore life
bless you and ✝ restore you by the Holy Spirit,

P for the living of new life in Christ.

In the name of Jesus, know that we are forgiven.

All In the name of Christ, we are forgiven. Amen!

♪ ♪ You raise me up, so I can stand on mountains ♪ ♪
You raise me up, to walk on stormy seas
I am strong, when I am on Your shoulders
You raise me up to more than I can be

Greeting

P The Lord be with you.

All And also with you.

Seeking the One on Our Side

P O God, rich in mercy,

All We are watching, for signs of your gentle presence in the midst of insurmountable systems of oppression.

We remember the story of Jesus entering Jerusalem on a donkey as a symbol of hope that endures in this age of violence.

Especially in these times of heightened anxiety and fear, we pray that we can be “up to something good”

for our selves,

our neighborhoods,

and our world. Amen.

Sharing the Peace of Christ

P Christ become Peace with you.

All And also with you.

In our continued physical distancing out of love for the health of one another, we will share the Peace of our risen Lord by “speaking” that Peace through sign language.

Offering

You may be Seated

While we still will not physically pass the offering plates we will continue to have the plates available at the entrance to receive your offerings and will lift them up in thanksgiving before the throne of grace.



1. Reach out to your neighbor, let him know you really
care, reach out when he's lonely, let him know somebody's there. Reach
out in his darkness, when the clouds obscure his view. Just walk with him and
talk with him, He's waiting there for you. Reach out in a world filled with
hopelessness and pain; Reach out with a heart full of love! Reach
out the world is waiting for someone to lead the way! Reach out, reach out to
find a brand new day.

Offertory Prayer

P Jesus, you are the bread of life and the host of this meal.

All **Bless these gifts that we have gathered
that all people may know your goodness.
Feed us not only with this holy food
but with hunger for justice and peace.
We pray this in your name. Amen.**

Holy Communion



Let my prayer rise up like incense before you, the
lifting up of my hands as an offering to you.

Luke 22:14-23

P ¹⁴When the hour came, he took his place at the table, and the apostles with him. ¹⁵He said to them,

Jesus *“I have eagerly desired to eat this Passover with you before I suffer; ¹⁶for I tell you, I will not eat it until it is fulfilled in the kingdom of God.”*

♪ ♪ **Holy, holy, God, come close to, and save us. ♪ ♪**
We cry to you this night for the lifting of all souls.

P ¹⁷Then he took a cup, and after giving thanks he said,

Jesus *“Take this and divide it among yourselves; ¹⁸for I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes.”*

P ¹⁹Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying,

Jesus *“This is my body, which is given for you.
Do this in remembrance of me.”*

P ²⁰And he did the same with the cup after supper, saying,

Jesus *“This cup that is poured out for you is the new covenant in my blood. ²¹But see, the one who betrays me is with me, and his hand is on the table. ²²For the Son of Man is going as it has been determined, but woe to that one by whom he is betrayed!”*

**♪ ♪ Christ our Lord has died; and Christ is now risen. ♪ ♪
Our lifted hearts proclaim, “Christ will come to us again.”**

P ²³Then they began to ask one another which one of them it could be who would do this.

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

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.

The Invitation

P Here is food and drink for the journey.
 Take and be filled.

Communion Songs

You may be Seated

One Bread, One Body



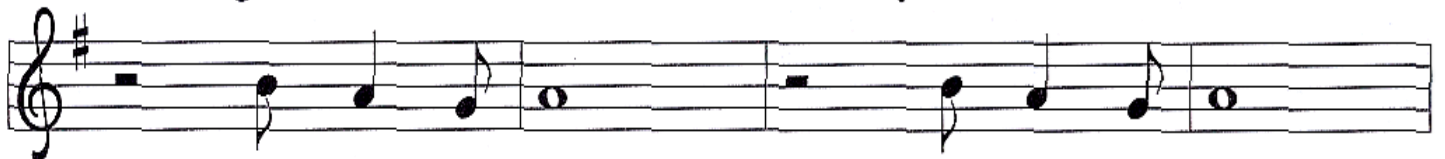
One bread, one bod-y, one Lord of all; one cup of



bles-sing which we bless, and we, though man-y



through-out the earth, we are one bod - y in this one Lord.



| | | | | |
|---|------------|-------------|------------|------------|
| 1 | Gen - tile | or Jew, | ser - vant | or free, |
| 2 | Man - y | the gifts, | man - y | the works, |
| 3 | Grain for | the fields, | scat-tered | and grown, |



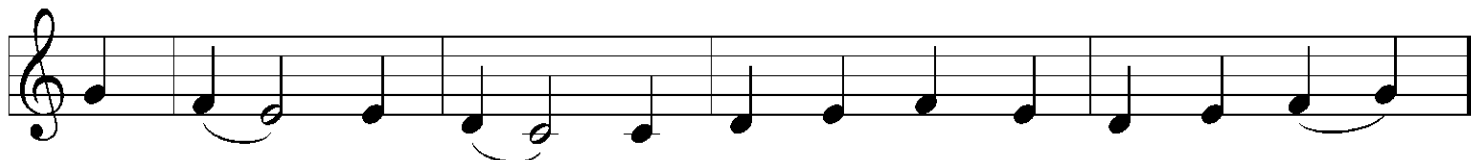
| | | | |
|-------------|----------|-----|-------|
| wom - an | or man, | no | more. |
| one in | the Lord | of | all. |
| gath - ered | to one | for | all. |

Refrain

The Lamb

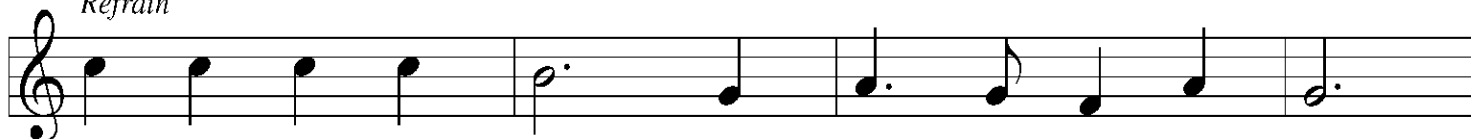


1 The Lamb, the Lamb, O Fa - ther, where's the sac - ri - fice?
2 The Lamb, the Lamb, one per - fect fi - nal of - fer - ing.
3 The Lamb, the Lamb, as way - ward sheep their shep - herd kill.



Faith sees, be - lieves God will pro - vide the Lamb of price!
The Lamb, the Lamb, let earth join heav'n his praise to sing.
So still, his will on our be - half the Law to fill.

Refrain



Wor - thy is the Lamb whose death makes me his own!



The Lamb is reign - ing on his throne!

Post Communion Blessing and Prayer

Please stand in body or spirit.

P The body and blood of our Lord Jesus Christ strengthen you
and keep you in his grace.

All Amen

P Let us pray,
Generous God,

All at this table we have tasted your immeasurable grace.

As grains of wheat are gathered into one bread,

now make us one loaf to feed the world;

in the name of Jesus, the Bread of life. Amen.

You may be Seated

Receiving of New Members through Affirmation of Baptism

Debra Larsen Vance Larsen
Sherry Fritschle John Fritschle
Bryan Clark

P Dear friends, we give thanks for the gift of baptism and for these people, one with us in the body of Christ, who are making public affirmation of their baptism.

WA I present ***Deb Larsen, Vance Larsen, Sherry Fritschle, John Fritschle*** and ***Bryan Clark***, who desire to make public affirmation of their baptism.

P Let us pray.

Merciful God, we thank you for these sisters and brothers whom you have made your own by water and the Word in baptism.

You have called them to yourself,
enlightened them with the gifts of your Spirit,
and nourished them in the community of faith.

Uphold your servants in the gifts and promises of baptism,
and unite the hearts of all whom you have brought to new birth.

We ask this in the name of Christ.

All Amen.

Profession of Faith

P I ask you to profess your faith in Christ Jesus, reject sin, and confess the faith of the church.

Do you renounce the devil and all the forces that defy God?

Response: I renounce them.

P Do you renounce the powers of this world that rebel against God?

Response: I renounce them.

P Do you renounce the ways of sin that draw you from God?

Response: I renounce them.

P Do you believe in God the Father?

***All* I believe in God, the Father almighty,
creator of heaven and earth.**

P Do you believe in Jesus Christ, the Son of God?

***All* 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.**

P Do you believe in God the Holy Spirit?

***All* 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.**

Affirmation

P You have made public profession of your faith. Do you intend to continue in the covenant God made with you in holy baptism:
to live among God's faithful people,
to hear the word of God and share in the Lord's supper,
to proclaim the good news of God in Christ
through word and deed,
to serve all people, following the example of Jesus,
and to strive for justice and peace in all the earth?

***Response:* I do, and I ask God to help and guide me.**

P People of God, do you promise to support these sisters and brothers and pray for them in their life in Christ?

***Response:* We do, and we ask God to help and guide us.**

P Let us pray.

We give you thanks, O God, that through water and the Holy Spirit you give us new birth, cleanse us from sin, and raise us to eternal life. Stir up in your people the gift of your Holy Spirit: the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge

and the fear of the LORD, the spirit of joy in your presence, both now and forever. Amen.

P Let us rejoice with this sister and brother in Christ.

All We rejoice with you in the life of baptism.
Together we will give thanks and praise to God
and proclaim the good news to all the world.

The Magnificat

Luke 1:46-55

1. My ——— soul pro - claims your
great-ness, O God, and my spir - it re - joic - es in
you, You have looked with love on your
ser - vant here, and blessed me all my life through.

²⁶When they had sung the hymn, they went out to the Mount of Olives. ²⁷And Jesus said to them,

*"You will all become deserters; for it is written,
'I will strike the shepherd, and the sheep will be scattered.'*

²⁸*But after I am raised up, I will go before you to Galilee."*

²⁹Peter said to him,

"Even though all become deserters, I will not."

³⁰Jesus said to him,

"Truly I tell you, this day, this very night, before the cock crows twice, you will deny me three times."

³¹But Peter said vehemently,

"Even though I must die with you, I will not deny you."

And all of them said the same.

³²They went to a place called Gethsemane; and he said to his disciples,
"Sit here while I pray."

³³He took with him Peter and James and John, and began to be distressed and agitated. ³⁴And he said to them,

"I am deeply grieved, even to death; remain here, and keep awake."

³⁵And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. ³⁶He said,

*"Abba, Father, for you all things are possible;
remove this cup from me;
yet, not what I want, but what you want."*

³⁷He came and found them sleeping; and he said to Peter,

"Simon, are you asleep? Could you not keep awake one hour?"

³⁸*Keep awake and pray that you may not come into the time of trial;
the spirit indeed is willing, but the flesh is weak."*

³⁹And again he went away and prayed, saying the same words.

⁴⁰And once more he came and found them sleeping, for their eyes were very heavy; and they did not know what to say to him.

⁴¹He came a third time and said to them,

"Are you still sleeping and taking your rest? Enough!

The hour has come; the Son of Man is betrayed into the hands of sinners. ⁴²Get up, let us be going. See, my betrayer is at hand."

Prayers of the People

Trusting in God's promise to reconcile all things, let us pray for the church, the well-being of creation, and a world in need.



Hear our prayer, hear our prayer, Lord, make us whole:
peace to all people, hope for each soul.
God of grace, in this place, hear now our prayer.

(each prayer petition ends with)

L: You hear us, O God. **All:** Your mercy is great.

⁴³Immediately, while he was still speaking, Judas, one of the twelve, arrived; and with him there was a crowd with swords and clubs, from the chief priests, the scribes, and the elders.

⁴⁴Now the betrayer had given them a sign, saying,
"The one I will kiss is the man; arrest him and lead him away under guard."

⁴⁵So when he came, he went up to him at once and said, *"Rabbi!"* and kissed him. ⁴⁶Then they laid hands on him and arrested him. ⁴⁷But one of those who stood near drew his sword and struck the slave of the high priest, cutting off his ear. ⁴⁸Then Jesus said to them,

"Have you come out with swords and clubs to arrest me as though I were a bandit? ⁴⁹Day after day I was with you in the temple teaching, and you did not arrest me. But let the scriptures be fulfilled."

⁵⁰All of them deserted him and fled.

⁵³They took Jesus to the high priest; and all the chief priests, the elders, and the scribes were assembled. ⁵⁴Peter had followed him at a distance,

right into the courtyard of the high priest; and he was sitting with the guards, warming himself at the fire. ⁵⁵ Now the chief priests and the whole council were looking for testimony against Jesus to put him to death; but they found none. ⁵⁶ For many gave false testimony against him, and their testimony did not agree. ⁵⁷ Some stood up and gave false testimony against him, saying, ⁵⁸

"We heard him say, 'I will destroy this temple that is made with hands, and in three days I will build another, not made with hands.'"

⁵⁹ But even on this point their testimony did not agree.

⁶⁰ Then the high priest stood up before them and asked Jesus, *"Have you no answer? What is it that they testify against you?"*

⁶¹ But he was silent and did not answer. Again the high priest asked him, *"Are you the Messiah, the Son of the Blessed One?"*

⁶² Jesus said, *"I am; and 'you will see the Son of Man seated at the right hand of the Power,' and 'coming with the clouds of heaven.'"*

⁶³ Then the high priest tore his clothes and said, *"Why do we still need witnesses?"*

⁶⁴ *"You have heard his blasphemy! What is your decision?"*

All of them condemned him as deserving death. ⁶⁵ Some began to spit on him, to blindfold him, and to strike him, saying to him, *"Prophesy!"* The guards also took him over and beat him.

While Peter was below in the courtyard, one of the servant-girls of the high priest came by. ⁶⁷ When she saw Peter warming himself, she stared at him and said,

"You also were with Jesus, the man from Nazareth."

⁶⁸ But he denied it, saying,

"I do not know or understand what you are talking about."

And he went out into the forecourt. Then the cock crowed.

⁶⁹ And the servant-girl, on seeing him, began again to say to the bystanders, *"This man is one of them."*

⁷⁰ But again he denied it.

Then after a little while the bystanders again said to Peter,

"Certainly you are one of them; for you are a Galilean."

⁷¹But he began to curse, and he swore an oath,

"I do not know this man you are talking about."

⁷²At that moment the cock crowed for the second time.

Then Peter remembered that Jesus had said to him,

"Before the cock crows twice, you will deny me three times."

And he broke down and wept.

Mark 15

As soon as it was morning, the chief priests held a consultation with the elders and scribes and the whole council. They bound Jesus, led him away, and handed him over to Pilate. ²Pilate asked him,

"Are you the King of the Jews?"

He answered him, *"You say so."*

³Then the chief priests accused him of many things.

⁴Pilate asked him again,

"Have you no answer?"

See how many charges they bring against you."

⁵But Jesus made no further reply, so that Pilate was amazed.

⁶Now at the festival he used to release a prisoner for them, anyone for whom they asked. ⁷Now a man called Barabbas was in prison with the rebels who had committed murder during the insurrection. ⁸So the crowd came and began to ask Pilate to do for them according to his custom. ⁹Then he answered them,

"Do you want me to release for you the King of the Jews?"

¹⁰For he realized that it was out of jealousy that the chief priests had handed him over. ¹¹But the chief priests stirred up the crowd to have him release Barabbas for them instead.

¹²Pilate spoke to them again,

"Then what do you wish me to do with the man you call the King of the Jews?"

¹³They shouted back,

Congregation ***"Crucify him!"***

¹⁴Pilate asked them, "Why, what evil has he done?"
But they shouted all the more,

Congregation ***"Crucify him!"***

¹⁵So Pilate, wishing to satisfy the crowd, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.

¹⁶Then the soldiers led him into the courtyard of the palace (that is, the governor's headquarters); and they called together the whole cohort. ¹⁷And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him. ¹⁸And they began saluting him,

Congregation ***"Hail, King of the Jews!"***

¹⁹They struck his head with a reed, spat upon him, and knelt down in homage to him. ²⁰After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him.

²¹They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus. ²²Then they brought Jesus to the place called Golgotha (which means the place of a skull). ²³And they offered him wine mixed with myrrh; but he did not take it. ²⁴And they crucified him, and divided his clothes among them, casting lots to decide what each should take.

²⁵It was nine o'clock in the morning when they crucified him.

²⁶The inscription of the charge against him read,

"The King of the Jews."

²⁷And with him they crucified two bandits, one on his right and one on his left.

²⁹Those who passed by derided him, shaking their heads and saying,

*"Aha! You who would destroy the temple and build it in three days,
³⁰save yourself, and come down from the cross!"*

³¹In the same way the chief priests, along with the scribes, were also mocking him among themselves and saying,

"He saved others; he cannot save himself.

³²*Let the Messiah, the King of Israel, come down from the cross now,
so that we may see and believe."*

Those who were crucified with him also taunted him.

³³When it was noon, darkness came over the whole land until three in the afternoon. ³⁴At three o'clock Jesus cried out with a loud voice,

"Eloi, Eloi, lema sabachthani?"

which means, "My God, my God, why have you forsaken me?"

³⁵When some of the bystanders heard it, they said,

"Listen, he is calling for Elijah."

³⁶And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying,

"Wait, let us see whether Elijah will come to take him down."

³⁷Then Jesus gave a loud cry and breathed his last. ³⁸And the curtain of the temple was torn in two, from top to bottom. ³⁹Now when the centurion, who stood facing him, saw that in this way he breathed his last, he said,

"Truly this man was God's Son!"

⁴⁰There were also women looking on from a distance; among them were Mary Magdalene, and Mary the mother of James the younger and of Joses, and Salome. ⁴¹These used to follow him and provided for him when he was in Galilee; and there were many other women who had come up with him to Jerusalem.

⁴²When evening had come, and since it was the day of Preparation, that is, the day before the sabbath, ⁴³Joseph of Arimathea, a respected member of the council, who was also himself waiting expectantly for the kingdom of God, went boldly to Pilate and asked for the body of

Jesus. ⁴⁴Then Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he had been dead for some time. ⁴⁵When he learned from the centurion that he was dead, he granted the body to Joseph.

⁴⁶Then Joseph bought a linen cloth, and taking down the body, wrapped it in the linen cloth, and laid it in a tomb that had been hewn out of the rock. He then rolled a stone against the door of the tomb. ⁴⁷Mary Magdalene and Mary the mother of Joses saw where the body was laid.

Were You There

1 Were you there when they cru - ci - fied my Lord? Were you there?

The first system of musical notation for the hymn 'Were You There'. It consists of a vocal line on a treble clef staff and a piano accompaniment on a bass clef staff. The key signature has two flats (B-flat and E-flat), and the time signature is 4/4. The lyrics are: '1 Were you there when they cru - ci - fied my Lord? Were you there?'

Were you there when they cru - ci - fied my Lord? Were you there?

The second system of musical notation, continuing the vocal and piano parts from the first system. The lyrics are: 'Were you there when they cru - ci - fied my Lord? Were you there?'

Refrain

Oh, some-times it caus-es me to trem-ble, trem-ble, trem-ble.

The Refrain section of the musical notation. It features a vocal line and piano accompaniment. The lyrics are: 'Oh, some-times it caus-es me to trem-ble, trem-ble, trem-ble.'

Were you there when they cru - ci - fied my Lord?

The final system of musical notation, which repeats the vocal and piano parts from the first system. The lyrics are: 'Were you there when they cru - ci - fied my Lord?'

Stewardship of Life and Ministry Announcements

Benediction

Please stand as you are able.

P And so now go into the world,
committed to peaceful acts of resistance,
sitting up and paying attention to the quiet symbols of God's uplifting
presence, ✝ knowing that even in the midst of crushing oppression,
you have all you need to be up to something good.

All Amen.

Were you there when they cru - ci - fied my Lord?

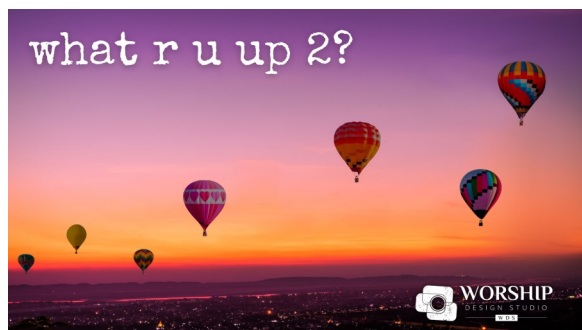
Dismissal

P Go in peace. Jesus meets you on the way.

All Thanks be to God.

Front Cover:

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Pg 22 Photo—<https://cocbuffalowy.com/2021/02/the-folded-face-cloth/>



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