

They say love is blind. I disagree.
Infatuation is blind, love is all-seeing
and accepting.

Love is seeing all the flaws and blemishes
and accepting them. Love is accepting the
bad habits and mannerisms, and working
around them. Love is recognizing all the
fears and insecurities, and knowing your role
is to comfort. Love is working through all
the challenges and painful times.
Infatuation is fragile and will shatter when
life is not perfect.

Love is strong and it strengthens
because it is real.



Thank you to the Choir for leading our
worship singing today!

If you have a prayer request, please
forward the request to the church office.
We will include it on the
prayer request list for a month,
unless you request for us to
leave it on longer.

Mission Partners and Liaisons

Local: HUNGER & HOMELESSNESS

ForKids - Marie Finch
St. Columba - Alice Allen-Grimes
St. Mary’s Soup Kitchen - Larry Hull
LAUNCH Ministry - Joe Morgan
The Norfolk Street Choir Project - Rich Voter

Local: OUTREACH & INCLUSION

Faith Inclusion Network - Lori Crouch
YOURS - Larry Hull
Tidewater Pastoral Counseling Services -
Catherine Hart Monroe

INTERNATIONAL

Ben Seidl in Germany - Craig Wansink
Jenn West in Ireland - Paul West
The Jungs in East Asia - Roz Klein
Our Partners in M.E. - Mark Erickson

2024 Session and Ministry Teams

Larry Hull, Clerk of Session

DISCIPLESHIP

Lynn Ruehlmann
Erin Todd
Lisa Dubey
Sandy Simmermon
Peggy Haile McPhillips

MISSION

Tami Ndahi
Mark Erickson
Chris Siemering

ADMINISTRATION

Philip Byrd
Wendy Horner
Sam Stearns
Rich Voter

Staff

Dr. Craig Wansink, Senior Pastor
Rev. Catherine Hart Monroe, Covenant Associate Pastor
Rev. Nancy Rowland, Parish Associate
Robert Shoup, Director of Music
Jo Kolb, Director of Communication & Administration
Katrina Wansink, Director of Children’s Ministry & Nursery
Andrea Franklin Matheson, Coordinator of Intergenerational Outreach
Tom Libbey, Facility Manager
Joe Morgan, Maintenance Specialist
Barbara Watson, Housekeeper and Host

cell: 757-412-7467
cell: 757-287-9897
cell: 302-354-5880
cell: 757-739-9444
cell: 757-406-0879
cell: 757-802-1536

cwansink@vuw.edu
revcat@spcnorfolk.org
rowlandnancy73@gmail.com
shoup.robert@spcnorfolk.org
jokolb@spcnorfolk.org
katwansink@gmail.com

March 17, 2024

11 a.m. Worship

Lent



Chiming Ringing of the bells indicates the beginning of worship.

We Gather In Need of the Risen Christ

Gathering in Musical Meditation

We listen: As morning breaks, I look to you, I look to you to be my strength this day.
We sing together: As morning breaks, we look to you, we look to you to be our strength this day.

Prayer Litany (based on Psalm 147, Isaiah 40:21-31, Mark 1:29-39)

Lord God, through Jesus you opened the eyes of the blind;
you healed the sick and you fed the hungry.

We give thanks for your mercy and your love.

Loving Father, by the Spirit you restore strength to the weary
and give hope to those who are in despair.

We give thanks for your mercy and your love.

You call us to proclaim your deeds and your wonders to all people,

We give thanks for your mercy and your love.

Descend on us like the light of a new day and give light to our souls. Amen.

Welcome

*Passing the Peace

<p>“Lust is the craving for salt of a man who is dying of thirst.”</p> <p>—Frederick Buechner</p> <p>“True love is giving, not getting. Someone has said, ‘Love can always wait to give, but lust can never wait to get.’”</p> <p>—Nancy Leigh DeMoss</p> <p>“Flee from sexual immorality.”</p> <p>—1 Corinthians 6:18</p>	<h1>We Recognize Our Need to Grow Closer to God</h1>		<h1>We Respond in Humility</h1>	
	<h2>*Singing Our Faith Together</h2> <p>No. 278 “The City Is Alive, O God”</p> <p>“... <i>empty, hungering hearts cry out for help...</i>”</p>		<h2>Meditating on Our Faith</h2> <p>“Set Me as a Seal Upon Your Heart”</p> <p>By David N. Childs</p>	
	<h2>*Confessing our Sin</h2> <p>(a prayer from John Calvin)</p> <p>Grant, Almighty God, that we may learn to be humble before you, and that we may not deceive ourselves by what is temporarily alluring or attractive. Grant that we may not put our hope in creatures or in this world, but that we may raise our minds upwards to you, and fix on you our hearts, and never doubt, that outside the embrace of your love, we shall have no other needs. Amen.</p>		<h2>Mission and Ministry of the Church</h2>	
	<p>Congregation sings together:</p> <p>Lord Jesus Christ, your light shines within us.</p> <p>Let not my doubts or my darkness speak to me.</p> <p>Lord Jesus Christ, your light shines within us.</p> <p>Let my heart always welcome your love.</p>		<h2>Offering Gratitude</h2> <p><i>As you offer thanks for God’s presence in your life, write down on a piece of paper one way you can strive toward being less self-centered.</i></p> <p><i>Please fold that paper, put it in the black basket in your pew, and then the person on the aisle will bring those baskets forward as an offering.</i></p> <p><i>These responses will be both read by the pastoral staff and prayed over.</i></p> <p><i>Thank you for all of the ways you share your time, life, and finances on behalf of the mission of this church family. Please feel free to financially support us by sharing your gifts in the baskets up front.</i></p>	
<h2>*Receiving Grace</h2> <p>Even though the future is clouded; God is with us, guiding, healing, comforting, restoring.</p> <p>Rejoice! In the name of Jesus Christ, you are forgiven.</p> <p>Amen.</p>		<h2>Prayers of the People and the Lord's Prayer</h2> <p>Our Father, who art in heaven, hallowed be Thy name.</p> <p>Thy kingdom come. Thy will be done, on earth as it is in heaven.</p> <p>Give us this day our daily bread, and forgive us our debts as we forgive our debtors.</p> <p>And lead us not into temptation, but deliver us from evil.</p> <p>For Thine is the kingdom and the power and the glory forever. Amen.</p>		
<h1>We Hear the Word</h1>		<h2>*Singing Our Faith Together</h2> <p>No. 904 “Lord, Make Us Servants”</p> <p>Verses 1, 3, and 4</p>		
<h2>Time of Discovery</h2>		<h1>We Depart in Joy</h1>		
<h2>Message</h2> <p>“I Am My Beloved’s”: Beyond Lust</p> <p>Matthew 5:27-28; Song of Songs 7:10-13</p>		<h2>*Benediction</h2> <p>In all you do, in word and deed, may Christ be proclaimed.</p> <p>Live your life in a manner worthy of the gospel of Christ. Amen.</p>		

“There is no dignity when the human dimension is eliminated from the person. In short, the problem with pornography is not that it shows too much of the person, but that it shows far too little.”

—John Paul II

“Lust . . . pretends sex and sexual pleasure are a party for one... It is a self-gratification project, ... divorced from love and mutual self-giving.”

—Rebecca K. DeYoung

“The lust of the flesh, the lust of the eyes, and the pride in one’s lifestyle is not from the Father, but is from the world”

—1 John 2;16

“There is no dignity when the human dimension is eliminated from the person. In short, the problem with pornography is not that it shows too much of the person, but that it shows far too little.”

—John Paul II

“Lust . . . pretends sex and sexual pleasure are a party for one... It is a self-gratification project, ... divorced from love and mutual self-giving.”

—Rebecca K. DeYoung

“The lust of the flesh, the lust of the eyes, and the pride in one’s lifestyle is not from the Father, but is from the world”

—1 John 2;16