



PROPHETESS

Deborah

The only female judge

Sunday, March 10, 2024 — The Fourth Sunday of Lent

The First Church in Albany

In response to God's unconditional love for all people made known to us in Jesus Christ, we are called to be a welcoming and affirming community. The First Church in Albany includes young and old, families, couples and singles, rich and poor, persons of various races, ethnicities, backgrounds, sexual orientation and gender identities, differing physical and mental abilities, believers and seekers. We welcome into the full life of the church all those whom God sends us. Centered in Christ, we commit ourselves to breaking down dividing walls and building a community where we are loved.

(Reformed Church in America)

Founded in 1642; Continuing in Ministry Today.

Prelude Reflection

*Love not the world nor yet forsake
Its gifts in fear and hate.
Thy life to God an offering make,
And to Him dedicate. (Author Unknown)*

Prelude

"Fantasie #1 in A Major"

G. Telemann

Jackie Wright, unaccompanied flute solo

Tolling of Bell

Processional Hymn

"We Are People on a Journey"

(see insert)

For each Sunday leading up to Palm Sunday during this season of Lent, five congregants will process with common Christian symbols of worship, signifying our Lenten journey to the cross. These common Christian symbols of worship are a cross (or cloth to drape the cross with), a candle lighter, the church's bible, and the sacramental elements of water, wheat, and vines.

Welcome, Announcements, & Blessing

There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day.

Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The LORD Almighty is with us; the God of Jacob is our fortress.

Call to Worship *Judges 5:2-3,7; Psalm 20:7*

Votum: Our help is in the name of the Lord who made heaven and earth.
Amen.

Leader: When the princes in Israel take the lead

People: When the people willingly offer themselves

All: Praise the Lord!

Leader: Hear this, you kings! Listen, you rulers!

People: I will sing to the Lord, I will sing. I will make music to the Lord, the God of Israel.

Leader: Village life in Israel ceased, until Deborah, arose, arose a mother in Israel

People: Some trust in chariots and some in horses; but we trust in the name of the Lord our God.

***Opening Hymn** *"Lead On, O King Eternal"* (see insert)

Prayer of Confession (based on *Reformed Worship December 2016, Number 122, pg 26*)

Risen Lord, we confess that we, like the disciples and followers, give up on hope so easily. We give up on the expectation that you will do something incredible. We forget the promises of God, even those whispered to us moments before. We want proof before we believe and proof we will be faithful. Increase our faith to move in the face of risk like Deborah. Increase our faith in times of uncertainty.

Time of silence

Assurance of Pardon & Fulfillment of the Law 2 Corinthians: 8-11

We were under great pressure, far beyond our ability to endure, so that we despaired even of life. Indeed in our hearts, we felt the sentence of death. But this happened that we might not rely on ourselves but on God who raises the dead. God has delivered us from such a deadly peril, and he will deliver us. On God, we have set our hope that God will continue to deliver us, as you help us by your prayers.

***Passing the Peace**

Leader: The peace of Christ be with you.

People: And also with you.

Leader: Let us spend a few moments greeting one another.

Prayer for Illumination *Please sing*

Spirit of the Living God, fall afresh on me. Spirit of the Living God, fall afresh on me. Melt me. Mold me. Fill me. Use me. Spirit of the Living God, fall afresh on me!

Sermon Text Judges 4: 1-10, 11-14

The Israelites again did what was evil in the sight of the LORD, after Ehud died. So the LORD sold them into the hand of King Jabin of Canaan, who reigned in Hazor; the commander of his army was Sisera, who lived in Harosheth-ha-goiim. Then the Israelites cried out to the LORD for help, for he had nine hundred chariots of iron and had oppressed the Israelites cruelly twenty years.

At that time Deborah, a prophet, wife of Lappidoth, was judging Israel. She used to sit under the palm of Deborah between Ramah and Bethel in the hill country of Ephraim, and the Israelites came up to her for judgment. She sent and summoned Barak son of Abinoam from Kedesh in Naphtali and said to him, "The LORD, the God of Israel, commands you, 'Position yourself at Mount Tabor, taking ten thousand from the tribe of Naphtali and the tribe of Zebulun. I will draw out Sisera, the general of Jabin's army, to meet you by the Wadi Kishon with his chariots and his troops, and I will give him into your hand.' " Barak said to her, "If you will go with me, I will go, but if you will not go with me, I will not go." And she said, "I will surely go with you; nevertheless, the road on which you are going will not lead to your glory, for the LORD will deliver Sisera into the hand of a woman." Then Deborah got up and went with Barak to Kedesh. Barak summoned Zebulun and Naphtali to Kedesh, and ten thousand warriors went up behind him, and Deborah went up with him.

When Sisera was told that Barak son of Abinoam had gone up to Mount Tabor, Sisera called out all his chariots, nine hundred chariots of iron, and all the troops who were with him, from Harosheth-ha-goiim to the Wadi Kishon. Then Deborah said to Barak, "Up! For this is the day on which the LORD has given Sisera into your hand. Has not the LORD gone out before you?" So Barak went down from Mount Tabor with ten thousand warriors following him.

Leader: The Word of the Lord.

People: Thanks be to God.

Sermon

Deborah

A Prayer of Blessing on the Word

***Hymn of Response** *"We Are Marching in the Light of God "* (see insert)

Tithes & Offerings: *If you would like to connect more with the life and mission of First Church, please fill out a Welcome Card found in your pew and place it in the offering as it goes by.*

Offertory

"Sonata "
Flute & Piano

M. Blavel

***Doxology** #592 in pew hymnal

**Praise God, from whom all blessings flow;
Praise God, all creatures here below;
Praise God above, ye heavenly hosts:
Praise Father, Son, and Holy Ghost. Amen.**

Prayers of the People: *A Lenten Prayer sung by choir*

Text B. Echols, Music by R. Powell

Lord, I ask a blessing for my soul today; Give me peace from heaven as I kneel and pray. Forty days did Jesus face temptations strong; Give me strength to conquer knowing right from wrong.

Lord, I ask a blessing for my soul today; Give me peace from heaven as I kneel and pray. I would be like Jesus turning from all sin, with His love to keep me true and faithful within.

Lord, I ask a blessing for my soul today; Give me peace from heaven as I kneel and pray. When I look to Jesus, He will show the way; Help me come to meet Him Pure on Easter Day.

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 debts, as we**

**forgive our debtors.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, and the
power, and the glory,
forever. Amen.**

***Sending Hymn**

"Lift High the Cross"

(see insert)

***Charge & Blessing**

Postlude

CRUCIFER
Flute & Organ

M. Burkhardt

Note: Please join Rev. Trey in Zimmerman Hall for the start of our Second Hour Lenten series on worship following coffee time.



Preacher: Rev. Dr. Mashona Walston

Liturgist: Rev. Trey Tirpak

Organist: Ikeke Prins

Vocalist and/or Specialist: Jackie Wright, flute, Choir

Audio/Visual: Joshua Bliss and Stephen Reohr

CCLI License

#463379;

One License

#A-700689



FOCUS
CHURCHES OF ALBANY

Easter
Sunrise
Service



March 31 at 6:30 am
Swan Street Stairs of West Capitol Park

Prayers, Concerns & Joys

- Jill Persons and Jill's mother in England who is transitioning to nursing care.
- Rose Hunsberger and family as they mourn the death of her father
- Ned Monthie, recovering from surgery
- Michelle Williams, for recovery
- Matt, cousin of Barb Andrews with health issues
- Rev. Dr. Mashona as she continues her health journey
- Mia Westman
- Becky Gardner
- Requests for the Tirpak Family
 - Trey's uncle, with cancer, family friend, with cancer, and a family friend who is caring for a terminally ill child
- Ginny Giguere
- Donna Schultz
- Jeff Curry
- Family of Gillian Persons and for her sister Sylvia
- Carol LaBatte
- Sam, son of Barb and Dave Andrews, with continued health concerns
- Charnelle Jones
- Family of Norma Jean Ballou
- Ken Lucas, friend of Philip Labatte
- Kokese Ballou
- For Jennifer Recene Gallagher
- Alexis Parry, niece of Cheryl Gowie
- Gail Santimaw, friend of Judith Utley-Suess
- John Utley, brother of Judith Utley- Suess
- Judith Utley-Suess, for strength
- Harold Bushnel
- Alex Bliss
- Mary Weijola
- Cheryl Gowie
- Ralph McNeil, brother of Norma Jean Ballou
- Anthony, of the Brown Family
- Olivia Gaydushek
- Clergy, staff and leaders of the First Church in Albany as they plan Lent and Holy Week Events.
- For those dealing with climate disasters like blizzards and wildfires.
- Prayers for Ukraine, Israel and Palestine and all areas of conflict across the globe. May we all remember to lead with love.
- For an end to gun violence here in Albany, in the U.S., and around the world.

If you have a concern or joy you would like to share with our church family,
email office@firstchurchinalbany.org or call the office at 518-463-4449

Come Join the



CHOIR

**Dear Church Family,
The Psalmist mandates us to sing a new
song!!!**

**The Choir will meet each Thursday in
Lent, from 6:30pm - 7:30pm. We need
your voices to join us as we “Praise the
Lord”!**

JR. CHOIR

**We are going to try for a Junior Choir to
help us sing on Easter. Any youngster, 9
and up, is welcome.**

**We will meet for a 1/2 hour right after
the worship service in the choir room.**



THE NEW NETHERLAND INSTITUTE IS
PLEASED TO ANNOUNCE

THE FORT ORANGE GALA DINNER

COMMEMORATING THE
QUADRICENTENNIAL OF THE FIRST
DUTCH SETTLEMENT IN THE
FUTURE ALBANY

SAVE THE DATE: JUNE 7, 2024

5:30 – 9:00 P.M.

FORT ORANGE CLUB
110 WASHINGTON AVE, ALBANY, NEW YORK 12210

FOR MORE INFORMATION CONTACT: NNI@NEWNETHERLANDINSTITUTE.ORG, 518-708-8720



The First Church in Albany is committed to the city and people of Albany NY.

This feeding ministry is part of our commitment.

Pantry Hours

**Monday and
Wednesday**

9am - 11:30am

The pantry entrance is on Orange St.

518-463-4449

www.firstchurchinalbany.org

The First Church in Albany
110 North Pearl St.
Albany NY 12207

Holy Week Services

**FCIA
2024**

PALM SUNDAY 3.24.24

- 10am, We process with Palms like those in Jerusalem to begin Holy Week.

MAUNDAY THURSDAY, TENEBRAE: A SERVICE OF SHADOWS 3.28.24

- 7pm, A time of meditation and song around Christ's suffering.

GOOD FRIDAY, CAPITAL AREA COUNCIL OF CHURCHES 3.29.24

- 12pm @ St. Stephens Episcopal Church, 16 Elsmere Ave., Delmar NY

HOLY SATURDAY 3.30.24

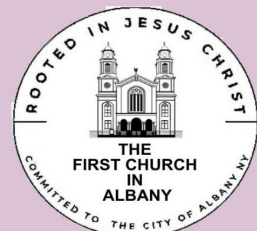
- 12pm, We remember the dead as we remember Christ's death.

FOCUS EASTER SUNRISE SERVICE 3.31.24

- 6:30am, West Capitol Park on the Swan Street Stairs

EASTER SUNDAY 3.31.24

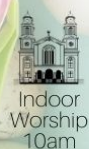
- 10am, We celebrate Christ's resurrection and the new life it gives us.



MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
 WOMEN'S HISTORY MONTH <i>March</i>				 T FOCUS Easter Sunrise Service March 31 6:30am West Capital Park	1	2 2024 Poor People's State of the State Assembly at the NYS Capitol
3  Communion Sunday  Coffee Hour	4 	5  Consistory Mtg.	6  AA	7  Soup & PB&J 11:30am  Choir Rehearsal  Potluck & First Thursday Night of Worship	8	9
10  Coffee Hour  Indoor Worship 10am  DAYLIGHT SAVING TIME BEGINS	11 	12 	13  AA	14  Soup & PB&J 11:30am  Choir Rehearsal	15	16 InterVarsity High School Event
17  Coffee Hour  Indoor Worship 10am 	18 	19 	20  AA  Weathervanes	21  Soup & PB&J 11:30am  Choir Rehearsal	22	23
24  Indoor Worship 10am  Happy Easter	25 	26  FOCUS Board Mtg.	27  AA	28  Maundy Thursday 7pm	29  Good Friday	30  Holy Saturday noon

Key:



Preacher: *M* Rev. Dr. Mashona Walston *T* Rev. Trey Tirpak *G* Guest

Easter Flowers

Order while quantities last. First come, first serve.

Lilies and Mums are
a suggested donation of \$15 each.
Please use the envelope available from the usher at the door
with check enclosed and place it in the offering,
or mail it to
First Church in Albany
110 N. Pearl St., Albany NY 12207

Make checks payable to First Church in Albany with "Easter
Flowers" on the memo line.

You may also call the office during the week at
518-463-4449



First Church in Albany

110 North Pearl St.
Albany NY 12207
518-463-4449

www.firstchurchinalbany.org

We Are People on a Journey

A E A E E/D#

1 We are peo - ple on a jour - ney, fol - lowing
 2 We are peo - ple on a jour - ney, tak - ing
 3 We are peo - ple on a jour - ney to the
 4 We are peo - ple on a jour - ney, ris - ing

C#m7 A2 E A

where the Mas - ter walks. We are peo - ple on a
 up the cross of Christ. We are peo - ple on a
 ta - ble of the Lord. We are peo - ple on a
 up in life re - born. We are peo - ple on a

E F#m7 E A E

jour - ney in the sha - dow 7 of the cross.
 jour - ney, mov - ing on ____ from death to life.
 jour - ney, fed by wa - ter 7 and the Word.
 jour - ney, speak - ing peace, ____ ac - cept - ing scorn.

A2 E

What com - pels? The face of Je - sus!
 We re - lease the sin that tan - gles.
 We re - mem - ber, we re - mem - ber
 We are walk - ing toward a home - land,

A2 D A

Who pro - tects? Our faith - ful guide:
 We re - lin - quish all ac - claim.
 how you wash dis - ci - ples' feet;
 to a mys - tery yet un - known;

E A E

he who treads the road of ser - vice,
 We re - ceive the suf - fering Sav - ior,
 we re - mem - ber on the last night
 to a king - dom com - ing quick - ly,

C#m7 A E

Christ the Lord, the cru - ci - fied.
 he our glo - ry, wealth, and fame.
 gifts of wine and bread to eat.
 to the light of God's own throne.

C#m7 Bm7 E A2 To stanzas E Final ending

Lead On, O King Eternal!

1 Lead on, O King e - ter - nal! The day of march has come;
2 Lead on, O King e - ter - nal, till sin's fierce war shall cease,
3 Lead on, O King e - ter - nal: we fol - low, not with fears,

hence-forth in fields of con - quest your tents shall be our home.
and ho - li - ness shall whis - per the sweet a - men of peace;
for glad-ness breaks like morn - ing wher-e'er your face ap - pears;

Through days of prep - a - ra - tion your grace has made us strong,
for not with swords' loud clash - ing, nor roll of stir - ring drums;
your cross is lift - ed o'er us; we jour - ney in its light.

and now, O King e - ter - nal, we lift our bat - tle song.
with deeds of love and mer - cy the heaven-ly king-dom comes.
The crown a - waits the con - quest; lead on, O God of might!

Not everything that looks like a battle ends up being one. This text, written for a seminary graduation, works well with its martial tune in the first stanza; but later stanzas turn from such imagery and focus on "deeds of love and mercy" and courage for life's journey.

We Are Marching in the Light of God

Siyahamba

First system of musical notation. Treble and bass staves in 4/4 time, key of D major. The melody features eighth and sixteenth notes with triplet markings. The lyrics are: "We are march-ing in the light of God; we are march-ing in the Si - ya - hamb' e - ku - kha - nyen' kwen - khos', si - ya - hamb' e - ku - kha -".

We are march-ing in the light of God; we are march-ing in the
Si - ya - hamb' e - ku - kha - nyen' kwen - khos', si - ya - hamb' e - ku - kha -

Second system of musical notation. Treble and bass staves. The melody continues with triplet markings. The lyrics are: "light of God. We are march - ing in the light of God; nyen' kwen - khos'. Si - ya - hamb' e - ku - kha - nyen' kwen - khos',".

light of God. We are march - ing in the light of God;
nyen' kwen - khos'. Si - ya - hamb' e - ku - kha - nyen' kwen - khos',

Third system of musical notation. Treble and bass staves. The melody continues with triplet markings. The lyrics are: "we are march-ing in the light of God. si - ya - hamb' e - ku - kha - nyen' kwen - khos'. we are march-ing in the light of, the light of God. si - ya - hamb' e - ku - kha - nyen' kwen-, kha - nyen' kwen - khos'.,".

we are march-ing in the light of God.
si - ya - hamb' e - ku - kha - nyen' kwen - khos'.
we are march-ing in the light of, the light of God.
si - ya - hamb' e - ku - kha - nyen' kwen-, kha - nyen' kwen - khos'.,

Fourth system of musical notation. Treble and bass staves. The melody continues with triplet markings. The lyrics are: "we are march-ing in the light of God. si - ya - hamb' e - ku - kha - nyen' kwen - khos'."

we are march-ing in the light of God.
si - ya - hamb' e - ku - kha - nyen' kwen - khos'.

Fifth system of musical notation. Treble and bass staves. The melody concludes with a long note in the treble and a triplet in the bass. The lyrics are: "We are march - ing Si - ya - ham - ba oo oo We are march-ing, march-ing, we are march-ing, march-ing, Si - ya - ham - ba, ham - ba, si - ya - ham - ba, ham - ba,".

We are march - ing
Si - ya - ham - ba oo oo
We are march-ing, march-ing, we are march-ing, march-ing,
Si - ya - ham - ba, ham - ba, si - ya - ham - ba, ham - ba,

We Are Marching in the Light of God

Siyahamba

We are march-ing in the light of God; we are march-ing in the
Si - ya - hamb' e - ku - kha - nyen' kwen - khos', si - ya - hamb' e - ku - kha -

light of God. nyen' kwen - khos'. We are march - ing in the light of God;
Si - ya - hamb' e - ku - kha - nyen' kwen - khos',

we are march-ing in the light of God.
si - ya - hamb' e - ku - kha - nyen' kwen - khos'.
we are march-ing in the light of, the light of God.
si - ya - hamb' e - ku - kha - nyen' kwen-, kha - nyen' kwen - khos'.

we are march-ing in the light of God.
si - ya - hamb' e - ku - kha - nyen' kwen - khos'.

We are march - ing
Si - ya - hamb - ba

oo

oo

We are march-ing, march-ing, we are march-ing, march-ing,
 Si - ya - ham - ba, ham - ba, si - ya - ham - ba, ham - ba,

we are march-ing in the light of God.
 si - ya - hamb' e - ku - kha - nyen' kwen - khos'.

we are march-ing in the light of, the light of God.
 si - ya - hamb' e - ku - kha - nyen' kwen-, kha - nyen' kwen - khos'.

we are march-ing in the light of God.
 si - ya - hamb' e - ku - kha - nyen' kwen - khos'.

We are march - ing
 Si - ya - ham - ba

We are march-ing, march-ing, we are march-ing, march-ing,
 Si - ya - ham - ba, ham - ba, si - ya - ham - ba, ham - ba,

we are march-ing in the light of God.
 si - ya - hamb' e - ku - kha - nyen' kwen - khos'.

Additional stanzas ad lib.: