

## There's a Psalm for This

A good portion of King David's life was spent on the run from King Saul, who was trying to kill him. There's a lot more to the story than that, but that's the incredibly short version. During his time on the run, at one point the safest place for David to be was the Cave of Adullam. Now, Adullam was more than just a hole in the ground, it had been turned into a defensible position, but the "cave" name stuck around. While in the cave, he wrote Psalm 57.

### Psalm 57 (CEB)

*For the music leader. Do not destroy.*

*A miktam of David, when he fled from Saul into the cave.*

Have mercy on me, God;

have mercy on me because I have taken refuge in you.

I take refuge in the shadow of your wings until destruction passes by.

I call out to God Most High—to God, who comes through for me.

He sends orders from heaven and saves me, rebukes the one who tramples me. *Selah*

God sends his loyal love and faithfulness.

My life is in the middle of a pack of lions. I lie down among those who devour humans.

Their teeth are spears and arrows; their tongues are sharpened swords.

Exalt yourself, God, higher than heaven! Let your glory be over all the earth!

They laid a net for my feet to bring me down;

they dug a pit for me, but they fell into it instead! *Selah*

My heart is unwavering, God—my heart is unwavering.

I will sing and make music. Wake up, my glory! Wake up, harp and lyre!

I will wake the dawn itself!

I will give thanks to you, my Lord, among all the peoples;

I will make music to you among the nations

because your faithful love is as high as heaven;

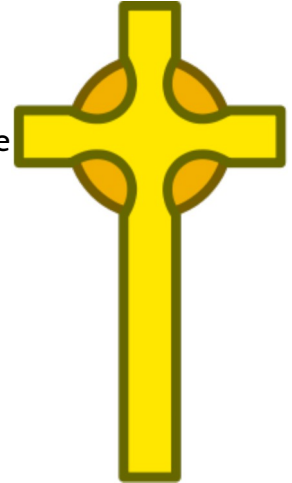
your faithfulness reaches the clouds.

Exalt yourself, God, higher than heaven! Let your glory be over all the earth!

Even while physically safe in his refuge, David cried out to God for salvation knowing that God was his true refuge. As we continue in this "moderate risk" phase of fighting the pandemic, we have steps we can take to keep ourselves and others safe, all while knowing that God is our refuge. David took refuge from his enemies in Adullam, even as he also trusted God to save him. We protect ourselves and others by wearing face coverings, practicing good hygiene, maintaining distance when in public – but we also trust in God to be our refuge in this and every situation. God will come through for us, as he did for David.

## Holy Cross Announcements

We're in the **Season of Easter**, as we continue to celebrate that the tomb in which Jesus was laid on Good Friday is now empty and he is risen! We rejoice with all of creation that sin and death have been defeated by Jesus Christ. Our paraments are white in honor of our risen Lord.



While our state and local health departments have reduced the risk level to “moderate”, they still suggest we continue with streamed services instead of in-person worship. The health department still recommends maintaining appropriate (6 ft) distance when outside of the home, wearing face coverings, limiting in-person interaction outside your own household, and remaining home except for essential trips. Let's continue to “flatten the curve” and keep each other safe!

**Scam Warning!** There have been some scammers going around using the names of local pastors to get Amazon and other gift cards. Pastor Mike and the other pastors in town are not asking anyone for gift cards or money. If you get a text or email from someone claiming to be one of the pastors in town and asking for money, do not purchase anything for them.

If, while we can't meet together, you want to still give an offering to the church, you can mail it to PO Box 732, Brigham City UT, 84302. The post office box gets checked regularly and your giving will be secure.

Please let me know if you have any updates for our **Prayer List**. Out of concern for people's privacy, I haven't been adding specific prayers to our church livestream, but we continue to pray for all those needs and concerns.

**Sunday School** for children and adults is recessed until the fall.

**Holy Cross Quilters** will resume meeting in the fall.

### **This Week's Readings:**

6<sup>th</sup> Sunday of Easter – *Faith, Hope, and Love* – 1 Corinthians 13:1-13; Mark 12:28-31

### **Next Week's Readings:**

Ascension Sunday – *Death Swallowed in Life* – 1 Corinthians 15:1-26,51-57; Luke 24:44-53

## Prayer List

*"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." — Phil 4:6*

### **Keep the following in your prayers**

**Robin & Family**, friends of Michelle, whose mother passed away.

**Family of Brooklyn**, a counselor at Big Canyon, who passed away unexpectedly.

**Trisha**, friend of Pastor Mike, diagnosed with breast cancer

**Our vulnerable populations**, especially those with underlying health conditions, the homeless, those lacking access to proper medical care in this time.

**Claudia Long**, Andrea's mom, for enhanced health concerns.

**Nora Greer**, for healing.

**Danna & Brennen**, friends of Michelle, mourning the death of their unborn babies.

**Trudee Klein**, friend of Deborah Kay, for healing from cancer.

**Sherri Rackham** recovering from surgery.

**Tom & Jeanette Croft**, friend of Kosbabs, for healing.

**Abby Rasmussen and family**, friends of Kosbabs, as she struggles with cystic fibrosis.

**Catherine**, mother-in-law of Michelle's friend Heather, for healing.

**John Buist**, our custodian, for continued health problems.

**Lynne**, Robert Quick's wife, with health issues.

**Aleasa**, Robert Quick's daughter, with health issues.

**Mark Sparkman**, Quick's son-in-law, recurring health problems.

**Gloria Perry**, for healing from health problems.

**Box Elder County Jail Ministry**, that the inmates may respond to the Gospel.

**Deborah Kay Hansen**, prayers for healing from recurring health problems.

**Rae Riser** for continuing health problems.

### **Give thanks to God**

**Margaret**, Jean's sister, is feeling a lot better!

**Rory**, 2-year-old daughter of friends of Rick, is cancer-free!

### **Keep those in prayer who are in harm's way**

**Medical professionals and other essential workers** who are continuing to work during this pandemic.

**Braxton Jeppsen**, serving in the US Navy.

*Let Pastor Mike know if there are any petitions you wish to add to our Prayer List. If you added someone to the prayer list, please update us on how they are doing! We love to celebrate praises as well as petitions.*