

There's a Psalm for This

The Bible has some weird stories. Like in 1 Samuel 21, when not-yet-king David, fleeing from Saul, found himself in the realm of Achish, the King of Gath. David was well-known to the Gath-ians – from a popular Israelite song which went, “Saul has killed his thousands, but David has killed his tens of thousands!” – so he feigned insanity, clawing at doors and drooling, to save himself from the vengeance of the people whose friends and relatives he had defeated in battle. By looking like a crazy person, Achish wanted nothing to do with David and let him go on his way.

In reference to this event, we have Psalm 34 (though, confusingly, the not-considered-inspired subtitle gets the name of the king of Gath wrong):

Psalm 34:1-10,17-22 (CEB)

*Of David, when he pretended to be crazy before Abimelech,
who banished him so that he left.*

I will bless the LORD at all times; his praise will always be in my mouth.

I praise the LORD—let the suffering listen and rejoice.

Magnify the LORD with me! Together let us lift his name up high!

I sought the LORD and he answered me. He delivered me from all my fears.

Those who look to God will shine; their faces are never ashamed.

This suffering person cried out: the LORD listened and saved him from every trouble.

On every side, the LORD'S messenger protects those who honor God;

and he delivers them.

Taste and see how good the LORD is! The one who takes refuge in him is truly happy!

You who are the LORD'S holy ones, honor him,

because those who honor him don't lack a thing.

Even strong young lions go without and get hungry,

but those who seek the LORD lack no good thing.

When the righteous cry out, the LORD listens; he delivers them from all their troubles.

The LORD is close to the brokenhearted; he saves those whose spirits are crushed.

The righteous have many problems, but the LORD delivers them from every one.

He protects all their bones; not even one will be broken.

But just one problem will kill the wicked,

and those who hate the righteous will be held responsible.

The LORD saves his servants' lives;

all those who take refuge in him won't be held responsible for anything.

One of my favorite things about this Psalm is that it doesn't try and pretend those who take refuge in God will never have trouble. Instead, it reminds us that by taking refuge in God, he will deliver us from our trouble. We can have the same confidence David had, that when we face problems – even if they are many – “the LORD listens; he delivers [us] from all [our] troubles.”

Pastor Mike Galica

Holy Cross Announcements

We are in the **Season after Pentecost**, when we are shaped by the Holy Spirit to learn and grow as followers of Jesus Christ. During this time, the narrative lectionary contains “mini-series” on various topics. This year we have series on the Lord’s Prayer, Job, and 2 Corinthians. Our paraments are green to reflect our growth as disciples of Jesus.

Katie Kihlstadius has started a “**Marco Polo**” **Prayer Group**. If you’d like to join an online group devoted to praying for our churches, communities, and world, reach out to her at 801-675-6279 for more info!

As our statewide COVID-19 cases have begun to drop, the church council has been in conversation about when the best time is to resume in-person worship. If you would like to share your views, please let Pastor Mike know and he’ll pass it along!

Our state and local health departments have maintained the risk phase at “low”, but that still means we should be cautious during this pandemic. The health department recommends maintaining appropriate (6 ft) distance when outside of the home, wearing face coverings, and continuing to practice good hand-washing and other hygiene measures like avoiding touching your face. High-risk individuals (those over 65 or with underlying medical conditions), have stricter recommendations. For more information visit coronavirus.utah.gov.

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.

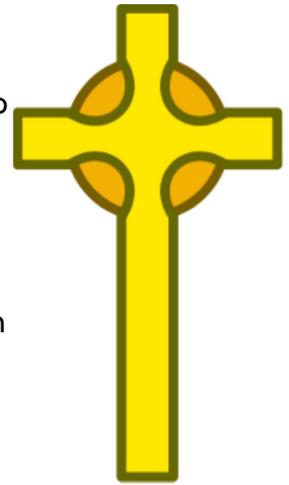
Holy Cross Quilters will resume meeting in the fall.

This Week’s Readings:

12th Sunday after Pentecost – *2 Corinthians: Part 3* –2 Corinthians 4:1-18; Matthew 5:13-20

Next Week’s Readings:

13th Sunday after Pentecost – *2 Corinthians: Part 4* –2 Corinthians 5:1-21; Luke 15:1-3,11-32



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

Claudia Long, Andrea's mom, back in the hospital for health concerns; prayers for Andrea and Bob as well during this stressful time.

Sherri Rackham recovering after a dog bite.

Family of Sharon, Pastor Mike's friend's aunt, who passed away.

The people of Beirut, Lebanon in the aftermath of a devastating explosion.

Lisa Weaver, friend of Kosbabs, who is hospitalized and in a coma.

Family and friends of Rae Riser, who passed away.

Chris, Ashley, and family, Jeff Hoedt's son and daughter-in-law, for health and safety during pregnancy.

Doug Anderson, family of Lexa, in the hospital with heart problems.

Gabe Leathum, friend of Pastor Mike's father-in-law, with major health issues.

Jae-Han, Young's brother, with stomach cancer, for protection and comfort for him and his wife.

Terry Pierce, friend of Bob Kosbab, for an unknown ailment.

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

Nora Greer, for healing.

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

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

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

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.

Give thanks to God

Catherine, mother-in-law of Michelle's friend Heather, is almost completely healed.

Keep those in prayer who are in harm's way

Medical professionals and all 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.