

There's a Psalm for This

A little bit ago I saw the crazy story of the young girl and her unicorn floatie swept out to sea by a weird combination of currents and wind, only to be rescued by a ferry by sheer chance. This week I feel quite a bit like how that little girl might have felt during her 20-or-so minute ordeal – swept out to sea with no idea what will happen next, unable to reach the bottom and tired of holding on to my unicorn floatie. Luckily, the Psalms can help focus our feelings, because David went through something similar in Psalm 69.

Psalm 69:1-3,13b-18,30-36 (CEB)

For the music leader. According to "The Lilies." Of David.

Save me, God, because the waters have reached my neck!
I have sunk into deep mud. My feet can't touch the bottom!
I have entered deep water; the flood has swept me up.
I am tired of crying. My throat is hoarse.
My eyes are exhausted with waiting for my God.

My prayer reaches you, Lord, at just the right time.
God, in your great and faithful love, answer me with your certain salvation!
Save me from the mud! Don't let me drown!
Let me be saved from those who hate me and from these watery depths!
Don't let me be swept away by the floodwaters!
Don't let the abyss swallow me up! Don't let the pit close its mouth over me!
Answer me, Lord, for your faithful love is good! Turn to me in your great compassion!
Don't hide your face from me, your servant, because I'm in deep trouble.
Answer me quickly!
Come close to me! Redeem me! Save me because of my enemies!

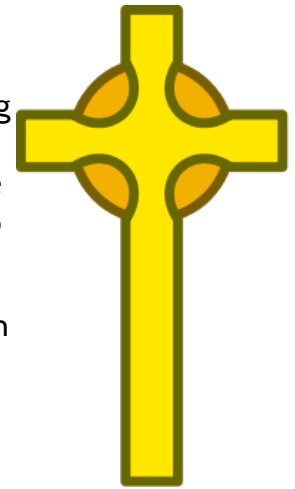
I will praise God's name with song; I will magnify him with thanks
because that is more pleasing to the Lord than an ox,
more pleasing than a young bull with full horns and hooves.
Let the afflicted see it and be glad!
You who seek God—let your hearts beat strong again
because the Lord listens to the needy and doesn't despise his captives.

Let heaven and earth praise God, the oceans too, and all that moves within them!
God will most certainly save Zion and will rebuild Judah's cities
so that God's servants can live there and possess it.
The offspring of God's servants will inherit Zion,
and those who love God's name will dwell there.

Sometimes, when the waters rise around us, all we can do is hold on to hope – even when that hope feels as small as a unicorn floatie. Like the man who brought his son to Jesus for healing, we cry out, "I have faith; help my lack of faith!"

Holy Cross Announcements

This Sunday is **Holy Cross Sunday**. We celebrate this feast day commemorating the semi-legendary arrival of pieces of the true cross to Constantinople because it is this congregation's name day! Today we remember that, on the cross, God revealed his loving nature to humanity. Our paraments are red to remind us of the blood of Christ, shed for us.



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!

We resumed meeting in-person on Sunday, September 6. Please see the page after the prayer list for more information on the steps we are taking to keep everyone safe and healthy as we resume meeting in-person. We will continue live-streaming our services for the foreseeable future for all those who, for whatever reasons, are unable or unwilling to attend in-person.

Our state and local health departments have maintained the COVID-19 restriction level at “yellow” or “low”. 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:

Holy Cross Sunday – *God's Promises Made Visible* – 1 Corinthians 1:18-25; Luke 9:18-27

Next Week's Readings:

15th Sunday after Pentecost – *Creation and Fall* – Genesis 2:4b-7,15-17, 3:1-8; Luke 11:1-13

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

Patty and family, Michelle's co-worker, for healing from COVID-19.

Lexa and baby due this month; prayers for a successful delivery.

Pauline, Arnie's sister, for healing from a fractured hip.

Debbie, Bob & Jean Quick's daughter-in-law, is out of the hospital but still needs prayers for health.

Claudia Long, Andrea's mom, is doing better but still needs prayer for strength and health.

Sherr Rackham recovering after a dog bite.

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.

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

Terry Pierce, friend of Bob Kosbab, is doing better.

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.

HCLC In-Person Worship Plan

Current as of August 26, 2020

With the goal of returning to meeting together in a safe, responsible way, creating opportunities for people to attend Holy Cross Lutheran in-person while limiting risk of contracting COVID-19; and out of a love for God and our neighbor (expressed in Luke 10:27) expressed, in part, through recognizing that different people will have different levels of comfort, and respecting each other's personal boundaries especially when they differ from our own (Galatians 5:13-15, Romans 14:13-19); the church council has decided to resume meeting in-person beginning on September 6.

As part of this decision, we wanted to have a plan in place to try to avoid the surprises we had in late May, when we had taken steps to meet in person only to, at the last minute, reverse those plans. We will be following the lead of the Box Elder School District in this regard: if BESD goes back to online-only instruction, we will also go back to online-only worship.

Here's is a description of what in-person worship will be like when we resume September 6:

- No coffee or refreshments provided.
- Discouraging visiting in the narthex and fellowship hall to maintain social distancing.
- Encouraging those who want to visit with each other to visit outdoors.
- Requiring wearing a mask, bandana, or other face covering.
- Providing hand sanitizer at the entrance to the church.
- No sharing of the peace, passing the offering plate, or gathering at the altar rail for Holy Communion.
- Individually prepared Communion cups for Communion.
- Limiting capacity to maintain social distance (roughly 8 households)
- If someone isn't feeling well, especially if exhibiting COVID-19 symptoms, please worship with us online.
- If someone is at high risk for complications of COVID-19, or is medically incapable of mask-wearing or following the other guidelines, please continue to worship with us online.

We will continue to monitor the pandemic situation, especially the response of the School District per our church council's decision. Keep an eye on the church website or Facebook page for updates. There's also a good chance some of the details of how we are meeting together will change; please be flexible as we all figure out together how we will move forward.

Please do remember that as we are resuming in-person worship, our online live-streams will continue. We have been gathering online for quite some time, and because we are still in extraordinary times, joining together for worship online is just as valid as joining together for worship in-person.

For more information on COVID-19, visit the Utah Health Department (coronavirus.utah.gov) or the Bear River Health Department (brhd.org/coronavirus/)

-Pastor Mike