

## There's a Psalm for This

Last week, I brought up the man who brought his son to Jesus for healing in Mark 9. This scene happens after Jesus comes down the mountain from the Transfiguration, and the 9 disciples who were left at the foot of the mountain couldn't help this guy at all. So the man pleads with Jesus, "If you can do anything, help us!" Jesus' disciples had failed to bring help, so the man was getting desperate for his son's sake. But Jesus says, "If you can do anything? All things are possible for the one who has faith." And at that the man replies, "I have faith; help my lack of faith!" And Jesus healed the boy.

So often we know the things God has promised. We know the things God has done. We know that God is faithful to save us from whatever we face. But it's also hard sometimes to really trust that. Psalm 40 gives us an example of David struggling with this very thing.

### **Psalm 40:1-5,11,16-17 (CEB)**

*For the music leader. Of David. A psalm.*

I put all my hope in the Lord. He leaned down to me; he listened to my cry for help.  
He lifted me out of the pit of death, out of the mud and filth,  
and set my feet on solid rock. He steadied my legs.  
He put a new song in my mouth, a song of praise for our God.  
Many people will learn of this and be amazed; they will trust the Lord.  
Those who put their trust in the Lord,  
who pay no attention to the proud or to those who follow lies, are truly happy!

You, Lord my God! You've done so many things—  
your wonderful deeds and your plans for us—no one can compare with you!  
If I were to proclaim and talk about all of them,  
they would be too numerous to count!

So now you, Lord—don't hold back any of your compassion from me.  
Let your loyal love and faithfulness always protect me,

But let all who seek you celebrate and rejoice in you.  
Let those who love your salvation always say, "The Lord is great!"  
But me? I'm weak and needy. Let my Lord think of me.  
You are my help and my rescuer. My God, don't wait any longer!

David puts his hope in the Lord – HaShem – the Name of God. He looks back in his life to a time when God rescued him, but now there's a new situation and he feels desperate. He knows intellectually that God has saved him in the past and will save him again, but in the moment, it's hard for him. He's waiting for God to act and rescue him. As the pandemic continues to drag on (case counts in our state are rising again), even though we know God will rescue us, it can be hard to wait for that rescue. Our minds wander; we get frustrated; we feel like God is far away. And all we can say is, "My God, don't wait any longer!"

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. Our readings begin with creation and progress through the prophets, telling us the story of God's people prior to the coming of the Messiah. 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!

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 set the COVID-19 restriction level at “green” or “minimal”. The health department still 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](https://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 is recessed. Adult Sunday will be posted to YouTube on Sunday mornings.

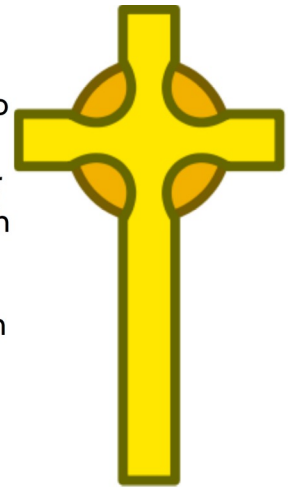
**Holy Cross Quilters** will resume meeting in the fall.

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

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

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

17<sup>th</sup> Sunday after Pentecost – *God's Promise to Abraham* – Genesis 15:1-6; Luke 3:1-14



## 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.

**Sherrí 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](https://coronavirus.utah.gov)) or the Bear River Health Department ([brhd.org/coronavirus/](https://brhd.org/coronavirus/))

-Pastor Mike