

## There's a Psalm for This

So many psalms follow very similar patterns: God you've helped me; I need help now; help me again! It makes sense, really. It's the human experience. The reason for the help changes, but we often face things bigger than ourselves that we need to reach out to God for. Sometimes it's someone out to get us, sometimes it's something that seems like it's out to get us, but the point is: God is our rescue. God has gotten us out of situations before, and God will do it again.

### Psalm 71:1-5,15- (CEB)

I've taken refuge in you, Lord. Don't let me ever be put to shame!  
Deliver me and rescue me by your righteousness! Bend your ear toward me and save me!  
Be my rock of refuge where I can always escape.  
You commanded that my life be saved because you are my rock and my fortress.

My God, rescue me from the power of the wicked;  
rescue me from the grip of the wrongdoer and the oppressor  
because you are my hope, Lord. You, Lord, are the one I've trusted since childhood.

My mouth will repeat your righteous acts and your saving deeds all day long.  
I don't even know how many of those there are!  
I will dwell on your mighty acts, my Lord.  
Lord, I will help others remember nothing but your righteous deeds.  
You've taught me since my youth, God, and I'm still proclaiming your wondrous deeds!  
So, even in my old age with gray hair, don't abandon me, God!  
Not until I tell generations about your mighty arm,  
tell all who are yet to come about your strength,  
and about your ultimate righteousness, God,  
because you've done awesome things!  
Who can compare to you, God?  
You, who have shown me many troubles and calamities, will revive me once more.  
From the depths of the earth, you will raise me up one more time.  
Please increase my honor and comfort me all around.  
Then I'll give you thanks with a harp—I will thank you for your faithfulness, my God.  
I will make music for you with the lyre, holy one of Israel.  
My lips will rejoice aloud when I make music for you;  
my whole being, which you saved, will do the same.  
My tongue, also, will tell of your righteousness all day long,  
because those who seek my downfall have been put to shame and disgraced.

But Psalm 71 doesn't just celebrate the rescue to God, the psalmist states that they will also share their joy at their rescue. That's an important point we sometimes miss in these psalms. It's not just about God saving us, it's also about us praising God – for ourselves, for others, and for God – for that rescue.

Pastor Mike Galica

## Holy Cross Announcements

We're in the **Season after Pentecost**, a time in the church year of studying the Scriptures in order to learn to follow Jesus more closely. Our paraments are green to symbolize growing more Christ-like each day.

The **Bear River Health Department** is administering COVID-19 vaccinations to all those over 12! For more information and to check availability, visit <https://brhd.org/covid-19-vaccine-information/>

If you're a Thrivent member, you may have **Thrivent Choice Dollars** to distribute! Visit [thrivent.com/thriventchoice](https://thrivent.com/thriventchoice) or call 800-847-4836 to find out if you are eligible.

If you want to give an offering to the church but are either unable to or don't feel comfortable with attending in person, 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.

**Sunday School** for children is recessed.

**Adult Sunday School** videos are posted to the church's YouTube page on Sunday mornings.

**Holy Cross Quilters** will start meeting again on October 20 at 9:30 AM.

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

20<sup>th</sup> Sunday after Pentecost – *God Provides Manna* – Exodus 16:1-18; John 8:48-58

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

21<sup>st</sup> Sunday after Pentecost – *God Calls Samuel* – 1 Samuel 3:1-21; John 20:19-23



# 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**

**Brenda**, Pastor Mike's cousin, with pancreatic cancer.

**Alan**, Pastor Mike's cousin, having a triple bypass.

**Shirley**, Pastor Mike's great-aunt, with heart and lung issues.

**Holly**, Bob Kosbab's cousin's daughter, hospitalized with COVID-19.

**Bob Quick**, for healing

**Ann**, Jeff Hoedt's daughter, **and her baby due in October**. Ann has gestational diabetes.

**Matt Long**, Andrea's brother, for healing and a successful surgery.

**Matt**, Deborah Kay's cousin, for healing.

**Tyson**, Michelle's dad's friend's son, for mental health.

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

**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.

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

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

## **Give thanks to God**

**Holly**, Bob Kosbab's cousin's daughter, is home from the hospital!

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

## **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. Out of concern for people's privacy, we no longer speak people's names in the worship service, but we continue to pray for all their needs and concerns.*