

There's a Psalm for This

How often do you take a Sabbath? I know I don't as often as I should! We often think of Sabbath as rest, but it's more than just that: it's resting in God's rest. The whole point of the Sabbath is to rest for a time, just as God rests after the work of creating the world. It's an incredibly important thing in both the Hebrew and Greek Scriptures to remember and embrace a time of Sabbath-rest. Psalm 92 is a psalm for the Sabbath day.

Psalm 92 (CEB)

A psalm. A song for the Sabbath day.

It is good to give thanks to the Lord, to sing praises to your name, Most High;
to proclaim your loyal love in the morning, your faithfulness at nighttime
with the ten-stringed harp, with the melody of the lyre
because you've made me happy, Lord, by your acts.

I sing with joy because of your handiwork.

How awesome are your works, Lord! Your thoughts are so deep!

Ignorant people don't know—fools don't understand this:

though the wicked spring up like grass and all evildoers seem to blossom,
they do so only to be destroyed forever.

But you, Lord, are exalted forever!

Look at your enemies, Lord!

Look at how your enemies die, how all evildoers are scattered abroad!

But you've made me as strong as a wild ox. I'm soaked in precious ointment.

My eyes have seen my enemies' defeat; my ears have heard the downfall of my evil foes.

The righteous will spring up like a palm tree. They will grow strong like a cedar of Lebanon.

Those who have been replanted in the Lord's house

will spring up in the courtyards of our God.

They will bear fruit even when old and gray;

they will remain lush and fresh in order to proclaim:

"The Lord is righteous. He's my rock. There's nothing unrighteous in him."

There is a neat, but completely unverifiable, tradition that says that on the very first Sabbath, Adam looked at creation and spoke this psalm in response to what God had done. It's almost certainly not who wrote the Psalm, but it tells us part of the reason for the Sabbath day. Yes, it is a chance for us to rest from our work, but we also focus on God – the things God has done for us, but also the things God will do. As we rest with God, we get a foretaste of the ultimate rest we will have in the resurrection and the new creation.

So let's make time to rest, not just to sit around and do nothing, but *actively* rest in God. One of my mentors even suggests scheduling that rest time, so rest is on our calendar as an "event", to remind us that resting is active, not just doing nothing. Because that active rest with God, those times we spend together with our creator, is so important, even though we often neglect that part of our life together with God.

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/>

Pastor Mike and Michelle's **Farewell Reception** will be on November 14 from noon to 2 PM. More details to come soon! (Pastor Mike's last Sunday is November 21.)

If you're a Thrivent member, you may have **Thrivent Choice Dollars** to distribute! Visit 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 meet on Wednesdays at 9:30 am

This Week's Readings:

22nd Sunday after Pentecost – *God Calls David* – 1 Samuel 16:1-13; John 7:14-24

Next Week's Readings:

23rd Sunday after Pentecost – *Solomon's Temple* – 1 Kings 5:1-5, 8:1-13; John 2:19-21



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

Elizabeth Taylor, Jenny's friend, hospitalized with COVID-19.

Ryker Jeppsen, Jenny's grandson, having surgery.

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.

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.