

Gettysburg United Methodist Church

July 29, 2020

Psalm 92

A Psalm. A Song for the Sabbath Day.

- 1 *It is good to give thanks to the Lord,
to sing praises to your name, O Most
High;*
- 2 *to declare your steadfast love in the
morning,
and your faithfulness by night,*
- 3 *to the music of the lute and the harp,
to the melody of the lyre.*
- 4 *For you, O Lord, have made me glad by
your work;
at the works of your hands I sing for joy.*
- 5 *How great are your works, O Lord!
Your thoughts are very deep!*
- 6 *The dullard cannot know,
the stupid cannot understand this:*
- 7 *though the wicked sprout like grass
and all evildoers flourish,
they are doomed to destruction forever,*
- 8 *but you, O Lord, are on high forever.*
- 9 *For your enemies, O Lord,
for your enemies shall perish;
all evildoers shall be scattered.*
- 10 *But you have exalted my horn like that
of the wild ox;
you have poured over me fresh oil.*
- 11 *My eyes have seen the downfall of my
enemies;
my ears have heard the doom of my evil
assailants.*
- 12 *The righteous flourish like the palm tree,
and grow like a cedar in Lebanon.*

- 13 *They are planted in the house of
the Lord;
they flourish in the courts of our God.*
- 14 *In old age they still produce fruit;
they are always green and full of sap,*
- 15 *showing that the Lord is upright;
he is my rock, and there is no
unrighteousness in him.*



Meditation

Read Philippians 4:4-9

When the coronavirus pandemic began back in January and February, I hoped (as did many) that we would be through the worst of it by now. Unfortunately, that is not the case. Here we are at the end of July, and things seem to be getting worse (especially in some states) rather than better.

We find ourselves facing long-term stress and anxiety. Long-term stress is different from what we experience in short-term situations. In short-term stress we easily can see the light at the end of the tunnel because the tunnel isn't that long. If students are worried about final exams, they know that finals will soon be over. If a patient is concerned about a medical test, it won't be long until the test is completed

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Rejoice in the Lord!

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and results are back.

But long-term stress is different. Even if we believe that there is a light at the end of the tunnel, we don't know how long the tunnel is going to be. We take two steps forward and one step back (or even one step forward and two steps back). We master one crisis only to be confronted with another that's totally unexpected. We're never sure what may happen next. Long-term stress can gradually wear us down in ways we never experience with short-term stress.

How can we cope with long-term stress? First, we need to recognize its presence and its effect on our lives. We may feel more anxious or tense, be less patient and more easily angered, suffer from 'cabin fever', feel like we can't take it anymore, and/or lack energy, feel depressed, and lose hope.

In Philippians 4, Paul shares some ways to handle long-term stress. First he tells us is to rejoice in the Lord. It's easy to say, but not easy to do. A pandemic is not a joyous time. But joy and peace aren't determined by external circumstances. Instead, they're bound up in our faith in God. "The joy of the Lord is your strength." (Neh. 8:10) Yet we focus on negative news from the world and our own feelings rather than on our relationship with God. Take one day at a time. The mercies of God are new every morning. Find something to be thankful for every day. When we praise God and worship him, our hearts are lifted to our true joy, Jesus Christ, and his love for us. Paul reminds us to trust God in all things as we

take everything to him in prayer. "In every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Phil. 4:6b-7) We share our concerns and worries with God and consciously release them into his care. He carries our burdens, and provides rest for our souls. As we give our concerns to the Lord and seek his will, his peace comes into our hearts.

Paul suggests we think about good and positive things (Phil 4:8). Sometimes we focus too much on the negative aspects of a situation, rather than on the Good Shepherd who leads through every dark valley. We need to be realistic, but we also need to be positive. It's not healthy to watch the news channel all the time. Focus on things that lift up your heart—music, or reading a good book, or exercise (which is especially good to relieve stress), or cooking, or sports (if available), or gardening, or family time, or whatever helps you relax and draw closer to God and to your family. If you focus on good things, Paul tells us, then "the God of peace will be with you." (Phil 4:9)

It helps to talk about our concerns with others. There is no substitute for a good empathetic listener. Sometimes we need a trusted friend; sometimes we can be a trusted friend for someone else. And if you still feel stressed out and frustrated, please don't hesitate to contact a counselor or a help line.

The times we live in are not easy ones. But God is always there for us and wants to share his love, his joy, and his peace with us every day.

Pastor Rick



Again I say, rejoice!

Prayer

Lord God, the journey is long but our faith is weak. Strengthen us with the joy of your Holy Spirit, and teach us to cast all of our cares and burdens upon you.

We pray for the needs of our nation and our world. Heal those who are sick, encourage those who despair, provide for those in need, and make us instruments of your peace in the world. This we pray through Jesus Christ our Lord. Amen.

Worship Services

Our regular Sunday Worship Services continue at 10:30 a.m. in the Sanctuary, following guidelines that are available on our website.

Sunday worship video services are uploaded to our GUMC Facebook page every week in time for Sunday morning.

Sunday School has not yet reopened.

Crisis Hotlines and Helplines

During these trying times, it's good to be aware of some of the positive resources available in our community. Many people are under extraordinary stress because of the current situation. Please feel free to share this information with others as you feel appropriate.

CONTACT Helpline: (800) 932-4616

Wellspan Behavioral Health Helpline (Philhaven):
(800) 932-0359

TrueNorth Crisis Line: (866) 325-0339

Substance Abuse Hotline: (800) 662-4357

Domestic Violence Hotline: (800) 799-7233

Adams-Hanover Crisis Information Referral Hotline:
(717) 632-4900

Weekly Prayer Concerns

Every week a list of recent prayer concerns will be included with this mailing. To add someone to the list, please call the church office.

This week's list (as of 7/28/2020) is:

Genny Reaver—now recovering at home.
Barbara Evans—recovering at home
Rodney Truscott

Members in Assisted Living / Skilled Care Homes:

Edith Bulman (SpiriTust Lutheran, York)
Kermit Carlson (Paramount, Fayetteville)
Shirley Hammond (Morning Glory, Littlestown)
Missy Legay (Moul Home, York)
Bob Reed (Lorien, Mt Airy, MD)
Peggy Reynolds (Quincy-cottage), Waynesboro)
Gloria Swingler (Country Meadows-apartment), Mechanicsburg

Members with Limited Mobility:

Butch Carter
Betty Cook
Joyce Dye
Pearl Keckler
Raymond Koenig
Chuck Lutz
Ruth Anna Polley
Wilma Schaible
Betty Schulteis
June Spencer
Virginia White

Communion

This Sunday, August 2, we will celebrate Holy Communion in our Facebook service and our Sanctuary service. If you're watching our service on Facebook, please have bread and grape juice ready to join in communion. If you're joining us in person, we will use containers that include a wafer and grape juice.

HYMN

The Old Rugged Cross

George Bennard

1 On a hill far away stood an old rugged cross,
the emblem of suffering and shame;
and I love that old cross where the dearest and best
for a world of lost sinners was slain.

Refrain:

So I'll cherish the old rugged cross,
till my trophies at last I lay down;
I will cling to the old rugged cross,
and exchange it some day for a crown.

2 O that old rugged cross, so despised by the world,
has a wondrous attraction for me;
for the dear Lamb of God left his glory above
to bear it to dark Calvary. [Refrain]

George Bennard was born in Youngstown, OH, in 1873. When he was a child, his family moved to Iowa. He was active as a preacher in the Salvation Army, and was ordained as a minister in the Methodist Episcopal Church. He wrote over 300 hymns before he died in 1958.

Bennard wrote both words and music for *The Old Rugged Cross* in 1912-1913. Charles H. Gabriel (a gospel song writer and publisher) helped with the harmonies. The full version was first performed at a revival service at the First Methodist Episcopal Church of Pokagon, MI. It was popularized through the Billy Sunday evangelistic campaigns. *The Old Rugged Cross* has long been a staple of country gospel music, and has been recorded by a number of country musicians. It may be found as number 504 in *The United Methodist Hymnal*.

Mission Central Need

COVID-19 has brought a lot of changes to Mission Central. One of these key changes impacting School and Activity Kits is these items can no longer be shared. Now, children need their own items to avoid sharing school supplies which, unfortunately, means we need more supplies than ever before! We will collect a different item every week.

This week's item of the week is ink pens. We prefer blue or black, please. You can purchase them and bring them to the church on Sunday morning or during the week. Thank you!

We greatly appreciate your continued faithful donations to GUMC during this time of change and crisis. Your faithfulness has enabled us to continue to pay all of our expenses, and we are very grateful for your continued generosity.

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