

Gettysburg United Methodist Church

June 23, 2021

Psalm 4

(NRSV)

To the leader: with stringed instruments.

A Psalm of David.

- 1 *Answer me when I call, O God of my right!
You gave me room when I was in distress.
Be gracious to me, and hear my prayer.*
- 2 *How long, you people, shall my honor suffer
shame?
How long will you love vain words, and seek
after lies? Selah*
- 3 *But know that the Lord has set apart the
faithful for himself;
the Lord hears when I call to him.*
- 4 *When you are disturbed, do not sin;
ponder it on your beds, and be silent. Selah*
- 5 *Offer right sacrifices,
and put your trust in the Lord.*
- 6 *There are many who say, "O that we might
see some good!
Let the light of your face shine on us, O Lord!"*
- 7 *You have put gladness in my heart
more than when their grain and wine
abound.*
- 8 *I will both lie down and sleep in peace;
for you alone, O Lord, make me lie down in
safety.*

Meditation

Read James 5:13-20

The world is a broken place. When Adam and Eve fractured their relationship with God through their disobedience, brokenness entered the world. Our relationship with God is broken. Our relationships

with others are broken. We ourselves are broken. Even though we were made in God's image, that image is now flawed and incomplete since our relationship with God has been severed. The wounds are deeper than we think. The world is a broken place, in need of healing.

And then there's COVID. We still feel its impact, even though we may think we've moved on. We continue to mourn the loss of people we knew (Pastor Jay Zimmerman, for example). We remember the painful isolation of social distancing, We may have been impacted economically, we may even have had COVID ourselves. We've all been under long-term stress from COVID, whether we acknowledge it or not. And even though we may think the stress is almost over, it can come back to sting us when we least expect it.

Jesus is our source of healing. He begins with spiritual healing. He brings forgiveness of sin, and a balm for those things that disturb our spirit --anger, guilt, reluctance to forgive others, and spiritual brokenness, for example. Loneliness, grief, stress, and anxiety all leave their scars. Jesus forgives our sins, helps us deal with our anger and grief in healthy ways, and provides grace to forgive others. He is always with us, and encourages us to reach out in love to the people around us.

An important part of spiritual healing is the healing of relationships. We may have wandered away from God, we may be angry with God, we may even feel that God has abandoned us. Jesus heals our broken relationship with God. He seeks us as a shepherd seeks a lost sheep. If we believe in him, confess our sin and seek his forgiveness, he is always faithful to answer and restore our relationship with God. Once our relationship with God is renewed, he turns to our relationships with others. He teaches us how to love and forgive, and how to seek forgiveness for ourselves. He equips us to carry each other's burdens and the share our joys and sorrows. He supplies grace to mend our broken relationships.

Jesus heals our emotions. Perhaps we're anxious, fearful, or uncertain of the future. Maybe we're depressed, or emotionally overloaded, or near our

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In a broken world, . . .

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breaking point. Jesus is the solid rock on which we stand. He is the perfect listener who understands our experience. He's been through what we go through. He is able to touch our souls in the power of his Holy Spirit. He is uniquely equipped to heal our brokenness if we trust our cares and concerns unto him.

I believe that Jesus also performs physical healing. He often works through doctors and other medical professionals, but sometimes he acts directly in our lives. We can't always understand why some are healed and others are not, but we can place our trust and our lives in Jesus' hands. He is our Good Shepherd, who leads us and guides us according to his good will. And when our earthly bodies finally fail, he brings us to the ultimate healing we find in heaven.

God often uses others as part of his healing process. A good friend can listen to us and pray with us. Counselors and other professionals are important sources of healing. Doctors are gifted with healing knowledge and skill. Support groups can be vital. Reach out to God, reach out to others. Jesus heals us so that we may help others to find healing in their own lives.

Jesus seeks to heal our brokenness, regardless of cause. There's a link between our bodies, our emotions, our relationships, and our souls. We are holistic beings; whatever affects one part of our life affects all of our life. Jesus wants to make us whole again. We can choose to suffer in our brokenness, or seek healing of body, soul, and spirit through the grace of God in Christ Jesus our Lord.

Bountiful Blessings

Once again we are in need of more shampoo, tooth paste and dish liquid for this program. Any donations can be placed in the labeled bin near the office doors. Thank you so much.

Prayer

Heal us, Lord, in the power of your Holy Spirit. Mend our brokenness, make us well and whole again. Send us forth to bring healing to the lives of others. Help us to share your love with them, and bring healing and wholeness to their pain and suffering.

Mend the brokenness of our world, we pray. Work your justice among the nations. Restore our broken relationships and make us one. Meet the needs of all who seek your grace, especially those who are ill or facing surgery, those who grieve, those who live in poverty and need, and those who seek true freedom and justice.

Gather us together under the wings of your love. Equip us to love and heal others in our world, as we bring all glory and praise to your name; through Jesus Christ our Lord. Amen.

Prayer Chain Update

Since Judy Woolston is having surgery toward the end of June, Sue Ressler is taking over as the Prayer Chain coordinator effective June 20 until Judy has recovered.

To put any concerns on the Prayer Chain on June 20 or later, please call Sue at (717) 357-0983.

Car Wash

The participants of the Bountiful Blessings program will be providing a free car wash, from 9:00 - noon on Saturday, July 17th, to you, the congregation of GUMC, as a thank you for your support and for providing supplies when the "cupboard was getting bare". Please stop by on that day as it will help these folks with their responsibilities to the program as well. Some will also be inside cleaning the tables in Fellowship Hall and wiping pews.

. . . our source of healing is Jesus.

Christina Grothe

Christina Grothe will be volunteering at GUMC as a Certified Lay Minister. As God leads her, she will be serving in parish nurse ministries, assisting with worship, and listening for the guidance of the Holy Spirit. Please welcome Christina to GUMC!

She writes this about her background and call:

“Hi I am Christina Grothe, and would like to introduce myself as a Certified Lay Minister. I am from Gatcheville Charge which encompasses Prospect and Cross Roads United Methodist Churches. I have been an LPN since 1992. In my early days as a Nurse I worked at York Hospital as a Cancer Nurse, then transitioned into the Educational Department where we trained Nursing students and Nursing Technicians on how to care for their residents. After a time working with York Hospital wanting to branch out, decided to work for GBMC Hospital in Maryland. I worked there as a PCU step down Cardiac Nurse for some years until transitioning into Case Management. Due to layoffs at GBMC an opportunity opened to work for Future Care Skilled Nursing Rehabilitation Centers and this is where I continue to work. I have been with Future Care for 13 years as a Regional Case Manager.

“In my Call from God I feel he is calling me to help with Disabled, Mentally Challenged, and people in need. I am hard of hearing have (been so all of my life) but the last 2 years I have lost enough of my hearing that I require hearing aids to be able to hear what people are saying. I also had trouble walking when I was born, requiring straps and special shoes until I was in the second grade. So I guess since I have walked the walk, God feels I would understand their trials and tribulations. My hope is to help them feel more welcome in the church, and to build opportunities to make them feel included.

“My hope is with your Church and community I can be asset to you—someone you can go to for any medical questions or just be a shoulder to lean on when you need someone. I am not sure what God

has planned for me but I look forward to seeing it through and going through this together as a team. I hope I can be a resource that will be helpful to you all.

“May God Bless and keep you all. If you wish to reach me my contact information is:

grothechristina@yahoo.com

443-328-6116

Blessings, Christina Grothe LPN, CLM

Weekly Prayer Concerns

To add someone to this prayer list, please call the church office.

This week's list (as of 6/22/2021) is:

Rodney Truscott

Penny Daugherty

Scott Bowers

Imogene Hunt's brother

Florence Davis

Mary Fleming

Ben Fisher

Rev. Meredith Ball

Charles Reeder (Cathy Libera's father)

Pat Kellam

Chuck and Rochelle Lutz

Judy Woolston

Sandy Speck

Members in Assisted Living / Skilled Care Homes:

Edith Bulman (SpiriTust Lutheran, York);

Shirley Hammond (Morning Glory, Little-

stown); Missy Legay (Moul Home, York); Peg-

gy Reynolds (Quincy-cottage, Waynesboro);

Gloria Swingler (Country Meadows-

apartment, Mechanicsburg)

Members with Limited Mobility:

Butch Carter, Betty Cook, Joyce Dye, Barbara

Evans, Pearl Keckler, Raymond Koenig,

Chuck Lutz, Ruth Anna Polley, Wilma Schai-

ble, Betty Schulteis, June Spencer

HYMN

There Is a Balm in Gilead

African-American Spiritual, arr. William Farley Smith

Refrain:

There is a balm in Gilead
to make the wounded whole;
there is a balm in Gilead
to heal the sin-sick soul.

1 Some times I feel discouraged,
and think my work's in vain.
But then the Holy Spirit
revives my soul again.
(Refrain)

2 Don't ever feel discouraged,
for Jesus is your friend,
and if you look for knowledge
he'll ne'er refuse to lend.
(Refrain)

3 If you can't preach like Peter,
if you can't pray like Paul,
just tell the love of Jesus,
and say he died for all.
(Refrain)

Spirituals express deep religious feeling and reflect the lives and conditions of African-American slaves. They mirror the sufferings and needs of those who sang them, as well as their deep faith in Jesus and their hope for freedom. They speak to the depths of the human condition in light of God's overwhelming grace. William Farley Smith is the arranger of many of the spirituals in our hymnal. He was born in Durham, NC, in 1941, and graduated from the Manhattan School of Music and Columbia University. He taught in New York City schools, and later taught at Montclair University and Drew University in New Jersey. He served as music director of St. Mark's United Methodist Church in Harlem, and has lectured extensively on African-American music in the United States and throughout the world.

There Is a Balm in Gilead is a spiritual that is based on Jeremiah 8:22: "Is there no balm in Gilead? Is there no physician there? Why then has the health of my poor people not been restored?" Gilead was known for its healing ointments, but Jeremiah was telling the people that true healing could only come from God. He advised them to seek healing for their sins of disobedience in order to avoid the coming destruction of Jerusalem. The spiritual reminds us that true healing for our brokenness may be found in Jesus and in his love. *There Is a Balm in Gilead* is number 375 in our hymnal.

Altar Flowers

The altar flowers for Sunday, June 27, are presented by Dale and Bill Shade in honor of their Fifty-Eighth Wedding Anniversary.



We greatly appreciate your continued faithful donations to GUMC during this time of continuing change. Your faithful giving is greatly appreciated, and we are very grateful for your continued generosity.

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