

# Welcome to Christ Lutheran Church



## Outdoor Worship Service

*Philippians 2:1-13*

*June 21, 2020*

*9:00 am*

## **SPECIAL INSTRUCTIONS**

To keep everyone safe, especially the most vulnerable among us, please adhere to the following guidelines:

- Practice strict social distancing. Do not get closer than 6 feet to anyone outside your family. If you plan to sing aloud, try to keep 10-15 feet apart from everyone.
- Once you find your spot, stay where you are and do not move around. This is important for children too.
- The playground is closed.
- Masks are strongly encouraged. They are available if you would like one.
- Communion will be brought to you. Further instructions will be given at that time. If you do not want to receive Communion, that is ok.
- The building is closed except for the bathrooms.
- Respect others' space, boundaries, and feelings out of love.

## **WELCOME AND ANNOUNCEMENTS**

*Welcome to worship, we are glad you are here! Please take a moment to pray for our brothers & sisters in Christ who cannot be with us today.*

## **GATHERING**

*We gather together as God's people.*

## **INVOCATION**

Pastor: We begin our worship in the name of the Father, and of the Son, and of the Holy Spirit.

**All: Amen.**

Pastor: This is the day that the Lord has made.

**All: Let us rejoice and be glad in it.** *(Psalm 118:24)*

Pastor: Give thanks to the Lord, for he is good,

**All: And his steadfast love endures forever.** *(Psalm 136:1)*

## MENTAL HEALTH MOMENT

*Grief*

### PRAYER OF THE DAY

Pastor: Let us pray. Gracious Lord, thank you for your presence and consolation when we are grieving. Help each of us follow your example of humility and grace as we look to the interests of others. In Jesus' name, we pray,

**All: Amen.**

### \*OPENING SONG                      “Everlasting God”

Strength will rise as we wait upon the Lord  
We will wait upon the Lord  
We will wait upon the Lord  
Strength will rise as we wait upon the Lord  
We will wait upon the Lord  
We will wait upon the Lord

Our God You reign forever  
Our Hope our strong Deliv'rer

You are the everlasting God  
The everlasting God  
You do not faint  
You won't grow weary  
You're the defender of the weak  
You comfort those in need  
You lift us up on wings like eagles

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# THE WORD

*We hear God's Word for our lives & offer response.*

**CHILDREN'S MESSAGE**

Pastor Chad

**SCRIPTURE READING**

Philippians 2:1-13

**2** If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, <sup>2</sup> make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. <sup>3</sup> Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. <sup>4</sup> Let each of you look not to your own interests, but to the interests of others. <sup>5</sup> Let the same mind be in you that was in Christ Jesus,

<sup>6</sup> who, though he was in the form of God,  
did not regard equality with God

as something to be exploited,

<sup>7</sup> but emptied himself,

taking the form of a slave,

being born in human likeness.

And being found in human form,

<sup>8</sup> he humbled himself

and became obedient to the point of death—

even death on a cross.

<sup>9</sup> Therefore God also highly exalted him

and gave him the name

that is above every name,

<sup>10</sup> so that at the name of Jesus

every knee should bend,

in heaven and on earth and under the earth,

<sup>11</sup> and every tongue should confess

that Jesus Christ is Lord,

to the glory of God the Father.

<sup>12</sup>Therefore, my beloved, just as you have always obeyed me, not only in my presence, but much more now in my absence, work out your own salvation with fear and trembling; <sup>13</sup>for it is God who is at work in you, enabling you both to will and to work for his good pleasure.

## SERMON

Pastor Chad Langdon

### \*SONG OF THE DAY “Your Grace Finds Me”

It's there in the newborn cry  
There in the light of ev'ry sunrise  
There in the shadows of this life  
Your great grace  
It's there on the mountain top  
There in the ev'ryday and the mundane  
There in the sorrow and the dancing  
Your great grace  
O such grace

#### *Refrain:*

From the creation to the cross  
There from the cross into eternity  
Your grace finds me  
Yes Your grace finds me

It's there on a wedding day  
There in the weeping by the graveside  
There in the very breath we breathe  
Your great grace  
The same for the rich and poor  
The same for the saint and for the sinner  
Enough for this whole wide world  
Your great grace  
O such grace

*Refrain*

There in the darkest night of the soul  
There in the sweetest songs of victory  
Your grace finds me  
Yes Your grace finds me

Your great grace O such grace  
Your great grace O such grace

Oh oh oh oh oh oh oh oh

So I'm breathing in Your grace  
And breathing out Your praise  
I'm breathing in Your grace  
Forever I'll be breathing in Your grace  
And breathing out Your praise  
I'm breathing in Your grace (*repeat*)

Forever God forever God  
Yes Your grace finds me  
Yes Your grace finds me

CCLI Song # 7000686

Jonas Myrin | Matt Redman

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**\*PRAYERS OF INTERCESSION**

*Response after each prayer*

Pastor: ...Lord, in your mercy,

**All: Hear our prayer.**

## THE MEAL

*We receive the Lord's Supper as nourishment for our lives.*

### **\*SHARING OF THE PEACE**

Pastor: The peace of the Lord be with you always.

**All: And also with you.**

### **\*WORDS OF CONFESSION**

Pastor: God of all mercy and consolation, come to the help of your people, turning us from our sin to live for you alone. Give us the power of your Holy Spirit that we may confess our sin, received your forgiveness, and grow into the fullness of Jesus Christ, our Savior and Lord.

**All: Amen.**

Pastor: Let us now confess our sins to God in the presence of one another.

*Silence for reflection & confession*

Pastor: Most merciful God,

**All: We confess that we are captive to sin and cannot free ourselves.**

**We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart. We have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name.**

**Amen.**

## **\*WORDS OF INSTITUTION**

Pastor: In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me. *(Mark 14:22-25)*

## **\*LORD'S PRAYER**

**All: Our Father in heaven, hallowed be your name.**

**Your kingdom come, your will be done, on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins,**

**as we forgive those who sin against us.**

**Save us from the time of trial, and deliver us from evil.**

**For the kingdom, the power and the glory are yours,**

**Now and forever. Amen.**

*(Matthew 6:9-14)*

## **DISTRIBUTION**

*Instructions: Remain where you are. The elements of Holy Communion will be brought to you.*

- *Receiving the bread: When the pastor comes to your area, extend your arms and cup your hands. The bread will be dropped into your hands. Gluten-free wafers are available upon request.*
- *Receiving the wine: An assistant will bring the (red) wine & (white) grape juice on a tray. Please touch only the cup that you are taking. After drinking, keep the cup and dispose of it after the service.*

*The Church believes that the full body & blood of Christ are present in each element, so if you choose to only receive the bread or the wine, you are still receiving the full benefit of Communion.*

*If you do not wish to receive the Sacrament or brought your own bread & wine, simply cross your arms when the pastor comes near.*

**\*WORDS OF FORGIVENESS**

Pastor: In the mercy of Almighty God, Jesus Christ was given to die for us, and for his sake God forgives you of all your sins. By grace you have been saved. In the name of Jesus Christ, your sins are forgiven. May Almighty God strengthen you with power through the Holy Spirit, that Christ may live in your hearts through faith.

**All: Thanks be to God!**

**SENDING**

*Blessed & nourished by God, we are sent into the world to share God's love with others.*

**\*BENEDICTION**

Pastor: May the Lord bless you and keep you. May the Lord make his face shine upon you and be gracious to you. May the Lord look upon you with favor and grant you peace, in the name of the Father, and of the Son, and of the Holy Spirit.

**All: Amen.**

*(Numbers 6:22-27)*

**\*SENDING SONG**                    “Whom Shall I Fear”

You hear me when I call  
You are my morning song  
Though darkness fills the night  
It cannot hide the light  
Whom shall I fear

You crush the enemy underneath my feet  
You are my sword and shield  
Though troubles linger still  
Whom shall I fear

*Refrain:*

I know Who goes before me  
I know Who stands behind  
The God of angel armies is always by my side  
The One who reigns forever  
He is a friend of mine  
The God of angel armies is always by my side

My strength is in Your name  
For You alone can save  
You will deliver me  
Yours is the victory  
Whom shall I fear  
Whom shall I fear  
(Whom shall I fear)

*Refrain*

(And) nothing formed against me shall stand  
You hold the whole world in Your hands  
I'm holding on to Your promises  
You are faithful  
You are faithful

*Refrain*

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## **\*DISMISSAL**

Pastor: Go in peace and serve the Lord.

**All: Thanks be to God!**

## **OFFERING**

If you would like to give an offering today, there are 4 ways to do that:

1. Drop your money into the Offering Bucket as you leave.
2. Text GIVE to 833-613-0706 and follow the prompts.
3. Visit our website [www.christ-lutheran.org](http://www.christ-lutheran.org) and click the tab: Give Online.
4. Download the app called “Tithe.ly” and follow the instructions.



Thank you for your continued generosity during these times!

# **Mental Health Matters**

## **Grief & the Pandemic**

*Oh how life has changed for all of us since the onset of the coronavirus pandemic. In a short period of time, we went from the freedom to go when, where and with whom we pleased to staying at home isolating with family with uncertainty of when life will be back to “normal” again. As a result, feelings of loss, isolation, sadness, lack of control and longing for what had been can overwhelm us emotionally, physically, and spiritually.*

*These feelings can be described as part of a grieving process. Grief is a natural response to loss and can feel out of control and frightening. Some valued information is shared in the following interview from article by Scott Berinato, Harvard Business Review, March 2020, titled “**That Discomfort You’re Feeling is Grief**”. The article is referencing living in the current pandemic crisis. The interview was with David Kessler who is known as one of the world’s foremost experts on grief. ~Elaine Miller, LMSW*

## **That Discomfort You’re Feeling is Grief**

**People are feeling any number of things right now. Is it right to call some of what they’re feeling grief?**

Kessler: We’re feeling a number of different griefs. We feel the world has changed, and it has. We know this is temporary, but it doesn’t feel that way, and we realize things will be different. Just as going to the airport is forever different from how it was before 9/11, things will change and this is the point at which they changed. The loss of normalcy; the fear of economic toll; the loss of connection. This is hitting us and we’re grieving. Collectively. We are not used to this kind of collective grief in the air.

We are also feeling anticipatory grief. Anticipatory grief is that feeling we get about what the future holds when we’re uncertain. Usually it centers on death. We feel it when someone gets a dire diagnosis or when we have the normal thought that we’ll lose a parent someday. Anticipatory grief is also more broadly imagined futures. There is a storm coming. There’s something bad out there. With a virus, this kind of grief is so confusing for people. Our primitive mind knows something bad is happening, but you can’t see it. This breaks our sense of safety. We’re feeling that loss of safety. I don’t think we’ve collectively lost our sense of general safety like this. Individually or as smaller groups, people have felt this. But all together, this is new. We are grieving on a micro and a macro level.

Understanding the stages of grief is a start. But whenever I talk about the stages of grief, I have to remind people that the stages aren’t linear and may not happen in this order. It’s not a map but it provides some scaffolding for this unknown world. There’s denial, which we say a lot of early on: *This virus won’t affect us*. There’s anger: *You’re making me stay*

*home and taking away my activities. There's bargaining: Okay, if I social distance for two weeks everything will be better, right? There's sadness: I don't know when this will end. And finally there's acceptance. This is happening; I have to figure out how to proceed.*

Acceptance, as you might imagine, is where the power lies. We find control in acceptance. *I can wash my hands. I can keep a safe distance. I can learn how to work virtually.*

Let's go back to anticipatory grief. Unhealthy anticipatory grief is really anxiety, and that's the feeling you're talking about. Our mind begins to show us images. My parents getting sick. We see the worst scenarios. That's our minds being protective. Our goal is not to ignore those images or to try to make them go away — your mind won't let you do that and it can be painful to try and force it. The goal is to **find balance in the things you're thinking**. If you feel the worst image taking shape, make yourself think of the best image. We all get a little sick and the world continues. Not everyone I love dies. Maybe no one does because we're all taking the right steps. Neither scenario should be ignored but neither should dominate either.

Anticipatory grief is the mind going to the future and imagining the worst. To calm yourself, you want to **come into the present**. This will be familiar advice to anyone who has meditated or practiced mindfulness but people are always surprised at how prosaic this can be. You can name five things in the room. There's a computer, a chair, a picture of the dog, an old rug, and a coffee mug. It's that simple. Breathe. Realize that in the present moment, nothing you've anticipated has happened. In this moment, you're okay. You have food. You are not sick. Use your senses and think about what they feel. The desk is hard. The blanket is soft. I can feel the breath coming into my nose. This really will work to dampen some of that pain.

You can also think about how to **let go of what you can't control**. What your neighbor is doing is out of your control. What is in your control is staying six feet away from them and washing your hands. Focus on that.

Finally, it's a good time to **stock up on compassion**. Everyone will have different levels of fear and grief and it manifests in different ways. A coworker got very snippy with me the other day and I thought, *That's not*

*like this person; that's how they're dealing with this. I'm seeing their fear and anxiety.* So be patient. Think about who someone usually is and not who they seem to be in this moment.

**One particularly troubling aspect of this pandemic is the open-endedness of it.**

Kessler: This is a temporary state. It helps to say it. I worked for 10 years in the hospital system. I've been trained for situations like this. I've also studied the 1918 flu pandemic. The precautions we're taking are the right ones. History tells us that. This is survivable. We will survive. This is a time to overprotect but not overreact.

And, I believe we will find meaning in it. I've been honored that Elisabeth Kübler-Ross's family has given me permission to add a sixth stage to grief: Meaning. I had talked to Elisabeth quite a bit about what came after acceptance. I did not want to stop at acceptance when I experienced some personal grief. I wanted meaning in those darkest hours. And I do believe we find light in those times. Even now people are realizing they can connect through technology. They are not as remote as they thought. They are realizing they can use their phones for long conversations. They're appreciating walks. I believe we will continue to find meaning now and when this is over.

**What do you say to someone who's read all this and is still feeling overwhelmed with grief?**

Kessler: Keep trying. There is something powerful about naming this as grief. It helps us feel what's inside of us. So many have told me in the past week, "I'm telling my coworkers I'm having a hard time," or "I cried last night." When you name it, you feel it and it moves through you. Emotions need motion. It's important we acknowledge what we go through. One unfortunate byproduct of the self-help movement is we're the first generation to have feelings about our feelings. We tell ourselves things like, *I feel sad, but I shouldn't feel that; other people have it worse.* We can — we should — stop at the first feeling. *I feel sad. Let me go for five minutes to feel sad.* Your work is to feel your sadness and fear and anger whether or not someone else is feeling something. Fighting it doesn't help because your body is producing the feeling. If we allow the feelings to happen, they'll happen in an orderly way, and it empowers us. Then we're not victims.

## **In an orderly way?**

Kessler: Yes. Sometimes we try not to feel what we're feeling because we have this image of a "gang of feelings." If I feel sad and let that in, it'll never go away. The gang of bad feelings will overrun me. The truth is a feeling that moves through us. We feel it and it goes and then we go to the next feeling. There's no gang out to get us. It's absurd to think we shouldn't feel grief right now. Let yourself feel the grief and keep going.

## **FAMILY PROMISE UPDATE**

Our next CLC Family Promise week is June 28 to July 5. That week the families will continue to shelter-in-place so they will not be staying at our church. As hosts for that week however, we are responsible for meals (as we were in March). If you are interested in signing up to provide a meal, please email or text me. ([millerelaine72@gmail.com](mailto:millerelaine72@gmail.com) or 620-474-6133). Right now, it looks like we will only be supporting one family of three people, but that could change. We also already have all the snacks we need for this round, so we do not need any more donations of those.

Thanks to all in advance!

Elaine Miller

## **Some News** **from Camp!**

### **Backyard Camping**

We know that nothing can replace the friendships, memories, and new adventures that camping at Tomah Shinga brings. But we hope that this summer will fill you up in new ways as we still worship together each morning and evening, take a hike to learn more about God's



creation around us, create something new and so much more! **Please subscribe to our YouTube page to make sure you can follow along in the fun.** We encourage you to take part in this summer's activities alongside the family in your household. While you are alongside us, we are so excited to Explore Creation, Build Community, and Grow Faith together. See you in the backyard!

## **Christmas in June**

This month we kicked off our *Christmas in June* celebration. We are using this time to officially begin our monthly giving program, **Rooted**. We have \$9,000 in matching funds to get this program going. That means that each dollar you give in June will be matched 100%.

The Rooted monthly giving program is a convenient and steadfast way to partner and support Tomah Shinga year-round. With a secure automated recurring transfer from your bank account or credit card or through consistent mail in donations, you can be sure that your gift is helping to maintain and nourish our ministry to its fullest potential. And you won't even have to think twice about it - your gift will be continuous, until you advise us to discontinue, increase or decrease your monthly contribution.

Please visit our website for more information on **Backyard Camping** and **Rooted**: [www.camptomahshinga.com](http://www.camptomahshinga.com).

Jacob Spilker, *Executive Director*

Jazz Turley, *Associate Director*

## **WEDNESDAY NIGHT BIBLE STUDY**

Every Wednesday night at 7:00pm, Pastor Chad is leading a Bible study via Facebook Live on his personal Facebook page. We've been focusing



on different aspects of mental health, where these issues show up in the Bible, and what we can learn from them. This Wednesday we will talking about **STRESS**. Please join us!