

Welcome to Christ Lutheran Church



Outdoor Worship Service

Philippians 3:1-21

July 5, 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

Substance Abuse

PRAYER OF THE DAY

Pastor: Let us pray. Gracious Lord, we pray for new life and resurrection wherever it is needed in the world. Help us receive your grace and offer grace to others. We pray this in the name of Jesus Christ, who claims us and makes us his own.

All: Amen.

***OPENING SONG** “10,000 Reasons (Bless the Lord)”

Chorus:

Bless the Lord O my soul O my soul
Worship His holy name
Sing like never before O my soul
I'll worship Your holy name

The sun comes up it's a new day dawning
It's time to sing Your song again
Whatever may pass and whatever lies before me
Let me be singing when the evening comes

Chorus

You're rich in love and You're slow to anger
Your name is great and Your heart is kind
For all Your goodness I will keep on singing
Ten thousand reasons for my heart to find

Chorus

And on that day when my strength is failing
The end draws near and my time has come
Still my soul will sing Your praise unending
Ten thousand years and then forevermore

Chorus

Worship Your holy name
Lord I'll worship Your holy name

Sing like never before O my soul
I'll worship Your holy name
Worship Your holy name
Worship Your holy name

THE WORD

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

CHILDREN'S MESSAGE

Pastor Chad

SCRIPTURE READING

Philippians 3:1-21

3 Finally, my brothers and sisters rejoice in the Lord.

To write the same things to you is not troublesome to me, and for you it is a safeguard.

²Beware of the dogs, beware of the evil workers, beware of those who mutilate the flesh! ³For it is we who are the circumcision, who worship in the Spirit of God and boast in Christ Jesus and have no confidence in the flesh— ⁴even though I, too, have reason for confidence in the flesh.

If anyone else has reason to be confident in the flesh, I have more: ⁵circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; ⁶as to zeal, a persecutor of the church; as to righteousness under the law, blameless.

⁷Yet whatever gains I had, these I have come to regard as loss because of Christ. ⁸More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ ⁹and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ,¹⁰ the righteousness from God based on faith. ¹⁰I want to know Christ¹⁰ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, ¹¹if somehow I may attain the resurrection from the dead.

¹²Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. ¹³Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴I press on toward the goal for the prize of the heavenly call of God in Christ Jesus. ¹⁵Let those of us then who are mature be of the same mind; and if you think differently about anything, this too God will reveal to you. ¹⁶Only let us hold fast to what we have attained.

¹⁷Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. ¹⁸For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. ¹⁹Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. ²⁰But our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. ²¹He will transform the body of our humiliation that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself.

SERMON

Pastor Chad Langdon

*SONG OF THE DAY “Amazing Grace (My Chains Are Gone)”

Amazing grace how sweet the sound
That saved a wretch like me
I once was lost but now I'm found
Was blind but now I see

'Twas grace that taught my heart to fear
And grace my fears relieved
How precious did that grace appear
The hour I first believed

Chorus:

My chains are gone I've been set free
My God my Savior has ransomed me
And like a flood His mercy rains
Unending love amazing grace

The Lord has promised good to me
His word my hope secures
He will my shield and portion be
As long as life endures

Chorus

The earth shall soon dissolve like snow
The sun forbear to shine
But God who called me here below
Will be forever mine
Will be forever mine
You are forever mine

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***PRAYERS OF INTERCESSION**

Response after each prayer

Pastor: ...Lord, in your mercy,

All: Hear our prayer.

RECEPTION OF NEW MEMBERS

Pastor: The Schweitzer family has come to us and desires to join our community of faith and our fellowship in the gospel of Jesus Christ:

Steve and Jeannene Schweitzer

Pastor: Let us pray, Merciful God, we thank you for Steve and Jeannene, who you have made your own through water and the Word in baptism. You have called them to yourself, enlightened them with the gifts of your Spirit, and nourished them in the community of faith. Uphold them in the gifts and promises of baptism and unite the hearts of all whom you have brought to new birth. We ask this in the name of Christ.

All: Amen.

Pastor: Do you intend to continue in the covenant God made with you in holy baptism: to live among God's faithful people, to hear the word of God and share in the Lord's supper, to proclaim the good news of God in Christ through word and deed, to serve all people, following the example of Jesus, and to strive for justice and peace in all the earth?

Schweitzer Family: We do, and we ask God to help and guide us.

Pastor: People of God, do you promise to support and pray for Steve and Jeannene who are our new brother and sister in the faith?

All: We do, and we ask God to help and guide us.

New Member Sponsors: We welcome you as members of Christ Lutheran Church as you join in our mission to "Love God with all our heart, soul, and mind, and to love our neighbors as ourselves, reaching out to touch as many people as possible with the good news of Jesus Christ."

All: We welcome you into our fellowship in the gospel and as fellow workers with us in the kingdom of God.

Pastor: Let us pray. We thank you, Lord, for these new members of our congregation. By your life-giving power, bind us to each other in you, strengthen us for service together, support us all of our days and bring us at length to that day when all your children will be one in you. In Jesus name we pray.

All: Amen.

Pastor: Let us rejoice with the Schweitzer family, our new brother and sister in Christ.

The congregation responds with applause in giving thanks to God.

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, receive 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 & please keep your mask on. The elements of Holy Communion will be brought to you. For safety reasons, we are currently using pre-packaged elements for Communion.

- *When the pastor comes to your area, extend your arms and cup your hands. The package of a bread wafer & grape juice will be dropped into your hands.*
- *The package has 2 openings to peel back. Peeling the top plastic cover releases the wafer, and the second seal opens the grape juice.*
- *After eating and drinking, keep the cup and dispose of it after the service.*
- *Gluten-free wafers are available upon request, although they are not pre-packaged.*

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**

“Holy Holy Holy”

Holy holy holy
Lord God Almighty
Early in the morning
Our song shall rise to Thee
Holy holy holy
Merciful and mighty
God in three persons
Blessed Trinity

Holy holy holy
All the saints adore Thee
Casting down their golden crowns
Around the glassy sea
Cherubim and seraphim
Falling down before Thee
Which wert and art
And evermore shalt be

Holy holy holy
Though the darkness hide Thee
Though the eye of sinfulness
Thy glory may not see
Only Thou art holy
There is none beside Thee
Perfect in power
In love and purity

Holy holy holy
Lord God Almighty
All Thy works shall praise Thy name
In earth and sky and sea
Holy holy holy
Merciful and mighty
God in three persons
Blessed Trinity

John Bacchus Dykes, Reginald Heber
Words: Public Domain

***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 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!

JULY WORSHIP/BUILDING SCHEDULE

Our Council has decided to keep the church building closed to activities & groups through the month of July. Our Sunday worship schedule will remain the same:

- 9:00am Outdoor with Communion
- 10:30am Virtual on Facebook Live

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 the mental health issues associated with **DEPRESSION**. Please join us!

SANDWICH SATURDAY

- Our next date to provide sack lunches is Saturday, July 25. We will need help on Friday, July 24 at about 5:00pm to make the PB&J sandwiches and put together the rest of the lunches. We will practice social distancing and do everything as safely as possible.
- We need boxes! If you have some large boxes, we could use them to transport the 200+ sack lunches downtown. The most useful kind are long & wide, but not very deep or high. If you have some, feel free to drop them off at church. Thanks!

THANK YOU!

Dear Church Family,

Thank you for your continued support in our journey. You have been our rock through good and bad. I cannot express how much love you all have given us. Christ Lutheran is an amazing church. I can only pray our family can share the love of God to others that you have given us. Thank you for all the memorials also. God bless you.

~ Juanita, Jacob, Sydney & Caleb Freed

Welcome to our Newest Members!

Steve & Jeannene Schweitzer

Steve & Jeannene are officially joining Christ Lutheran on July 5, 2020. They



have been worshipping with us for several months and have enjoyed being part of our congregation. Steve is a lifelong Wichitan who is retired from doing some defense contracting. He really enjoys astronomy & reading, and has done some volunteering for Partners for Wichita. Jeannene works part-time consulting for early childhood

development centers, has many years of teaching experience, and has also volunteered for Partners for Wichita. She really enjoys traveling, cooking, baking, and knitting. They've been married for 38 years and have cared so deeply for neighborhood children that those kids have become family to them. If they look familiar, it's because they have been very active members of St. Paul's Lutheran and just felt like it was time for a change. We are so thankful

to have them as part of our congregation! Please be sure to say hi and welcome them if you see them.

Welcome to our New Secretary!

Danielle Chapman

On June 29, we welcomed Danielle Chapman onto our staff as our new church secretary. She was the top candidate out of a wide variety of applicants and we are so thankful to have her. She will be working 10 hours/week in the office. Based on Pastor Chad's vacation schedule and her own pre-planned vacation, we won't have a set schedule for her until August. But once August rolls around, we will publish her regular office hours.



Hello everyone,

I am so excited to be welcomed here at Christ Lutheran Church! I recently just graduated from Wichita State with my Bachelor's in Business Administration, General Business. I am originally from Amarillo, Texas and ended up moving to McPherson, Kansas right after graduating high school. I ended up transferring to Wichita State going into my junior year as McPherson was not the right fit for me.

I am hopefully going to jump right back into my Master's degree this fall for Business Administration as well. My eldest brother also currently lives in McPherson, Kansas with my sister-in-law, along with my two nephews. My middle brother is currently pursuing his second Master's in Baltimore at John Hopkins University. I enjoy making crafts, baking, travelling, and of course watching hours of Netflix / Hulu whenever I get the chance to do so! If you have any questions or if you just want to stop by the office sometime to say hello, please don't hesitate! Thank you!

Mental Health Matters

SUBSTANCE USE VS. ABUSE

What is Substance Abuse?

Substance abuse can be defined as a pattern of harmful use of any substance for mood-altering purposes. Substances can include alcohol, illegal substances, or even prescribed medications. Abuse can result because you are using a substance in a way that is not intended or recommended, or because you are using more than prescribed. However, someone can use substances and not be addicted or even have a substance use disorder. Substance use disorder is a diagnosable mental health disorder as defined by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

When Does Substance Use Cross the Line to Abuse?

Substance use crosses the line into substance abuse if that repeated use causes functional impairment in key areas of your life. For example, if your substance use causes you to miss school or work, impacts your relationships with friends and family, causes health issues, if you frequently use more than you intended, engage in more risky behaviors, spend more time planning around your use, neglecting responsibilities because of your use, you regularly use substances as a coping skill for your stress, anxiety, or depression then your substance use may be at the abuse level. On top of it affecting areas of your life, you may notice your tolerance to substances also grows, meaning it takes more of the substance to feel the desired effects. As your use continues, you may also notice that you need that substance to feel “normal” and like yourself. Without it, you feel “off.”

Generally, when most people talk about substance abuse, they are referring to the use of illegal drugs. Illegal drugs can do more than alter your mood. They can cloud your judgment, distort your perceptions, alter your reality, and alter your reaction times, all of which can put you in danger of accident and injury. Some believe the use of illegal substances is considered dangerous and, therefore, abusive. Others argue that casual, recreational use of some drugs is not harmful and is merely use, not abuse. If the use is causing

functional impairment in your life, then it is abuse. This functional impairment may not be noticeable to you at first, but it may be apparent to your friends, family, or co-workers.

Alcohol is, of course, legal for adults over the age of 21 in the United States, and there is nothing "wrong" with having a couple of drinks with friends or to unwind on occasion. But, it doesn't take much alcohol to reach a harmful level of drinking, and that is when alcohol use can turn into abuse. Generally speaking, low-risk drinking for men is no more than four drinks per day and no more than 14 drinks per week. Low-risk drinking for women: no more than three drinks per day and no more than 7 drinks per week. Drinking more than this can be harmful to your physical and mental health in many different ways. For some, drinking less than this guideline above can also be considered abuse. Again, if the use is causing functional impairment in your life, then it is abuse, regardless of how much is consumed.

If you are wondering if your use is crossing the line, ask yourself, "Is this causing me harm?" and "Is this affecting important areas in my life?"

Substance Abuse in Light of COVID 19 and Other Current Events

This question of when substance use crosses the line becomes even more pertinent during the current times we are in. The pandemic, social injustice coming to light, and political unrest across the country is a perfect storm of factors that can drive up substance abuse as we see increased unemployment rates, economic fallout, diminished personal and community supports, lost daily routines, reduced social interactions, and divided opinions and strong emotions all across the country. This is enough to leave anyone feeling overwhelmed. As more people are left limited, it may become more difficult to cope with these stressors without the use of substances. Substances are often used as a way to self-medicate their stressors and even other mental illnesses. While substances may temporarily mask the symptoms, emotions, and feelings you experience due to the pandemic and the fall out that comes with it, it is often making the addiction worse. It can lead to a person being unable to cope with any stressor without using, which only further exacerbates the stressors, their mental illness, and causes further functional impairment in their life.

What Can I Do to Help, Especially Now?

Whether you are struggling personally with increased substance use or you know someone that is, one important thing you can do is maintain a routine and structure in your life. If you have a plan for each day, then it is easier to stay on track and not impulsively engage in substance use. It is also important to maintain connections with your supports even if it cannot be in person. Send a text, make a phone call, or schedule a FaceTime or Zoom. While in-person socializing may not be ideal for everyone right now, for some, the risk of an in-person, socially distant visit, may be worth it to outweigh the potential consequences of a relapse. If that is the case, and you are comfortable, say yes to a socially distant in-person interaction. Recovery is not something that can easily be done alone. It may be difficult, but talk to the person openly and honestly. Listen to them non-judgmentally. Give them reassurance and don't place blame. Encourage them to seek help whether that's from a professional counselor or self-help groups like AA or NA.

Finally, if you feel your substance use is getting to the point of abuse, please don't hesitate to reach out for help. Reach out to a local AA or NA group. Talk to your primary care doctor. Call your health insurance company to see what service providers they may cover near you. If you do not have insurance you can contact COMCARE's Addiction Treatment Services, Substance Abuse Center of Kansas, or other local providers that can provide support on a sliding fee scale.

Help is here. Recovery is possible. Your mental health matters. You matter.

~Lauren McMullin, LSCSW

Resources utilized throughout from mentalhealthfirstaid.org, medscape.com, verywellmind.com, DSM-5

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