



**July 21 at 9:30AM ♦ In-Person Worship**

**Ninth Sunday after Pentecost**

**FIRST READING: Jeremiah 23:1-6**

**PSALM 23**

**2ND READING: Ephesians 2:11-22**

**GOSPEL: Mark 6:30-34, 53-56**

***Pastor Tricia Schneck Preaching***

**Christ Lutheran Church**  
917 Evergreen Avenue, Millvale, PA 15209  
Phone 412-821-4300 ~ Fax 412-693-9742  
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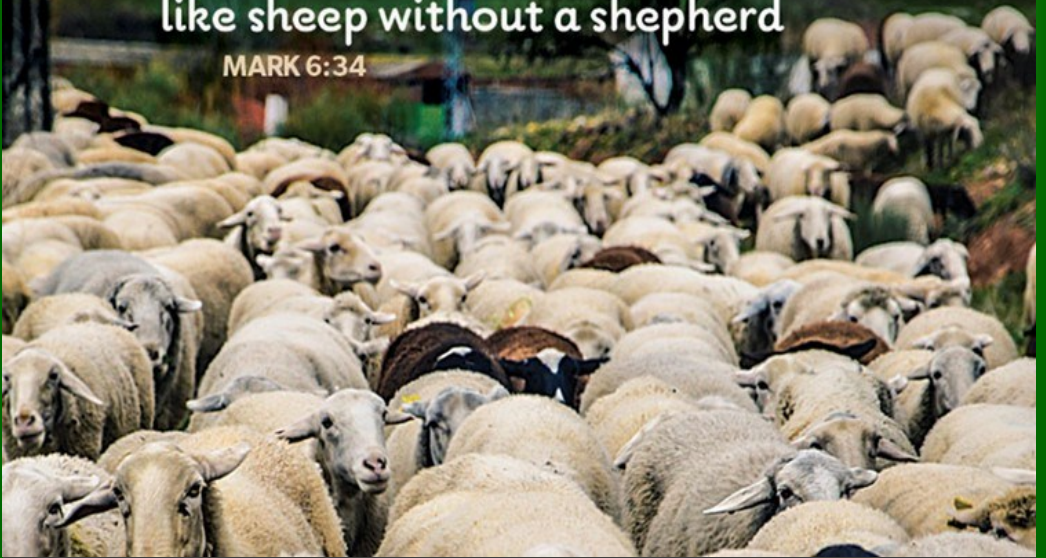
In the neighborhood...  
For good.

**CLC**  
**MILLVALE**  
Christ Lutheran Church



Jesus had compassion  
for them, because they were  
like sheep without a shepherd

MARK 6:34



Mark's gospel makes clear how great is the press of the crowd, with its countless needs to be met, on Jesus and his disciples. Yet in today's gospel Jesus advises his disciples to get away and rest, to take care of themselves. Sometimes we think that when others are in great need we shouldn't think of ourselves at all; but Jesus also honors the caregivers' need. We are sent from Christ's table to care for others and for ourselves. ~

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## CLC is "in the neighborhood, for good!"

Your regular support and presence at church is vital to the ministry of our congregation. We are known in the community for the work we do and the relationships we build, and for the ways we offer our time, talents, and treasures to serve our neighbor. As a committed member of the church, please remember to send your offerings regularly, check your Weekly Update, and find ways to participate in this community of faith.

If you're new here, or just visiting, please take some time to get to know us!



## CLC FOOD PANTRY

Donations are requested for  
**Shampoo & Conditioner,**  
**Canned Fruit,**  
**SpaghettiOs,**  
**and Toilet Paper**



The Food Pantry is Open Mondays and Fridays from 9:30am to 11:30am, and on Wednesdays from 5pm to 7pm.

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## Food Pantry Volunteers:

If anyone is interested in volunteering at our Food Pantry, please talk with Pastor Tricia. The pantry serves the community every Monday and Friday from 9:30am to 11:30am and Wednesday from 5 pm-7pm. Everyone is welcome to help even if you cannot come every week but can only volunteer occasionally. Whatever help you can offer we will gladly accept.

We also receive a food truck once a month on the second Monday of the month from 412 Food Rescue and can always use help unloading.

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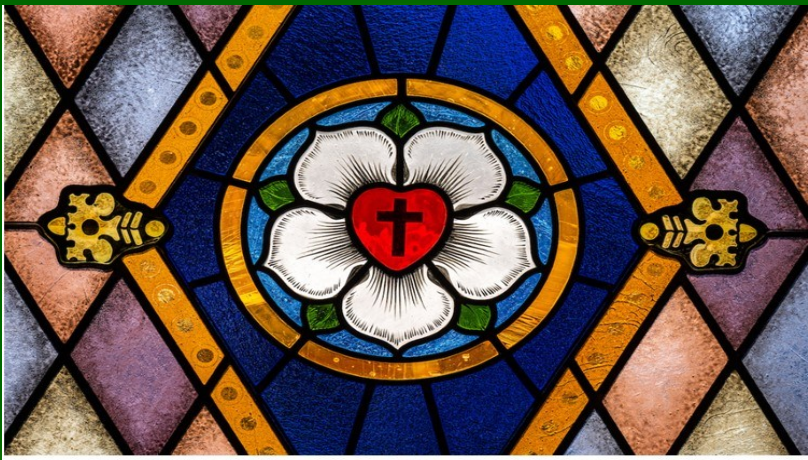
The Infant Room is temporarily closed. *If you need a Quiet Space, please use the room at the top of the stairs.*

Otherwise, all children are welcome in worship, and able to play quietly and interact at our Pray Ground in the side aisle.

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## Come Together

Joseph Imhoff

Last week I commented on the change of the service setting used in worship, perhaps it's time for a refresher in what we are actually doing during that time.

Singing is one of the important aspects of how a congregation comes together as one body in Christ. The Lutheran, Episcopal, Roman Catholic and Orthodox churches are considered liturgical because they follow a set structure for worship, sometimes called a Mass or Divine Service, based on historic precedents dating back to when the earliest Christians began to meet, in some cases using the old Greek or Latin words reminding us that when we sing we are the Christian Church of every time and every place!

Evangelical Lutheran Worship published in 2006 is the latest book for use as the guide to worship, liturgy, and singing, hymns and other expressions of faith; it defines certain elements essential to Christian worship: Gathering, Word, Meal, Sending. Each element is divided into specific actions with a purpose that we will look at over the next few weeks.

**GATHERING:** Sunday morning parishioners come together in the nave of the church, the volume of the organ playing often setting the tone of conversation in the building. The first thing to happen is The Confession of Sins, it is the acknowledgement of why we are here, we are sinners, and this is a way of wiping our feet before we enter God's House.

It is at this point we, as the congregation, get to sing. There is a hymn that ushers us into the Presence of God, often setting the tone of the service, followed by our expression of humility in the 'Kyrie', 'Lord have mercy, Christ have mercy'; and the recognition of our host, the Hymn of praise, 'This is the Feast of Victory' or 'Glory to God in the Highest', depending on the Church season.

Why sing you might ask. Aside from The Lord's Prayer, the 23rd Psalm, the Apostles Creed, it is hard for a large group to speak the same words together, music gives the sense of rhythm to the words that all can feel. Choral directors often have their groups read the words of a song to the rhythm of the notes, it's not easy, trust me! Singing words makes them easier.

What follows is the leader and congregation greeting each other in the name of the Triune God followed by the Prayer of the Day that imparts a sense of the theme of that Sunday's focus. You do remember the Church calendar divisions from previous articles as we are now in the green season of Pentecost?

Next week we get down to business! ~



## Sacred Rest

The action-packed book of Mark may serve as an important reminder that faith is an embodied reality, shaping how we live, move, and interact in this world. An active faith looks like an unapologetic pursuit of justice, mercy, and healing for all in need. There was and still is no shortage of work to be done in the name of Christ. So, what do we make of Jesus' invitation to "come away . . . and rest awhile"?

In a society that values hustle and productivity above all else, true rest is profoundly countercultural. And yet, rest as a discipline has much to teach us about faith and life. Perhaps most importantly, rest reminds us that we are not God. It requires faith that God is still making all things new even while we step back for our own healing and nourishment. Rest reminds us that we do not bear the salvation of the world on our shoulders. This is good news!

Additionally, taking time to rest has the potential to restore us to community, by reminding us of our rightful place in the body of Christ. We are but one part among many, which allows us to approach our work with more freedom and joy than we ever could alone. We are called to do the work of ministry in community: we all alternate rest, work, and play so that, collectively, we can move toward liberation for all God's beloved creation.

We may find this sacred rest in many places, but perhaps one such instance is in worship. Here, we come away to be with our God and each other. We feast together. We celebrate, contemplate, and praise. We remember who we are and whose we are. And then, rested and nourished, we are sent back out—to go in peace, to share the good news, and to continue to serve our neighbors in Christ's name. ~



## This Week at CLC:

**Sunday, July 21**

**Sunday In-Person Worship Service  
at 9:30am**



**Monday**

**July 22 - 9:30-11:30am FOOD PANTRY**

5-6pm TOPS CLUB, 6pm Yoga,  
7-9pm Pain Support, Violin

**Tuesday**

**July 23 - 9:30-11:30am ESL in Library, Violin**

**Wednesday**

**July 24 - 5-7pm FOOD PANTRY**

**Thursday**

**July 25**

**Friday**

**July 26 - 9:30 to 11:30am FOOD PANTRY**

7pm NA meets-Library

**Saturday**

**July 27 - 9am AA meets in the Library**

7pm NA meets in the Library

**Sunday**

**July 28 - Sunday In-Person Worship Service  
at 9:30am**

July						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

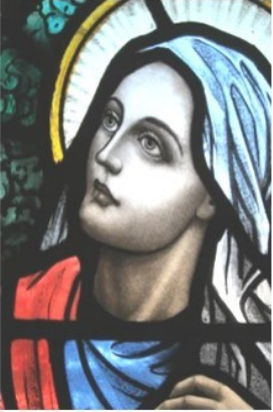
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## Upcoming Commemorations



### **Mary Magdalene, Apostle** **Monday, July 22, 2024**

Sometimes called "the apostle to the apostles" because she told them of her encounter with the risen Lord, Mary was a woman of Galilee who followed Jesus throughout his ministry. She was present at Jesus' crucifixion and his burial.

### **Birgitta of Sweden, renewer of the church,** **died 1373**

**Tuesday, July 23, 2024**

Birgitta married at age thirteen and had four daughters. Widowed at age thirty-eight, she gave all that she owned to the poor, and founded a community of monks and nuns led by a woman. Her work is continued today by the Society of St. Birgitta.



### **James, Apostle** **Thursday, July 25, 2024**

James and his brother John were the sons of Zebedee, fishermen by trade before their call from Jesus. He was the first of the twelve apostles to be martyred, and his death is the only one recorded in scripture (Acts 12:1-2).



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**Online Giving** No matter the amount, the most helpful way to give to the ministries of the congregation is regularly and consistently. Whether it's weekly or monthly, make a prayerful decision ahead of time this Easter, and commit to a consistent amount.

With our online giving platform, Vanco, it's super easy! Go to: <https://www.clcmillvale.com/donate/>  
See the **Online Giving Code** above, and **Thank You!**

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Pastor Tricia's contact: abstract-smooth-brown-wall-background-layout-designstudioroomweb-templatebusiness-report-with-smooth-circle-gradient-color benzoix at Freepik.com

Jesus had compassion: Sheep in Toledo, Spain by Chema Mancebo. Copyright 2022 Getty Images Plus via Getty Images. Used by permission. Our thanks to SundaysandSeasons.com

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Come Together: 102721 eml Immanuel Seymour church art 0019 Stained glass depicting the Luther seal on Wednesday, Oct. 27, 2021, at Immanuel Lutheran Church, Seymour, Ind. LCMS Communications Erik M. Lunsford

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