

Gloria Dei Lutheran Church

(The Lutheran Church-Missouri Synod)



“How to Live a Stress-Free Life”

**Order of Worship October 20, 2024 | 10 AM
Pastor Matthew Cephus**

**3014 McKinley Street NE, Minneapolis, MN 55418
612-781-1989**

www.gloriadeilcms.org

email: info@gloriadeilcms.org

Guest Musicians: Lisa and John Kleinwolterink

Welcome to God's House!

The Mission of Gloria Dei is Caring. Sharing. Serving. Reaching.

We strive to be the local church in the community of Northeast Minneapolis, who are here to help people come to KNOW Jesus, GROW in their faith and GO into the world equipped to SERVE others. GLORY TO GOD!

Today's Topic: No matter the type of stress in our lives, the starting point for dealing with it is Jesus Christ. Jesus offers us great encouragement in John 14:1 "Let not your hearts be troubled. Believe in God; believe also in me." We desperately need Him in our lives. We need Him because He is the only one who can give us the strength to cope with the troubles in our lives. Believing in Him does not mean that we will have a trouble-free life or that we will not feel overcome by stress in our lives. It simply means that a life without Jesus Christ makes coping with stress an impossible and often debilitating task.

A special welcome to visitors and guests; we are pleased that you have joined us today! If you have no church family, and if we can be of any assistance to you, please speak with the Pastor after the service or via the church office. We pray you will feel God's love for you and be empowered to live as God's child this week. We look forward to seeing you again.

Is there something you'd like us to pray for today? If you have family members or friends who require our prayers, please use the prayer request cards found in each pew. They will be added to the Prayer list. You can hand your request to an usher before the service or during the offering. They will be given to the Pastor to be included in the prayers for today. ***Other prayer requests can be made by contacting the church office at 612.781.1989.***

Children are welcome in worship!

The Lord's Supper is celebrated.

When we receive the true Body and Blood of Jesus Christ,

- we express the belief that Jesus is the Son of God and Son of Man;
- that Jesus is our Savior and only way for salvation;
- that Jesus offers us His Body and Blood in a mysterious yet real way;
- that Christ's sacrificial death grants the forgiveness of our sins;
- and that God is strengthening us in this Sacrament to live a more godly life and to amend with the help of the Holy Spirit, those areas not in conformity with God's will.

We declare these statements because it is our concern for people to not be hypocritical between their faith and celebrate the blessings of God's Table at the Altar.

The Twenty-Second Sunday after Pentecost

AS WE GATHER: Stress is a common human experience, particularly in a world where the demands for our time and attention seem to be unending. The ultimate solution to stress is to surrender our lives to God and seek His wisdom. He always gives enough, so we need not be defeated by stress.

+ CONNECT +

WELCOME

ANNOUNCEMENTS

OPENING SOLO **“What a Friend We Have in Jesus”** **Lisa Kleinwolterink**

INVOCATION

L: Our worship begins the way our lives in Christ begin in baptism: In the name of the Father and of the + Son and of the Holy Spirit.

C: **Amen.**

CONFESSION OF OUR SINS

L: Let us confess our sins unto our Heavenly Father who truly loves us.

C: **Merciful Father, we confess that we are in bondage 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 hearts; 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.**

FORGIVENESS IS ANNOUNCED

+ NURTURE +

We praise You, O God, our Redeemer, Creator;
In grateful devotion our tribute we bring.
We lay it before You, we kneel and adore You;
We bless Your holy name, glad praises we sing.

We worship You, God of our fathers, we bless You;
Through trial and tempest our guide You have been.
When perils o'er-take us, You will not forsake us,
And with Your help, O Lord, our struggles we win.

With voices united our praises we offer,
And gladly our songs of thanksgiving we raise.
With You, Lord, beside us, Your strong arm will guide us;
To You, our great Redeemer, forever be praise!

OLD TESTAMENT READING**Psalm 23**

The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake.

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

L: The Word of the Lord.

C: Thanks be to God!

EPISTLE READING**Philippians 4:6-7**

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

L: The Word of the Lord.

C: Thanks be to God!

HOLY GOSPEL

Matthew 11:28-30

L: The Holy Gospel according to Matthew.

C: **Glory to You, O Lord!**

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

L: This is the Gospel of our Lord.

C: **Praise to You, O Christ!**

SONG OF THE DAY

"Tis So Sweet to Trust in Jesus"

Public Domain

'Tis so sweet to trust in Jesus, Just to take Him at His Word
Just to rest upon His promise, Just to know, "Thus saith the Lord!"

Jesus, Jesus, how I trust Him! How I've proved Him o'er and o'er
Jesus, Jesus, precious Jesus! Oh, for grace to trust Him more!

I'm so glad I learned to trust Him, Precious Jesus, Savior, Friend
And I know that He is with me, Will be with me to the end.

Jesus, Jesus, how I trust Him! How I've proved Him o'er and o'er
Jesus, Jesus, precious Jesus! Oh, for grace to trust Him more!

Jesus, Jesus, how I trust Him! How I've proved Him o'er and o'er
Jesus, Jesus, precious Jesus! Oh, for grace to trust Him more
Oh, for grace to trust Him more

MESSAGE

"How to Live a Stress-Free Life"

Pastor Matthew Cephus

CONFESSION OF FAITH: Apostles' Creed

I believe in God, the Father Almighty, maker of heaven and earth.

And in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day he rose again from the dead. He ascended into heaven and sits at the right hand of God the Father

Almighty. From thence he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

GATHERING OF THE OFFERINGS

+ EMPOWER +

PRAYERS OF THE CHURCH

(Prayer response – P: Lord, in your mercy, C: Hear our prayer.)

P: Lord, remember us in your kingdom and teach us to pray:

C: **Our Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. For thine is the kingdom and the power and the glory forever and ever. Amen.**

PREFACE TO HOLY COMMUNION

L: The Lord be with you.

C: **And also with you.**

L: Lift up your hearts.

C: **We lift them to the Lord.**

L: Let us give thanks to the Lord our God.

C: **It is right to give Him thanks and praise.**

PROPER PREFACE

L: It is our duty and delight at all times and everywhere to give thanks to You, O Lord, Holy Father, almighty and everlasting God, for You have enlightened us by the working of the Holy Spirit. Grant that the Spirit, who has called and gathered us, would guide us in all things, that we be enabled to speak the Gospel to others and rejoice in sharing the gift of salvation that is our treasure. This we ask through Jesus Christ, our Lord, who, with You and the Holy Spirit, is one God, through whom with angels and archangels and with all the company of heaven we laud and magnify Your glorious name.

WORDS OF INSTITUTION

Our Lord Jesus Christ, on the night when He was betrayed, took bread, and when He had given thanks, He broke it and gave it to the disciples and said: "Take this, eat; this is My body, which is given for you. Do this in remembrance of Me."

In the same way also He took the cup after supper, and when He had given thanks, He gave it to them, saying: "Drink of it, all of you; this cup is the New Testament in My blood, which is shed for you for the forgiveness of sins. Do this, as often as you drink it, in remembrance of Me."

The peace of the Lord be with you always.

C: And also with you, Amen.

PRAYER OF THANKSGIVING

P: Let us pray.

We give thanks to You, almighty God, that You have refreshed us through this salutary gift, and we implore You that of Your mercy, You would strengthen us through the same, in faith toward You and in fervent love toward one another; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

C: Amen.

CLOSING HYMN

"To God Be the Glory"

Text and Music: Public Domain

To God be the glory, great things He has done;
So loved He the world that He gave us His Son,
Who yielded His life an atonement for sin,
And opened the life gate that all may go in.

Refrain: Praise the Lord, praise the Lord, Let the earth hear His voice!

Praise the Lord, praise the Lord, Let the people rejoice!

O come to the Father, through Jesus the Son,
And give Him the glory, great things He has done.

O perfect redemption, the purchase of blood,
To every believer the promise of God;
The vilest offender who truly believes,
That moment from Jesus a pardon receives.

Refrain

Great things He has taught us, great things He has done,
And great our rejoicing through Jesus the Son;
But purer, and higher, and greater will be
Our wonder, our transport, when Jesus we see.

Refrain

BENEDICTION

The Lord bless you and keep you.
The Lord make His face shine on you and be gracious to you.
The Lord look upon you with favor and give you peace.

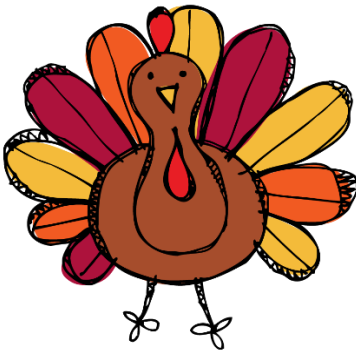
+ Silent Prayer +

POSTLUDE

+ WE DEPART TO SERVE +

+ + +

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Mark Your Calendars:
Thanksgiving Day Service,
Thursday, November 28 at 10 am
Bring your family and friends!
See you there.

OUR WEEKLY CALENDAR

10/20 Sun	Twenty-second Sunday after Pentecost	
	10:00 am	Worship w/Holy Communion, with Pastor Matthew Cephus
	11:45 am	Royal Family Worship
	6:00 pm	NA
10/21 Mon	7:00 pm	Beginners AIAnon (downstairs)
	7:00 pm	AIAnon (upstairs)
10/23 Wed	11:00 am	Bible Study, <i>The Chosen, Part 4</i>
10/24 Thurs	5:30 pm	Thursday Evening Bible Study
10/25 Fri	5:00 pm	Living Word Music Rehearsal
10/26 Sat	10:00 am	Living Word Worship & Fellowship
	6:00 pm	Living Word Prayer Night
10/27 Sun	Twenty-third Sunday after Pentecost	
	10:00 am	Worship w/Holy Communion, with Pastor Matthew Cephus
	11:45 am	Royal Family Worship
	6:00 pm	NA

SERVING TODAY

Elder: Karmon Christopherson

Reading: Jason Matasovsky

Ushers: Morelli's

Altar Care: Morelli's

Counters: Sandy Westling and Tom Harris

Attendance: 10/13/2024: 31

BIRTHDAYS: None

ANNIVERSARIES: None

ETERNAL CANDLE: OPEN

FLOWERS: OPEN

PRAYER CONCERNS

KEEP IN YOUR PRAYERS: Meridel Christopherson, Robert & Delores Kluwe, Larry Schlais, Pat Scott and all our shut-ins

Mudy Mason dealing with an autoimmune disease. Pray for strength, peace, hope, believing in God, Family, Mindset.

Roselyn Norman's college friend and sister Famata Kamara and her two sons, Eric Golafaie, and Naide Davis, for deliverance

Amy Rich's mom (Morelli's DnL) Kathy Rich, diagnosed with pancreatic cancer

Wade Billmeyer Continuing proton radiation treatments at Mayco Clinic

Roselyn Norman's neighbor and friend, Tom, was recently diagnosed with State 3 kidney and liver cancer

James Norman, Sr. (James' dad) Prayers for a successful treatment for prostate cancer

Kim Morelli (Morelli's DnL) recovering from breast cancer surgery on May 1

Jim (Gwen Johnson's brother) reoccurring issues due to his time in the Service

John (Meridel and Patty's brother) transplanted kidney issues, continued prayers

Butch Morelli Blocked carotid artery, surgery postponed, continued prayers

Amy Rich (Morelli's DnL) ongoing treatment after successful surgery for breast cancer

Nonie Wakeman (Shirley Slagle's SnL) diagnosed with Lung Cancer

Karen (Karmon's sister) Recently diagnosed with cancer (Warren's wife)

Kurt Nowacki (Bruce & Julie Cross' Brother-in-Law) recently diagnosed with 'myopathy,' a degenerative muscle disease

Bruce (Wenda Schwoch's BnL has stage 4 prostate cancer and **Ashley** (Wenda's niece) continued prayers

John (Karmon/Meridel SnL) has been diagnosed with chronic myelogenous leukemia (CML), prayers for good results on continued cancer treatments

Roxie Johnson (Morelli's niece) heart issues, pacemaker implanted, continued prayers

Warren (Karmon's BnL) Receiving chemo and radiation for Non-Hodgkin Lymphoma

Ty (Wade Billmeyer's Friend of a friend) continued prayers

Amy Price (Morelli's niece) – treatments for stage 4 cancer

For First Responders/Health Care Workers, including James Norman, an ICU nurse

THOSE SERVING OUR COUNTRY IN DANGEROUS AREAS

TODAY'S LUTHERAN HOUR

October 20

"Children of God--No Longer Losers"

(Hosea 12:2-6)

Guest Speaker: [Rev. Dr. Leopoldo Sanchez](#)

God turns lost losers into forgiven sons and daughters. Through Christ, we too become children of God's kingdom, members of His household.

NEXT WEEK ON THE LUTHERAN HOUR

October 27

"God-Struggles"

(Genesis 38:28)

Lutheran Hour Speaker: [Rev. Dr. Michael Zeigler](#)

It's been said, everyone you meet is fighting an unseen battle. God calls us to enter the struggle of those around us because, in Jesus, God has entered our struggle.

On Sunday mornings, listen on 830 AM WCCO AM at 6:05 am, or 1110 AM, Omaha, at 6:30 am, or XM 170 Satellite Radio on Sundays at noon or listen anytime at www.lutheranhour.org

STEWARDSHIP: Mark 10:29–30

"Jesus said, 'Truly, I say to you, there is no one who has left house or brothers or sisters or mother or father or children or lands, for my sake and for the Gospel, who will not receive a hundredfold now in this time, houses and brothers and sisters and mothers and children and lands, with persecutions, and in the age to come eternal life.'" This is Jesus' encouragement for every faithful disciple — let it encourage you today.

LUTHERANS FOR LIFE:

"God's grace is costly (the Cross is the best symbol of all) and God is 'for us, not against us' because God is the God of creation and nature, history and eternal destiny (Romans 8). Here St. Paul reminds us that we are all adopted into Christ. Just as we are all transformed by the renewing of our minds (Romans 12), so the Gospel has shaped our earthly adoptions and our families—now including three beautiful granddaughters! In our Triune God we are born to a new and living hope, a pro-life and pro-adoption one!" *Pastor Leon and Terri Rosenthal – A Life Quote from Lutherans For Life • lutheransforlife.org*

Main Street Living airs each Sunday at 9 am on WFTC Channel 29/9-2 with an episode of This Is the Life. This week's episode is **"The Gift."** A daughter struggles with what to do with birthday gift money. The worship service begins at 9:30 am with Rev. Kent Borglum from St. John's Lutheran Church in Montevideo, MN, presenting a message titled **"The Importance of Getting It Straight"** based on **Mark 10:17-27**. For more information or to watch the program, go to www.mainstreetliving.com select the "Twin Cities" tab.

Northeast Community Band concert

The Northeast Community Band will present a **free concert** at Edison High School, 700 22nd Avenue NE, on **Thursday, Oct. 24**. Tim Martin will lead the band through “The Old Boatman” by Florence Price, “Autumn” by Alexander Glazunov and Gustav Holst’s “First Suite in Eb,” among others. The downbeat is at **7 pm**.

Free Vaccination Clinic and Produce Giveaway

October 24 @ 1:30 pm – 3:00 pm

East Side Neighborhood Services, 1700 Second Street NE, 1:30-3 pm, Thursday, October 24. FREE flu and COVID shots for the community, hosted by ESNS. Located in the gym of East Side Neighborhood Services. Walk up, no need to register. Participants ages 18+ who get a COVID shot that day will receive a \$25 Target gift card. Free produce from the ESNS garden will also be available.

Vital Living: Senior Planet Tech

Gather in the ESNS Tech Lounge Mondays and Wednesdays, 11 am-12:30 pm. Classes are free, but an RSVP is a must. Oct. 21: **Tips for Being News Savvy Online**. October 28: **Listening to Podcasts**.

October Drop-In Tech Time: Wednesdays, 11 am-12:30 pm. If you need support with specific tech questions, please feel free to drop in. ESNS staff can help with day-to-day questions regarding things like how to search the internet, app functions, making text bigger, etc. Call or email in advance to let them know you plan on stopping by Oct. 23 and 30.

PACIM Soup Festival

October 27 @ 10:30 am - 2:30 pm

PACIM (Polish American Cultural Institute of Minnesota) is having their annual Soup Tasting Festival Sun., Oct. 27, 10:30 am–2:30 pm at Kolbe Hall in St. John Paul II School, 1630 4th St. NE., Seven ethnic soups will be available, including mushroom, borscht, zurek, and Bigos. Children 10 and under, \$7; adults \$15. Quarts for sale at the end of the event \$15. Preorder 16-oz. containers for \$13 until Oct. 20. Send checks to PACIM, 93 Little Canada Rd, Suite 106, St. Paul, MN 55117.