

# **Gloria Dei Lutheran Church**

*(The Lutheran Church-Missouri Synod)*



## ***Part II: “How to Live a Stress-Free Life”***

**Order of Worship October 27, 2024 | 10 AM  
Pastor Matthew Cephus**

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

**[www.gloriadeilcms.org](http://www.gloriadeilcms.org)**

**email: [info@gloriadeilcms.org](mailto:info@gloriadeilcms.org)**

**Pianist Karrie Kikeh**

# **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:** What does God say about stress? God understands our struggles and offers His help and guidance. In Matthew 11:28-30, Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

*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-Third Sunday after Pentecost

**AS WE GATHER:** Understand that our God is in control of all things and that He has a plan for your life. Believe that He is working for your good, even when circumstances may not seem favorable. Remember, you're too blessed to be stressed.

+ *CONNECT* +

**WELCOME**

**ANNOUNCEMENTS**

**OPENING SONG**      **"The Church's One Foundation"**      **LSB 644 v. 1, 2, 4**  
*Text and Tune: Public Domain*

The Church's one foundation, Is Jesus Christ, her Lord;  
She is His new creation, By water and the Word.  
From heav'n He came and sought her, To be His holy bride;  
With His own blood He bought her, And for her life He died.

Elect from every nation, yet one o'er all the earth;  
Her charter of salvation: One Lord, one faith, one birth.  
One holy name she blesses, Partakes one holy food,  
And to one hope she presses, With every grace endued.

Through toil and tribulation, And tumult of her war,  
She waits the consummation, Of peace forevermore;  
Till with the vision glorious, Her longing eyes are blest,  
And the great Church victorious, Shall be the Church at rest.

**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 Lord, we confess that with us there is an abundance of sin, but in you there is the fullness of righteousness and abundance of mercy. We are spiritually poor, but you are rich, and in Jesus Christ, you came to be merciful to the poor. Oh Lord, strengthen our faith and trust in you. We are empty vessels that need to be filled; fill us. We are weak in faith; strengthen us. We are cold in love; warm us and make our hearts fervent for you, that our love may go out to one another and to our neighbors. Through Jesus Christ our Lord. Amen**

## FORGIVENESS IS ANNOUNCED

+ *NURTURE* +

**HYMN OF PRAISE      "O God, Our Help in Ages Past"      LSB 733 v. 1, 2, 6**

*Text & music: Public domain*

O God, our help in ages past, Our hope for years to come,  
Our shelter from the stormy blast, And our eternal home:

Under the shadow of Thy throne Thy saints have dwelt secure;  
Sufficient is Thine arm alone, And our defense is sure.

O God, our help in ages past, our hope for years to come,  
Be Thou our guard while troubles last And our eternal home!

## OLD TESTAMENT READING

**Psalms 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**

**"A Mighty Fortress Is Our God"**

**LSB 657 v. 1, 2, 4**

*Text: © 1978 Lutheran Book of Worship, Music: Public domain*

A mighty fortress is our God, a sword and shield victorious;  
He breaks the cruel oppressor's rod and wins salvation glorious.

The old satanic foe has sworn to work us woe  
With craft and dreadful might he arms himself to fight.  
On earth he has no equal.

No strength of ours can match his might we would be lost, rejected.  
But now a champion comes to fight, whom God Himself elected.

You ask who this may be? The Lord of hosts is He,  
Christ Jesus, mighty Lord, God's only Son, adored.  
He holds the field victorious.

God's Word forever shall abide, no thanks to foes, who fear it;  
For God Himself fights by our side with weapons of the Spirit.  
Were they to take our house, goods, honor, child or spouse,  
Though life be wrenched away, they cannot win the day.  
The Kingdom's ours forever!

## MESSAGE Part II: "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**

**"The Church of Christ in Every Age"**

**v. 1, 2, 3, 5**

The Church of Christ in every age, Be-set by change, but Spirit led,  
Must claim and test it's heritage And keep on rising from the dead.

A-cross the world, a-cross the street, The victims of injustice cry  
For shelter and for bread to eat, And never live until they die.

Then let the servant church arise; A caring church that longs to be  
A partner in Christ's sacrifice, And clothed in Christ's humanity.

We have no mission but to serve In full obedience to our Lord,  
To care for all, without reserve, And spread His liberating Word.

## **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 +*

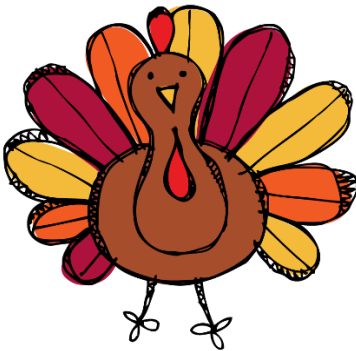
## **POSTLUDE**

*+ 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

**10/27 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

**10/28 Mon**

7:00 pm    Beginners AIAnon (downstairs)

7:00 pm    AIAnon (upstairs)

**10/30 Wed**

**11:00 am**    **Bible Study, *The Chosen, Part 4***

**10/31 Thurs**

**5:30 pm**    **Thursday Evening Bible Study**

**11/01 Fri**

5:00 pm    Living Word Music Rehearsal

**11/02 Sat**

10:00 am    Living Word Worship & Fellowship

6:00 pm    Living Word Prayer Night

*Daylight Savings Time Ends!*

**11/03 Sun**

**Twenty-fourth 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: Sandy Westling**

**Ushers:**

**Altar Care:**

**Counters: Pat Scott and Shirley Slagle**

**Attendance: 10/20/2024: 29**

**BIRTHDAYS:** November 2 Daniel Harris

**ANNIVERSARIES:** None

**ETERNAL CANDLE:** OPEN

**FLOWERS:** Wade Billmeyer

### **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** Finished radiation treatments at Mayo, feeling good, but a bit tired

**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 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.

## NEXT WEEK ON THE LUTHERAN HOUR

**November 3**

**"Working the System"**

**(Genesis 33:8)**

Lutheran Hour Speaker: Rev. Dr. Michael Zeigler

God's Law--a "system" that keeps the world from flying apart while it also shows us we need the Savior Who came to live, suffer, and rise for us.

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:** *Reformation Day - Romans 3:20*

"For by works of the law no human being will be justified in His sight, since through the law comes knowledge of sin." The Law of God is good — it's just that we sinners cannot save ourselves by the Law. Salvation is a free gift of God because that is the only way we could ever be saved. The Law shows us God's holiness and thus our own sin. And now in Christ we can look at the Law and see it in a new light as well: as a guide for how to live a godly life in thanksgiving to God for His gracious forgiveness in Christ.

## LUTHERANS FOR LIFE:

"Do not doubt, dear sister, dear brother, in the midst of your piercing grief, that you are not alone. Jesus stands with you and the whole company of His heaven stands with you, God's gang, you might say. So stand firm with God as your mighty fortress, for you are not alone. But the 'same kinds of suffering you are experiencing are being experienced by your sisters and brothers throughout the world,' 1 Peter tells us. Yes, the people who are mourning are blessed because they will be comforted." *Rev. Dr. John Nunes, guest speaker on "The Lutheran Hour" – 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 Sexton."** A pastor and a sexton (church caretaker) with magical powers fight an eerie duel in a church. The worship service begins at 9:30 am with Rev. Richard Snow, Nebraska District LCMS President located in Seward, NE, presenting a message titled **"Free Indeed"** based on **John 8:31-36**. For more information or to watch the program, go to www.mainstreetliving.com select the "Twin Cities" tab.

## Collection for Operation Christmas Child Has Started!



The Board of Social Ministries is sponsoring *Operation Christmas Child* again this year. In Christian love and spirit, please consider giving a shoebox to a child overseas who may not otherwise receive a gift this Christmas season.

Here is what you do: **(1)** Find a Shoebox - You can use any empty shoebox or shoebox-sized plastic container. **(2)** Girl or Boy? - Decide whether you will pack for a girl or a boy and the age category: Age groups are 2 - 4, 5 - 9, 10 - 14. **(3)** Fill with

Gifts. **(4)** Pray - Most importantly, pray for the child who will receive your gift. **(5)** Follow your box - remember to include \$10 (per box) for shipping. **(6)** Drop-Off - Bring your shoebox gift to Church no later than Sunday, November 17. Shoeboxes will be delivered on Monday, November 18.

### **A few helpful hints to make it easier for you to fill the shoeboxes:**

Start with a quality "wow" item such as a stuffed animal, soccer ball with pump, or clothing outfit that will capture the child's attention the instant he or she opens the box. Then fill the remainder of the shoebox with other fun toys, hygiene items, and school supplies.

**Do Not Include** – Candy; toothpaste; gum; used or damaged items; scary or war-related items such as toy guns, knives, or military figures; chocolate or food; seeds; fruit rolls or other fruit snacks; drink mixes (powdered or liquid); liquids or lotions; medications or vitamins; breakable items such as snow globes or glass containers; aerosol cans.

## **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 Street 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.

## **Fall Street Sweeping | Mid-October to Mid-November**

Cars must be moved so crews can clear debris and leaves from the streets. Signs will be posted at least 24 hours before towing begins. Signs will specify the day of the week that parking is banned and read "No Parking 7 am to 4:30 pm."

**Don't get Towed!** Find out when your street is scheduled for sweeping, check the schedule at [minneapolisismn.gov/streetsweeping](http://minneapolisismn.gov/streetsweeping). If you have questions about street sweeping, call 311.