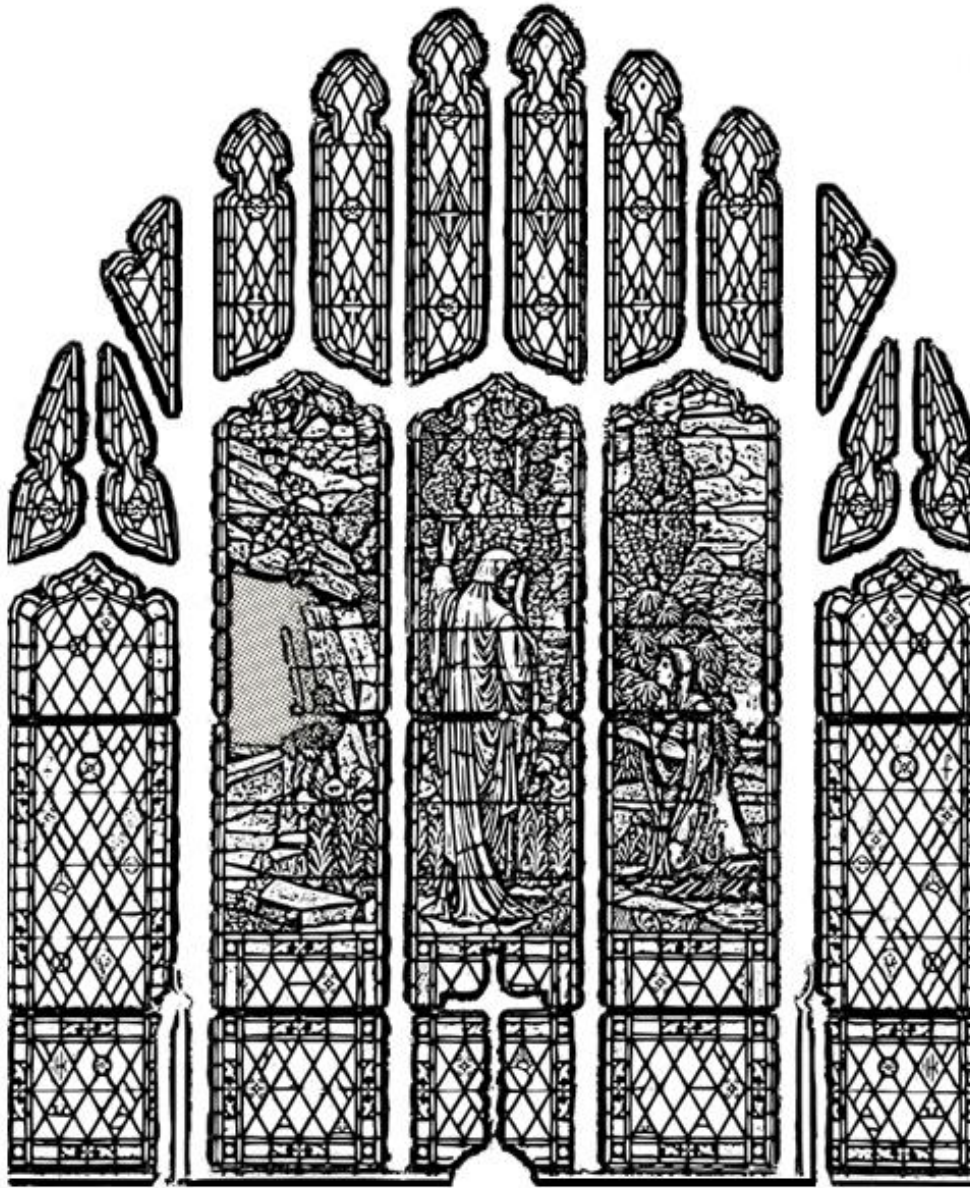


# MT. LEBANON UNITED METHODIST CHURCH



Sunday, June 23, 2024, 8:30AM & 10:45AM

The Fifth Sunday after Pentecost

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THE REV'D THOMAS Q. STRANDBURG, PASTOR ... [tstrandburg@mlumc.org](mailto:tstrandburg@mlumc.org)



**Sunday, June 23, 2024 – The Fifth Sunday after Pentecost**

*The phrase, “It is what it is,” has been around for a while, and we hear it in sports, business, psychology, the military ... even in sermons. “Throughout these contexts,” notes one observer, “‘it is what it is’ is used as a kind of verbal shrug signaling resigned acceptance of an unchangeable situation.” Is this theologically acceptable? No! With God’s help, we can reshape the narrative.*

*\*Indicates an invitation to stand in spirit or posture, as able.*

**The Prelude**     *La Canzona refrigerativa dell’arpa di Davide, or*     Johann Kuhnau (1660-1722)  
 *Davids erquickendes Harffen-Spiel, from Six Biblical Sonatas (No.2, mvmt.2)*

**\*The Greeting**

☩. The Lord be with you.

✠. And also with you.

**\*Call to Worship**

☩. Jesus says, “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.”

✠. **Here we have come to find rest and strength and renewal for our weary lives.**

☩. Dear friends, Christ Jesus is here offering us rest and safety and comfort and love.

✠. **We give God thanks and praise for God’s many mercies, grace and love.**

☩. Now together we worship and celebrate the Good News of Jesus Christ.

**\*Opening Hymn**                      **“Lord, you have come to the Lakeshore”**                      **UMH 344**

**\*Opening Prayer**

*Said by all, with one voice.*

**God of the days and years,**

**always watching and gently caring,**

**working for good in every moment,**

**hoping for love to bloom in every second,**

**wishing for peace to flower in every minute:**

**You hold our days like a tiny bud, encouraging our growth.**

**You hold our years like a fragrant rose, cherishing the whole of our lives.**

**We are filled with praise and thanksgiving.**

**You move us from tragedy to blessing. You take us from illness to recovery.**

**You help us move from fear to confidence. You send us from despair to hope.**

**God of the days and years, never was there a God like you. Amen.**

**\*Silent Prayer**

**\*Response**

**“Lord, you have come to the lakeshore”**

**UMH 344**

*(v.1 and refrain, in English or Spanish)*

**A Message for Young Disciples (10:45 am)**

*As the young disciples gather at the front of the church, all sing:*

**This, this is where children belong, welcomed as part of the worshipping throng.  
Water, God's word, bread and cup, prayer and song: This is where children belong.**

*The young disciples (3 yr. - 3<sup>rd</sup> grade) then depart the sanctuary for Kids Praise.*

*Teachers will lead them back to the sanctuary prior to the conclusion of the service.*

**The First Lesson**

**A Reading from the Second Epistle to the Corinthians**

**II COR. 6:1-13**

As we work together with him, we entreat you also not to accept the grace of God in vain. For he says,

“At an acceptable time I have listened to you,  
and on a day of salvation I have helped you.”

Look, now is the acceptable time; look, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: in great endurance, afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; in purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute.

We are treated as impostors and yet are true, as unknown and yet are well known, as dying and look—we are alive, as punished and yet not killed, as sorrowful yet always rejoicing, as poor yet making many rich, as having nothing and yet possessing everything.

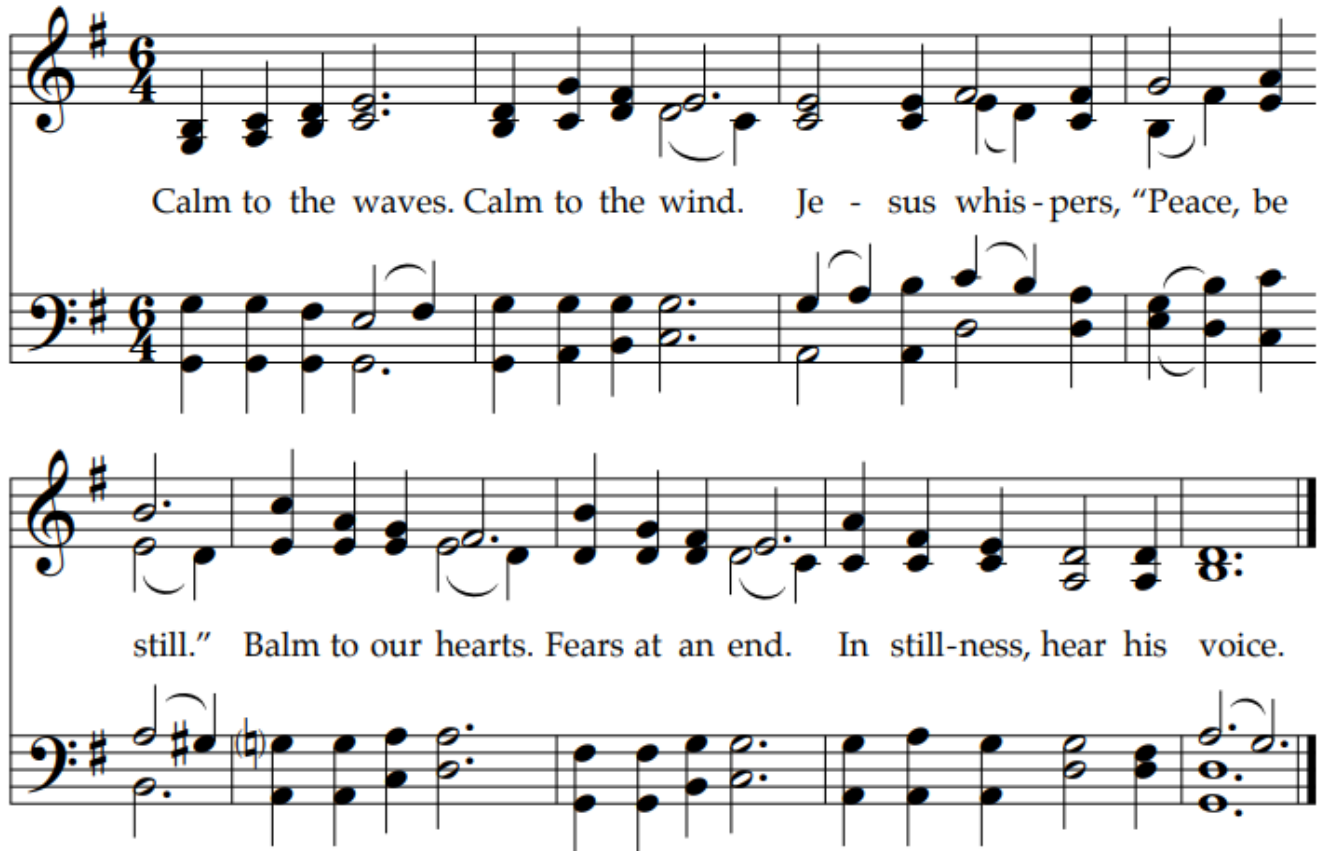
We have spoken frankly to you Corinthians; our heart is wide open to you. There is no restriction in our affections but only in yours. In return—I speak as to children—open wide your hearts also.

**Lector: Hear what the Spirit is saying to God's people.**

**People: Thanks be to God.**

\*Hymn

“Calm to the waves, calm to the wind” (*repeated several times*)



The image shows a musical score for a hymn. It consists of two systems of music, each with a treble and bass staff. The key signature is one sharp (F#) and the time signature is 6/4. The lyrics are: "Calm to the waves. Calm to the wind. Je - sus whis - pers, "Peace, be still." Balm to our hearts. Fears at an end. In still - ness, hear his voice."

\*The Second Lesson

A Reading from the Gospel according to Mark

Mk. 4:35-41

On that day, when evening had come, Jesus said to his disciples, "Let us go across to the other side." And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him.

A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion, and they woke him up and said to him, "Teacher, do you not care that we are perishing?" And waking up, he rebuked the wind and said to the sea, "Be silent! Be still!" Then the wind ceased, and there was a dead calm.

He said to them, "Why are you afraid? Have you still no faith?" And they were filled with great fear and said to one another, "Who then is this, that even the wind and the sea obey him?"

Lector: This is the word of the Lord.

People: Thanks be to God.

## The Pastoral Prayer & The Lord's Prayer

*Said by all, with one voice.*

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, the power, and the glory forever.  
Amen.

### The Sermon

“It Isn't What It Is”

Rev. Strandburg

### \*The Affirmation of Faith

UMH 882

*All are invited to stand, in spirit or in posture, and to face the altar as the affirmation of faith is recited.*

Pastor: Where the Spirit of the Lord is, there is the one true church, apostolic and universal, whose holy faith let us now declare:

**All: I believe in God, the Father Almighty,**  
    **creator of heaven and earth.**  
**I believe 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 to the dead.**  
    **On the third day he rose again;**  
    **he ascended into heaven,**  
    **is seated at the right hand of the Father,**  
    **and will come again to judge the living and the dead.**  
**I believe in the Holy Spirit,**  
    **the holy catholic church,**  
    **the communion of saints,**  
    **the forgiveness of sins,**  
    **the resurrection of the body,**  
    **and the life everlasting.**  
Amen.

## **\*The Sign of Peace**

∇. The peace of Christ be with you.

℞. **And also with you.**

*The people are now invited to share signs of peace with their fellow members of Christ's body.  
Extended conversation would ideally and most appropriately be reserved until the end of the service.*

## **Announcements**

### *At the Offertory*

The Offertory Hymn

"It is well"

UMH 377

**\*The Doxology and the Prayer of Dedication**

UMH 94

**\*The Sending Hymn**

"And are we yet alive?"

UMH 553

**\*The Dismissal**

∇. Let us bless the Lord.

℞. **Thanks be to God.**

**\*The Benediction**

## **The Postlude**

*The people remain in place until the altar party has retired.*

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### *Please remember in prayer:*

#### *Convalescing in care facilities*

Priscilla Utzig, Providence Point

Carol Fairgrieve, Providence Point

#### *Convalescing at home*

Bishop George Bashore

Jean Boyer

Don Langston

Susan Lichtenfels

Carol Van Sickle

Dawn Lonsinger

#### *Serving in the military*

Jason Boyer

SPC Natalie Brown

PFC William Dilla III

Maj. Zachary Allen Finch

1Lt. Shaun Hay

LCpl. Wyatt Hoover

James Iantelli

1Lt. Jaskiewicz

Sgt. Keith Kimmell

Sgt. Brendan Lamport

Sgt. Matthew McConahan

Thomas Orda

David Poncel

Sgt. Steven Reitz

LTC Scott B. Rushe

Pvt. Max Siegert

Pastor Rick Townes

Maj. Azizi Wesmiller

LTC Matthew Wesmiller

Sgt. Keith Scott Winkowski

Sgt. Michael Zimmerman

*Leaders in Worship this Morning*

KATHY TREMBLAY (8:30AM), LECTOR

MR. A. MITCHELL V. STECKER, MINISTER OF MUSIC & ORGANIST

THE REV'D THOMAS Q. STRANDBURG, SENIOR PASTOR

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*The altar flowers this morning given by the family of  
The Rev'd David J. Lutz  
in honor of his memory,  
and to the Glory of God.*

*Pastor Lutz served over 40 years in the UMC Western Pennsylvania Conference.*

*For information about furnishing altar flowers for future services,  
contact Lizzie Diller at 412-860-3614. The cost is \$45 per arrangement.*