

**The Important Thing Is Not How Heavy Your Burden Is;
What's Important Is the One Who Helps You Bear It.**

"The demands of life—and of our hectic schedules—are making us a nation of burned out and burned up people," the Rev. Dr. Brook Thelander said in his sermon Sunday, "and unfortunately, this condition is not limited to our bodies and minds. It is affecting our souls and spirits, also.

"Even in a congregation this small, persons have walked through these doors today bringing numerous cares and burdens with them," he continued: burdens such as failing health or life-threatening illness, grief over a loved one's death, broken relationships, choices that are unavoidable but hard, struggles with temptation and sin, guilt for past choices which ended badly, and financial strain.

Although such burdens "may seem unbearably heavy," he said, "The weight or heaviness of our burden is not the issue; the issue is: How long do we have to hold it up? If I take this glass of water and ask, 'How much does it weigh?' the answer we might give to that question is ultimately irrelevant. . . . The issue is not what it weighs, but how long I have to hold it up. If I must hold it for 60 seconds, that's one thing, but if I must hold it up for six hours, my arms will grow weary, and I will have a problem.

"For those of you who are carrying heavy burdens today, hear this Good News of the Gospel. The length of time you must bear that burden is up to you, and if you so desire, you can get out from under much of its weight this morning. For hear invitation from your loving Lord: 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.' . . . (T)he yoke Jesus gives us fits us perfectly, and the burden he gives us is light.

"In fact, Jesus takes much of the weight of our burdens upon himself. . . . If you doubt this, think for a moment about a time in your life when you were in crisis, when you faced an impossible circumstance, (p. 2→)



Above: "Landscape with the Parable of the Sower", by Pieter Bruegel the Elder (1525-1569), Timken Art Gallery, San Diego. © Web Gallery of Art. Below: Detail of the sower. The "Parable of the Sower" or "Parable of the Soils" will be the Gospel lesson Sunday.



Editor: Box 972, Boise, ID 83701. 208-336-3951, harbinger@aol.com

Pastor: The Rev. Dr. Brook Thelander, epworthrector@msn.com

On the Web: www.epworthchapelonthegreen.org

Sundays, 10:00 a.m.: Word & Table service

Sundays, 11:30 a.m.: Refreshments, conversation

Sundays, 11:45 a.m.: Moderated post-service discussion

Thursdays, 7:00 p.m.: Evening Prayers

For the poor: Meat; fresh produce; canned fruits and vegetables; dairy products; peanut butter; cooking oil; pancake mix; syrup; spices; diapers; baby wipes; bathroom tissue; for personal care: soap, shampoo, conditioner, razors, shaving cream; new underwear (adults and children); cleaning supplies; bleach.

Readings, 7/13: Is. 55:1-13; Ps. 65:9-14; Rom. 8:9-17; Mt. 13: 1-23. **7/20** (Morning Prayers): Ps. 95; Josh. 6:15-27; Acts: 22:30—23:11.

Prayer Emphases: St. Lucia; Reformed Church of Canada; Southside Church of the Nazarene, Danville, IL; Eagle's Nest Ministries; parishioners on Plymouth Street.

(Sermon, cont'd.) when your mental and physical and emotional resources were tested to their limits. How did you make it through? We all know the answer to that. Jesus helped bear those burdens. Jesus came alongside us and gave us strength." Just as the little Scottish boy carrying his still smaller brother said to the one who asked, "That's no burden. That's my wee brother," "In a similar way, Jesus takes the cares and concerns of his children and bears them up himself—because he loves us, and because we are his wee children."

In the recessional, we sang, "I heard the voice of Jesus say, 'Come unto me and rest; lay down, thou weary one, lay down thy head upon my breast.'"

**7/20: Morning
Prayers Service.
(Pastor away)**