

**Food that endures
to eternal life**

**Lord of Life Lutheran Church
Plano, Texas**

Lord of Life Lutheran Church

3601 W. 15th Street, Plano, Texas 75075

Rev. Joel A. Shaltanis, Pastor (pastorshaltanis@yahoo.com)

Scott Peters, Director of Youth Ministry (speters@planolutheran.com)

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Our Mission Statement

Bring people into a living relationship with Jesus Christ by

- † reaching up to God in worship and prayer,
- † reaching in to be empowered by God's Word as members of His family &
- † reaching out at every opportunity with the Gospel of Christ.

A Prayer before Worship

Lord, I love the habitation of Your house and the place where Your glory dwells. In the multitude of Your tender mercies prepare my heart that I may enter Your house to worship and confess Your holy name; through Jesus Christ, my God and Lord. Amen. (Lutheran Service Book-2006)

Large Print Bulletin and Children's Bulletin

Copies of today's bulletin are available in LARGE PRINT. Children's Activity Bulletins are also available. Please ask an usher if you would like to use either of these options.

Nursery/Cry Room

The nursery is available for families with young children ages 2 and under in Room 109. It will not be staffed until further notice. Or, if you prefer, Room 100 also is available as a cry room and/or a room for nursing mothers. Please ask an usher if you need assistance or directions.

For Those Desiring Holy Communion, Please Read:

"Whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. A man ought to examine himself before he eats of the bread and drinks of the cup. For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself." 1Corinthians 11:27-29

Being admonished to receive Christ's Body and Blood in a worthy manner, let us prepare our hearts for reception of this sacrament by privately answering the following:

1. Do I believe that I am a sinful person without hope of eternal life except for God's mercy in Christ?
2. Do I believe that Jesus Christ is God's Son and my Savior?
3. Do I believe that He is present in the Sacrament of Holy Communion with His Body and Blood?
4. Do I hope by the power of the Holy Spirit to live a godly life?

AS YOU COME TO THE LORD'S SUPPER you are affirming with each communicant that Jesus is your Savior and Lord, that you believe His Body and Blood are present, and that you desire to serve Him as a disciple in the fellowship of His church. If you are not an active member of an LCMS congregation, please speak with the Pastor before communing.

The Tenth Sunday after Pentecost

August 1, 2021

8:00 AM and 10:45 AM

Divine Service III – *LSB 184*

Prelude

Stand

Entrance Hymn

“Awake, O Sleeper, Rise from Death”

LSB 697



1 A - wake, O sleep - er, rise from death, And
2 To us on earth He came to bring From
3 Then walk in love as Christ has loved, Who
4 For us Christ lived, for us He died, And



Christ shall give you light; So learn His love, its
sin and fear re - lease, To give the Spir - it's
died that He might save; With kind and gen - tle
con - quered in the strife; A - wake, a - rise, go



length and breadth, Its full - ness, depth, and height.
u - ni - ty, The ver - y bond of peace.
hearts for - give As God in Christ for - gave.
forth in faith, And Christ shall give you life.

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Invocation, Confession, and Absolution

LSB 184

The sign of the cross ✠ may be made by all in remembrance of their Baptism.

P In the name of the Father and of the ✠ Son and of the Holy Spirit.

C Amen.

Matthew 28:19b, [18:20]

P Beloved in the Lord! Let us draw near with a true heart and confess our sins unto God our Father, beseeching Him in the name of our Lord Jesus Christ to grant us forgiveness.

[Hebrews 10:22]

P Our help is in the name of the Lord,

C who made heaven and earth.

Psalms 124:8

P I said, I will confess my transgressions unto the Lord,

C and You forgave the iniquity of my sin.

Psalms 32:5

Silence for reflection on God's Word and for self-examination.

P O almighty God, merciful Father,

C I, a poor, miserable sinner, confess unto You all my sins and iniquities with which I have ever offended You and justly deserved Your temporal and eternal punishment. But I am heartily sorry for them and sincerely repent of them, and I pray You of Your boundless mercy and for the sake of the holy, innocent, bitter sufferings and death of Your beloved Son, Jesus Christ, to be gracious and merciful to me, a poor, sinful being.

P Upon this your confession, I, by virtue of my office, as a called and ordained servant of the Word, announce the grace of God unto all of you, and in the stead and by the command of my Lord Jesus Christ I forgive you all your sins in the name of the Father and of the ✠ Son and of the Holy Spirit. *[John 20:19-23]*

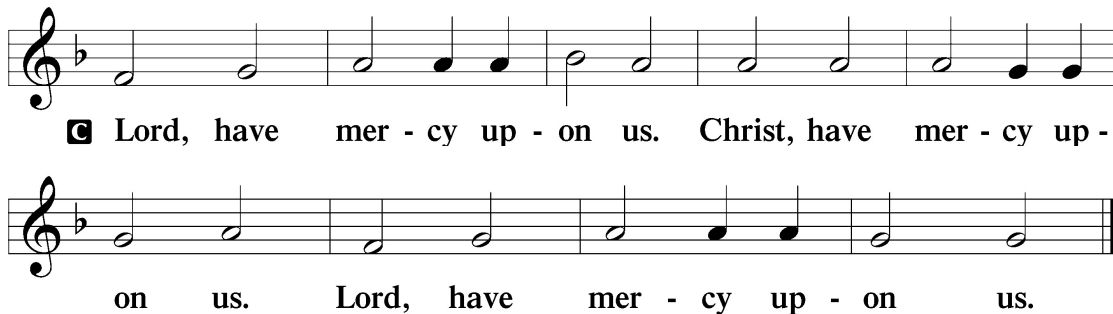
C Amen.

+++Service of the Word+++



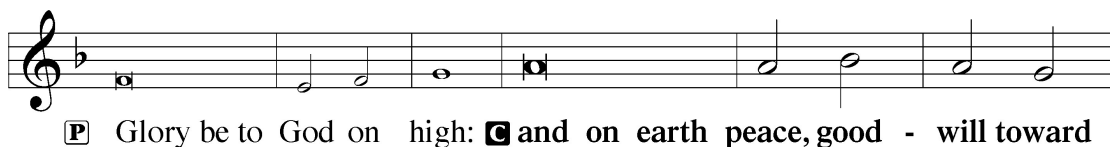
Kyrie

Mark 10:47; LSB 186



Gloria in Excelsis

Luke 2:14, John 1:29; LSB 187



men. We praise Thee, we bless Thee, we wor-ship Thee,

we glorify Thee, we give thanks to Thee, for Thy great glory.

O Lord God, heav'n-ly King, God the Fa-ther Al - mighty.

O Lord, the only begotten Son, Je - sus Christ;

O Lord God, Lamb of God, Son of the Father,

that takest away the sin of the world, have mercy up-on us.

Thou that takest away the sin of the world, re-ceive our prayer.

Thou that sittest at the right hand of God the Father, have mercy up-

on us. For Thou only art holy; Thou on - ly art the Lord.

Thou only, O Christ, with the Ho - ly Ghost,

art most high in the glory of God the Father. A - men.

Salutation and Collect of the Day

2 Timothy 4:22; LSB 189

P The Lord be with you.

C And with thy spirit.

P Let us pray.

Merciful Father, You gave Your Son Jesus as the heavenly bread of life. Grant us faith to feast on Him in Your Word and Sacraments that we may be nourished unto life everlasting; through the same Jesus Christ, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

C Amen.

Sit

Old Testament Reading

Exodus 16:2–15

²The whole congregation of the people of Israel grumbled against Moses and Aaron in the wilderness, ³and the people of Israel said to them, “Would that we had died by the hand of the LORD in the land of Egypt, when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger.”

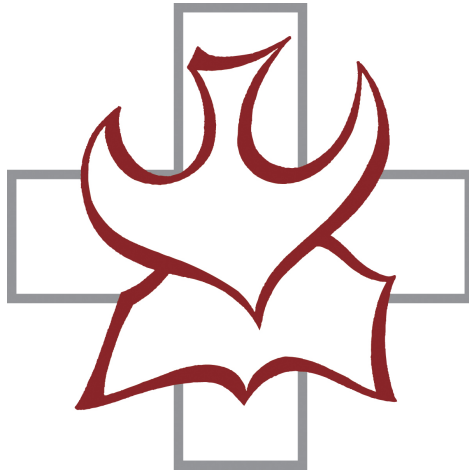
⁴Then the LORD said to Moses, “Behold, I am about to rain bread from heaven for you, and the people shall go out and gather a day’s portion every day, that I may test them, whether they will walk in my law or not. ⁵On the sixth day, when they prepare what they bring in, it will be twice as much as they gather daily.” ⁶So Moses and Aaron said to all the people of Israel, “At evening you shall know that it was the LORD who brought you out of the land of Egypt, ⁷and in the morning you shall see the glory of the LORD, because he has heard your grumbling against the LORD. For what are we, that you grumble against us?” ⁸And Moses said, “When the LORD gives you in the evening meat to eat and in the morning bread to the full, because the LORD has heard your grumbling that you grumble against him—what are we? Your grumbling is not against us but against the LORD.”

⁹Then Moses said to Aaron, “Say to the whole congregation of the people of Israel, ‘Come near before the LORD, for he has heard your grumbling.’” ¹⁰And as soon as Aaron spoke to the whole congregation of the people of Israel, they looked toward the wilderness, and behold, the glory of the LORD appeared in the cloud. ¹¹And the LORD said to Moses, ¹²“I have heard the grumbling of the people of Israel. Say to them, ‘At twilight you shall eat meat, and in the morning you shall be filled with bread. Then you shall know that I am the LORD your God.’”

¹³In the evening quail came up and covered the camp, and in the morning dew lay around the camp. ¹⁴And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as frost on the ground. ¹⁵When the people of Israel saw it, they said to one another, “What is it?” For they did not know what it was. And Moses said to them, “It is the bread that the LORD has given you to eat.”

A This is the Word of the Lord.

C Thanks be to God.



Epistle

Ephesians 4:1–16

¹I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³eager to maintain the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit—just as you were called to the one hope that belongs to your call— ⁵one Lord, one faith, one baptism, ⁶one God and Father of all, who is over all and through all and in all. ⁷But grace was given to each one of us according to the measure of Christ’s gift. ⁸Therefore it says,

“When he ascended on high he led a host of captives,
and he gave gifts to men.”

⁹(In saying, “He ascended,” what does it mean but that he had also descended into the lower parts of the earth? ¹⁰He who descended is the one who also ascended far above all the heavens, that he might fill all things.) ¹¹And he gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, ¹⁴so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. ¹⁵Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, ¹⁶from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

A This is the Word of the Lord.

C Thanks be to God.

Stand

Alleluia

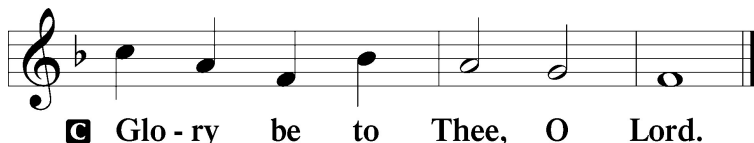
LSB 190



Holy Gospel

John 6:22–35

P The Holy Gospel according to St. John, the sixth chapter.



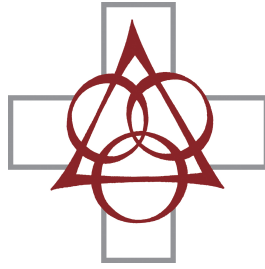
²²On the next day the crowd that remained on the other side of the sea saw that there had been only one boat there, and that Jesus had not entered the boat with his disciples, but that his disciples had gone away alone. ²³Other boats from Tiberias came near the place where they had eaten the bread after the Lord had given thanks. ²⁴So when the crowd saw that Jesus was not there, nor his disciples, they themselves got into the boats and went to Capernaum, seeking Jesus.

²⁵When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” ²⁶Jesus answered them, “Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves. ²⁷Do not labor for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal.” ²⁸Then they said to him, “What must we do, to be doing the works of God?” ²⁹Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” ³⁰So they said to him, “Then what sign do you do, that we may see and believe you? What work do you perform?” ³¹Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” ³²Jesus then said to them, “Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. ³³For the bread of God is he who comes down from heaven and gives life to the world.” ³⁴They said to him, “Sir, give us this bread always.”

³⁵Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.”

P This is the Gospel of the Lord.





Nicene Creed

LSB 191

**☐ I believe in one God,
the Father Almighty,
maker of heaven and earth
and of all things visible and invisible.**

**And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of His Father before all worlds,
God of God, Light of Light,
very God of very God,
begotten, not made,
being of one substance with the Father,
by whom all things were made;
who for us men and for our salvation came down from heaven
and was incarnate by the Holy Spirit of the virgin Mary
and was made man;
and was crucified also for us under Pontius Pilate.
He suffered and was buried.
And the third day He rose again according to the Scriptures
and ascended into heaven
and sits at the right hand of the Father.
And He will come again with glory to judge both the living and the dead,
whose kingdom will have no end.**

**And I believe in the Holy Spirit,
the Lord and giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son together is worshiped and glorified,
who spoke by the prophets.
And I believe in one holy Christian and apostolic Church,
I acknowledge one Baptism for the remission of sins,
and I look for the resurrection of the dead
and the life ✠ of the world to come. Amen.**

Hymn of the Day

“Guide Me, O Thou Great Redeemer”

LSB 918



1 Guide me, O Thou great Re - deem - er, Pil - grim through this
2 O - pen now the crys - tal foun - tain Whence the heal - ing
3 When I tread the verge of Jor - dan, Bid my anx - ious



bar - ren land. I am weak, but Thou art might - y;
stream doth flow; Let the fi - ery, cloud - y pil - lar
fears sub - side; Death of death and hell's de - struc - tion,



Hold me with Thy pow'r - ful hand. Bread of heav - en,
Lead me all my jour - ney through. Strong de - liv - 'rer,
Land me safe on Ca - naan's side. Songs of prais - es,



bread of heav - en, Feed me till I want no
strong de - liv - 'rer, Be Thou still my strength and
songs of prais - es I will ev - er give to



more; shield; Feed me till I want no more.
Thee; Be Thou still my strength and shield.
I will ev - er give to Thee.

Sermon

Stand

Offertory

Psalm 51:10-12; LSB 192



☐ Cre - ate in me a clean heart, O God, and re -



new a right spir - it with - in me. Cast me not a -



way from Thy pres-ence, and take not Thy Ho - ly Spir - it
from me. Re - store un - to me the joy of Thy sal - va -
tion, and up - hold me with Thy free spir-it. A - men.

Sit

Offering Omitted

(Ordinarily, this is the time to collect our offerings. As we are forgoing passing a plate, baskets have been placed at the rear of the sanctuary. You may also mail your offerings or contribute online from our website's "Giving" link.

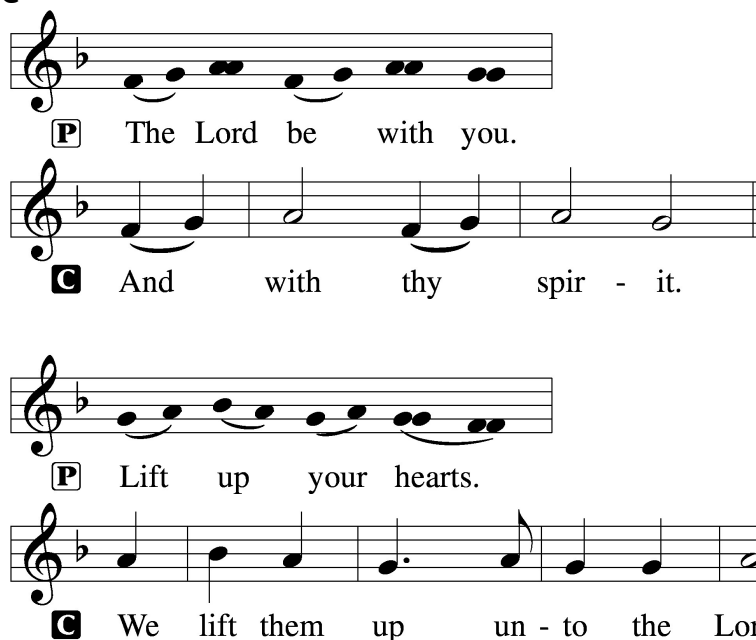
Stand

Prayer of the Church

+++Service of the Sacrament+++

Preface

LSB 194



P The Lord be with you.
C And with thy spir - it.
P Lift up your hearts.
C We lift them up un - to the Lord.

2 Timothy 4:22

[Colossians 3:1]



P Let us give thanks un - to the Lord, our God.

[Psalm 136]



C It is meet and right so to do.

Proper Preface

P It is truly meet, right, and salutary that we should at all times and in all places give thanks to You, holy Lord, almighty Father, everlasting God, through Jesus Christ, our Lord, who, having created all things, took on human flesh and was born of the virgin Mary. For our sake He died on the cross and rose from the dead to put an end to death, thus fulfilling Your will and gaining for You a holy people. Therefore with angels and archangels and with all the company of heaven we laud and magnify Your glorious name, evermore praising You and saying:

Sanctus

Isaiah 6:3; Matthew 21:9; LSB 195



C Ho - ly, ho - ly, ho - ly Lord God of Sab - a - oth;



heav'n and earth are full of Thy glo - ry. Ho - san - na,



ho - san - na, ho - san - na in the high - est. Bless-ed is He,



bless-ed is He, bless - ed is He that com-eth in the name of the Lord.



Ho-san - na, ho - san - na, ho - san - na in the high - est.

Lord's Prayer

Matthew 6:9-13; LSB196

- 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..

The Words of Our Lord

Matthew 26:26-28, Mark 14:22-24

Luke 22:19-20, 1 Corinthians 11:23-25; LSB 197

- P** 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, eat; this is My ✝ body, which is given for you. This do 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. This do, as often as you drink it, in remembrance of Me."

Pax Domini

John 20:19

- P** The peace of the Lord be with you always.
C Amen.

Sit

Agnus Dei

John 1:29; LSB 198

C O Christ, Thou Lamb of God, that tak-est a-way the sin of the world, have mer-cy up-on us. O Christ, Thou Lamb of God, that tak-est a-way the sin of the world, have mer-cy up-on us. O Christ, Thou Lamb of God, that tak-est a-way the sin of the world, grant us Thy peace. A - men.

Distribution

Communicants are asked to hold open their hand to receive the bread so the elder may discern who is confirmed. Gluten-free wafers are available. Non-alcoholic wine is offered in the center circle of individual cups for those who prefer it.

Distribution Hymn

The *Lutheran Service Book* is located in the basket underneath the chair in front of you.

Here, O My Lord, I See Thee Face to Face

LSB 631

Stand

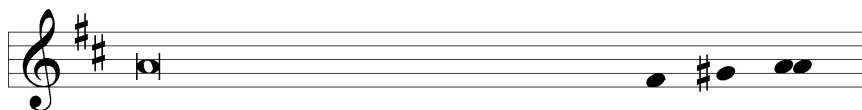
Nunc Dimittis

Luke 2:29-32; LSB 199

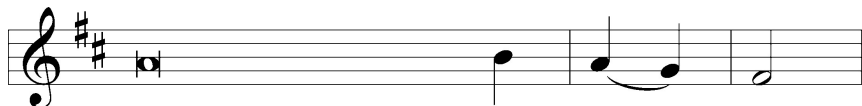
Lord, now lettest Thou Thy servant de - part in peace ac-
cord-ing to Thy word, for mine eyes have seen Thy salvation,
which Thou hast pre - pared be - fore the face of all people,
a light to light - en the Gen - tiles and the glo - ry of Thy
peo-ple Is - ra - el. Glo - ry be to the Father and
to the Son and to the Ho-ly Ghost; as it was in the beginning,
is now, and ev - er shall be, world without end. A - men.

Thanksgiving

Psalm 107:1; LSB 200



A O give thanks unto the Lord, for He is good,



C and His mercy endureth for - ev - er.

Post-Communion Collect

LSB 201

P Let us pray.

O God the Father, the fountain and source of all goodness, who in loving-kindness sent Your only-begotten Son into the flesh, we thank You that for His sake You have given us pardon and peace in this Sacrament, and we ask You not to forsake Your children but always to rule our hearts and minds by Your Holy Spirit that we may be enabled constantly to serve You; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

C Amen.



Salutation and Benedicamus

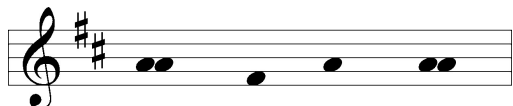
2 Timothy 4:22; Psalm 103:1



P The Lord be with you.



C And with thy spir - it.



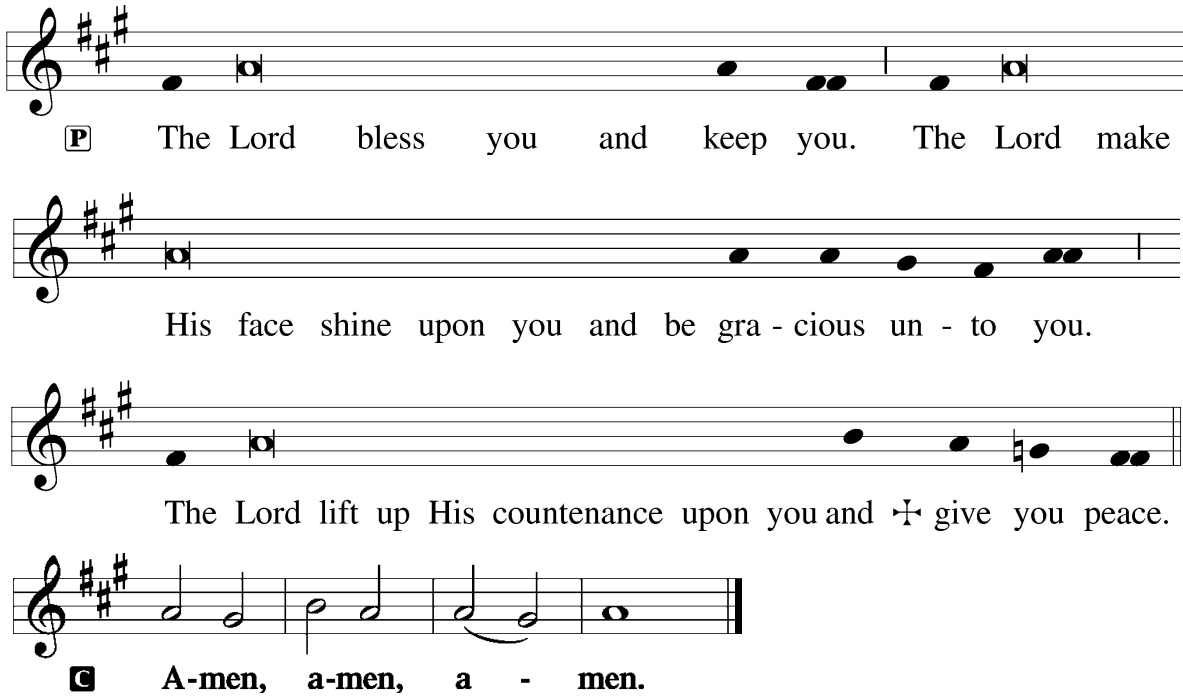
A Bless we the Lord.



C Thanks be to God.

Benediction

Numbers 6:24-26



P The Lord bless you and keep you. The Lord make
His face shine upon you and be gra - cious un - to you.
The Lord lift up His countenance upon you and ✠ give you peace.
C A-men, a-men, a - men.

Recessional Hymn

"I Heard the Voice of Jesus Say"

LSB 699



1 I heard the voice of Je - sus say, "Come un - to Me and rest;
2 I heard the voice of Je - sus say, "Be - hold, I free - ly give
3 I heard the voice of Je - sus say, "I am this dark world's light.
Lay down, thou wea - ry one, lay down Thy head up - on My breast."
The liv - ing wa - ter; thirst - y one, Stoop down and drink and live."
Look un - to Me; thy morn shall rise And all thy day be bright."
I came to Je - sus as I was, So wea - ry, worn, and sad;
I came to Je - sus, and I drank Of that life - giv - ing stream;
I looked to Je - sus, and I found In Him my star, my sun;
I found in Him a rest - ing place, And He has made me glad.
My thirst was quenched, my soul re - vived, And now I live in Him.
And in that light of life I'll walk Till trav - 'ling days are done.

Sit

Announcements

Dismissal

P Go in peace. Serve the Lord.

G Thanks be to God.

Postlude

An offering may be placed in the offering plate as you exit.

A Prayer after Worship

Almighty and merciful God, we have again worshiped in Your presence and received both forgiveness for our many sins and the assurance of Your love in Jesus Christ. We thank You for this undeserved grace and ask You to keep us in faith until we inherit eternal salvation; through Jesus Christ, our Lord. Amen.

Sunday School - Children K - 5th Grade

Sunday school classes begin at 9:25 am in Room 116 for music. At 10:30 am parents may pick up K – 5th graders from Room 113.

IMPACT Bible Class

Students meet at 9:30 am with Scott Peters in Room 122.

Adult Bible Class

Adult Bible Class, led by Pastor Shaltanis, meets in the fellowship hall at 9:30ish.

Adult Bible Class Small Group Alternative

Mike Kunschke leads a study on Ephesians. Anyone who is interested is invited to attend this class at 9:30 am in Room 115, just let Mike know.

Greeter Ministry Starting Back Up

We welcome Catherine Borck as the new greeter scheduler. Thank you to Mollie Manning for all of her work on this previously. If you are interested in serving as a greeter, please contact Catherine at 860-869-0337 or caboreck@gmail.com.

Comfort Makers is in Need of Sheets to Use for Quilt Backings

They can be any size or color and do not need to be new. You may leave them in the sewing closet in the fellowship hall or contact Dee Peters with your donation. Thanks to all who have helped support this outreach over the years. We have sent over 3000 quilts to Lutheran World Relief and other local charities since we started this mission effort 17 years ago! To God be the glory!

Faith Lutheran School Golf Tournament

Save the date: the 10th annual Faith Lutheran golf tournament for Faith Lutheran School of Plano will take place Friday, October 8, 2021 at Heritage Ranch Golf & Country Club. Sponsorships available. For info contact Amy Crawford at 214-728-0273 or acrawford@flsplano.org.

Israel Trip November 4 to 14, 2021

Would you like to travel to the Holy Land and see the places Jesus walked? The trip we had scheduled for 2020 has been rescheduled for November 4-14, 2021. If you would like to join us or find out more about the trip, send an email to: PastorShaltanis@yahoo.com to receive a travel brochure.

Christmas Celebration at the Dallas Symphony

We have the opportunity to purchase discounted group tickets to the Christmas concert at the Dallas Symphony Orchestra and Chorus. The price range is \$25 to \$30 and, depending on availability, would be for a 3:00 PM concert on either December 4, 5, 11, or 12. There is an "I'm Interested" sign-up sheet on the table in the narthex to determine if this is an event to be pursued. As tickets have already gone on sale to the general public, today is the last day that the sign-up sheet will be available. If you have any questions, please talk to Gail Senter.

Save the Date!



Take me out to the ballgame!

Frisco RoughRiders vs San Antonio Missions

Friday, September 10th at 7:00 pm. \$20 per ticket includes premium seating, premium meal basket (choice of burger, chicken sandwich, hot dog, corndog bites, chicken tenders), all-you-can-eat snacks and all- you-can-drink soda, and fireworks. Parking is not included--\$5-\$10 depending upon where you park. Please make checks payable to Lord of Life Lutheran Church and put **Baseball** in the memo. Sign up in the narthex.

Life Thoughts in the Church Year

What if we can't afford this baby? What if we can't pay for these treatments? Abortion means fewer people in poverty, doesn't it? Assisted suicide leads to less stress on limited resources, right? The Gospel dissolves every panic in sweet promises. He who sends mouths has never failed to supply their meat (Exodus 16:13; Psalm 145:15-16). Ensuring survival poses no trouble for Him who has already engineered salvation (John 6:25).

CHRIST FOR YOU this week on KFUE.org

Study practical application of our Lutheran Confessions on Concord Matters (8/7 at 10:00 a.m. CT), finish the book of Jeremiah on Sharper Iron's "A Time to Destroy and a Time to Build" (weekdays at 8:00 a.m. CT), and hear conversations about faith and family on Moments with KFUE Radio (weekdays at 12:00 p.m. CT). Find these programs on demand at kfue.org or wherever you get your podcasts!

Real Options Prayer Requests

Real Options sends out weekly newsletters, which include prayers needed for those grappling with hard choices on life topics. They are posted on the Lutherans for Life bulletin board in the hallway, between the narthex and the church offices.

Serving Our Worship Today:

Pastor:	Pastor Joel Shaltanis
Organist:	Victoria Frinsko
Altar Guild:	Lynda Abbott, Charis Bennett, Nancy Cawood
Elders:	Greg Moudy, Mark Ziegelbein
Ushers:	Ben Scarth, Jeff Loewecke
Sound:	Brian Wolf, Randy Rippey

This Week at Lord of Life-Today, August 1, 2021

8:00 am	Early Worship Service
9:30 am	Children's Sunday School (K-5 th Gr, Room 113) IMPACT Class (Room 122) Adult Bible Class (Fellowship Hall) Adult Bible Small Class (Room 114)
10:45 am	Late Worship Service

Friday, August 6

9:00 am	Comfort Makers
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Saturday, August 7

7:30 am	Men's Bible Breakfast
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Next Sunday's Readings August 8, 2021

Old Testament: 1 Kings 19:1-8

Epistle: Eph. 4:17-5:2

Gospel: John 6:35-51

Altar Flowers



The flowers on the altar this morning are given to the Glory of God by Carol Read in celebration of her birthday on 8/2; and by Carolyn Moudy in memory Tony Moudy, beloved husband and father.



Pentecost

About the Cover: Though the food for this bodily life is from the Lord Himself, its purpose is temporary. "Man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD" (Deuteronomy 8:3). Jesus instructs us to focus not on temporary food but on the eternal food found in His teaching. Jesus feeds us with the eternal food from heaven in the Lord's Supper, where He delivers to us the benefits of His cross and resurrection in His body and blood.