

THE TENTH SUNDAY AFTER PENTECOST

August 1st, 2021
10 A.M.



CHRIST LUTHERAN CHURCH

140 Russell Avenue
St. Catharines, Ontario L2R 1W1
Church: 905-685-8294 Fax 905-685-7661
www.christlutheransc.ca

Online VBS: "TREASURED: DISCOVERING *YOU'RE PRICELESS TO GOD*"

If you or someone you know think they missed out on this year's VBS ... start smiling! It's online, which means you can access it from our church website (www.christlutheransc.ca) until August 30. You can even watch one day each week until the end of August (which gives more time to memorize the bible verses!)

To receive the "special pack" which includes all 5 Bible Verse Memory Buddies, materials for all 5 crafts, ideas and extra supplies for the games, simply register your child by emailing secretary@christlutheransc.ca or by calling the church office at 905-685-8294 or Louise at 905-329-8579 and we will help you make arrangements to come and pick it up from the church.



You are invited to our "online VBS"

**"TREASURED:
Discovering You're Priceless to God"**

You'll discover Gods greatest treasure isn't gems, silver or gold - IT'S YOU!!

Join us online for Bible learning activities, catchy songs, games and crafts. Collect Bible Memory Buddies that help remind us of God's love.

LINKS TO ALL 5 DAYS:

Day 1

<https://youtu.be/BVx246ZB7HM>

"VBS TREASURED: Discovering you're priceless to God"

Day 2

<https://youtu.be/BVx246ZB7HM>

"VBS TREASURED: Discovering you're priceless to God"

DAY 3

<https://youtu.be/ym1ri7bAG6k>

"VBS TREASURED: Discovering you are priceless to God."

DAY 4

<https://youtu.be/JIOnlfeEK1g>

"VBS TREASURED: Discovering You are Priceless to God."

DAY 5

<https://youtu.be/YJrxAww05Gk>

"VBS TREASURED: Discovering You're Priceless God."

Last Sunday Attendance: July 25th, 2021 10 a.m. – 59

	<u>Budget</u>	<u>Weekly Need</u>	<u>Last Sunday</u>	<u>Year To Date</u>	<u>+ or – (--)</u>
Current:	271,175.00	5,214.90	2,901.00	107,716.04	(43,516.17)
Missions	20,000.00	384.62	305.00	9,802.50	(1,351.35)
Property Improvement:			224.00	3,384.50	

A DONATION has been given by Paul & Willie Pattison to the Haiti Mixte Nazareth Feeding Program in honour of Erna McBride's tireless efforts with the program.

FLOWERS FOR ALTAR: If you would like to place flowers on the altar, please sign your name at the back of the church or email: secretary@christlutheransc.ca. Cost is \$25/bouquet

THE CANADIAN LUTHERAN: The Canadian Lutheran is available to read online at: WWW.CANADIANLUTHERAN.CA.

SUPPORTING YOUR CHURCH DURING THE PANDEMIC: It's important for members to keep in mind that expenses for payroll, utilities, maintenance, etc. continue to accumulate even when you are not comfortable attending service.

1. THROUGH EFT DONATIONS: Lutheran Church - Canada, East District Corporation continues to facilitate this service for us. To assist you in continuing your financial support to your church, we encourage you to fill out the form that is available for printing at:

http://christlutheransc.ca/?page_id=96 and then mail the form along with a voided cheque to:

Lutheran Church-Canada, East District Corporation
275 Lawrence Ave., Kitchener, ON N2M 1Y3
Attn: Darryll Holland

2. BY MAIL: cheques can still be mailed to:

Christ Lutheran Church
140 Russell Ave. St. Catharines, ON L2R 1W1

or dropped in the Church mailbox at the East entrance.

3. ONLINE VIA LUTHERAN CHURCH-CANADA: Lutheran Church-Canada has opened a web portal that allows parishioners to donate directly to their home church:

<https://lutheranchurch-canada.tng-secure.com/?pageId=donation-edit&categoryId=10972>

select "St. Catharines-Christ Lutheran-30950" from the drop down menu, enter the amount of your donations and LCC will transfer your donation to Christ. Donation is via VISA or Mastercard. Tax receipts will be issued by LCC (not Christ).

This opportunity will be in effect until the COVID-19 emergency is over.

LWMLC Virtual Convention



From **July 8 to 10, 2021**, the **Lutheran Women’s Missionary League-Canada (LWMLC)** held their Eleventh National Convention. The theme, *“Christ Lives in Me,”* was based on **Gal. 2:20**, *“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.”*

LWMLC President Linda Long reported that attendance increased 49% from the 2018 convention, with 252 people registered.

The convention, hosted by the ABC District of LWMLC, began on Thursday evening with a worship service live-streamed from Concordia Lutheran Theological Seminary in St. Catharines (the video is available on the seminary’s YouTube channel). The service was led by Rev. James Keller, and West Regional Pastor Rev. Robert Mohns served as lector. Lutheran Church-Canada’s President, Rev. Timothy Teuscher, preached on the convention theme, and Rev. Jeff Dul led the prayers and the closing blessing.

During the convention, there were opportunities to share prayer requests via email, and short devotions were available on the YouTube channel. As well, a virtual space was available for exhibitors on YouTube, where participants could watch short videos submitted by different organizations in place of strolling through an exhibitors’ hall. As well, the convention hosted the longest mission walk in LWMLC history, covering a combined total of 6,525 kilometers and raising \$11,000 for the Wagner Hills Farm Society.



LWMLC Convention Opening Service 2021 streamed live from the Martin Luther Chapel of Concordia Lutheran Theological Seminary, St. Catharines, Ontario.

On Friday, a Bible Study on the theme verse was led by Rev. Dul, and Rev. Jan Pastucha presented on grief and mourning.

On Saturday, Rev. Dr. James Keller presented a Bible study on the theme **“In Me.”** There was also a presentation from Rev. Dr. Steven Harold (Trinity Abbotsford) and Samantha Neeb, the new joint Youth and Outreach Worker at Trinity Lutheran and Killarney Lutheran churches in the Vancouver area. Deacon Dr. Jennifer Frim also presented on deacons and their role in the church, as well as on the new deacon program at Concordia Lutheran Seminary in Edmonton. Sandra Schaeffer was the keynote speaker, and presented on **“Christ Lives in Me.”**

The business of the convention included approving mission projects for 2021 to 2024, and elections of officers.

The final convention newsletter reported that “each and every step of the way God was with us so that we could carry out and do the business of LWMLC as well as grow in faith in studying and hearing His Word. We were inspired by our many speakers and it was heartwarming to hear how our Mites have been at work!”



New LWMLC General Council Elected 2021-2024

President – Linda Long
Vice President, Christian Growth – Patricia Kreuzweiser
Vice President, Christian Mission – Iris Barta
Vice President, Communication – Becky Wandio
Vice President, Member Development – Annette Borchardt
Recording Secretary – Jamie Fulton
Financial Secretary – Penny Bobier
Treasurer – Karen Nerbas

Mission Grants Chosen for 2021-2024

Street Reach, Regina, SK – Rev. DJ Kim – \$12,000
Vancouver Youth Worker / Samantha Neeb – \$18,900
Contribution towards land purchase for building first Lutheran Church in Costa Rica – \$10,000
National Youth Gathering 2022 – \$5,000
Concordia Lutheran Seminary Electronic Library Upgrade -\$15,000
Translation and Formatting of French Sunday School Materials – \$14,000
Development of New Mission Site in Lviv, Ukraine – \$12,000
Jackfish Lutheran Camp, Roblin, MB – \$8,500
Diaconal Support in Nicaragua, Central America – \$8,600
Mission Opportunity Fund – \$26,000

MORNING PRAISE

Adapted from Lutheran Church of Australia worship services

The 10th Sunday after Pentecost

FIRST SONG: “Children of the Heavenly Father” www.hymnary.org/LSB725

1. Children of the heav'nly Father
Safely in His bosom gather;
Nestling bird nor star in heaven
Such a refuge e'er was given.
2. God His own doth tend and nourish;
In His holy courts they flourish.
From all evil things He spares them;
In His mighty arms He bears them.
3. Neither life nor death shall ever
From the Lord His children sever;
Unto them His grace He showeth,
And their sorrows all He knoweth.
4. Though He giveth or he taketh,
God His children ne'er forsaketh;
His the loving purpose solely
To preserve them pure and holy.

The Worshiping Church 84

WORDS: Carolina Sandell Berg, 1855; tr. Ernst W. Olson, 1925, alt.

MUSIC (TRYGGARE KAN INGEN VARA L.M.): Traditional Swedish melody

SPOKEN MORNING PRAYER SCRIPTURE RESPONSES:

Open up my lips O LORD!

And my mouth will sing praises to Your Name!

Come quickly to Help me, O Lord

And be speedy to keep me away from harm.

Teach me Your Way, O Lord, that I may walk in Your truth.

Your Word is a lamp to my feet and a light for my path.

Glory to the Father and the Son and the Holy Spirit.

As it was then, is now, and will be forever. Amen.

Praise to You, O Christ!

Alleluia! Alleluia!

Give glory to our God, our Light and our Life!

O Come, let us worship Him!

PSALM

**Sing out, sing out, all voices, shout to the Rock Who saves!
With thanks, bow down before Him, Come near and praise the Lord!
For He, our King has blest us; from mountain top and hill-side,
The heights and depths He fashioned, and we belong to Him.**

**Bow down, in faith, before Him, for He has made us all!
As sheep of the Great Shepherd, He feeds us as we go.
All praise to God the Father, All praise to God the Son,
And praise to God, the Spirit, Eternal Three in One!**

(Hymn version of Psalm 96; Tune: "Stand Up! Stand Up for Jesus!" LSB # 660)

PSALM OF THE DAY: *Psalms 78:23-29*

spoken responsively

Yet he commanded the skies above,
and opened the doors of heaven;
he rained down on them manna to eat,
and gave them the grain of heaven.
Mortals ate of the bread of angels;
he sent them food in abundance.
He caused the east wind to blow in the heavens,
and by his power he led out the south wind;
he rained meat upon them like dust,
winged birds like the sand of the seas;
he let them fall within their camp,
all around their dwellings.
And they ate and were well filled,
for he gave them what they craved.

PRAYER OF THE DAY:

O Lord, hear my prayer;
And let my concerns come before You.

Loving Father, Your dear Son Jesus Christ came down from Heaven as the true Bread which gives life to the world. As You have made us to hunger and thirst for Him, satisfy us with the Word and Sacraments so that He may live in us and we in Him. For He lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

THE SCRIPTURES

The Old Testament: *Exodus 16: 2-4, 9-15*

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, 'If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.' Then the LORD said to Moses, 'I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the LORD, for he has heard your complaining." ' And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the LORD appeared in the cloud. The LORD spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God." ' In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the LORD has given you to eat. This is the Word of the Lord.

Thanks be to God.

The Epistle: *Ephesians 4: 1-14*

[St. Paul writes:] I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one

baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.' (When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. This is the Word of the Lord. **Thanks be to God.**

SUNG GOSPEL VERSE:

"Seek Ye First"

**Seek ye first, the King-dom of God, and His righteousness—
And all these things shall be added unto you; Al-le-lu, Al-le-lu—ia.**

The Holy Gospel: *St. John 6: 24-35*

The Holy Gospel, according to St. John, the 6th chapter:

Glory to You, O Lord.

So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' Then they said to him, 'What must we do to perform the works of God?' Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ' Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.' Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

This is the Gospel of the Lord.

Praise to You, O Christ.

SERMON SONG: *"God So Loved the World"*

Verse 1:

**Come all you weary
Come all you thirsty
Come to the well that never runs dry
Drink of the water
Come and thirst no more**

Verse 2:

**Come all you sinners
Come find His mercy
Come to the table He will satisfy
Taste of His goodness
Find what you're looking for**

Chorus 1:

**For God so loved the world that He gave us
His one and only Son to save us
Whoever believes in Him will live forever**

Verse 3:

**Bring all your failures
Bring your addictions
Come lay them down at the foot of the cross
Jesus is waiting there
With open arms**

Chorus 2:

**For God so loved the world that He gave us
His one and only Son to save us
Whoever believes in Him will live forever
The power of hell forever defeated
Now it is well I'm walking in freedom
For God so loved God so loved the world**

Bridge

**Praise God praise God
From whom all blessings flow
Praise Him praise Him
For the wonders of His love**

Chorus 3:

**For God so loved the world that He gave us
His one and only Son to save**

Verse 4:

**Bring all your failures
Bring your addictions
Come lay them down at the foot of the cross
Jesus is waiting
God so loved the world**

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MESSAGE: (printed out below)

TE DEUM HYMN: "God We Praise You"

Tune: "Come Thou Fount"



1. God, we praise You! God, we bless You! God, we name You sov'-reign
 2. True a - pos - tles, faith - ful proph - ets, Saints who set their world a -
 3. Je - sus Christ, the King of glo - ry, Ev - er - last - ing Son of
 4. Christ, at God's right hand vic - to - rious, You will judge the world You



Lord! Might - y King whom an - gels wor - ship, Fa - ther,
 blaze, Mar - tyrs, once un - known, un - heed - ed, Join one
 God, Hum - ble was Your Vir - gin Moth - er, Hard the
 made; Lord, in mer - cy help Your ser - vants For whose



by Your Church a - dored: All cre - a - tion shows Your
 grow - ing song of praise, While Your Church on earth con -
 lone - ly path You trod: By Your cross is sin de -
 free - dom You have paid: Raise us up from dust to



glo - ry; Heav'n and earth draw near Your throne, Sing - ing,
 fess - es One ma - jes - tic Trin - i - ty: Fa - ther,
 feat - ed, Hell con - front - ed face to face, Heav - en
 glo - ry; Guard us from all sin to - day. King en -



"Ho - ly, ho - ly, ho - ly, Lord of hosts and God a - lone!"
 Son, and Ho - ly Spir - it, God, our hope e - ter - nal - ly.
 o - pened to be - liev - ers, Sin - ners jus - ti - fied by grace.
 throned a - bove all prais - es, Save Your peo - ple, God, we pray.

C. M. Idle, b. 1938

NETTLETON
 J. Wyeth, *Repository of Sacred Music, Part II*, 1813

THE PRAYERS

Heavenly Father: thank you for sending your Son, Our Lord Jesus Christ, to be the Bread of Life for the world. Forgive us for elevating earthly appetites above devotion to you. Feed us with the knowledge of Christ so that we recognize our sin and gladly repent in his name. *Lord, in your mercy:*
hear our prayer.

Feed those who hunger for righteousness and holiness with the gospel of salvation in Jesus' name, and continue to gather all your people to be fed with his body and blood for eternal life. Direct all pastors and teachers, evangelists and missionaries in the truth of Christ so that your people may be united in confession and witness.

*Lord, in your mercy:***hear our prayer.**

We pray for those whose daily need for healthy food, clean water and proper shelter goes un-met, and for those misusing what they have in the vain pursuit of pleasure. Feed them with all the good things of Christ for life now and in eternity.

*Lord, in your mercy:***hear our prayer.**

Have mercy on those whose lives have been broken by violence and crime. Feed them with hope and a new life in Christ. And bless our brothers and sisters in prison and those who minister to them.

*Lord, in your mercy:***hear our prayer.**

Feed those who are sick or sorrowing with healing and consolation through Christ. We pray particularly for (*insert names*). And meet the needs of others we know personally to be in want and whom we now name silently in our hearts... (*brief silence*)

*Lord, in your mercy:***hear our prayer.**

Merciful Father, you heard the prayers of your people in the wilderness and fed them bread from heaven despite their sin. Graciously hear us today and feed us too with the Bread of Life from heaven, even our Lord Jesus Christ, for he lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

THE LORD'S PRAYER: "***Our Father, Who art in Heaven, hallowed be Thy name...***"

LUTHER'S MORNING PRAYER:

I thank You, Heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger. And I pray that You would keep me this day, also, from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul and all things. Let Your holy angel be with me, that the evil foe have no power over me. Amen.

CLOSING GREETING & BLESSING:

The Lord be with you:

And also with you;

Let us praise the Lord.

Thanks be to God!

The blessing of Almighty God, the Father, Son + and Holy Spirit, remain with you now and always!

Amen.

CLOSING HYMN:

“O Bread of Life”

[Now Rest Beneath Night's Shadow tune]

**O Bread of life from Heaven,
O Food to pilgrims given,
O Manna from above:
Feed with the blessed sweetness
Of Your divine completeness
The souls that want and need Your love.**

**O Fount of grace redeeming,
O River ever streaming,
From Jesus' wounded side:
Come now, Your love bestowing
On thirsting souls, and flowing
Till all are fully satisfied**

**We love You, Jesus, tender,
In all Your hidden splendor
Within these means of grace.
Oh, let the veil be riven,
And our clear eye in Heaven
Behold Your glory face to face**

REV. TODD HOFFS
PENTECOST 10TH (SERIES B)
Scripture: St. John 6:21-35
Title: "THE Jesus Diet"
August 1, 2021

Father, Son + Holy Spirit. Amen.

There's really two kinds of diets: ones that work and ones that don't.

Diets that don't work we call fad diets. Promising fast results with little effort.

Results, if any, are almost always short-lived and soon you're right back where you started.

Diets that work promise slow, gradual results with considerable commitment over a long period of time. You don't lose much, but rather gain better nutrition from making healthy food and life choices.

The best advice now is increased exercise and leaving alone refined sugars and carbs.

That's helpful for some, not for all.

One of the most prominent features of our Lutheran faith tradition is being able to eat and do just about everything, but in MODERATION. At least with what goes into our mouths.

But when it comes to Jesus, the Bread of Life, a DAILY INDULGENCE, a regular feast, regular eating from Him is much preferred. John's Gospel is highlighting this bread of life "Jesus Diet."

A truly healthy way of holy eating – a lifetime commitment sealed in our Baptismal waters promising Heavenly results. More than a personal trainer or dietician,

Jesus is with you & within you every single step of the way. Not only guiding or encouraging you, but being the very bread for your journey. Literally He's getting you into spiritual shape

For the life at hand As you work And in your work, serving people now and for a heavenly feast yet to come. Jesus' Bread of Life teaching takes place the day after He miraculously fed over 5000 people with a few loaves of bread and fish. The crowd thinks they've caught the gravy train

and they don't want this party to end. After some probing, they put in their order: Give us a sign to believe in You. Jesus suggests they're looking for security. We'd call it food security. In past eras

people stock piled foods for fear of shortages. Like we even saw in the early days of our COVID pandemic. To their disappointment, Jesus isn't promising an endless buffet of material goodies.

He's not promising better living, lower taxes, less stress in the daily grind. He's offering Himself Because He is the only real food that can ever fill all peoples' deepest needs. Truth be told,

the crowds of people really don't want a special, miraculous sign from Jesus. They want bread.

Bread is the staple of life. The occupying Roman army there in Israel understood this, so they used bread and entertainment as a distraction. Keep people having fun with enough free food and the

government can easily do as they pleased. If bread could be conjured up so cheaply, why not have Jesus do it again. Like the genie in Aladdin's' lamp offering 3 wishes! He can be their own personal

pantry. What a quick, easy way to get by. We think this way, too. We're needy for freebies just like the crowds gathering there. We want easy access to what we've always expected,

Be it food, good health, pain-free bodies, no more stress or anxiety in our lives, more money, or at least cheaper items for us to afford. Plus the individual little wants and desires we all crave.

We crave things in our own minds we're not even aware of. We have pre-conceived ideas of what we think Jesus should be doing in our lives that He isn't doing at this very moment.

Is very selfish. That's what we want our religion to become. We've worked long and hard, following Jesus here and there. Now it's time to cash in: let's have quick, tangible evidence that God's on our

side. If faith in Him or His Son can't make our lives easier and quicker, well, we figure, what's the point!? Quick change from our God On our own terms Proves that HE will move heaven and earth

when we ask Or even when we choose not to ask. Bread takes time to create, Having the living bread within us Should help us take time to reflect on our real needs, Our identity as God's child,

to re-think who and what we are and our PLACE before Him.

His Bread should wake up our hearts and minds to not only our needs But other peoples' needs. For Jesus, Living Bread means faith and life in abundance, by receiving Him, believing in Him, eating of Him, trusting that His food is enough to sustain us and enjoy life now and in hope of eternal life later. Because Jesus takes such good care of us now This fills us with gratitude And the joy of passing this on to someone else who needs this Bread. We are forgiven. We are allowed to eat the Bread of life. We get to have a new start each morning. Not so that we'll forget our sins or troubles or responsibilities. But recognize the Giver of this new start, treasure the forgiveness our Lord freely gives and enjoy the Living Lord Who's inside of us keeping us going. That should take a load off our minds. Jesus isn't about showering us with more stuff or a life of ease. It's all about getting a transformational life helping us cope with who we are: broken sinners redeemed and loved and welcomed and fed in Jesus Christ! That's why Jesus doesn't get angry and yell at the crowds, or us, for seeking "more bread," but rather for *chasing after* bread that doesn't last. Why stress and strain and worry over bread (and all goods in life) that don't last. Employment and being a good caretaker is one thing; but this letting have 1st place on your life, occupying your thoughts minute by minute, that's the problem Jesus is indicating. Especially when He's offering bread that lasts, bread that keeps on feeding in all of life's ups and downs. This is why He says: *I am the bread of life. Whoever comes to me will never be hungry.* Doesn't mean your stomach won't growl at the end of this sermon, indicating it's close to lunch. But by feeding on Jesus' Body and Blood, We grow in our trust and relationship with Jesus As our true deep longing needs will always be fed. The crowds meet this gift with arrogance. We know. It's hard being a recipient. We don't like being helped. We think it means we're not good enough. That's not what Jesus says. We can't go about life on our own. We are totally dependent upon God for everything. After all, Jesus JUST miraculously fed the crowds and they try teaching Jesus about Moses' feeding their ancestors in the desert! As if Jesus is the first one to ever feed them! As if Jesus wasn't there Himself all those hundreds of years earlier in the form of quale and manna. Did they forget Jesus IS the Son of God, the Word of God made flesh!? Can they not see that this Jesus is GREATER than Moses?! Moses himself called Manna "the bread that the LORD has given you to eat." Moses didn't feed them, the Lord did. And here is Jesus doing this – but with a better bread. This is new. Jesus' Bread is the kind that will keep them alive forever! Life forever. Heaven on earth. This is scary. Life can actually be better. We can live and love and do better. People don't automatically want to be better. We don't like being saved. We want to be told we're A OK just as we are. It takes too much time to love and care and listen. We don't want to be sick or wrong or caught in trouble. So to escape hellish judgment Jesus comes to our complete rescue. He becomes our sacrifice, our captive, our beaten, abused criminal. He's the perfect exchange we need to be rid of all our sin. He cares, He loves, He lives, He dies....He hears our cries, He wears the world's sins, He feels our pain--And we are only rid of such things because Jesus became the sins of EVERY HUMAN CROWD on this earth. On the cross He died to make them miraculously disappear, just as if we never, ever sinned. That's the goodness of the gift. By dying and rising, Jesus makes Himself available to EVERYONE on this globe at all times and in all places. He's not only the Bread of life for the crowds, But for every generation before and since. The Bread He shared then is the Bread we share today, the celebration of His death and life in Holy Communion. When we receive the Bread of Life, we, too, live and dwell in Him and He in us. The Bread of Life is not an individual a la carte offering that we get to pick and choose. It's a common feast that unites all of us across the globe. We are fed and fueled by the same bread, the same faith, the same peace, the same love. That's what makes us the Church, no matter what our different ideas may express. We're not Christians because we call ourselves Christians. We are Christians because we are baptized into Christ's very own Body; nourished and strengthened, fully committed, fully absorbed in the love of Christ. In Jesus we start each day. We end each day. We live each day. His Bread we eat and it inspires transformational purpose. Eating and drinking of Him, We become Jesus' hands and feet and face. Sharing the Bread of Life with a world that is stuffed with want and starving for real love. We're called to love and serve and listen and give as we are able and expect nothing in return.

We're not called to make everyone be exactly like us. We're not called to control all the outcomes
We're not called to protect our little kingdoms.
We're called to share this "Jesus diet" with your family and friends and neighbours
So that they too can rely on God's Word and Jesus' Bread of life
To heal their brokenness.
It's a tall order. It takes time, trusting, listening offering sincere welcome walking in friendship and
loyalty.
This is how the Bread of life affects us.
We are new people.
Remaining in Jesus is the only way.
He'll keep you making healthy life choices.
His Holy Spirit will keep you connected to him with prayer, scripture and His meal.
Your life will be a workout with Him in ministries of worship, outreach and fellowship.
His Body and Blood in the piece of bread and drink of wine will be your strength and support.
He is a part of you and you are a part of Him
The living Body of Christ.
The Jesus diet
Is the only diet that saves.
Amen.

