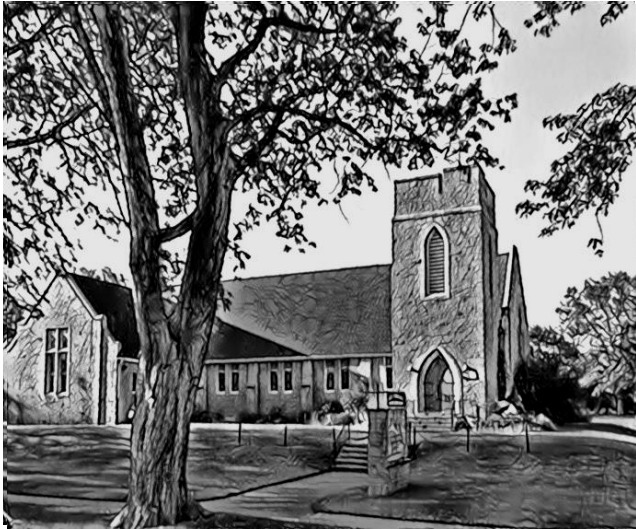


**Christ Lutheran Church
St. Catharines, ON**

The 11th Sunday after Pentecost
August 4th, 2024





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

Phone: 905-685-8294
Church Website: www.christlutheransc.ca

Romans 10:15 - - *How beautiful are the feet of those who preach the gospel of peace, and bring glad tidings of good things!*

Office Hours: Tuesday to Friday – 9 a.m. to 12 noon

Bulletin Announcements: Please send to secretary@christlutheransc.ca
Deadline for submission is Wednesday at 1 p.m.

Pastor: Rev. Todd Hoeffs 289-362-0113 pastortoddhoeffs@gmail.com
Deaconess: Louise Gondosch 905-329-8579 parish.assistant@christlutheransc.ca
Business Manager: Emily Fernando 905-685-8294 business.manager@christlutheransc.ca
Secretary: Bronwyn Goodburn 905-685-8294 secretary@christlutheransc.ca
Facebook www.facebook.com/ChristLutheranChurchSC
CLChurch YouTube channel Christ Lutheran Church-YouTube (*link*)
Pastor Todd's YouTube channel "Gathering the Scattered" (*link*)
Seminarian Vijay Samuel, Concordia Lutheran Theological Seminary Student Fieldworker
Rev. Noel Richard, Concordia Lutheran Theological Seminary Colloquy Student Fieldworker

Welcome to Christ Lutheran Church!
We're glad you've joined us for worship!

Please be aware that our Worship Services are ***recorded and posted on YouTube and Facebook.*** There is, although very slight, a possibility that your image might be posted. If you have any concerns, please either speak to the Elder on duty or alternatively seat yourself more towards the back of the sanctuary or along either of the outside aisles. May our gracious and loving Lord bless you as you worship Him. We pray we all remain safe and healthy.

PRAYER BEFORE WORSHIPPING

To you be praise and glory forever, and strengthen our hands to do your will, that the world may rejoice and give you praise. Blessed be God, Father, Son and Holy Spirit.
Amen.

Musician – Louise Gondosch + **Reader** – Chris Mason

DAILY SCRIPTURE MEDITATIONS

Monday: Ephesians 4: 17-24 Wed: Mark 8: 1-10 Friday: Galatians 6: 1-10
Tuesday: 1 Corinthians 12: 27-31 Thurs: Romans 15" 1-6 Saturday: Matthew 7: 7-11

ALSO HAPPENING THIS WEEK AT CHRIST LUTHERAN

Sunday: 10 AM – Communion – Rev. Dr. Tom Winger & Noel Richards

August 2024 Worship Schedule



August 11th – Pentecost 12 Divine Service 4 Holy Communion (Dr. Winger)
August 18th – Pentecost 13 Scripture & Song (Noel Richards & The Promise Band)
August 25th – Pentecost 14 LSB Setting 1 Communion (Dr. Kellerman)



Flowers have been placed on the altar this morning by James & Wendy Hyatt to the glory of God and in celebration of their anniversary.

A memorial donation has been made to SOUL at Christ Lutheran Church in memory of Steve Gall Sr. by Twila Gall



PASTOR TODD will be on vacation for the entire month of August.

Rev. David Hamp, our regional circuit counsellor from Concordia Lutheran in Fonthill, will be the emergency contact at 905-892-8877 or e-mail at david.m.hamp@gmail.com.

For any non urgent matters please phone the office and leave a message.

August 2024 Services:

4 – Seminary Student Pastor Noel 11 – Rev. Dr. Tom Winger (& Noel)
18 – Seminary Student Pastor Noel 25 – Rev. Dr. James Kellerman (& Noel)

LWML-C/MARY MARTHA EVENTS

Christ Lutheran is full of wonderful people and God has made each of us to serve in different ways. (Many thanks to those who have served or are still serving). Look in your heart to see if you would be willing to serve in our ladies' group. We are in need of a Secretary and a Member Development Chair! Lorraine K. would love to hear from you by text or call 905-964-5837 if you are interested.

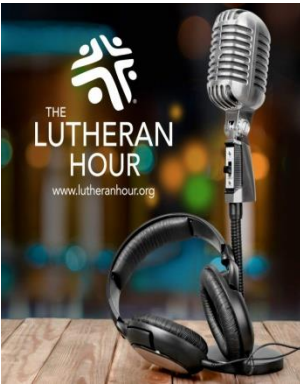


"Each of you has received a gift to use to serve others. Be good servants of God's various gifts of grace".

Last Sunday's Attendance – July 28th, 2024: 103

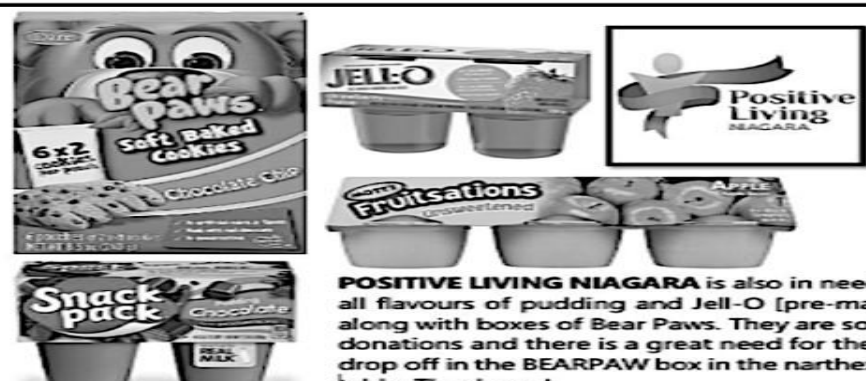
WEEKLY OFFERINGS

	<u>Budget</u>	<u>Weekly need</u>	<u>Last Sunday</u>	<u>2024-07-28</u>	<u>YTD</u>	<u>+/(-)</u>
Current	303,899.00	5,844.21	2,618.00	114,236.84	(66,933.72)	
LCC Missions	17,500.00	336.54	140.00	12,508.00	2,075.31	
Property Improvements			156.00	3,305.00		



Lutheran Hour Ministry Sermons: *These highly regarded sermons are broadcast each Sunday morning on 99.5 FM WDCX, Buffalo, at 10:30 A.M. Check the website for participating stations or you can listen any time to a podcast or MP3 or read the text at www.lll.ca.*

They are a worthwhile addition to your regular observance of the Lord's Day and a particularly helpful alternative if you know you will be unable to attend our regular Worship Service at Christ Lutheran Church for any reason. The Lutheran Hour speaker is Rev. D. Michael Zeigler.



POSITIVE LIVING NIAGARA is also in need of applesauce, all flavours of pudding and Jell-O [pre-made, not instant] along with boxes of Bear Paws. They are so grateful for our donations and there is a great need for these items. Please drop off in the BEARPAW box in the narthex under the long table. Thank you!

Positive Living is also in need of the following items: toothpaste, toothbrushes, socks, mittens [for male and female], small cans of cat or dog food. Pastor Todd will have another box in the narthex table to hold these items. Thank you. [Notice their response of thanks on Pastor Todd's Facebook posting]

**Do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my
righteous right hand.**

Isaiah 41:10

A Reason for Hope
www.areasonforhope.net



Pastor Noel Richards' Parish in India



CHRIST LUTHERAN CHURCH

SPOKEN MATINS

Adapted from Lutheran Service Book order of Matins

The 11th Sunday After Pentecost

August 4, 2024 + 10 AM worship

Worship leader & Preacher: Seminarian Pastor Noel Richards

FIRST SONG

"They'll Know We Are Christians By Our Love"

$\text{♩} = 56$

Em D/E Em D/E Em D/E Em D/E Em



1 We are one in the Spir - it, we are one in the Lord; We are
2 We will walk with each oth - er, we will walk hand in hand; We will
3 We will work with each oth - er, we will work side by side; We will
4 All _____ praise to the Fa - ther, from _____ whom all things come; And all



Am D7/A Em D/E Em

one in the Spir - it, we are one in the Lord. And we
walk with each oth - er, we will walk hand in hand. And to -
work with each oth - er, we will work side by side. And we'll
praise to Christ Je - sus, His _____ on - ly _____ Son. And all



Am D7/A Em D/E Em

pray that all u - ni - ty may one day be re - stored. And they'll
geth - er we'll spread the news that God is in our land. And they'll
guard each man's dig - ni - ty and save _____ each man's pride. And they'll
praise to the Spir - it, who _____ makes _____ us _____ one. And they'll



C Em Am

know we are Chris - tians by our love, by our love, yes they'll



Em Am D7/A Em

know _____ we are Chris - tians by our love. _____

SPOKEN MORNING PRAYER SCRIPTURE RESPONSES

O Lord, open my lips!

And my mouth will declare Your praise.

Make haste, O God, to deliver me.

Make haste to help me, O Lord.

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

As it was in the beginning, is now, and will be forever. Amen.

Praise to You, O Christ!

Alleluia! Alleluia!

Blessed be God the Father, the Son and the Holy Spirit.

O Come, let us worship Him!

PSALMODY

**1 O come, and sing unto the Lord, come blend your voice toward Him Who saves.
with thankful hearts we enter now, to offer songs of glorious praise.**

**2 Our saving Lord is a great God a pow'rful King above all gods.
His steady hand embraces earth; The mountain peaks display His worth.**

**3 The sea and land divinely placed, our Maker, bow before His face,
His pasture nourishes all sheep, He'll shepherd, guard and safely keep.**

**4 All praise and glory be to You, the Father, Son and Spirit, Who,
Protects and shelters us from fear, His holy name this day revere.**

(Hymn version of Psalm 96; Tune: "All Praise To Thee!" LSB # 883)

Blessed be God the Father, the Son and the Holy Spirit.

O Come, let us worship Him!

PSALM 145:10-21

Lord, everything you have made will praise you.

Those who belong to you will bless you.

They will tell about the glory of your kingdom.

They will speak about your power.

Then everyone will know what powerful things you do.

They will know about the glory and majesty of your kingdom.

Your kingdom will continue forever.

And you will be King from now on.

The Lord will keep his promises.

With love he takes care of all he has made.

The Lord helps those who have been defeated.

He takes care of those who are in trouble.

The eyes of all living things look to you for food.

And you give them their food at the right time.

You open your hand,

and you satisfy all living things.

Everything the Lord does is right.

With love he takes care of all he has made.

The Lord is close to everyone who prays to him,

to all who truly pray to him.

He gives those who fear him what they want.

He listens when they cry, and he saves them.

The Lord protects everyone who loves him.

But he will destroy the wicked.

I will praise the Lord.

Let everyone praise his holy name forever.

PRAYER OF THE DAY

Let us pray: 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 New Testament Letter *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.

GOSPEL VERSE *[spoken together]*

**Alleluia! Alleluia! Oh give thanks to the Lord for He is good,
for His never-ending love lasts forever. Alleluia!**

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.

CHILDREN'S MESSAGE

GOSPEL SONG. *"I Come With Joy!"* *["O For A Thousand Tongues To Sing" LSB tune 528]*

**I come with joy, a child of God, forgiven, loved, and free,
the life of Jesus to recall, in love laid down for me.**

I come with Christians far and near to find, as all are fed,
the new community of love in Christ's Communion bread.

As Christ breaks bread and bids us share, each proud division ends.
The love that made us, makes us one, and strangers now are friends.

The Spirit of the risen Christ, unseen, but ever near,
is in such friendship better known, alive among us here.

Together met, together bound by all that God has done,
we'll go with joy, to give the world -- the love that makes us one.

Words: Brian Wren © 1971, revised 1995 by Hope Publishing Co., Carol Stream, IL 60188. All rights reserved. Used by permission. <http://www.oremus.org/hymnal/i/i032.html> Music: AZMON, LSB Tune 528

MESSAGE *Seminarian Pastor Noel Richards [Co-written with Rev. Hoeffs]*

TE DEUM PRAISE HYMN

"We Praise You, O God"

www.hymnary.org *LSB*



1 We praise You, O God, our Re - deem - er, Cre - a - tor;
2 We wor - ship You, God of our fa - thers, we bless You;
3 With voic - es u - nit - ed our prais - es we of - fer



In grate - ful de - vo - tion our trib - ute we bring.
Through tri - al and tem - pest our guide You have been.
And glad - ly our songs of thanks - giv - ing we raise.



We lay it be - fore You, we kneel and a - dore You;
When per - ils o'er - take us, You will not for - sake us,
With You, Lord, be - side us, Your strong arm will guide us.



We bless Your ho - ly name, glad prais - es we sing.
And with Your help, O Lord, our strug - gles we win.
To You, our great Re - deem - er, for - ev - er be praise!

Text: Julia B. Cory, 1882-1963, alt.

Tunc: *Nederlandsch Gedenckclanck*, Haarlem, 1626; setting: *Service Book and Hymnal*, 1958

KREMSER
12 11 12 11

THE OFFERING *is received* & THE SHARING OF THE PEACE

THE PRAYERS

Filled with the Holy Spirit, we join with the church in every place, praying for the world that God so loves. Lord God, you call your church in Your Son Jesus Christ to hunger for and share the Bread of Life, which is the food of our faith. Overcome our inclinations of fear and bless the nourishment we bring that all who have need receive our hopeful aid. Hear us, O God. **Your mercy is great.**

Lord God, with you there is forgiveness and hope, and you love your whole creation. Help us order our lives so that human activity in your creation gives voice to peace. Bestow wisdom and restraint among our leaders in this nation and around the world. Empower us and all who empathize to bring healing in your world. Hear us, O God.

Your mercy is great.

Lord God, your compassion continually reaches into the lives of your people. Visit with lovingkindness those experiencing afflictions of any kind (*especially we remember*). Renew all of us and prepare us for glory so that we do not lose heart. Hear us, O God.

Your mercy is great.

Lord God, our souls wait and watch for you. In these summer days, help us to be refreshed at work and relaxed at play, watching and waiting for you at every turn. Hear us, O God.

Your mercy is great.

Lord God, your Son Jesus rose from the dead and promised to raise us with him and bring us into his presence. We remember those who have died and we thank you for your steadfast love and power to redeem. Hear us, O God. **Your mercy is great.**

By the sure guidance of your Holy Spirit, O God, we lift up our prayers in trust and thanksgiving; through Jesus Christ our Lord. **Amen.**

THE LORD'S PRAYER:

Our Father, Who art in Heaven, hallowed be Thy name, Thy Kingdom come...

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.

BLESSING

Let us praise the Lord: **Thanks be to God.**

BENEDICTION

The grace of our Lord Jesus Christ, the Love of God the Father and the Communion of the Holy Spirit, + be with us all. **Amen.**

LAST SONG "For The Fruit Of All Creation"

1 For the fruit of all cre - a - tion, thanks be to God.
 2 In the just re - ward of la - bor, God's will is done.
 3 For the har - vests of the Spir - it, thanks be to God.

For his gifts to ev - ery na - tion, thanks be to God.
 In the help we give our neigh - bor, God's will is done.
 For the good we all in - her - it, thanks be to God.

For the plow - ing, sow - ing, reap - ing, si - lent growth while we are
 In our world - wide task of car - ing for the hun - gry and de -
 For the won - ders that as - tound us, for the truths that still con -

sleep - ing, fu - ture needs in earth's safe - keep - ing, thanks be to God.
 spair - ing, in the har - vests we are shar - ing, God's will is done.
 found us, most of all, that love has found us, thanks be to God.

WORDS: Fred Pratt Green (1903-2000), alt.
 MUSIC: Welsh melody; harm. Luther O. Emerson (1820-1915)
 Words © 1970 Hope Publishing Company

AR HYD Y NOS
 8.4.8.4.8.8.8.4.

REV. TODD HOEFFS

PENTECOST 11

Scripture: St. John 6:21-35

Title: "THE Jesus Diet"

August 4, 2024

FOR PASTOR NOEL RICHARDS

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 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, 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 is preferred.

John's Gospel is highlighting a "Jesus Diet". A truly healthy way of eating – a lifetime commitment from Baptismal waters guaranteeing Heavenly results. More than a personal trainer or dietician, Jesus is with you every single step of the way. Not only guiding or encouraging you, but the very bread for your journey. Literally He's getting you into spiritual shape for 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 its like when people stock pile foods for fear of shortages. To their disappointment, Jesus isn't promising an endless buffet of material goodies. He's offering Himself as the only real food that will 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. Allowing people to let the government 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!

Their own personal pantry. Remember, later on they try to make Jesus into a BREAD KING?!

We tend to be just as needy for freebies as the crowds gathering there. We want easy access to 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 all the individual little wants and desires we all crave. We have our own little 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. 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!?

But for Jesus, Bread means faith and life in abundance, by eating of Him and enjoying eternal life. Dining in perfect freedom. Feasting while completely forgiven. A new start each morning we take a new breath. Not so that we'll forget our sins or troubles or responsibilities; but recognize and treasure and enjoy the Living Lord Who's inside of us keeping us going. That should take a load off our minds. For God's Kingdom in the coming of Jesus isn't about getting more stuff or a life of ease. It's 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 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 its close to lunch. But by feeding on Jesus' Body and Blood, our true need of spiritual nourishment will always be fed.

Such a gift is met with arrogance. 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. Did they forget Jesus IS the Son of God, the Word of God made flesh!?

Moses may have alerted His people of Israel of the MANNA when they wandered around for 40 years. Manna is Hebrew for "What is it". It was unexplainable. God's gift of Bread which fell down from heaven like rain in the morning, gathered up, eaten and any left on

the ground rotted away. The next day, same thing, more manna fell.

Moses himself called it "the bread that the LORD has given you to eat." Moses didn't feed them, God did. And here is Jesus doing this – and more!

It shows that the crowds truly didn't understand nor fully believe in Jesus. They need Him to prove Himself. Show more signs, do more wonders, give them reason to trust in Him. Jesus can only show them the obvious. THEIR family members ate the manna with Moses and died. Jesus' Bread will keep them alive forever! That's NEW. THIS JESUS IS PROMISING LIFE. Life in Him. Forever.

Well, we don't understand what the Lord has in store for us, either. HE had to come down to earth on holy divine terms to be of help to humanity. People don't automatically want saving. We want to be told we're A OK. We don't want to be sick or wrong or caught in trouble. So to escape hellish judgment Jesus comes to our complete rescue. Becomes our food, our freedom, our self-sacrificial offering. He's the perfect exchange we need to be rid of sin and filled with God's holy life.

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 being earthbound, Jesus could create countless miracles and those around Him could access His presence. But by dying and rising on Easter, Jesus makes Himself available to EVERYONE on this globe at all times and in all places. 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.

Jesus, The Bread of Life, is the gift of God's love in human form, the vessel of redeeming grace. By our baptism into Him we're not separate individuals experiencing something that is strictly private and unique to 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 us. We are fed and fueled by the same bread, the same faith, the same peace, the same love. That's what makes us 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.

Jesus our Bread of Life offers with it a transformational purpose. Eating and drinking of Him, we're turned into Jesus' hands and feet and face to the world. 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. To give people a "Jesus diet" of relying on God's Word and Sacrament to heal their brokenness. It's a tall order. It takes time, trust, caring, true friendship and loyalty.

Remaining in Jesus is the only way. He'll keep you make 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. If He's running through your veins, you can't lose. You only gain.....

...gain serenity, purpose and confidence in this life... gain the joy of eternal salvation at

the next great heavenly banquet in His kingdom.

We don't just follow our Saviour, we consume Him. We don't just think about Him, we drink Him. He's part of us and we of Him. The only good Jesus diet is a steady feasting on He Who is the Bread of Life. Amen.

I am the bread of life. He
who comes to Me shall
never hunger, and he who
believes in Me shall never
thirst.
John 6:35

