

May the grace of Jesus Christ be with you ... **and also with you.** Welcome to worship at Knox Presbyterian Bayfield

Announcements

Mission Moment

Youth from Asia, Europe, and North America spread out across the island of Taiwan each July as part of the "I Love Taiwan" mission. Last summer, Justin and Neo Wu (St. Giles, Ottawa) participated in the program. Alongside youth from The Presbyterian Church in Taiwan, they led summer programs for children. Working ecumenically in a cross-cultural and multi-religious context, youth experienced God's grace and love, learned to live out their faith, and were challenged to devote their lives to God through participation in mission supported by Presbyterians Sharing.

The people of Knox Bayfield acknowledge with gratitude the territory upon which we live, work, play and worship. We live on the traditional lands of the Chippewa and Haudenosaunee, 'People of the Longhouse,' Anishinabewaki, Attiwonderonk (Neutral), and Mississauga peoples within Treaty 29, of 1827. We are all treaty people. We make this acknowledgement, knowing it is incomplete and inadequate. May we listen, learn, and repent.

HYMN Praise God #306

Call To Worship **[responsive]**

One: Bless the Lord with heart and soul, for God is great.

All: We bless God in this time of worship!

One: God sends forth the Spirit to renew the face of creation.

All: God, renew us in this time of worship!

One: Let us sing praise to God as long as we live.

All: We sing to our God and so we come to worship.

Prayer of Adoration and Confession **[responsive]**

God of majesty and mystery, You are the source of all that is. Your breadth and depth are beyond our imagining. Your grace defies our explanations. You touch us with comfort or challenge when we least expect it. Receive our prayer and praise this day, as we seek to understand your Bread of Life. We join our voices together in confession ... **God of**

mystery and mercy, you know the details of our lives. You see the sin and the sorrow we bear. You see how we take advantage others and how we overlook one another. We confess we do not always see what you see, O God. Open our eyes to the truth of our lives and cleanse our hearts with your grace. Amen

Assurance of Pardon

Believe the good news of the gospel. In Jesus Christ, we are forgiven and set free by God's generous grace. May the peace of Jesus the Christ, which surpasses all understanding, be with you. **And also with you.**

Special Music Bless This House

Peter Postill

To Hear The Word Of God

Prayer For Illumination and Scripture

God of truth and wisdom, Jesus confronted those who stood against him as your Truth. Send us your Holy Spirit to hear your truth again in his story. Inspire us with his courage and conviction so that we may love you more fully and serve you with wisdom. Amen.

Scripture

Tanakh*	Exodus 16:1-15	[B#62/W#69]
Psalms	Psalms 78:17-29	[#538/W#595]
Epistle	Ephesians 4:1-16	[B#193/W#206]
Gospel	John 6:24-35	[B#98/W#101]

May God bless our understanding of this, God's holy word. **The word of the Lord.**

Message

O holy One, by the power of your Holy Spirit at work in the word read and proclaimed, may the words of our mouths and the meditations of our hearts be acceptable to you. Amen.

Don M. Aycock wrote, "Some searches take people to unexpected places and give surprising results. For example, Columbus searched for a new route to Asia and found America instead. Louis Pasteur tried to find a way to keep wine from souring and came up with the pasteurization process instead. Alexander Graham Bell wanted to improve the telegraph but wound up with the telephone. Roentgen worked to find a better light for photography but invented the X-ray instead. Sometimes we do not find what we are

searching for. ... Apparently not satisfied with one miracle, the people set off in search of Jesus. They were searching for ongoing food and discovered salvation.”

We just read in John’s gospel, Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is the bread that comes down from heaven and gives life to the world.”

“Sir,” they said, “always give us this bread.”

Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. ”

It seems that hunger and thirst within our world is unquenchable. The endless pursuit for wealth that seems to lead to corruption and exploitation is alarming. It seems the tent cities grow as the profits of corporations are reported in billions. Not so long ago, that statement would have been heard as an exaggeration.

A while ago I was looking for information about nutrition and healthy eating patterns. In my research, I came across an article titled, ‘How the ‘food’ we eat causes harm by not really being food at all’ by Chris VanTulleken, an infectious diseases doctor and professor. This intriguing article describes the ways in which changes over the last 150 years or so created foods that are harmful. He notes that ultra-processed foods -UPF’s- are complicated, however, the UPF can be basically understood as: “ If it’s wrapped in plastic and contains an ingredient you don’t find in a typical home kitchen, then it’s a UPF. Much of it will be familiar to you as “junk food,” but there’s plenty that’s also sold as healthy, nutritious, environmentally friendly or useful for weight loss. It’s another rule of thumb that almost every food that comes with a health claim on the packet is a UPF.” If you are thinking of pop, packaged snacks, and quick cook meals – you are correct. However, you will also need to include grocery store breads and cereals, and processed meat products.

He describes the changes in breads. Not only does it keep for a very long time, it is also softer- which makes it easier to over-eat. In this article he suggests a simple solution.

“One neat trick to alleviate the hold UPFs have over your brain is to eat while you read, which is similar to a well-evidenced approach to quitting smoking: Eat a UPF product and

try to enjoy it as you read the ingredients. As you drink, think about the phosphoric acid in your cola, leeching the minerals out of your bones. As you chew, think of the Xanthan gum in your ice cream, promoting the growth of novel bacteria in your gut. Many people have found that they simply stop wanting the food.” The article ends with, “When people realize what healthy food actually is – and that they can’t afford to eat it – that’s when the revolution begins.”

Scriptures encourage us to recognize the ways in which we are called to live out our faith within in our communities. There are stories of the complex lives lived by many people. The stories help us to understand the ways in which we are to scratch at the surface of our understanding and knowledge to discover the true source of life. We are encouraged to look beyond the immediate information in order to comprehend the source. It was not Moses who provided the manna in the desert. It was not Moses who saved them from oppression and slavery in Egypt. It was God, leading, providing, and encouraging them along the way. It was not the boys lunch that fed thousands, it was the power of God’s abundance through Jesus. When we remember the source we begin to recognize our part in the complex relationships within creation.

Jesus teaches that when genuine love takes hold then a community of hope is born. With love, imaginations are sparked. Jesus offers his assurance that the love he offers is nothing less than God's love. In the time of the gospels, people struggled to grasp if the power that Jesus embodied was more real—more truthful—than the oppression and humiliation of Roman rule. Jesus declared that this love was known to him as he was one with God. There is a circular quality to these words spoken by Jesus. “If you love me, you will obey my commands.” The most important of these commands being to love God, self, and neighbour. This is a message that many of you have been nurtured with for your entire lives. For some, this is a new way of seeing. It can be particularly difficult to take in a different way of seeing, to shift into a different perspective. Transforming experiences can occur when this shift in perspective occurs. Take a moment to reflect on this by saying, “God loves me. I am a beloved child of God.” Allow this message to settle within you.

Jesus tells us that God's love is true and that God's love is the source of abundant life. It may seem rather simple but it can be one of the most difficult aspects to grasp. There are many, too many, people who struggle to love themselves, let alone others. Some struggle to love God. Many struggle to love their neighbours, especially those who hold different world views or perspectives. It can be challenging to love people who have caused harm to us or to others. Yet, it is possible. Nelson Mandela, the South African anti-apartheid revolutionary, political leader, and philanthropist wrote, "No one is born hating another person because of the colour of his skin, his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."

Throughout the stories within the scriptures, Jesus lives within community with his disciples and others. These real people who struggled to understand his teachings and who struggled to get along with one another. Their stories, their hopes, and their struggles are shared and we can learn from them. In a similar way, in order to understand what others are telling us in our lives, it is important to be in relationship where we can seek an understanding of what is meant by our words and our actions. In relationship we develop an awareness of the context of our own lives and others. We are urged to look beyond the superficial, to dig deeper into our connections with one another within this premise of abundant love.

Jesus was well aware of the fears and concerns of the people, then and now. When we follow in his teachings we develop resiliency and discover the abundance God provides. Seek the spiritual depth promised by Christ as you discern the presence of God in your life. Praise be to God for visions and the movement of the Spirit among us.

Hymn Guide me, O Thou great Redeemer #651

THE OFFERING OF OUR LIFE AND LABOUR TO THE LORD

Quote Our stewardship calls us to explore ways of love and justice in respecting God's creation and in seeking its responsible use for the common good.**

The Letter to the Ephesians challenges us to lead a life worthy of the calling we have in Christ Jesus. We offer our gifts to God to support the calling we share to build up the body of Christ in the world God loves.

Doxology We give Thee but Thine own, What e'er the gift may be; All that we have is
Thine alone, a trust, O Lord, from Thee.

Blessing of Gifts

Good and generous God, bless the gifts we offer you this day, as well as our efforts to serve others in Jesus' name. Use what we have and what we do to support the work of the Church here and around the world. Amen.

HYMN When we watch the rescue **Insert**

Prayers of the People

God of all creation, the world is filled with your goodness. All nature sings your praise. We give you thanks for the stillness of night and the rest it brings, and for days filled with energy and creativity. Thank you for summer with its changing rhythms that renew us.

We thank you, too, for new opportunities you create among us, and for new relationships that enrich our lives.

You hold the future in your hands, O God, and so we put our trust in your guidance for these changing times. We pray for those who work on the seas and in the fields, providing food the world needs. We know their work is uncertain these days, so give them courage and strength to meet the challenges.

We pray for those who work in essential services, often in demanding or dangerous situations. We depend on their willingness to serve, so encourage them, O God. Help them remain trustworthy as they face so many different calls for service.

We pray for leaders and policy makers in our country and around the world. Make them alert to the temptations of their offices so that power is not abused. Awaken them to the needs of vulnerable community members. Keep all leaders trustworthy, so that justice is maintained without discrimination or favoritism.

Gracious God, As we have received, open us to give. As we have been loved, open us to love others. As we have known peace, help us make peace. In the freedom we enjoy, use us to work for freedom with justice for all. These are gifts of your reign taking shape among us, and so we pray as Jesus taught us, that your kingdom may come:

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Before we call, you answer, God. Before we speak, you know our voices. Hear our prayers. Loving God, by your Spirit, surround us with strength and love. Equip us to offer support for those who are near to us. Draw near to those who must confront illness, loss, and changing circumstances. We are thankful for healing and we are thankful for the end of suffering.

God of compassion, we lift up families who travel the long journey of grief and your Spirit to linger with Jim, Jane and family as they mourn Valerie. May their shared memories be a blessing. God of hope, we ask you to linger with all who are dealing with challenges: Renee & Jim; Judith & Gerry; Rob, Jim & Jane; Carl; Betty Lou; Ruth; Audrey & Grace; Courtney, Gayle & family; John, Brian, and family; David and family. O holy One, guide the caregivers and medical staff in their efforts to bring healing. We lift up all who are on our hearts as they face immense challenges. O God of hope and new possibility, in Christ you opened the way into the future for us through the power of your redeeming love. Give us the courage we need to face our future, assured of your presence and power to sustain us. We offer all that we are and all that we hope for through Jesus Christ who taught us to pray together as his people:

Our Father who art in heaven, hallow'ed 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. Lead us not into temptation but deliver us from evil, for thine is the kingdom, the power and the glory, forever and ever. Amen.

Special Music It is well with my soul Peter Postill

To Go Forth In God's Name Commissioning and Benediction

Go in gratitude, relying on the presence of Christ as bread for your journey. May the God who made us, the Christ who mends us, and the Spirit who gives us life bless you with peace and purpose each and every day. Amen.

Postlude Amen