

Welcome

Lighting of the Christ Candle On a sunny summer morning when our faith is shining brightly, we pause to light the Christ candle for we know that Christ is always with us. The Christ Candle is lit.

Gathering Hymn ***My Lord, What a Morning***, VU # 708

Refrain	You'll hear the trumpet	You'll hear the sinner	You'll hear the Christian
My Lord, what a	sound	cry	shout
morning.	to wake the nations	to wake the nations	to wake the nations
My Lord, what a	underground.	underground.	underground.
morning.	Looking to my God's	Looking to my God's	Looking to my God's
My Lord, what a	right hand	right hand	right hand
morning	when the stars begin to	when the stars begin to	when the stars begin to
when the stars begin to	fall.	fall.	fall.
fall.	Refrain	Refrain	Refrain

Call to Worship

P: We come from places of rest – from summer cottages, summer holidays, lazy days of summer – to gather for worship.

L: As God can be seen in the beauty of creation, the gentle summer breeze that rocks the hammock, and starry nights, so can God be seen in this place.

P: We come to reconnect. We come to see the face of God in the face of others. We come seeking, so that God may be known in our lives, in this place, and in the world.

L: Come, let us worship God. Let us pray together.

P: Gracious God, we thank you that you desire to live in relationship with the human family. Bless us as we gather to worship you. Open our hearts and our minds that we may hear again the story of your love for us and for all that you have made. Bless us, heal us, and transform us, so that we might know that we are both loved and cherished and called to be vehicles of your grace in the world. Amen.

Gathering Prayer Creator God, open our hearts today to feel your presence, to receive your words, to sing your praises, to trust in your promises, and to find the grace and peace that you are offering to every one of us as we respond to you. On this holy day, we remember that you have invited us into a covenant and a calling, and that you have invited us to live in the ways of your precious kingdom, even as you remind us that we are part of everything that you do. On this holy day, we will answer your call to a life of faith.

We will answer your call to be attentive to people we meet along the way. We will answer your call to recognize the blessings you provide. We will answer your call to care for the whole earth and everyone in it. We will answer your call. Thanks be to God. Amen.

Children's Ministry Summer Camp at Pearce Williams

Faith's "thank you" video

The Lord's Prayer

Invitation to Prayers of Confession *-by Frances Flook Emo/Devlin PC, Emo, ON*

When we gather to worship, we put on our faces that proclaim we trust God completely. But often our hearts betray the doubts, the hurt, the questions. Let us not be afraid to be completely honest before God. Let us join together in our prayer of confession.

Prayer of Confession *-by Frances Flook Emo/Devlin PC, Emo, ON*

Peter, Jesus' follower and friend, struggled to understand Jesus' ministry in the world. Like Peter, sometimes we get it right, and sometimes we get it wrong. For those times when we have gotten it wrong, let us lift up our community prayer, seeking to be set on right paths once more.

Prayer of Confession *-by Alison Etter, Baddeck, PC, Baddeck, NS*

O Christ, you said, "Follow me." But we have shied away from challenge, conflict, and discomfort. You said, "The truth will set you free." But we have settled for easy answers.

You said, "My sheep hear my voice." But we have tuned our ears to jingles, slogans, and marketing campaigns. Forgive us, O Christ. Teach us how to listen.

Words of Assurance -by Alison Etter, Baddeck, PC, Baddeck, NS

L: Hear this good news: Christ is ever and always alive in this world, calling all people to live lives that are new and renewed. We are loved, we are forgiven, we are free.

P: Thanks be to God. Amen.

Offertory Prayer The work of our hands and our hearts, our time and talents, our commitment, all these we offer to you, O God, in hope that they will be of benefit to the needs in our world. Bless and multiply them to your use. We pray in Christ's name. Amen.

Hymn **One Bread, One Body**, VU # 467

Refrain	Gentile or Jew,	Many the gifts,	Grain for the fields,
One bread, one body, one Lord of all.	servant or free,	Many the works,	Scattered and grown,
One cup of blessing which we bless,	woman or man, no	One in the Lord of all.	Gathered to one, for all.
and we, though many, throughout the	more.	Refrain	Refrain
earth,	Refrain		
we are one body in this one Lord.			

Scripture Readings

Ephesians 4:25-5:2

Do not grieve the Spirit. Therefore, putting away lying, let each one of you speak truth with his neighbour, for we are members of one another. Be angry, and do not sin; do not let the sun go down on your wrath, nor give place to the devil. Let him who stole, steal no longer, but rather let him labour, working with his hands what is good, that he may have something to give him who has need. Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamour, and evil speaking be put away from you, with all malice. And be kind to one another, tender-hearted, forgiving one another, even as God in Christ forgave you.

Walk in love – Therefore, be imitators of God as dear children. And walk in love as Christ also has loved us and given Himself for us, and offering and a sacrifice to God for a sweet-smelling aroma.

John 6:35

And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst. But I said to you that you have seen me and do not believe. All that the Father gives Me will come to Me, and the one who comes to me I will by no means cast out. For I have come down from heaven, not to do My own will, but the will of Him who sent Me. This is the will of the Father who sent Me, that all He has given Me I should lose nothing, but should raise it up on the last day. And this is the will of Him who sent Me, that everyone who sees the Son and believes in Him may have everlasting life, and I will raise him up at the last day."

L: This is the Word of our Lord

P: Thanks be to God.

Prayer of Illumination

All: God of the ages, you have called our name in the night. We are awake and we are listening. Open your word to us; call us through these stories, we pray. Equip us to be your servants as you equipped those who have gone before. Amen.

Message: "I am the Bread of Life"

Jesus was rejected by the people of Nazareth, his hometown as a child. Luke tells us that the people of Nazareth were so outraged by Jesus' preaching that they tried to kill him, tried to throw him off a cliff. Now we see him rejected in Capernaum, his hometown as an adult.

Jesus had just fed five thousand people with a few loaves and fishes. He was returning home. You would think that people would welcome him with open arms. If Jesus could feed five thousand people on the other side of the lake what might he do in his hometown? Just think of the possibilities!

You would think that these people would welcome Jesus with open arms – the hometown boy made good – the one who could put their town on the map. And, in fact, they did just that!

The welcomed Jesus home, and for those exact reasons, Jesus wasn't having any of it. He told them that they were interested only in a free lunch, and he said, "Don't work for the food which perishes, but for the food which leads to eternal life". Then he said, "I am the bread of life". He said that he had come down from heaven and told them to believe in him.

That was too much for them and they began to complain – some translations of this passage say that they began to grumble. Who does he think he is, talking like that?

But Jesus could have told them nearly anything, if he had just given them some bread. People will tolerate a lot from someone who offers them a free lunch.

The crowd was upset because Jesus said that he was the bread of life come down from heaven. They said, "what's he talking about? We know him. He didn't come from heaven, he moved here from Nazareth. We know his father and mother!"

The Israelites were complaining because God wasn't living up to their expectations or he was saying things that they didn't want to hear, or he was asking more than they wanted to give. Does that sound like anyone you know?

Have you listened to the conversations of your children lately? We are more interested in their clothing than in their character. We are more concerned with what goes into their mouths than what comes out of their mouths.

Frankly, it begins with our example in the home. How much positive speaking is there in our homes, between husband and wife? How do we converse with our children? How often do we compliment? How much do we criticize?

Mother Teresa said, "Let no one come to you without going away better and happier". Each of us has that power to use words and language that provide a means of grace to those who hear them. We have the ability to inspire others.

Jesus said, "Don't you see that whatever enters the mouth goes into the stomach and out of the body? But the things that come out of the mouth come from the heart, and these make a man unclean".

What comes out of our mouths reveals what is in our hearts.

I recently wondered to myself: If someone followed me around for a day with a tape recording, how would I sound when it was played back at the end of the day? What would have been the tone of my voice? What kind of words and language did I use?

It can be a challenge to keep our communication at home, at work, and at school on a higher plane. We must always be careful how we speak to one another in the home. "You disgust me, just shut up! You're pathetic, you can't do anything right! You are really stupid. Don't you know how to listen? Get out of here, I'm sick of looking at your face! Spouses and our children start to believe this ranting.

When a parent tells their children that they are stupid, they begin to believe it. That belief will be carried over into their adulthood. They will develop a self-identity and will forever thereafter reflect in in their behaviour.

We must be careful how we speak to one another in the home. The Bible instructs us to "be careful how you live" and to "live as wise people". That certainly applies to what comes out of our mouths.

It reminds me of the story about the guy who was sprawled out in front of the television with popcorn and empty cans all around him. His wife, standing in front of the television screen with her hands on her hips, yelled, "I want to know right now: Do you live me more than you live football?" There was a long silence. "Well?" she demanded. Finally, he replied, "I love you more than hockey". Ouch!!

Each one of us needs to hear reassuring words of love and comfort from time to time. If we are critical we will get criticism in return. If we are complimentary, we will receive compliments. As yourself: does your spouse or do your children have reason to look forward to your return home? Does your spouse feel better because of your presence?

I love you not only for what you are but for what I am when I am with you. I love you not only for what you have made of yourself but for what you are making of me. I love you for putting your hand into my heart and passing over all the foolish, weak things that you can't help dimly see there, and drawing out into the light all the beautiful things that no one else had looked quite far enough to find. I love you because you are helping me to make out of the works of my every day not a reproach, but a song.

It seems impossible but we've seen it happen. We know people who love Christ, people whose focus is different, people who seem so calm and grounded. We wonder how they do it. We would like to have the rock-steadiness that we see in their lives.

During these vacation days of summer let us all take some time to reflect upon our language, upon words that hurt and words that heal. Let us use words that are gracious and a means of grace to those who hear them.

Jesus says that we can have it. He says, "I am the bread of life. He who comes to me will not be hungry, and he who believes in me will never be thirsty". Try it! Trust him, and see if his promise is not faithful. Amen

Prayers of the People -by Darrow Woods, Trinity UC, Oakville, ON

L: Dear God of Life, when we feel happy to be alive,

P: You are there.

L: When we feel weary and sad,

P: You are there.

L: When the day is full of light and promise,

P: You are there.

L: When the night closes in with gloom and despair,

P: You are there.

L: In all things, in all places, in every moment,

P: You are with us.

L: You know all about our lives.

P: You know the things for which we might give thanks.

L: You also know the things from which we might pray for relief.

P: You know us from the inside out.

L: You already know it all, God. Our prayer time with you is not just about passing on requests or compliments.

P: We pray to be connected to you.

L: You are the beginning and end of all things. In this connection, we find our joy.

P: We find our peace.

L: We find solace in hard times.

P: We find company in times of celebration.

L: We pray for ourselves.

P: We pray for others who need your help.

L: We pray to draw these concerns to your attention.

P: We pray to release our hearts from compulsion and worry.

L: We hand it all over to you.

P: Our hope, our trust, is in you. Amen.

Parting Hymn/ Feel the Winds of God, VU # 625

I feel the winds of God today;
today my sail I lift,
Though heavy, oft with drenching
spray,
and torn with many a rift;
If hope but light the water's crest,
and Christ my bark will use,
I'll seek the seas at His behest,
and brave another cruise.

It is the wind of God that dries
my vain regretful tears,
Until with braver thoughts shall rise
the purer, brighter years;
If cast on shores of selfish ease
or pleasure I should be;
O, let me feel your freshening breeze,
and I'll put back to sea.

If ever I forget your love
and how that love was shown,
Lift high the blood red flag above;
it bears your name alone.
Great pilot of my onward way,
You will not let me drift;
I feel the winds of God today,
today my sail I lift.

Commissioning & Benediction May God of the unexpected surprise us this week, with blessings where we thought there were only burdens, life where we saw only death. Then may we be the ones who offer life, surprising others with our generosity. Amen.

Choral Blessing Go Now in Peace

Go now in peace,
never be afraid.
God will go with you
each hour of ev'ry day.
Go now in faith,
steadfast, strong, and true.
Know He will guide you
in all you do.

Go, now in love,
and show you believe.
Reach out to others
so all the world can see.
God will be there,
watching from above.
Go now in peace,
in faith, and in love.

Choral Amen