



Feasting on Faith

Exploring Hunger and Abundance
in God's Kingdom

FIFTH SUNDAY AFTER PENTECOST

JUNE 23 2024
10 AM

OUR VISION

To be a church that
is creative, fearless,
diverse, and vibrant,
where everyone is
welcome regardless
of where they are in
their faith journey.

WELCOME!

*"Whoever welcomes you welcomes me,
and whoever welcomes me welcomes
the one who sent me."*

(Matthew 10:40)

At Community of Faith, we believe each individual is of sacred worth and dignity as part of God's creation and as demonstrated by the life and ministry of Jesus Christ. We celebrate the beautiful diversity of all races, nationalities, and ethnicities. We welcome and affirm you whether you are rich or poor; love the Church, have never been to Church, or have been wounded by spiritual communities; gay, straight, or whatever your gender identity, expression, and sexual orientation may be; married or single; a person with children or without children; able-bodied, differently-abled, or challenged with mental or emotional health issues; certain of many things or full of questions. We vow to be a safe community truly open to everyone to grow in faith - God's love has no bounds.

Getting Connected

We are truly glad you are here! We invite you to look over this week's announcements. Feel free to participate in any upcoming activities that interest you. Pastor Abi, staff, or greeters are happy to answer any questions.

Check out **cofumc.org** for information about:

- ◆ Children & Youth
- ◆ Adult Learning & Small Groups
- ◆ Choir & Music Ministry
- ◆ The Food Pantry
- ◆ Local Mission & Outreach

Prayer Ministry

You may submit prayer, concerns, and praises online at pastor@cofumc.org at any time. These prayers are then collected and shared on Mondays with a small, faithful prayer team who commits to praying over all needs within the community.

Holy Communion

As a United Methodist congregation, we practice an open Communion Table. This means that **all** are welcome to participate. For those with allergies, gluten free elements are available upon request.

Guest Wi-Fi

To access wi-fi during worship, the guest password is: **Godlovesyou**



Giving

No cash today but still want to give? No problem. To give online by credit card or EFT transfer, please scan the QR code. Thank you!

WORSHIP GUIDE

Welcome! We are glad we could worship with you today!

May you experience God's blessing upon you.

** Please stand as you are able.*

PRELUDE

The Table

Praise Team
Olivia Martin, Acolyte

WORDS OF WELCOME

Rev. Abi Foerster

*PASSING THE PEACE

*CALL TO WORSHIP

Come, let us worship God!

Come, let us worship our Creator!

O God, sometimes we are greedy and want more.

More than our share, more than you have given us, more than we need.

Open our eyes to see our neighbors in need.

Open our hands and hearts to share what we have.

So that everyone has enough.

So that everyone has enough.

*OPENING HYMN

God, Whose Love is Reigning O'er Us

UMH # 100

*OPENING PRAYER

Gracious God, we give you thanks for all you have done among us. We thank you for your provision that never runs out. We attend to your call out of scarcity and into abundance, as well as your assurance that we can depend on you, the God who provides. We notice that our community has so much need, and we trust that you will provide the way for us to meet those needs when we follow your voice. Amen.

SCRIPTURE LESSON

Genesis 25:29—34 (NRSV)

Terri Orvis

At the conclusion of the reading:

May God add a blessing to the reading of this Word.

Praise be to God!

CHILDREN'S MESSAGE

The Extraordinary Life & Times of a Strawberry
Society of St. Andrew Summer Challenge

Rev. Abi Foerster

*SONG OF PREPARATION	<i>Come to the Table of Grace</i>	Screens
WITNESS TO THE WORD	<i>Trickery</i>	Rev. Abi Foerster
*AFFIRMATION OF FAITH		UMH # 883
*DOXOLOGY	<i>Now, Thank We All Our God, v. 1</i>	Screens
PRAYERS OF THE PEOPLE		Hannah Godfrey
HOLY COMMUNION		Rev. Abi Foerster
<p><i>When you come forward to receive Holy Communion, please bring your tithes and offerings and place them in the brass plate on the altar. Or you may give electronically through our website https://cofumc.org/mycof-donate/. Thank you for your generosity.</i></p>		
THE LORD’S PRAYER		UMH # 895
SHARING THE MEAL	<i>One Bread, One Body</i>	UMH # 620
*CLOSING HYMN	<i>Cry of My Heart</i>	TFWS # 2165
*BENEDICTION		Rev. Abi Foerster
*SUNG BLESSING & DISMISSAL	<i>Go Now in Peace</i>	UMH # 665
*POSTLUDE	<i>Only the Blood, Doerksen</i>	Kelly Nam

WAYS TO CONNECT, GROW & SERVE



Stay & Play Engagement Hour This Week:

This summer, we're doing a DEEP dive into the Bible around hunger-focused texts during worship at 10 AM and then followed by a hands-on engagement hour for all ages at 11:15 AM!

Snack Station (first stop): *This week EVERY-ONE is invited to stop by the Kitchen first to enjoy a bite of "Rise Against Hunger" stew before heading to their chosen activity station.*

Creative Arts Station (Narthex) with Sandy Jones: *Come explore the power of sending a card at just the right time to encourage a sibling, neighbor or friend. Enjoy making several cards to take home and send, while exploring the story of Esau & Jacob's relationship.*

Mission Station (Hospitality Area) with Pastor Abi & Hannah.

A hidden problem behind the food crisis is that as much as half of all food grown is lost or wasted before and after it reaches the consumer. Come, test your knowledge about this challenge and learn ways that you can help solve the problem — even in your own home.

SOSA Giving Box Challenge: Save your change over the summer and bring back your donation on Serve Sunday, September 1.



Calling All Youth! CoF and Vale Youth are gathering once a month over the summer and the first event is Sunday, June 23 from 5—7 pm at Vale UMC for dinner & Water Balloon Games. Save the date for a Pool Party at the Mihalaks' on Sunday, July 28. RSVP to Miracle Ryder at nextgen@cofumc.org.



Take Me Out to the Ball Game this Summer!

Join the family fun of minor league baseball on Saturday, July 13 for a 7 p.m. game in Fredericksburg, VA, between the Fredericksburg Nationals and the Carolina Mudcats. Tickets are just \$17 and you're close to the action! Sponsored by UMM, all are welcome! RSVP on the clipboard or email lacylusk@yahoo.com.

Join the Community of Faith group at the Washington Nationals' 4:05 p.m. Faith Day

Ways To Connect, Grow, & Serve

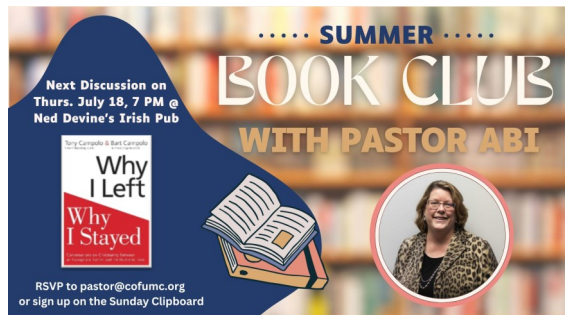
Game on Aug. 31 against the Chicago Cubs. After the game, stay in your seats to hear some players and staff give their testimonies of faith. Tickets are \$31. Sponsored by UMM, all are welcome! RSVP on the clipboard or email lacylusk@yahoo.com.



VBS is coming to Vale UMC (our partner in ministry)! VBS will take place July 30 - August 1 from 9:30-11:30 AM and all CoF children are encouraged to participate. Please register to attend and invite your friends and neighbors! Youth/Adults who would like to serve and be part of the team providing spiritual growth for children in our community, please talk to Miracle or email valedcym@gmail.com.



Food Pantry Volunteers: To help support the Pantry, volunteers are needed to make food pick ups, sort groceries, and to distribute food to our neighbors (Tuesdays from 4—6 PM). To volunteer, contact Hannah Godfrey, Food Pantry Director, food@cofumc.org.



July Book Club: *Why I Left, Why I Stayed: Conversations on Christianity Between an Evangelical Father and His Humanist Son.* A dialogue between an evangelical pastor and his humanist son: “Rarely are questions of faith genuinely debated with [such] sincerity, insight, and compassion.” —Bryan Stevenson, *New York Times*–bestselling author of *Just Mercy*. Email pastor@cofumc.org to RSVP or sign up on the Clipboard.

PRAYERS

*Do you have an immediate prayer request?
There is an intercessory prayer team that prays
for all submitted prayer requests each week.
Please email any prayer requests to Pastor Abi.*

For our members

- Dhana, Chris, Gail, Marcia, Bobby, Violet & Dave, Rob Lynn, Carl, David, Skip, Nancy Drake, Brian & Eddie, Steve, Kerry, Tracy, & Patty for health
- For Food Pantry donations and volunteers, especially leading into the 25th anniversary celebration later this summer.

For our parents and families

- Daniel Machado (Bonnie's grandson), for health.
- Karen (Rolanna Bell-Lindell's sister) , for comfort and strength
- Parents of Lara Fries (Shelby), Jeff Mowery (Fred), Chris Gohrband (Virginia), Terri Orvis, Di Hannum (Dottie) Don & Debbie Fultz (Dorothy), (Beth) Joanna Dietz
- Tom (Gail's brother-in-law) & Ken Jones (Rolanna's brother-in-law) as they recover from surgery.

For our friends & neighbors

- Harry (Son of Gail's friend)
- Jean Gentry (Pastor Abi's friend)

For our state, nation, and world

- Lead and inspire the youth of CoF and Vale to get involved in special youth events this summer.
- Protect the firefighters in Los Angeles, California as they combat wildfires.
- Help those without air conditioning find comfort during this heat wave.
- Surround with your love and comfort the

families and victims of the mass shootings last week. Please help control gun violence in our country.

- Send tools to Ukraine that will help them retain their autonomy.
- US Military who are being deployed.
- Support and guide all who are seeking to make a career change. Give them discernment and opportunities.
- Remember the lost, the lonely, the marginalized, the unemployed. Help them to get the attention they need.
- In solidarity with the Ecumenical Prayer Cycle, this week we pray for the people, resources, and leadership of **Kenya & Tanzania**. [The Ecumenical Prayer Cycle | World Council of Churches \(oikoumene.org\)](https://www.oikoumene.org/en/resources/publications/the-ecumenical-prayer-cycle)

Expression of Christian Sympathy

- Please send comfort for the Larsen Family on the loss of one of their members, Michael Goodchild. May his rest be peaceful.

Bless the Community
AND Honor or Remember a Loved One!



Sign Up to Dedicate
a Flower
Arrangement
for Worship
Using the QR Code!

 Available Dates thru August 25

Please accept our apologies for the oversight last week and our correction today:

Sandy Baron donated flowers on Sunday, June 16 in honor of her father, Jack Lockwood and her husband, Mark Baron for Father's Day.

WHAT'S HAPPENING & UPCOMING DATES

SUNDAY, June 23—Summer Schedule

Sunday School, 8:30 AM

In-Person & Live Stream Worship, 10 AM

Engagement Hour, 11:15 AM

Youth Group, 5—7 PM @ Vale UMC

MONDAY, June 24

Food Prep, 11 AM

TUESDAY, June 25

Food Prep, 11 AM

FP Kids Club, 3:30 PM

Food Distribution, 4 — 6 PM

Vespers, 7 PM

WEDNESDAY, June 26

Boy Scouts Meeting, 7 PM

Music Ministry Rehearsal, 7:30 PM

(Open to anyone interested in helping to lead hymns and praise songs this summer)

SUNDAY, June 30

Sunday School, 8:30 AM

In-Person & Live Stream Worship, 10 AM

Engagement hour, 11:15 AM

MONDAY, July 1

Food Prep, 11 AM

TUESDAY, July 2

Food Prep, 11 AM

FP Kids Club, 3:30 PM

Food Distribution, 4 — 6 PM

Vespers, 7 PM

WEDNESDAY, July 3

Boy Scouts Meeting, 7 PM

THURSDAY, July 4—OFFICE CLOSED

In honor of Independence Day Holiday

SUNDAY, July 7

Ministry Huddle, 4 PM

LEADERSHIP & CONTACT INFORMATION

Ministers - The Entire Congregation

Leadership Board 2024

Gwen Zanin, chair | Terri Orvis | Jocelyn Gabriel (Lay Leader) | Greg Carter | Larry Gittings
Gina Lindquist | Sandra Baron | Bill Huff | Carol Larsen | Abi Foerster

Music Director: Dr. Mary Ann East | *Music Accompanist:* Dr. Kelly Nam

Food Ministry Director: Hannah Godfrey | *Children & Youth Ministry Director:* Miracle Ryder

Bookkeeper — Di Hannum Beatty | *Receptionist* — Tierra Whitlow

Nursery Care — Ali Greenberg & Angelica Magne

Resident Deacon — Joanna Dietz (revjodietz@gmail.com)

District Superintendent — Sarah Calvert | Bishop — Sue Hauptert-Johnson

Community of Faith United Methodist Church

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