



# Feasting on Faith

Exploring Hunger and Abundance  
in God's Kingdom



COMMUNITY  
OF FAITH UMC

SEVENTH SUNDAY  
AFTER PENTECOST

JULY 7 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](mailto: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

*Way Maker*

Screens  
Helen East, Acolyte

WORDS OF WELCOME

Rev. Abi Foerster

\*PASSING THE PEACE

\*CALL TO WORSHIP

**I will sing of your steadfast love, O Lord, forever.**

God, we pray for people who are hungry,

***For children and grownups who worry***

That there will not be enough to eat.

***Help us remember that enough is all we need.***

Teach us to share, so that

***All may be fed.***

\*OPENING HYMN

*O God, Our Help in Ages Past*

UMH #117

\*OPENING PRAYER

**Understanding God, thank you for listening to us, when we gripe and complain. Thank you for watching over us, when we stumble or lose our way. Help us to recognize that you are our daily bread and the foundation on which our lives are built. You are our evening meal and the substance with which our wilderness journey is sustained. Feed us with your care and comfort us with your peace. Fill us with your presence and shape us for your purpose. In love and thanksgiving, we proclaim that you are the Lord our God. Hallelujah, Amen.**

SCRIPTURE LESSON

Exodus 16:1-18 (NRSV)

Bill Huff

*At the conclusion of the reading:*

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

**Praise be to God!**

CHILDREN'S MESSAGE

Rev. Abi Foerster

*SONG OF PREPARATION	<i>What Feast of Love</i>	W&S 3170
WITNESS TO THE WORD	Miraculous	Hannah Godfrey
*AFFIRMATION OF FAITH		UMH # 883
*DOXOLOGY	<i>Now, Thank We All Our God, v. 3</i>	Screens
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 <a href="https://cofumc.org/mycof-donate/">https://cofumc.org/mycof-donate/</a>. Thank you for your generosity.</i></p>		
THE LORD’S PRAYER		UMH # 895
SHARING THE MEAL	<i>You Satisfy the Hungry Heart</i>	UMH #629
*CLOSING HYMN	<i>Your Grace Is Enough</i>	W&S 3106
*BENEDICTION		Hannah Godfrey
*SUNG BLESSING & DISMISSAL	<i>Go Now in Peace</i>	UMH # 665
*POSTLUDE	<i>Seek Ye First, By Lafferty</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! This week, everyone will meet in the Adult Sunday School room and then smaller groups will transition to the Music Room.

### Fruit Basket Turnover (Adult Sunday School)

*"Fruit Basket Turnover" is a game in which young people and older adults share an assortment of personal experiences based on the question, "Did You Ever?" This activity can work with children as young as 5 years of age and with a wide range of older adults, as long as they are willing and able to share all sorts of memories.*

### A Taste of Passover (Music Room)

*Join Naomi Bartakke in the Music Room as she shares a little more in depth about her personal experience of the Passover Meal.*

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



### Take Me Out to the Ball Game this Summer!

Join the Community of Faith group at the Washington Nationals' 4:05 PM Faith Day 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](mailto:lacylusk@yahoo.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](mailto:food@cofumc.org).

## Ways To Connect, Grow, & Serve



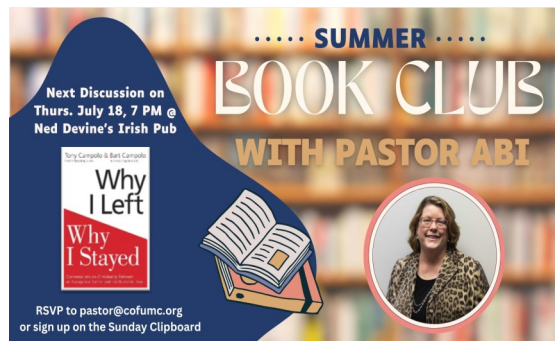
**Let's Celebrate 25 Years of Our Food Pantry Ministry!** Don your favorite Hawaiian shirt or Luau appropriate attire and come out for a festive evening under the stars. For inclement weather, event will be held indoors. Here's the schedule for the evening:

- 7:00 PM — Appetizers, Mingling, Moon Bounce & Yard Games
- 7:30 PM — Welcome & Entertainment by our Choir and the Food Pantry Kid's Club
- 7:45 PM — Dinner by Uncle Fred's BBQ
- 8:30 PM — Cake Cutting & Sno-Cones

RSVP by Friday, July 12 (<http://evite.me/ndm97MuUy9>). Event is free, but folks are encouraged to donate a toy for this year's Angel Tree, which will be held Dec. 18 — 19.



**Food Pantry Worship Celebration & Hunger Symposium.** On Sunday, July 21 we'll thank God for all that has been accomplished through the Food Pantry followed by a Hunger Symposium of several area leaders working to alleviate hunger in our community. Let's be inspired about where we go from here!



**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](mailto: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.
- Please be with our Joanna Dietz and her colleagues as they finalize preparations for the opening of Bagel Joy.
- Grant travel mercies to all of our congregation who are travelling this holiday. Bring everyone home safely.

### **For our parents and families**

- Daniel Machado (Bonnie's grandson) for health.
- Canaan (Don & Debbie's grandson), as he recovers from a broken arm.
- Sharon DiBattista (Sara wood's mom), as she recovers from emergency surgery.
- Karen (Rolanna Bell-Lindell's sister), for comfort and strength.
- Larissa Peppler's best friend is in the last stages of bone cancer. Surround both of them with your love and comfort. Give the friend a peaceful passing and be compassionate with Larissa in her grief.
- 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), improved health.
- Lead and inspire the youth of CoF and Vale to get involved in special youth events this summer.

### **For our state, nation, and world**

- There is so much war and violence throughout our world today that we ask that you guide us where hate and fear divide us and heal our strife-torn world.
- In solidarity with the Ecumenical Prayer Cycle, this week we pray for the people, resources, and leadership of **Sudan, South Sudan, & Uganda**. The Ecumenical Prayer Cycle | World Council of Churches ([oikoumene.org](http://oikoumene.org)).



## WHAT'S HAPPENING & UPCOMING DATES

### **SUNDAY, July 7**

Ministry Huddle, 4 PM

### **MONDAY, July 8**

Food Prep, 11 AM

Boy Scout Review Board, 7-9 PM

### **TUESDAY, July 9**

Food Prep, 11 AM

FP Kids Club, 3:30 PM

Food Distribution, 4 — 6 PM

Vespers, 7 PM

### **WEDNESDAY, July 10**

Boy Scouts Meeting, 7 PM

### **THURSDAY, July 11**

Music Ministry Rehearsal, 7:30 PM

### **Friday, July 13**

UMC Baseball Game in Fredericksburg, 7 PM

### **SUNDAY, July 14**

Leadership Meeting, 4:30 PM

### **MONDAY, July 15**

Food Prep, 11 AM

### **TUESDAY, July 16**

Food Prep, 11 AM

FP Kids Club, 3:30 PM

Food Distribution, 4 — 6 PM

Vespers, 7 PM

### **WEDNESDAY, July 17**

Boy Scouts Meeting, 7 PM

### **THURSDAY, July 18**

Book Club (Why I Left, Why I Stayed), 7 PM

Music Ministry Rehearsal, 7:30 PM

### **Friday, July 19**

Food Pantry 25th Anniversary Luau, 7-9 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](mailto:revjodietz@gmail.com))

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

### ***Community of Faith United Methodist Church***

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