

First United Presbyterian Church of Dale City (PCUSA)

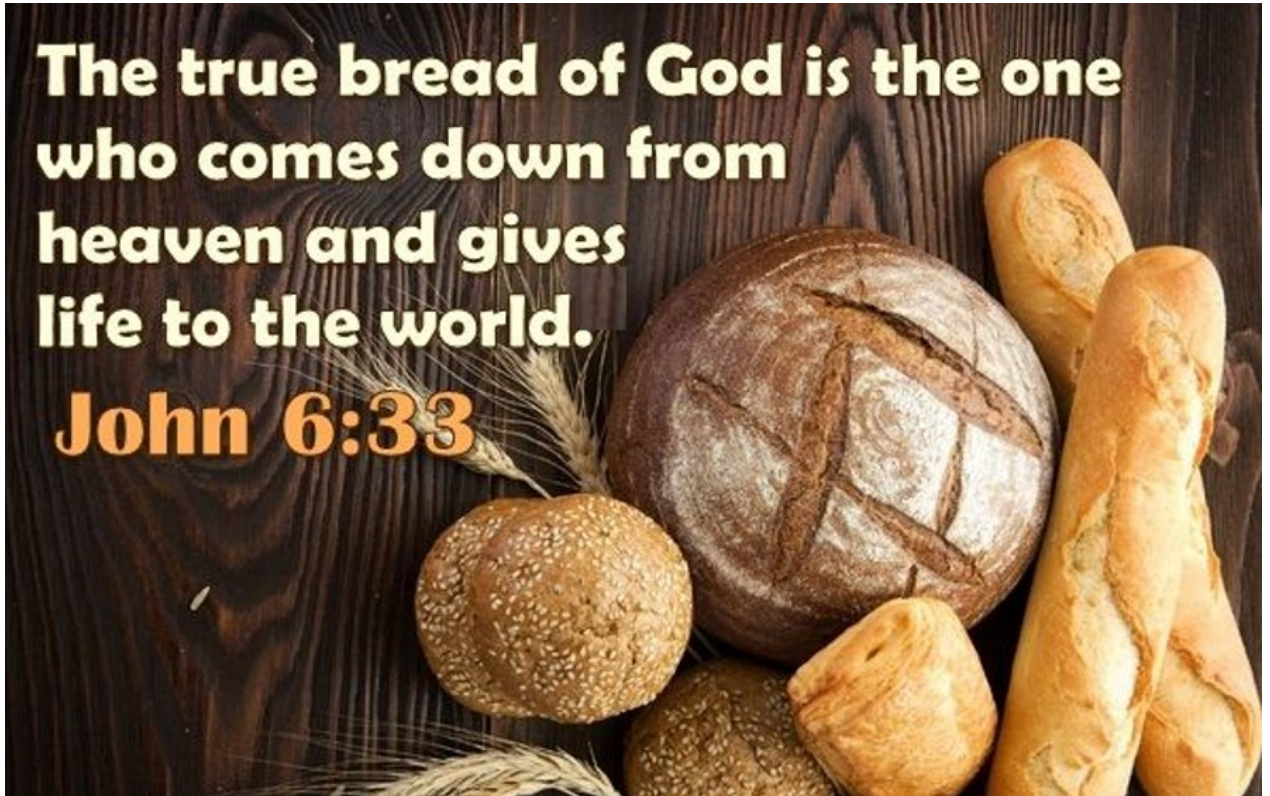
14391 Minnieville Road Woodbridge, VA 22193

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<https://www.youtube.com/c/FUPCDC>

**The true bread of God is the one
who comes down from
heaven and gives
life to the world.**

John 6:33



10th Sunday after Pentecost

August 1, 2021

8:30 AM

The Reverend Adam C. Bowling - Pastor

Adam.Bowling@fupcdc.org

828.448.8914

WE ASSEMBLE IN GOD'S NAME

BELLS

The three tolls call us to worship and symbolize our belief in the Triune God: Father, Son, and Holy Spirit. In quiet reverence, we prepare for worship.

WELCOME

Bob Porter

PRELUDE

Guide Me, O Thou Great Jehovah

CWM RHONDDA, Arr. Mark Patterson

Justin Stretletz, Pianist

+ **CALL TO WORSHIP**

God is our refuge and strength, a very present help in trouble.

Therefore we will not fear, though the earth should change,

Though the mountains shake in the heart of the sea;

Though its waters roar and foam, though the mountains tremble with its tumult.

The Lord of Hosts is with us; the God of Jacob is our refuge!

In these anxious times, let us come here this morning

and have our hope and faith renewed by the God of the universe!

Let us worship God!

+ **OPENING HYMN**

God Is Here!

409

PRAYER OF THE DAY

God of hope, when your hungry people longed for the slave food of Egypt, you opened the doors of heaven and rained down manna. Feed us with the bread of life at your table, that we may taste the freedom of eternal life and lead lives worthy of our calling, through Christ our Lord.

Amen.

CALL TO CONFESSION

If we say we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God who is faithful and just will forgive us our sins and cleanse us from all unrighteousness. In humility and faith, let us confess our sins to God, praying together. . .

PRAYER OF CONFESSION

Eternal God, our judge and redeemer, we confess that we have tried to hide from you, for we have done wrong. We have lived for ourselves and apart from you. We have turned from our neighbors, and refused to bear the burdens of others. Too often we have ignored the pain of the world, and passed by the hungry, the poor, and the oppressed. In your great mercy forgive our sin, and free us from selfishness, that we may choose your will and obey your commandments. Hear us now, as we continue to confess in the silence of our hearts. . .

(A Time of Silent Confession)

ASSURANCE OF PARDON

This is the good news of the gospel, and it is for you and for all. Whatever you have done, whatever you have failed to do, whoever you are, whoever you wish you were but are not: You are accepted, you are welcomed. You are washed clean, you are raised up. You are forgiven, you are set free.

Hearing this good news, know that we are forgiven and be at peace.

Thanks be to God!

+ **RESPONSE** *Glory to God, Whose Goodness Shines on Me (verse 1)* 582

*Glory to God, whose goodness shines on me,
and to the Son, whose grace has pardoned me,
and to the Spirit, whose love has set me free.
As it was in the beginning, is now and ever shall be. Amen.*

+ **PASSING OF THE PEACE**

The peace of Christ be with you.

And also with you.

WE PROCLAIM GOD'S WORD

TIME FOR CHILDREN

Becca Anderson

PRAYER FOR ILLUMINATION

Startle us, O God, with your truth and open our hearts and our minds to your wondrous love. Speak your word to us; silence in us any voice but your own and be with us now as we turn our attention, our minds and our hearts, to you, in Jesus Christ our Lord.

Amen.

OLD TESTAMENT LESSON

Exodus 16:2-4, 9-15 NRSV

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. ³The 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.”

⁴Then 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.

⁹Then Moses said to Aaron, “Say to the whole congregation of the Israelites, ‘Draw near to the Lord, for he has heard your complaining.’” ¹⁰And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. ¹¹The Lord spoke to Moses and said, ¹²“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.’”

¹³In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. ¹⁴When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. ¹⁵When 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.

SPECIAL MUSIC

Walking in Sunlight

Mary McDonald

Kay Evans, Sonya Dunn, and Lois Walker

GOSPEL LESSON

John 6:24-35 NRSV

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.

²⁵When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” ²⁶Jesus 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. ²⁷Do 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.” ²⁸Then they said to him, “What must we do to perform the works of God?” ²⁹Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” ³⁰So 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? ³¹Our ancestors ate the manna in the wilderness; as it

is written, ‘He gave them bread from heaven to eat.’” ³² 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. ³³ For the bread of God is that which comes down from heaven and gives life to the world.” ³⁴ They said to him, “Sir, give us this bread always.”

³⁵ 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 Word of the Lord.

Thanks be to God.

SERMON

The Bread of Life for a Hungry World

Rev. Bob Harris

WE RESPOND TO GOD’S WORD

+ **HYMN OF RESPONSE** *Break Thou the Bread of Life* 460

SERVICE OF GIVING

Music at the Offering

Bread of Heaven
Justin Streletz, Pianist

Marc Jordan

+ **DOXOLOGY** 606

*Praise God, from whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost. Amen.*

+ **PRAYER OF DEDICATION**

As we offer our gifts and lives in this moment, may we become imitators of you, Gracious God, who holds nothing back from us, but is generous and gracious with all that is yours. In Jesus' name, we pray.

Amen.

THE SACRAMENT OF THE LORD'S SUPPER

Instructions: If you haven't already picked up an individual prefilled gluten-free communion cup as you entered the sanctuary, you are invited to come forward by way of the center aisle when an usher indicates to receive your individual prefilled gluten-free communion cup. Please take the elements back to your seat.

Please hold the elements until all are served. When directed by the Pastor, open the bread portion of the cup and partake. Then, when directed, carefully open the juice portion of the cup and partake. Please assist children and other members of your family who may have trouble opening the prefilled communion cups. Please hold onto your trash until you exit the sanctuary and dispose of your used cups in the provided waste receptacles.

INVITATION TO THE LORD'S TABLE

GREAT PRAYER OF THANKSGIVING

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise. . .

THE LORD'S PRAYER *(Sung)*

Albert Hay Malotte

. . . Our Father who art in heaven, hallowed 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 sins, as we forgive those who sin against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.

WORDS OF INSTITUTION

COMMUNION OF THE PEOPLE

Music during Communion

I Come with Joy

515

PRAYER AFTER COMMUNION

Lord God, in deep gratitude for this moment, this meal, these people, we give ourselves to you. Take us out to live as changed people because we have shared the living bread and cannot remain the same. Ask much of us, expect much from us, enable much by us, encourage many through us. So, Lord, may we live to your glory, both as inhabitants of earth and citizens of the commonwealth of heaven. Amen.

WE GO IN GOD'S NAME

- + **HYMN** *Guide Me, O Thou Great Jehovah* 65
- + **CHARGE AND BENEDICTION** Rev. Bob Harris
- + **POSTLUDE** *The Church's One Foundation* Samuel S. Wesley, Arr. Chris Rice
Justin Streletz, Pianist
- + *Please stand, in body or in spirit.*



Our guest preacher, the Rev. Bob Harris is a mostly retired pastor living in Bailey's Crossroads. In retirement he has coached pastors and consulted with church leader teams. He has two married sons and four grandchildren. After two years of widowhood, he is thrilled to be engaged to be married on December 27th to a Lorie Brush, a long time friend of both Bob and his late wife, Mary Helen.

Pastor Adam is away on vacation until August 7th. If you have a pastoral care need or concern please contact your Deacon, or one of the Deacon Co-Moderators, Ellen Nuernberger (chochabibi@aol.com, 703-878-0009) or Deborah Folly (deborahfolly@comcast.net, 703-606-5532). In the case of a death, or other pastoral care emergency (sudden hospitalization, house fire, etc.) please contact Kim in the church office (office@fupcdc.org, 703-670-7834), or one of the Deacon Co-Moderators-they will be able to contact our on-call Pastor.

MINISTRY TEAM LEADERS

Jim Stacy *Administration* 703-680-5111
Ellen Nuernberger *Congregational Care* 703-878-0009
Deborah Folly *Congregational Care* 703-606-5532
Charlotte Stultz *Evangelism & Outreach* 703-494-8367
Betsy Gilbert *Fellowship* 703-670-4949
Curt Hoagland *Growing in Faith* 703-878-4664
Pam Cox *Mission* 703-441-6319
Mike Gundel *Property* 301-767-5030
Dennis Dingle *Stewardship & Finance* 703-583-9689
Martin Andrews *Worship* 703-967-4358

Rev. Adam C. Bowling *Moderator* 828-448-8914

Worship Notes

* **WELCOME!** Whether you are new in the area, a resident of the community, or visiting the FUPCDC website, we are delighted you joined us in worship. Please fill out the online attendance and please let us know if you have any prayer concerns or needs. To find out more about this church, please email the Church Office at office@fupcdc.org or call 703-670-7834.

* **BELL RINGER:** Ike Evans (8:30)

* **WORSHIP ASSISTANTS:** Pat Manalio, Martin Andrews (8:30)
Therese Same (11:00)

Connect with Us

* **WE ARE ON FACEBOOK:** If you use Facebook, become a Facebook friend, and become a fan of First United Presbyterian. Make friends with others from the church.

* **WE ARE ON INSTAGRAM:** Find us on Instagram @fupcdc.

* **FUPCDC WEBSITE:** For detailed news and information, visit the church website at <https://fupcdc.org>.

* **FUPCDC YOUTUBE CHANNEL:** To view worship services and videos, visit the FUPCDC Youtube channel, <https://www.youtube.com/c/FUPCDC>. You can also find our channel by searching for "FUPCDC Video".

* **TEXT ALERTS:** Remind is a free text messaging service that will help our church communicate quickly and efficiently. On your cell phone, start a new message to **81010**. In the message, type @fupcdc and send. You can unsubscribe at any time.

SESSION

Cathy Albrecht ('23) 703-670-8369
Bill Ediage ('24) 571-477-9306
Morelle Fokwa ('24) 571-409-9435
Jon Guest ('22) 703-491-4006
Marti Hall ('22) 703-626-2269
Pat Manalio ('23) 703-680-5058
Chris Martin ('23) 585-455-8423
Sam Parris ('24) 703-946-7226
Linda Wolstenholme ('23) ... 703-878-3697

Rev. Adam C. Bowling.....*Moderator*..... 828-448-8914
Sara Porter*Clerk of Session*..... 703-670-8737

Ministry in Action

- ✚ **INDOOR WORSHIP:** Masks are encouraged (for age 2 and up), but not required for vaccinated individuals. Masks are required for unvaccinated individuals age 5 and up. N95 masks are encouraged for people in vulnerable populations. Both services will also be live streamed for those who choose to worship at home.
- ✚ **NURSERY:** The church nursery will open **today** to children (infant through 4 years old) on a reservation basis for the 8:30 AM and 11:00 AM worship services. All nursery staff and volunteers are vaccinated against COVID-19, and spots will be limited to keep class sizes small. Masks are recommended for ages 3 and up, but not required. Please do not place your child in the nursery if they have a fever, cough, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or other symptoms of illness. Please do not place your child in the nursery if they have been exposed to someone who is COVID-19 positive in the past 14 days. We will also be doing temperature checks for those attending the church nursery and for staff. The registration link is on the church website.
- ✚ **HORIZONS BIBLE STUDY:** The Horizons Bible study group will return on **Monday, September 13th**. "What My Grandmothers Taught Me: Learning from the Women in Matthew's Genealogy of Jesus" will explore how the four women mentioned in Jesus' family tree (Tamar, Rahab, Bathsheba - unlikely heroines, Ruth) and his mother Mary may have influenced Jesus. We will meet on the **second Monday of the month, September through June at 9:30 AM in Room 22**. We will be meeting in-person and plan to use technology to also be able to have people join us via Zoom. **Study books are \$11.00**. Please contact Sara Porter saraporter@comcast.net or 703-819-5044 by **August 15th** to order a book.
- * **LITTLE HANDS PRESCHOOL REGISTRATION:** Registration is now open for the 2021-2022 school year. For more information, go to www.fupcdc.org/lhps.
- * **TECH TEAM: FUPCDC is expanding our Tech Team.** We look forward to fully reopening for services in our sanctuary. In preparation for this event, we are installing new audio-visual equipment. This important piece of ministry is a key element as we reach out to an expanding community. Contact Peter Glycer (peterglyer@gmail.com) if you are interested in becoming part of this team! We will provide all the training necessary.
- * **FUPCDC CONTEMPLATIVE YOGA CLASS VIA ZOOM:** Join us for a time to prayerfully release your cares and recharge physically, spiritually, and emotionally. The Contemplative Yoga group has a spot just for you on **Saturdays from 8:30 - 9:10 AM** on Zoom. Classes are always free, just click this link to sign up: [CLICK HERE TO VIEW THE SIGNUP](#).
- * **SPREAD THE WARMTH:** Are you looking for a worthwhile project? Do you knit or crochet? If so, we have the perfect project for you. Our group makes hats and scarves for our friends in the community who are in need of something warm to wear during the winter. We also make hats for those suffering from cancer. If you would like to help or to find out more information about our group, please contact Elizabeth Glycer at lizglyer@gmail.com.

- * **MEN'S GROUP:** In lieu of our monthly Men's Breakfast, we now have several small groups of men that meet weekly for 30 minutes for devotion and prayer time. This is a phone-in conference call. We have slots available on Tuesday, Thursday, and Saturday. Please contact Sam Parris for your slot: 703-946-7266 or email at samjparris@aol.com.
- * **SPREAD THE BREAD:** Spread the Bread is our ministry for people experiencing homelessness. We currently provide a meal each Sunday at 12:20 PM for around 50 people in Prince William County. Volunteer opportunities include making sandwiches, donating drinks and chips, prayer, and more! If you would like to help in any way, please email Jon Guest, jon.a.guest@gmail.com.
- * **EMAIL PRAYER CHAIN:** We need volunteers to receive one to two emails a week with prayer requests...and pray! If you would like to volunteer to pray, please contact the Church Office, office@fupcdc.org.

Student Ministry News

- * **YOUTH ADVISORS (ADULT VOLUNTEERS):** We are looking for Youth Advisors (Adult Volunteers) to begin in the fall. Please contact Pastor Adam if you are interested in helping with Student Ministry.
- * **TEXT MESSAGES:** Sign up for Text Messages: Text @youthfupc to 81010.

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Report on Offering: June 2021

	JUN 2021 Actual	JUN 2021 Budget	Year to Date Actual	Year to Date Budget
Offering Pledged	33,989	34,300	205,087	204,300
Offering Unpledged	4,218	3,900	31,456	23,900
Total Offering	38,207	37,900	236,543	228,200
Other Income			77,737	
Net from Restricted			(5,716)	
Total Income			308,564	
 Total Expenses			 258,960	

Joys and Concerns

All those who are ill or facing difficulties, including:

- * Elree Stockton * Betty Little * Emmanuel Dankyi-Ankoma * Jeannine Menzie
- * Martha Manning * Marjorie Lawrence * Lee and Giselle Watenpaugh * Larry Menzie
- * Kath Purcell * Graceann Case * Grace Ofosu-Addo * Sandy Godfrey
- * Mary Jackson * Gary Albrecht * Baby Louisa Wostenholme * Lynn Wilson
- * Carl Johnson * Keith Albrecht * Savannah Simmerman * Leigh Anderson
- * Amanda Peck * Debbie Niederriter * Sam Parris' Dad * Linda Ford
- * Andrea Tootell * Chuck Niederriter * Bill and Laura Parris * Nate Johnson
- * David Behrens * Barb McGill * Jason, Adriana, Mikhail Corbin * Norman Cox
- * Melissa Behrens * Dan McGill * Hunter and Annette Martin * Karen Gundel
- * Mia Moy * Amanda * Ann and Dineen Hoagland * Theodore
- * Ashleigh and Dan * Tanya * Mark and Angelica
- * Sandra D'Imperio

✝ Congregational love and sympathy are extended to Dennis Dingle and family at the death of Dennis' wife, Diane, on Friday, July 23, 2021. She went from the land of the dying to the land of the living. Please lift Dennis and their entire family up in prayer at this time.

✝ Prayers for the family of Bob Patterson. Bob is the brother of our brother-in-law, Jim Patterson. Bob died suddenly of a heart attack while playing golf. - Liz and Peter Glycer

All those serving abroad in our military, including from our church:

✝ Kelsey Gibson (Affiliate Member of FUPCDC)

The churches of National Capital Presbytery, especially:

✝ Brentsville Presbyterian Church - Bristow, VA

✝ Burke Presbyterian Church - Burke, VA

First United Presbyterian Church of Dale City, Woodbridge, VA

Ministers.....People of the Church
 Pastor.....Rev. Adam C. Bowling
 Chancel Choir Director.....Dana Van Slyke
 Pianist/Organist.....Justin Streletz
 Contemporary Worship Directors..... Becca and Chris Anderson
 Children's/Youth Choir Directors..... Becca and Chris Anderson
 Jubilation Handbell DirectorIke Evans
 Student Music Intern..... Sterling Tilley, III
 Nursery Supervisor..... Joann Paige
 Little Hands Preschool Director..... Tiffany Ramsey
 Sexton..... Homer Detrich
 Office Manager..... Kim Parker

Calendar

August 1 - 8, 2021

SUNDAY, August 1

8:30 AM Worship - Traditional - Communion
11:00 AM Worship - Contemporary - Communion

WEDNESDAY, August 4

10:30 AM Holy Fitness
7:00 PM FUPCDC Praise Team

MONDAY, August 2

10:30 AM Holy Fitness
8:30 PM Production Meeting via Google Meet

THURSDAY, August 5

3:00 PM Prayer and Praise Small Group
7:30 PM Administration Ministry Team

TUESDAY, August 3

8:30 AM TOPS
9:30 AM Woodbridge Christian Women's
Connection
1:00 PM Al-Anon
7:00 PM Boy Scout Troop 964
7:00 PM Growing in Faith Ministry Team
7:30 PM AA 101

FRIDAY, August 6

10:30 AM Holy Fitness

SATURDAY, August 7

SUNDAY, August 8

8:30 AM Worship - Traditional
11:00 AM Worship - Contemporary
1:15 PM Property Ministry Team

Attendance and Prayer Requests

Since we have temporarily suspended passing the friendship register, we request that those who attend worship in person sign in at one of the new attendance stations. If you are worshipping from home, or don't feel comfortable signing in at a station, you can register your attendance and prayer requests using the online form, which is located on our website at fupcdc.org/attend or by scanning this QR Code with your mobile device.



Church Office Hours: 10 AM - 2:30 PM, weekdays, 703-670-7834

Little Hands Preschool, 703-878-2366

Anything submitted may be altered, edited, or changed for continuity and clarity by the communications team.