

Tenth Sunday after Pentecost

GATHERING

Please silence all electronic devices and prepare for worship.

PRELUDE *First Arabesque* [Claude Debussy]

CHANCEL CHAT Andy Hogle, Lattes for the Lord

ANNOUNCEMENT OF THE DAY Pastor McEachran

HYMN *Praise the One Who Breaks the Darkness* ELW Hymn 843

CONFESSION AND FORGIVENESS

APOSTOLIC GREETING

[A] The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

[C] And also with you.

KYRIE ELW 155

HYMN OF PRAISE [Kevin Keil]

PRAYER OF THE DAY

(congregation is seated)

A TIME FOR LITTLE DISCIPLES *A Family Circle* Pastor McEachran

WORD

FIRST LESSON 2 Kings 4:42-44

[L] Word of God.

[C] Word of Life.

PSALM 15 *(spoken responsively: [A] Assisting Minister; [C] Congregation)*

SECOND LESSON Ephesians 3:14-21

[L] Word of God.

[C] Word of Life.

(congregation stands)

GOSPEL ACCLAMATION *Alleluia, Alleluia, Give Thanks*

[P] The Good News of Jesus according to John.

[C] Glory to you, O Lord.

GOSPEL John 6:1-21

[P] The Gospel of the Lord.

[C] Praise to you, O Christ.

[C] Congregation
[A] Assisting Minister
[P] Pastor

Today's Theme

Growing Forward is the way for maturity in the Faith. We are called to know Jesus more deeply and more clearly.

Today begins a three week sermon series on John 6. This chapter begins a new section in the Gospel in which the writer calls those who hear and read the words to place complete trust in the One that God has sent into the world. Listen to words of promise to those who place their confidence in the One sent from God, Jesus the Word who is the redeemer and sender of those doing His work.

SERMON *With Jesus --- The Bread of Life* Pastor McEachran

1. The Crowds...Disciple's Dilemma
2. Philip...Andrew...a boy...each of us --- Fed
3. Who do you trust? Prophet...King...Who is Jesus Christ for you?
4. On Board with Jesus --- Safe!
5. Moving on in Mission with One Another ---
Growing Forward in the Spirit

HYMN OF THE DAY *They Came, A Milling Crowd* [Herman Stuempfle]

APOSTLES' CREED

A We confess our faith in the words of the Apostles' Creed.

C I believe in God, the Father Almighty, Creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

THE PRAYERS

A Hear us, O God.

C Your mercy is great.

THE PEACE

P The peace of the Lord be with you always.

C And also with you. *(shared in community)*

OFFERING

Speak, O Lord

[Keith Getty,
Stuart Townend]

Karen Grams, soloist; Elaine Koga, piano

(congregation stands)

OFFERTORY VERSE *For the Fruit of All Creation* ELW Hymn 679

OFFERTORY PRAYER



GREAT THANKSGIVING

SANCTUS

EUCHARISTIC PRAYER

THE LORD'S PRAYER

C Our Father in heaven, hallowed be your name,
your kingdom come, your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Save us from the time of trial and deliver us from evil.
For the kingdom, the power, and the glory are yours,
now and forever. Amen.

(congregation is seated)

LAMB OF GOD

ELW Hymn 336

COMMUNION DISTRIBUTION

As the Grains of Wheat

ELW Hymn 465

Come to the Table

ELW Hymn 481

Let Us Break Bread Together

ELW Hymn 471

POST-COMMUNION BLESSING

P May the body and blood of our Lord and Savior Jesus Christ,
strengthen and keep you in God's loving grace, now and forever.

C Amen.

POST-COMMUNION CANTICLE

ELW Hymn 845

Voices Raised to You

PRAYER



BLESSING

CLOSING HYMN

Father, We Thank You

ELW Hymn 478

A Go in peace. The Spirit sends us forth to serve.

C Thanks be to God.

POSTLUDE

Praise Him! Praise Him!

[arr. Dalton]

PARTICIPANTS

- Presiding Minister* Pastor James N. McEachran
- Pianist/Organist* Elaine Koga
- Assisting Minister* Jean Wahlstrom
- Communion Assistant* Judy Gowdy
- Acolyte* Sam Wilkes
- Altar Guild* Jill Nichols-Hicks, Christine Koch
- Greeters* Elizabeth Rose, Debbie Rose-Armstrong
- Lector* Mikel Oswalt
- Ushers* The Hicks/Nichols-Hicks Family
- Coffee Hosts* Outreach and Servant Ministries

WELCOME to WORSHIP

WELCOME!

TODAY ~ JULY 29

FELLOWSHIP

OUTREACH to BIHAR, INDIA: Join us for the fellowship time following worship today. The Outreach and Servant ministries Committee will share information and a video about current efforts in Bihar. Enjoy coffee and treats too!

BAKE COMMUNION BREAD: Everyone is invited to the Saint Andrew's kitchen today, **July 29**, following the Fellowship Hour (approximately 11:45 am) to bake Communion bread.

SIGN-UP....

- | | |
|---|---|
| <ul style="list-style-type: none"> <input checked="" type="checkbox"/> for the Congregation hike on August 7. Sign up in the Narthex. <input checked="" type="checkbox"/> for Dinner with Young Adults on August 8. Contact Carolyn McKenna. <input checked="" type="checkbox"/> to attend the Compline service at St. Mark's Cathedral on August 12. Sign up in the Narthex. | <ul style="list-style-type: none"> <input checked="" type="checkbox"/> for the Owlets Adventure to Bainbridge Island on August 14. Sign up in the Narthex or contact Sherry Grindleand, 425-746-2529 or sherry@SALChome.org. <input checked="" type="checkbox"/> for the All Church Retreat to Mt. Rainier National Park August 17-19. Sign up in the Narthex or at retreat.SALChome.org. |
|---|---|

THIS WEEK ~ JULY 30 - AUGUST 4

TUESDAY, JULY 31

TUESDAY MORNING MEN

Every Tuesday, 6:30 am, Room 212
 Facilitator: Dick Swaisgood
 We have started on a reading of the Gospel of **Mark**. This is the first Gospel written which shows Jesus as a man of power and redemption. Invite a friend and bring your favorite translation as we dig into the Word of God.

POP-UP BIBLE STUDY: The Letter of James **July 31 and August 7**

9:30 am, 322/Conference Room
 Pastor McEachran guides the reading of the Letter of James. Written by the brother of Jesus, James of Jerusalem, to a whole series of congregations, likely twelve of them, that were witnessing to their faith in Jesus. Martin Luther called it a "letter of straw" worthy of burning since it seemed to emphasize works before faith. He was wrong! Come and join in this three week study. Bring your favorite translation and invite a friend in this adventure in digging in the Word.

As you read the Letter of James, underline or highlight new learnings. Add a question mark where you have one, an exclamation mark where you have a true "aha."

NEXT SUNDAY ~ AUGUST 5

WORSHIP

NAME TAGS: The first Sunday of the month is the time to wear name tags. This is a wonderful way to get acquainted and greet those around you.

BAPTISM: Amy and Ike Himowitz will present their child to receive the Sacrament of Holy Baptism at the 9:30 am worship service. Sponsors will be Jason Jukam and Carley Dix.

SUMMER WORSHIP SCHEDULE: Our summer worship schedule -- **one worship service at 9:30 am**, followed by a time of fellowship hosted by committees and groups -- continues through **September 2**.



For Sunday, August 5: Eleventh Sunday after Pentecost

Exodus 16:2-4, 9-15; Psalm 78:23-29; Ephesians 4:1-16; John 6:22-40

Servers for August 5

Presiding Minister: Pastor James McEachran

Assisting Minister: Sue Short

Communion Assistant: Celeste Ackerbloom

Acolyte: Ian Maland

Altar Guild: Karen Grams, Gayle Rhymes

Greeters: Deanna and Roger Oeffner

Lector: Deanna Oeffner

Ushers: George and Judi Miller

Coffee Hosts: KnitWits (Knitting as Witnesses)

FELLOWSHIP

SANCTUARY PEWS: The floor in the Sanctuary will be refinished beginning Monday, **August 6**.

- Ten (or more!) volunteers are needed to move pews out of the Sanctuary following worship on **August 5**. It should take about an hour.
- To prepare to remove the pews, please note that the bolts fastening the pews to the hardwood floor will be removed **prior to worship on August 5**. Please take care when moving in and out of these pews.

BLOOD PRESSURE CHECK: Come to Room 212 following the 9:30 am worship service. Health care professionals from Health and Wholeness Ministry will take your blood pressure and discuss concerns.

FELLOWSHIP FOLLOWING WORSHIP: Sip, Nosh, Learn and Socialize. Please join us for Fellowship Hour following the Sunday church service. Various committees and groups at Saint Andrew's will host. While you enjoy coffee and treats, they'll share what their committee does. The presentations will be brief – allowing time for questions and time for summer socializing.

COMING UP

FELLOWSHIP

SANCTUARY FLOOR REFINISHING: The floor in the Sanctuary will be refinished beginning Monday, **August 6**. Access to the Sanctuary will be limited that week.

CONGREGATION HIKE: We have a hike planned for a nearby trail on Tuesday, **August 7**. Time is to be determined. Sign up on the Narthex bulletin board.
Note: A leader is needed for this hike.
 Contact Sherry Grindeland, 425-746-2529 or sherry@SALChome.org with questions.

DORCAS CIRCLE: The Dorcas Circle meets in 302/Fellowship Hall South on Tuesday, **August 7**, at 9:30 am. New people are always welcome to join as we sew quilts, school bags, and complete other projects in response to those in need. We also welcome donations of fabric, sheets, crochet or embroidery thread, quilt batting, sewing supplies, and blankets.

DORCAS CIRCLE POTLUCK: On Tuesday, **August 7**, at 11:45 am, Dorcas Circle will have a potluck lunch in 301/Fellowship Hall North. All members of the congregation are welcome to join us to learn more about the work that we do, including making quilts for Lutheran World Relief and collecting items for Compass Housing Alliance. You do not need to RSVP; Just bring a potluck dish to share and come and enjoy. If you have questions, please contact Linda Willenberg.

CARPET CLEANING: Carpets throughout the building will be cleaned beginning Wednesday, **August 8**.

YOUNG ADULTS (those who have graduated high school and older): Young adults of Saint Andrew's get together for dinner on the 2nd Wednesday of the month at 6:30 pm. Our next dinner is Wednesday, **August 8**, at Tutta Bella in Crossroads (15600 NE 8th Street, Suite J1, Bellevue). Contact Carolyn McKenna by Monday, **August 6**, if you would like to join us.

KNITWITS (Knitting as Witnesses)

Sunday, **August 12**, 10:45 am
 322/Conference Room

The KnitWits are a fellowship group whose primary mission is to provide items of comfort that are knit or crocheted. All are welcome to join us anytime! Contact Dianne Chong for more information.

GOOD START BACK TO SCHOOL: Once again the congregation is supporting the Congregations for Kids Good Start Back to School Drive. School supplies are being collected through Sunday, **August 12** in the box located in the Narthex. See pages 10-11 for the list of needed items. Thank you for supporting this drive so that children can begin school with some of the tools needed to be successful.

COMPLINE: Join us for a Compline Service at St. Mark's Episcopal Church on Sunday, **August 12**. We will meet at Saint Andrew's at 7:00 pm, head into Seattle for coffee, and then to St. Mark's. The service begins at 9:30 pm. The Compline is an evening service sung by the men's choir. Much of the music and many of the words will sound familiar. Hearing them in the gothic style cathedral can be a thrilling experience. Sign up in the Narthex. Contact Fellowship Coordinator Sherry Grindeland, sherry@SALChome.org or 425-746-2529, for further details and to coordinate car pools.

OWLET ADVENTURE II - BAINBRIDGE

ISLAND: Although O.W.L.S. luncheons (Older, Wiser Lutheran Saints) take the summer off, the Owlets (**open to all ages**) focus on adventures away from church. Join the Owlets for a trip to Bainbridge Island on Tuesday, **August 14**, to visit the Bainbridge Island Japanese American Exclusion Memorial. Clarence Moriwaki, who helped spearhead the founding of the memorial, was the guest speaker last November at O.W.L.S. In addition, we will tour the Bainbridge Island Historical Museum and explore downtown Winslow/Bainbridge Island and the renowned Central Market. We will leave church at approximately 9:30 am and return about 4:30 pm. Estimated cost is \$20 plus lunch. Sign up on the Narthex bulletin board or contact Fellowship Coordinator Sherry Grindeland, sherry@salchome.org or 425-746-2529, to reserve a spot.

TIMBER RIDGE WORSHIP GATHERING:

Several members of Saint Andrew's and Our Savior Lutheran Church in Issaquah live at Timber Ridge in Issaquah. Pastor McEachran and Pastor Wes Telyea from Our Savior will lead worship gatherings at Timber Ridge on the third Wednesday of the month, at 1:00 pm in Multi-Purpose Room A. Our next worship gathering is **August 15**. All are invited (members and friends of Saint Andrew's - whether you live at Timber Ridge or not!). Inquire at the front desk to Timber Ridge when you arrive and they will direct you to the room location.

CONGREGATION DIRECTORY: We plan to include a congregation directory in the fall mailing, and would love to have everyone's information up-to-date. If your address, phone number, email, or other family information has changed, please send your updates to Office Administrator Mary Mills, mary@SALChome.org or 425-746-2529, no later than Wednesday, **August 15**.

ALL CHURCH RETREAT TO MOUNT RAINIER:

Our annual All Church Retreat is Friday-Sunday, **August 17-19!** We have reserved a limited number of spots again at Cougar Rock Campground at Mt. Rainier National Park. Sign up to let us know you're coming, either in the Narthex or online at www.retreat.SALChome.org. For those who do not wish to tent camp, we recommend reserving an RV spot at Cougar Rock Campground or a room at the National Park Inn at Longmire, <https://www.mtrainierguestservices.com/accommodations/national-parkinn>. Reservations should be made **as soon as possible**. For information on Cougar Rock Campground go to <https://www.recreation.gov/camping/cougar-rock-campground>. Questions? Contact Fellowship Coordinator Sherry Grindeland, sherry@SALChome.org or 425-747-2529.

MISSION TRIP SUNDAY: Plan to be at church on Sunday, **August 26** - Mission Trip Sunday - as the team shares their experiences.

ONGOING OPPORTUNITIES

CORNER OF BLESSING/HOPELINK: Each month, we collect food in the Corner of Blessing. All donations are given to Hopelink and help feed those in our community. As part of Hopelink's End Summer Hunger program, they include some healthy snacks with the food they provide to the households with kids. In **July**, we are collecting **individually packaged non-perishable** (doesn't need refrigeration) **healthy snacks**, such as granola bars, snacking nuts, trail mix, or fruit snacks. (Please no cookies, chips, candy or energy/protein type bars.) In **August**, we'll collect **individual size beverages** (16 ounce or smaller) - **juice, soda, seltzer water**, etc. (Please no drinking water; they get plenty of that.) We are taking the food from the Corner of Blessing to Hopelink throughout the month so that they can use the snacks to help end summer hunger. For more information, contact Debbie Szabo.

PROJECT BIHAR / LUTHERAN WORLD

RELIEF: Bihar is a global mission multi-year outreach which engages us in significant outreach in Northeastern India, as part of a sponsored mission through Lutheran World Relief (LWR) and in collaboration with other churches. The goals of this mission are:

- agricultural improvements,
- year-round food security for the family,
- empowering women in the community, and
- increasing incomes for families

See the bookmarks in the hymnals for stories of families in Bihar. You are welcome to take the bookmark with you.

Plan to come to the fellowship time following worship **today**. Information and a video about current efforts in Bihar will be shared. We welcome donations (please note "Bihar-LWR" on contributions.) Remember in prayer this continuing outreach ministry. The best source of updated information is at www.lwr.org/bihar.

LATTES FOR THE LORD: Donations throughout the summer will help Hopelink ensure that kids on summer break have enough to eat when meals at school are not available. Thank you for your donations; so far we have given enough to provide food for 764 healthy meals. See page 9 for details.

CONSTITUTION TASK FORCE: The Constitution Task Force meets on an occasional basis to consider and recommend revisions to the Saint Andrew's Constitution. The time commitment is a few meetings when proposed revisions arise. The Task Force is currently reviewing revisions to the descriptions of duties/responsibilities for all committees. New volunteers to the Task Force are welcome; contact Congregation Council Vice President Art Gurtel or Communications Specialist Susan Hegedus, susan@SALChome.org or 425-746-2529, if you are interested or would like more information.

JOIN THE SUNDAY SERVERS TEAM: Take a plunge into something new and try **ushering** or being an **ambassador**. No experience needed. Questions? Contact Sherry Grindeland, sherry@SALChome.org or 425-746-2529.

COLLECTIONS: Dorcas Circle, Health and Wholeness Ministry, and Outreach and Servant Ministries welcome your contributions for Lutheran World Relief, Compass Housing Alliance, Congregations for the Homeless, and The Sophia Way. Lists of needed items are in the baskets near the elevator in the Narthex. Donations can be placed in the same baskets.

CONGREGATIONS FOR THE HOMELESS: Clothing Needed! The CFH Day Center is open year-round providing services to homeless men. Once a week they distribute clothing, and currently are in need of more donations. If you have any gently used men's clothing, please put them in the basket marked "CFH" near the elevator in the Narthex. Items needed are: *jeans, belts, new underwear, t-shirts, light jackets, sweatshirts, fleece jackets, socks, athletic shoes, casual pants and shirts, towels for showers, sweat pants, and sleeping bags.*

BOXTOPS FOR EDUCATION: In 2016, Jean Wahlstrom and Marvin Kananen volunteered at the Navajo Lutheran Mission (NELM) in Rock Point, Arizona. The Mission School has invited Saint Andrew's to participate in an easy way to secure needed school supplies and equipment. Cut out and bring those little coupons found on various food containers (General Mills products and others) to the envelope attached to the bulletin board in the Narthex, labeled BOX TOPS. Collectively, these box tops will add up to enable these children to get a better education! To learn more, visit www.nelm.org/school or contact Jean Wahlstrom.

LATTES for the LORD

End Summer Hunger with Hopelink



hopelink

End Summer Hunger is Hopelink's effort to ensure that kids on summer break have enough to eat when meals at school are not available.

Two Facts:

- Over 15,000 students in Eastside school districts are enrolled in the Free and Reduced-Price Lunch program during the school year.
- A \$5 donation enables Hopelink to purchase enough healthy food to provide approximately 2 meals for children in need.

One Response:

Our **Outreach and Servant Ministries and Stewardship Committees** offer a challenge and opportunity to be a part of the community response:

Most of us have a beverage stop of choice a few times a week. In doing so, we buy our favorite drink, and it may be the average price per trip is close to \$5.

We challenge you to contribute a like amount to the End Summer Hunger program.

Let's heap the measure of our giving to be a large movement in support of one of the core Outreach and Servant Values of our congregation.

Thank you for donations that have provided enough food for **764 meals** so far!

We conclude on **September 9** with a celebration of thanksgiving for the blessing that no student is hungry during the summer months.

Contribute by **cash** or **check** (payable to Saint Andrew's) with "**LATTE**" noted on the contribution.

NEW! You can now contribute via **text message**: text 425-970-9567 with the word "**LATTE**" and the amount to be donated.



*Bellevue congregations and local organizations helping
Bellevue Public School children and their families*

GOOD START BACK TO SCHOOL

Goal: To provide a “Good Start Back to School” for 1450 Bellevue school children from low income families through donations of new backpacks and school supplies

How:

- 1) Shop for supplies, using this updated list (see next page)
- 2) Make a donation via check payable to “Saint Andrew’s” and clearly marked “CFK Back to School” or payable to “Congregations for Kids/EISCC”. These will be used to buy additional supplies.

Bring items to the collection box in the Narthex, now through August 12, 2018

Contact for Questions: Carolyn Haralson



**Help a child make a
Good Start Back to School!
Thank You!!!**

Congregations for Kids 2018 Needed Back to School Supplies

Sturdy Backpacks for all grade levels

- **no slings or wheels**
- **padded backs for grade 4 through High School**
- **for Middle School and High School:**
 - large size, with laptop compartments (no red backpacks)**
- **for High School, solid colors only**

Composition Books (Wide Rule)

Crayons (Sets of 24)

Dividers (Sets of 5-8)

Erasers (Standard Size Pink)

Markers, Boxes of 10, Thin, Non-Washable, Crayola Classic Colors

Markers, Boxes of 8-10, Wide, Washable, Crayola Classic Colors

Markers, Expo Dry Erase Chisel Tip Black

Paper (Lined Wide Rule)

Pencils, Sets of 10-12 (Ticonderoga Brand only)

Pencils, Colored, Boxes of 12 (Crayola Brand)

Scissors, 5" Pointed (Fiskars Brand only)

Scissors, 6" Pointed (Fiskars Brand only)

Spiral Notebooks (Wide rule, 70-page Single Subject)

USB Flash Drives, 8GB+

Please: No gift cards

Checks made payable to Saint Andrew's clearly marked "CFK Back to School"

or

checks made payable to Congregations for Kids/EISCC

www.congregations4kids.org

**Please check with your employer about matching gifts
to Congregations for Kids**