

I am
the bread of life

TRINITY UNITED CHURCH OF CHRIST
2340 State Street, East Petersburg, PA 17520
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The Rev. Dr. Christopher M. Rankin, Pastor

The Rev. Harry G. Royer, Pastor Emeritus

The Rev. Dr. Carolynne Call, Covenanted Minister of Mission

Mr. Michael Slechta, Director of Music/ Sounds of Trinity Choir Director

Mrs. Christine Oetama, Organist

Mrs. Carmen Richards, Pianist

Mrs. Carol Kratz, Administrative Assistant

Mr. Sean McKelvey, Preschool Director

ELEVENTH SUNDAY AFTER PENTECOST

8:00 & 9:30 A.M. SERVICE

Today's Theme: The time after Pentecost is a teaching time, a growing time, in the life of the church. Today's texts celebrate God's ability and intention to provide us with a new lease on life. To that end we gather today with the whole people of God to be instructed by the word.

Prayer: *O God, as your Spirit hovered over creation in fresh wind and new breath, so let your Spirit blow over us today with the breath of life. Take away the chaos of our lives, and the tiredness of our souls. May your Spirit move within us here today and then move us outward to proclaim our faith in word and deed. Amen.*

GATHERING MUSIC (9:30 Service)

Christine Oetama

ANNOUNCEMENTS

(PLEASE STAND IF YOU ARE ABLE)

CALL TO WORSHIP

AFFIRMATION OF BAPTISM AND CALL TO WORSHIP

In the Name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Come, let us praise God, who promises us forgiveness of sins and fullness of grace.

Let us praise Christ, who is present with us in trial and rejoicing.

Let us praise the Spirit, who encourages us in the struggle for justice and peace.

We sing together in thanksgiving to the one God, with the church throughout time!

HYMN

Arise, Your Light Has Come!

9:30 Service

1 A - rise, your light has come! The Spir - it's call o - bey;
2 A - rise, your light has come! Fling wide the pris - on door;
3 A - rise, your light has come! All you in sor - row born,
4 A - rise, your light has come! The moun - tains burst in song!

show forth the glo - ry of your God which shines on you to - day.
pro - claim the cap - tive's lib - er - ty, good tid - ings to the poor.
bind up the bro - ken - heart - ed ones and com - fort those who mourn.
Rise up like ea - gles on the wing, God's pow'r will make us strong.

"Arise, Your Light Has Come" text by Ruth Duck © 1992 GIA Publications, Inc. All Rights Reserved. Reprinted under OneLicense.net #A-711879.

CONFESSION OF SINS

CALL TO CONFESSION

Jesus said: You shall receive power when the Holy Spirit has come upon you, but we fear the Spirit's power.

Let us confess our slowness to embrace the new life of the Spirit.

(SEATED OR KNEELING)

SILENT CONFESSION OF SINS

CONFESSION OF SIN

Trusting in God's promise of forgiveness, let us confess our sin against God and one another.

Almighty God, who sent the promised power of the Holy Spirit to fill disciples with willing faith: We confess that we resist the force of your Spirit among us; that we are slow to serve you, and reluctant to spread the good news of your love. God, have mercy on us. Forgive our divisions, and by your Spirit draw us together. Enflame us with a desire to do your will and be your faithful people; through Jesus Christ, your Son, our Lord. Amen.

KYRIE

Lord, have mercy.	Lord, have mercy.
Christ, have mercy.	Christ, have mercy.
Lord, have mercy.	Lord, have mercy.

ASSURANCE OF PARDON

We who once were far off have been brought near to God through the cross of Jesus Christ. May God grant you grace to forgive one another as God in Christ has forgiven you. Amen.

ACT OF PRAISE

O God, open my lips.

And my mouth shall proclaim your praise.

Praise to the holy and undivided Trinity, one God:

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.

(PLEASE BE SEATED)

TIME WITH THE CHILDREN

THE WORD OF GOD

THE OLD TESTAMENT LESSON

I Kings 17: 8-16

A widow in Zarephath extends hospitality to Elijah. The prophet brings the widow's son back to life, confirming her faith.

Then the word of the Lord came to him, saying, "Go now to Zarephath, which belongs to Sidon, and live there; for I have commanded a widow there to feed you." So he set out and went to Zarephath. When he came to the gate of the

town, a widow was there gathering sticks; he called to her and said, "Bring me a little water in a vessel, so that I may drink." As she was going to bring it, he called to her and said, "Bring me a morsel of bread in your hand." But she said, "As the Lord your God lives, I have nothing baked, only a handful of meal in a jar, and a little oil in a jug; I am now gathering a couple of sticks, so that I may go home and prepare it for myself and my son, that we may eat it, and die." Elijah said to her, "Do not be afraid; go and do as you have said; but first make me a little cake of it and bring it to me, and afterwards make something for yourself and your son. For thus says the Lord the God of Israel: The jar of meal will not be emptied and the jug of oil will not fail until the day that the Lord sends rain on the earth." She went and did as Elijah said, so that she as well as he and her household ate for many days. The jar of meal was not emptied, neither did the jug of oil fail, according to the word of the Lord that he spoke by Elijah.

The Word of the Lord. **Thanks be to God!**

THE PSALTER

Psalm 130

Out of the depths I cry to you, O Lord. **Lord, hear my voice! Let your ears be attentive to the voice of my supplications!**

If you, O Lord, should mark iniquities, Lord, who could stand? **But there is forgiveness with you, so that you may be revered.**

I wait for the Lord, my soul waits, and in his word I hope; **my soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning.**

O Israel, hope in the Lord! For with the Lord there is steadfast love, and with him is great power to redeem. **It is he who will redeem Israel from all its iniquities.**

THE NEW TESTAMENT LESSON

Acts 16:16-34

The owners of a slave-girl who used their powers to tell fortunes threw Paul and Silas into jail for "healing" her, and consequently, ruining their business. In prison, Paul and Silas bring the good news of the gospel to the jailer and his family.

One day, as we were going to the place of prayer, we met a slave-girl who had a spirit of divination and brought her owners a great deal of money by fortune-telling. While she followed Paul and us, she would cry out, "These men are slaves of the Most High God, who proclaim to you a way of salvation." She

kept doing this for many days. But Paul, very much annoyed, turned and said to the spirit, "I order you in the name of Jesus Christ to come out of her." And it came out that very hour.

But when her owners saw that their hope of making money was gone, they seized Paul and Silas and dragged them into the marketplace before the authorities. When they had brought them before the magistrates, they said, "These men are disturbing our city; they are Jews and are advocating customs that are not lawful for us as Romans to adopt or observe." The crowd joined in attacking them, and the magistrates had them stripped of their clothing and ordered them to be beaten with rods. After they had given them a severe flogging, they threw them into prison and ordered the jailer to keep them securely. Following these instructions, he put them in the innermost cell and fastened their feet in the stocks.

About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was an earthquake, so violent that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were unfastened. When the jailer woke up and saw the prison doors wide open, he drew his sword and was about to kill himself, since he supposed that the prisoners had escaped. But Paul shouted in a loud voice, "Do not harm yourself, for we are all here." The jailer called for lights, and rushing in, he fell down trembling before Paul and Silas. Then he brought them outside and said, "Sirs, what must I do to be saved?" They answered, "Believe on the Lord Jesus, and you will be saved, you and your household." They spoke the word of the Lord to him and to all who were in his house. At the same hour of the night he took them and washed their wounds; then he and his entire family were baptized without delay. He brought them up into the house and set food before them; and he and his entire household rejoiced that he had become a believer in God.

The Word of the Lord. **Thanks be to God!**

MEDITATION

Dr. Christensen

"Family Reunions, the Church, and the Power of God"

PEOPLE'S OFFERING

THE VERSICLE AND RESPONSE

The Lord be with you.

And also with you.

In peace, let us pray to the Lord.

(KNEELING OR SEATED)

PRAYER OF THE FAITHFUL

Rooted in Christ and sustained by the Spirit, we offer our prayers for the church, the world, and all of creation.

For the church of Christ in all its diverse forms. For mission developers, new mission starts, and all communities of faith exploring new models of ministry for the sake of the gospel. For congregations facing difficult decisions about their future. God, in your mercy, **hear our prayer.**

For the health and well-being of creation. For shade trees that provide refuge from the hot summer sun. For lakes, rivers, and oceans contaminated by pollution and all who lack clean water. God, in your mercy, **hear our prayer.**

For those called to positions of authority in our legal system, we pray. For judges, lawyers, law clerks, and court employees who ensure the fair administration of justice. For corrections officers and prison chaplains, that they would deal mercifully with those who are incarcerated. God, in your mercy, **hear our prayer.**

For all who cry out to you in their affliction. For exiles, refugees, and others who face long and difficult journeys, uncertain about the future. For all who mourn the death of a loved one. for all who are sick. God, in your mercy, **hear our prayer.**

SILENT PRAYER

THE PRAYER OF OUR LORD

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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever. Amen.

(PLEASE STAND IF YOU ARE ABLE)

OFFERING DEDICATION

Your importance in our lives, O God, is reflected in our gifts. We return to you, through the ministry and outreach of this church, a portion of all you have entrusted to us. We promise that these offerings will not be the end of our giving. We will also invest our time and abilities in your work of healing, comforting, teaching, guiding, and proclaiming good news. Bless each gift, whatever its size, and multiply the good to be done through our time, talents, and treasure. Amen.

CLOSE OF WORSHIP

HYMN #277 *I Greet Thee, Who My Sure Redeemer Art* **9:30 Service**

RESPONSIVE BENEDICTION

The Spirit of God is upon us.

God has anointed us to bear good news to the afflicted, to bind up the brokenhearted, to proclaim freedom to the captives, and to open the prisons of those who are bound.

You are the body of Christ! May you be strengthened with the power of God, the love of Christ, and the help of the Holy Spirit. Amen.

SENDING MUSIC (9:30 Service)

Christine Oetama

ANNOUNCEMENTS

The Chancel Flowers are given by **Joan Cash** in honor of the members of Trinity United Church of Christ.

The Baptismal Font Flowers are given by **Jacqueline Hoover** in loving memory of my husband, Nowell & our 70th Anniversary August 12th.

The Worship Aids are given by **Kathy & Nevin Cooley** in honor of the life of Nellie Sharkitt, mother of Kathy Cooley.

Greeting Ushers: **Don Miller**, Jerry Richards, Cherie Cataldi, Jane Portser, Dottie Schadt

Building Trustee: Hank Fox

Lector: Diane Rice

Happy Birthday!

Monday – Kathy Cooley, Dr. Parry Miller

Friday – Jack Keller, Jamy Shelly

Saturday – Pete Rohrer

CHURCH OFFICE HOURS: The church office is open Monday-Friday from 9 AM-2 PM.

PASTOR'S VACATION: Pastor Rankin and family will be on vacation from through today and then August 13-19. The Rev. Margaret Rohnacher (recently transferred her membership to Trinity) will be covering pastoral emergencies through today. You can reach Rev. Rohnacher at (717) 575-9311.

The Rev. Sandy Morris will be covering pastoral emergencies August 13-19. You can reach Rev. Morris at (717) 385-1588. The Rev. Jack Esbenshade will be preaching next Sunday.

Today we welcome the Rev. Dr. Rich Christensen, a member of Trinity Church, as our guest preacher. Dr. Christensen is a graduate of Lancaster Theological Seminary and was ordained on June 7, 1970. He has served the following ministries:

- 1998-12 Associate Professor of Philosophy and Religion; Director of the Mission House Center for Theology, Lakeland College
- 1992-98 Professor of Church History, Phillips Theological Seminary
- 1988-92 Ph.D. in Church History, Union Theological Seminary (VA)
- 1983-88 Pastor, Salem U.C.C., Campbelltown
- 1980-83 Chaplain & Teacher of Religious Ed., Maun Secondary School, Botswana
- 1974-80 Pastor, St. Peter's U.C.C., State College
- 1972-74 Pastor, Congregational U.C.C., Amherst, OH
- 1971-72 Assistant Pastor, Faith U.C.C., State College
- 1970-71 Assistant to Director of Development, Lancaster Theological Seminary
- 1970 Summer Pastor, First Congregational U.C.C., Brookfield, VA

LUNCH WITH THE PASTOR

As we continue to resurrect community again the life of our church, Pastor Rankin is inviting members to have lunch outside at the back of the building on August 11 from noon-1 p.m. You bring your own lunch and enjoy the fellowship with your fellow church members. If there is inclement weather, we will go into Isenberg Hall where we will keep appropriate distance. Hope to see you there!

PRAYER CONCERNS: Donna Denlinger, Cathy Hoshauer, Don Huber, Nancy Enders, Mike Wagner, Pat Miller, Nancy Patton, Gary Reynolds (friend of Mike & Shelley Wagner), Jackey Hoover, Rev. Bob & Nancy Musser, Phyllis Zimmerman, Donna Zirkel, Dave Connor, Linda Brown (sister of Mike Wagner), Sharon Brown (sister of Sandy DeLong), Jose Arroyo (husband of Sandy & George DeLong's niece), Chris Rice (nephew of Diane Rice & Karen Olley), Meghan Gillerin (granddaughter of Dorie Altmanshofer), Jaimie & Aurora Commero (friends of Sarah Paulukow), Mark Zody (friend of Denise Huggins), Jim & Kathy Long (friends of Jerry & Carmen Richards), John Siebern (Bob Siever's brother-in-law), Carl Roth (Gretchen Leinbach's brother), Scott Summers, Ron Rogers (Jamy Shelly's stepfather), Rev. Frank Lantz, Lainie Christensen, Sandra Englert (niece of Betty Tyndall), Charles & Betty Booraem, Emma Nissley (sister of Jane Starr, Nancy Patton, and Pat Miller), Betty Tyndall and family, Virginia Schoffstall (grandmother of Kayla Brennan), David Potts (neighbor of the Himelwrights), Dorothy Fasnacht, Jo Jo Richards & family (Carmen & Jerry's granddaughter-in-law), Doug & Mary Lou Shaab, Bob & Marlyn Wible, Lily Kilgore & family, Barry Moore (Donna & Ron Denlinger's brother-in-law), Sam & Rosemary Minder, Jordan Sensenig (grandson of Pat & Joan Sensenig), Judy Wisniewski (sister of Chuck Husted), Elaine Sturgis (friend of Sue Husted), Rev. Jere & Judy Chapman, Doris Leaman, Kelsey (Minnich) and Tom Burgo, Judie Bistline, Hilma Slechta, and the Bonilla-Rodriguez family (friends of Trinity Church).

THIS WEEK'S CAMPERS: Zach & Rachel Baynard will be attending church camp this week. Please keep all the campers and staff in prayer. You can send notes to Zach & Rachel at the following address:

Zach & Rachel Baynard
Hartman Center Spirit Week
Mount Luther Camp
355 Mt. Luther Lane
Mifflinburg, PA 17844

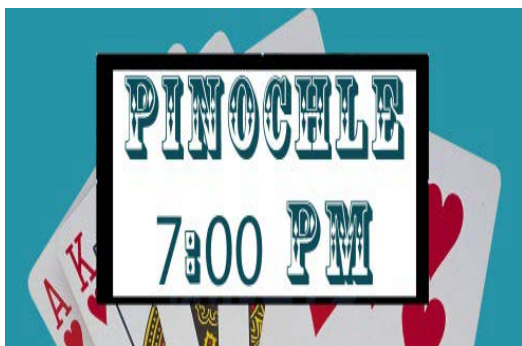
A MEMORIAL SERVICE FOR SALLY BRIGHT will be held at Trinity Church on August 21 at 11 a.m. There will be a visitation time beginning at 10:15 a.m. We are in need of a few ushers to help with the service. Please contact Carol or Pastor Chris!



Sign-up sheet is on the table across from the church office or you can respond using the electronic version that Carol already sent via e-mail!

CHURCH PICNIC CAKE WALK:

The Church Picnic Planning Committee will have a cake walk during our picnic on August 22. There is a sign-up sheet on the table across from the church office for you to donate a cake or pie. If you are unable to attend the picnic but would like to donate a cake or a pie, Dr. Cathy Hoshauer is willing to pick it up and take it to the picnic. Contact Dr. Hoshauer for more information (717-627-2410).



PINOCHLE FELLOWSHIP: Mark your calendars now because the Pinochle Fellowship will meet again on September 10th at 7:00 PM. Look for more information in the September Parish Post. You can respond using the electronic version that Carol already sent via e-mail or on the website under Ministries! Speak with Karen Olley for more information!



Mt. Gretna Tabernacle

MT. GRETTNA BIBLE FESTIVAL 2021

All Programs are in the Historic Tabernacle • 3rd St. & Glossbrenner Ave.

Parking GPS Address: 41 Boulevard St, Mt. Gretna PA 17064

Please visit MtGretnaTabernacle.org for any program cancellations.

A freewill offering will be received at each program.

Summer at the Tabernacle

Worship, Speakers and Concerts

ALL PROGRAMS ARE SUBJECT TO CHANGE Updates will be posted on our website and Facebook page

MASKS REQUIRED at all programming in the Tabernacle during the 2021 Season.

All programs will conform to strict CDC Guidelines. Visit our website for updates.

Friday programs will be simulcast via the website and on Facebook

August 8 Sunday 7 p.m. Concert

National Christian Choir directed by Kathy Bowman. Founded in 1984. The choir is called to glorify God through a unique ministry of music which draws people into a new and deeper relationship with Him.

August 15 Sunday 7 p.m. Concert

Men in Harmony directed by Nathan Minnich. An all volunteer men's chorus of 20+ voices. Their musical repertoire includes sacred, classical, gospel, spirituals, hymn tunes, and patriotic songs.

August 22 Sunday 7 p.m. Concert

The Susquehanna Chorale One of the premier choral groups in the nation, directed by Linda Tedford, makes its traditional late summer appearance. Sponsored by University Music Service of Hershey



August 29 Sunday

7 p.m. Concert

QuintEssentially Brass A quintet with engaging personalities and sparkling instrumental performances ends another season.



October 2

Saturday 2 p.m. Concert

The Massed Choir Composer Lloyd Larson will direct over 100 voices in a joyous Saturday afternoon concert. Sponsored by Losers Music Inc. and Cornwall Manor



THE 2021 WORSHIP AIDS & CHANCEL FLOWERS: You can either contact the church office or use the website under resources to sign-up for flowers and worship aids for 2021! Worship Aids dates available are: August 22, September 12, 19 & 26. Chancel Flowers dates available are: September 12, 19 & 26.



Historic Churches of Lancaster City

September 22, 2021
8:15 am - 2:15 pm



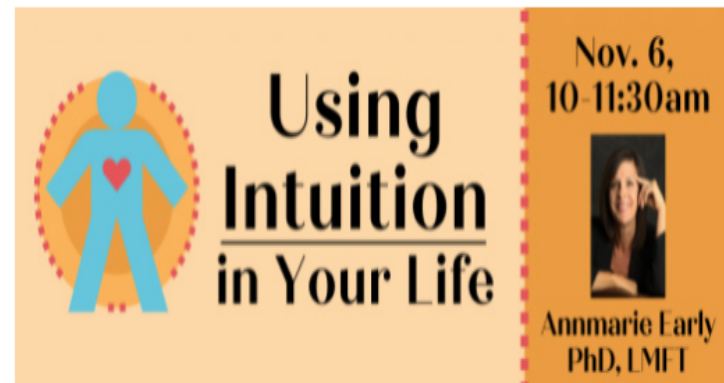
The Path Between Us: Enneagram Conference with Suzanne Stabile

October 8, 2021 - October 9, 2021
6:00 pm - 5:00 pm



Becoming Your Best Self: Introduction to the Enneagram

September 25, 2021
9:00 am - 4:00 pm



Using Intuition in Your Life

November 6, 2021
10:00 am - 11:30 am

WORSHIP VOLUNTEERS: We are looking for worship volunteers at the in-person worship services:

Greeters/Ushers: To welcome worshippers at the door and to seat them in the sanctuary (9:30 a.m. service only)

Lectors: Assist with the worship service or to just read the scripture lessons at the 8:00 a.m. and/or 9:30 a.m. services.

Please contact Pastor Chris or Carol Kratz if you are willing to volunteer.

CHURCH COVENANT IN THE MIDST OF THE PANDEMIC

As an individual who attends Trinity United Church of Christ I covenant to work with my fellow church members, family and friends to keep our community safe and healthy.

I covenant to. . .

Wear a face mask (if not vaccinated) as a symbol of love and care for others.

Sit six feet apart from others, leaving room for God to work in the in-between spaces.

Clean up after myself in the spaces I use because germs are everywhere I go too!

Honor and respect the sacredness of each person in this space and to stay home if I don't feel well, knowing God is with us wherever we are, whether inside or outside the walls of the church.

Work together with my church family in creating a safe and healthy space to gather for worship, fellowship, or church activities as one body, united in God's love.

Acknowledge the hard work ahead, and the commitment to care for one another.

Together, we as the church, covenant to care and love one another in new and different ways as we:

- Share God's love with our community
- Serve God's children
- Bring healing and wholeness to those in need
- Share the Gospel in liturgy, music and study

RALLY DAY: For this year's Rally Day, we are able to make recordings and put them together to create a video of the Rally Day play, "A Wrinkle In Time," (by Morgan Gould, from the book by Madeleine L'Engle), which can be streamed for one day, September 12. Conditions permitting, our intentions are to also have a showing of the recording on a screen at church, either outside or in the social hall at 9:00 AM, on Sunday, September 12. So, our plan is to schedule two, hopefully in-person, recording sessions, hoping to get as much recorded in succession as possible to reduce the amount of editing needed. Anyone interested, please contact Dina Slechta to receive a script and a role to begin rehearsing in advance, at home.

Some Possible Recording Session Dates (Expecting to only use 2 of these.): **August 23** – Evening **August 25** – Evening
August 28 - Morning

List of Roles Available (You don't need to be these ages to play these roles, just letting you know who the characters are.):

Meg - pre-teen or young teenage girl, one of the main characters

Charles Wallace - five year old younger brother, extremely intelligent, one of the main characters

Mother - beautiful scientist, mother of the four children

Mrs. Whatsit - zany, larger than life, ethereal being/angel

Mrs. Who - thoughtful, kind, ethereal being/angel, loves to study great artist, philosophers, and recites lots of quotes in various languages.

Mrs. Which - ethereal being/angel phases in and out of reality, drawn out speech

Calvin - teen boy, athlete, cares for Meg tenderly

Red-eyed Man - evil administrator

Father - scientist, father of the four children

Little Boy Who Drops Ball - young boy who doesn't conform

The following may want to be Ensemble Members in addition to reading these lines:

Teacher - One line near the beginning

Postalworker - One line near the beginning

Bully - One line near the beginning

Dennys - 10 year old twin brother, one line near the beginning

Sandy - 10 year old twin brother, one line near the beginning

Camazotz Mom - fearful, suspicious mother

Ensemble Member - May act in various capacities to create the illusion of wind, trees, animals, tables, walls, etc. May chant or exclaim, or create other background sound effects.

FIRST LESSON. 2 Samuel 18:5-9, 15, 31-33

The king ordered Joab and Abishai and Ittai, saying, "Deal gently for my sake with the young man Absalom." And all the people heard when the king gave orders to all the commanders concerning Absalom. So the army went out into the field against Israel; and the battle was fought in the forest of Ephraim. The men of Israel were defeated there by the servants of David, and the slaughter there was great on that day, twenty thousand men. The battle spread over the face of all the country; and the forest claimed more victims that day than the sword. Absalom happened to meet the servants of David. Absalom was riding on his mule, and the mule went under the thick branches of a great oak. His head caught fast in the oak, and he was left hanging between heaven and earth, while the mule that was under him went on. And ten young men, Joab's armor-bearers, surrounded Absalom and struck him, and killed him. Then the Cushite came; and the Cushite said, "Good tidings for my lord the king! For the LORD has vindicated you this day, delivering you from the power of all who rose up against you." The king said to the Cushite, "Is it well with the young man Absalom?" The Cushite answered, "May the enemies of my lord the king, and all who rise up to do you harm, be like that young man." The king was deeply moved, and went up to the chamber over the gate, and wept; and as he went, he said, "O my son Absalom, my son, my son Absalom! Would I had died instead of you, O Absalom, my son, my son!"

SECOND LESSON. Ephesians 4:25-5:2

So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

GOSPEL. John 6:35, 41-51

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. Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."