



# Come Worship with Us

**August 18 at 9:30AM ♦ In-Person Worship**  
Thirteenth Sunday after Pentecost

**FIRST READING: Proverbs 9:1-6**

**PSALM 34:9-14**

**2ND READING: Ephesians 5:15-20**

**GOSPEL: John 6:51-58**

***Pastor Tricia Schneck Preaching***

Christ Lutheran Church  
917 Evergreen Avenue, Millvale, PA 15209  
Phone 412-821-4300 ~ Fax 412-693-9742  
CLC Website: <https://www.clcmillvale.com/>  
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Visit Us at [CLCMillvale.com](https://www.clcmillvale.com/)



In the neighborhood...  
For good.

**CLC**  
**MILLVALE**  
Christ Lutheran Church



*The one who  
eats this bread  
will live forever*

JOHN 6:58



Wisdom prepares a feast, sets her table, and invites all to come and eat her bread and drink her wine. The first chapter of John's gospel owes much to the biblical tradition that imagined Wisdom as existing before anything was created and having a role in the work of creation. Christ, the wisdom of God (1 Cor. 1:24), today invites us to eat his flesh and drink his blood. John's gospel includes no account of the institution of the Lord's supper, but here we can't help hearing Jesus' words as an invitation to the meal of bread and wine we share. ~

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*In the Spirit!*



**CLC**  
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## Fellowship Committee

The Fellowship Committee will be meeting on Tuesday, August 20th at 6pm.

## Outreach Committee

The Outreach Committee will be meeting on Thursday, August 22nd at 6pm.

# RALLY DAY

**Sunday, September 8th at 8:30am**

**Fellowship will be outside after Worship,  
and Ice Cream will be served.**



The Lord bless you and keep you. The Lord make his face shine on you and be gracious to you. The Lord look upon you with favor and give you peace. †

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## CLC Clothing the Community Day

**We will be partnering with Trinity Lutheran Church in Gibsonia, PA, to distribute coats and clothing in our community. We will be accepting NEW/ Gently used coats and fall clothing for the CLC Clothing the Community Day on October 5, 2024.** For this event we are inviting the community to come and select clothing.



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## CLC is "in the neighborhood, for good!"

Your regular support and presence at church is vital to the ministry of our congregation. We are known in the community for the work we do and the relationships we build, and for the ways we offer our time, talents, and treasures to serve our neighbor. As a committed member of the church, please remember to send your offerings regularly, check your Weekly Update, and find ways to participate in this community of faith.

If you're new here, or just visiting, please take some time to get to know us!



With sadness we announce the death of our church member Keith Franskousky.

Keith passed to the church triumphant on August 5.



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## Food Pantry Volunteers:

If anyone is interested in volunteering at our Food Pantry, please talk with Pastor Tricia. The pantry serves the community every Monday and Friday from 9:30am to 11:30am and Wednesday from 5 pm-7pm. Everyone is welcome to help even if you cannot come every week but can only volunteer occasionally. Whatever help you can offer we will gladly accept.

We also receive a food truck once a month on the second Monday of the month from 412 Food Rescue and can always use help unloading.

The Food Pantry is Open Mondays and Fridays from 9:30am to 11:30am, and on Wednesdays from 5pm to 7pm.

## CLC FOOD PANTRY

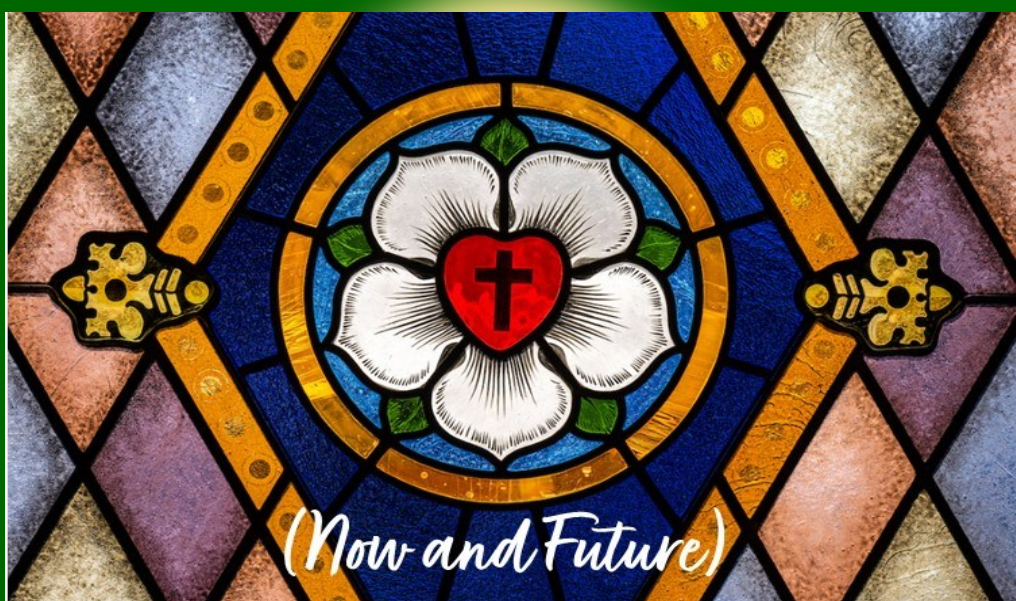
Donations are requested for Spaghetti Sauce, Pasta, Canned Fruit, Shampoo & Conditioner, and Laundry Pods



The Food Pantry is Open Mondays and Fridays from 9:30am to 11:30am, and on Wednesdays from 5pm to 7pm.

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# Wrapping Up

Joseph Imhoff

The four parts of the service: **Gathering, Word, Meal, Sending**, have all come together into a seamless entity, though not always known by the same names or in the same order they have remained fairly consistent since Martin Luther's Deutsche Messe of 1526 based the Latin Mass in use at the time. Latin can be a very beautiful sounding language but in his day as in ours it was not spoken by ordinary people. Even in countries of the former Roman Empire Portuguese, Spanish, French, Italian, Romanian, and others had substantially diverged from the original; German wasn't even close!

'Volk Spreche', language of the people was introduced by him and as they immigrated to the new world the Lutheran Church went with them in German, Swedish, Danish, Norwegian, even English. America was becoming an English speaking country and by 1748 Henry Melchior Muhlenberg of the Pennsylvania Ministerium used the German model as a foundation for an American Liturgy.

By 1878 the three main Lutheran bodies in the United States decided to prepare a **Common Service Book** for English speaking congregations retaining the traditions of Lutheran worship which was published in 1888. Hymns were not included but a committee of the three bodies worked on a complete book with the occasional services and a hymnal released in 1917 as Common Service Book with Hymnal. One may note, the music for the hymns was printed first with the words separate below unlike our modern hymnals.

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*Continued . . .*

As times change, languages change, some words just go out of fashion, some meanings change, what once was clear sounds foreign, even for a Church of every time and every place! King James' English may sound elegant but contemporary worshipers may no longer understand all its nuances.

In 1958 the Service Book and Hymnal was published updating language and revising practices in line with studies of liturgical practices. Then in 1978 the **Lutheran Book of Worship** came out which allowed for participation by more persons during the service besides the Pastor, lay readers, Communion assistants, many practices once common but lost over the years were reinstated to great affect. Much reflective of Lutheran commonality with other denominations.

The up-to-date **Evangelical Lutheran Worship** of 2006 expands what has gone before with a variety of musical settings, we are now using Setting Nine, while recognizing the diversity of Lutherans beyond the Church's German roots. Being the Church in a modern ever faster changing World is difficult and hard work. No doubt we will see a new 'contemporary' book in the future, possibly virtual instead of printed, around 2039. ~



**The Infant Room is temporarily closed.**  
***If you need a Quiet Space, please use the room at the top of the stairs.***

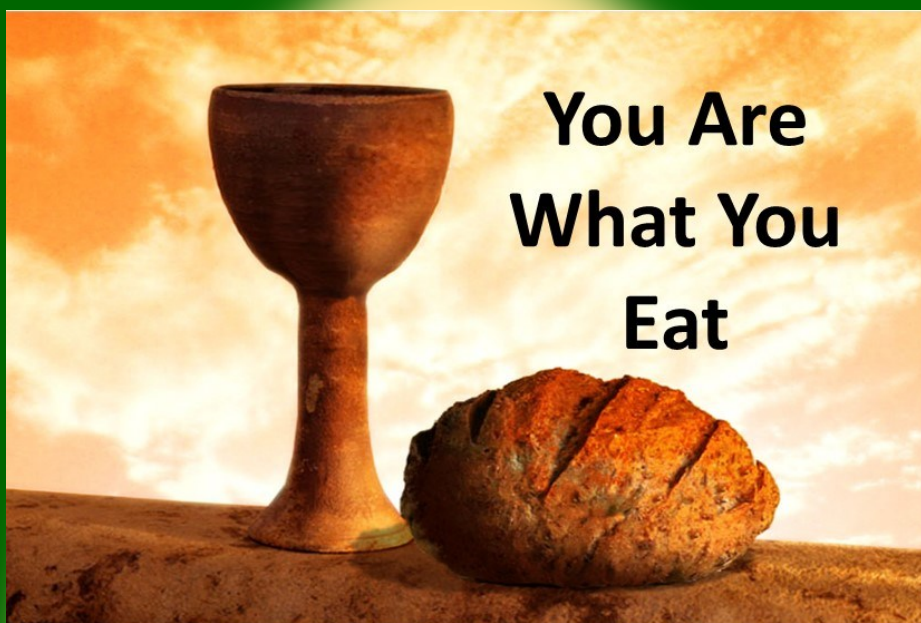
**Otherwise, all children are welcome in worship, and able to play quietly and interact at our Pray Ground in the side aisle.**

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# You Are What You Eat

**“You are what you eat.”** This phrase is frequently used in American culture to encourage young children to eat nutritious food and, yes, is often met with exasperated sighs on the part of such children. Despite the phrase having become cliché, a surprising amount of scientific truth accompanies it.

When we consume food, it travels through the esophagus and into the stomach and small intestine, where it combines with fluids and breaks down into nutrients. These usable nutrients pass into our bloodstream and to the rest of our body. Thus, the process of eating and drinking literally turns your food into part of your body. So truly, “You are what you eat.”

This week’s gospel continues Jesus’ long teaching that he is the true bread from heaven: “Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty,” we heard last week (John 6:35). **Today he gets more graphic: “Those who eat my flesh and drink my blood have eternal life”—no wonder those gathered around him get upset!** The Gospel of John doesn’t include the institution of the Lord’s supper; indeed, in John, Jesus himself is the Passover lamb, slain at the cross. But here, thirteen chapters earlier, Jesus declares that accepting the invitation to come to and believe in him—to “eat [his] flesh and drink [his] blood”—means life. **When we take into ourselves Jesus’ words, his healing touch, the power of his love, they become part of us.** They nourish our spirits so we can live in wholeness, health, and salvation (words that are all connected in the ancient languages of scripture).

It is not surprising, then, that holy communion, the sharing of literal food and drink, became a profound means by which the church receives—and becomes—the body of Christ. In a mysterious way we can’t fully understand, we truly are what we eat, and no other meal is more life-giving.

## This Week at CLC:

**Sunday, August 18**

**Sunday In-Person Worship Service  
at 9:30am**



**Monday**

**August 19 - 9:30-11:30am FOOD PANTRY**  
5-6pm TOPS CLUB, 6pm Tai Chi, 7-9pm Pain  
Support, Violin

**Tuesday**

**August 20 - 9:30-11:30am ESL in Library,**  
Violin, **Fellowship Committee Meeting 6pm**

**Wednesday**

**August 21 - 5-7pm FOOD PANTRY**

**Thursday**

**August 22 - Outreach Committee Meeting**  
**6pm**

**Friday**

**August 23 - 9:30 to 11:30am FOOD PANTRY**  
7pm NA meets-Library

**Saturday**

**August 24 - 9am AA meets in the Library**  
7pm NA meets in the Library

**Sunday, August 25**

**Sunday In-Person Worship Service at 9:30am**

August						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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## Upcoming Commemorations



### **Bernard, Abbot of Clairvaux, died 1153 Tuesday, August 20, 2024**

Bernard, a Cistercian monk, was a man of great spirituality who wrote mystical works and criticized those whom he thought took an overly intellectual approach to the faith. He became an abbot, and wrote several hymns that are still beloved today.



### **Bartholomew, Apostle Saturday, August 24, 2024**

Mentioned as one of Jesus' disciples in Matthew, Mark, and Luke, Bartholomew's name is replaced in John's gospel by Nathanael, leading many to believe that the two are different names for the same person. Little is known about his work, though some traditions place him later in India or Armenia.

## PRAYER OF THE DAY

Ever-loving God, your Son gives himself as living bread for the life of the world. Fill us with such a knowledge of his presence that we may be strengthened and sustained by his risen life to serve you continually, through Jesus Christ, our Savior and Lord.

**Amen.**

### **In case of emergency....**

**Did you know** we have an emergency defibrillator? It's on the wall, near the office and food pantry check-in table.

**Did you know** we have Narcan available? With the first aid kits in the narthex and in the office too!



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SCAN ME

**Online Giving** No matter the amount, the most helpful way to give to the ministries of the congregation is regularly and consistently. Whether it's weekly or monthly, make a prayerful decision ahead of time this Easter, and commit to a consistent amount.

With our online giving platform, Vanco, it's super easy! Go to: <https://www.clcmillvale.com/donate/>  
See the **Online Giving Code** above, and **Thank You!**

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Come Worship with Us: Cross Background display\_132870-pink-yellow-and-white-modern-geometric-background\_261354358\_vect\_DepositPhotos.com; abstract-blurry-smooth-image-golden-color-generative-ai pvproductions at Freepik.com

Pastor Tricia's contact: abstract-smooth-brown-wall-background-layout-designstudioroomweb-templatebusiness-report-with-smooth-circle-gradient-color benzoix at Freepik.com

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Wrapping Up: 102721 eml Immanuel Seymour church art 0019 Stained glass depicting the Luther seal on Wednesday, Oct. 27, 2021, at Immanuel Lutheran Church, Seymour, Ind. LCMS CommunicationsErik M. Lunsford

You Are What You Eat:wallpapertip\_holy communion\_src=httpswww.wallpapertip.comwpicTmJmxi\_maundy-thursday\_1

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