

TRINITY UNITED CHURCH OF CHRIST

2340 State Street, East Petersburg, PA 17520 717-569-1632

Website: www.trinityeastpete.org E-Mail:secretary@trinityeastpete.org
The Rev. Dr. Christopher M. Rankin, Pastor
The Rev. Harry G. Royer, Pastor Emeritus
The Rev. Dr. Carolyne Call, Covenanted Minister of Mission
Mr. Michael Slechta, Director of Music/ Sounds of Trinity Choir Director
Dr. Robert T. Adams, Interim Organist
Mrs. Carmen Richards, Pianist
Mrs. Carol Kratz, Administrative Assistant
Mr. Michael Querry, Sexton
Mrs. Beth Ressler, Summer Interim Preschool Director

TWELFTH SUNDAY AFTER PENTECOST 7:45 A.M. SERVICE

Today's Theme: Jesus says that the bread he gives for the life of the world is his flesh, and whoever eats this bread has eternal life now and will be raised on the last day. In Ephesians Paul tells us what this life Jesus gives us looks like, this life we live as those marked with the seal of the Holy Spirit in baptism. We live in love, as Christ loved us and gave himself up for us. The whole purpose of life is giving yourself for the other.

Welcome all visitors! We welcome all who worship with us. May the joy of Christ's presence and the power of the Holy Spirit fill you with peace and hope! We are honored by your presence and trust that you will join us in the praise and worship of God. Please sign our guest book in the narthex. If you are interested in church membership, please give your name and telephone number to Pastor Rankin.

Welcome to the Eucharist! All who seek to follow Jesus and who seek the gifts Jesus offers us are invited to share in this sacrament of Holy Communion. Children are invited to receive communion at the discretion of their parents/guardians. If a child wants to receive a blessing, they are asked to fold their hands.

Prayer As You Enter: Gracious God, your blessed Son came down from heaven to be the true bread that gives life to the world. Give us this bread always, that he may live in us and we in him, and that, strengthened by this food, we may live as his body in the world, through Jesus Christ, our Savior and Lord. Amen.

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CATCH THE VISION & SHARE THE JOY



TRINITY U.C.C. VISION STATEMENT:

All will know the love of God through the teachings of Jesus!!

Trinity U.C.C. is called by God to:

- --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

PARISH ANNOUNCEMENTS

(PLEASE STAND IF YOU ARE ABLE)

CALL TO WORSHIP

AFFIRMATION OF BAPTISM AND INVITATION TO THE TABLE

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

Amen.

In all times and places, we can rely on God. We can know steadfast love, here and now.

We keep our morning watch together. We will support one another as we seek to know God.

Find hope in God's power to redeem us. Give thanks for the new day God promises us.

Life's battles cannot destroy us. The losses we suffer are not the last word.

Jesus said: I am the bread of life. You who come to me shall not hunger; you who believe in me shall never thirst.

In company with all who hunger for spiritual food, we come to this table to know the risen Christ in the sharing of this life-giving bread.

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

Let us confess our sin in the presence of 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.
Christ, have mercy.
Lord, have mercy.
Lord, have mercy.
Lord, have mercy.

ASSURANCE OF PARDON

(PLEASE STAND IF YOU ARE ABLE)

ADORATION AND PRAISE

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.

COLLECT FOR THE TWELFTH SUNDAY AFTER PENTECOST

Let us pray the collect together.

Bread of heaven, feed us. Word of truth, teach us. Author of life, fit us for eternity amid our days on this earth, that our deeds may honor you. Help us to be kind and tenderhearted to one another and to forgive one another as, in Christ, you have forgiven us. Amen.

(PLEASE BE SEATED)

THE WORD OF GOD

THE FIRST LESSON

1 Kings 19:4-8

First Kings chapter 18 describes the contest between Elijah and the prophets of Baal. The contest proves that the Lord is God, and afterward Elijah orders the killing of the Baal prophets. Angered by the deaths of her prophets, Queen Jezebel threatens to kill Elijah. This reading finds Elijah fleeing, fatigued, and in utter despair.

The Word of the Lord. Thanks be to God!

THE PSALTER

Psalm 34:1-8

I will bless the Lord at all times; his praise shall continually be in my mouth. My soul makes its boast in the Lord; let the humble hear and be glad.

O magnify the Lord with me, and let us exalt his name together. I sought the Lord, and he answered me and delivered me from all my fears.

Look to him, and be radiant, so your faces shall never be ashamed. This poor soul cried and was heard by the Lord and was saved from every trouble.

The angel of the Lord encamps around those who fear him and delivers them. O taste and see that the Lord is good; happy are those who take refuge in him.

THE SECOND LESSON

Ephesians 4:25-5:2

Christians are called to be imitators of God. This does not mean Christians are perfect. Rather, the Spirit is at work in our lives so that our actions and attitudes genuinely reflect the love and forgiveness we have received through Christ and his death.

The Word of the Lord. Thanks be to God!

(PLEASE STAND IF YOU ARE ABLE)

THE HOLY GOSPEL

St. John 6:35, 41-51

After feeding more than five thousand people in the wilderness, Jesus teaches them regarding the true significance of this remarkable sign.

Glory be to You, O Lord.

THE GOSPEL OF OUR LORD

Praise be to You, O Christ.

(PLEASE BE SEATED)

SERMON

"Living as Children Claimed by God!"

(PLEASE STAND IF YOU ARE ABLE)

Pastor Rankin

NICENE CREED

We believe in one God, the Father, the Almighty, Maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, light from light, true God from true God, begotten not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate of the Holy Spirit and the Virgin Mary and became fully human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who in unity with the Father and the Son is worshipped and glorified, and has spoken through the prophets.

We believe in one holy catholic and apostolic church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

PEOPLE'S OFFERING

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. We pray in the name of Jesus Christ. Amen.

THE EUCHARISTIC PRAYER

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them up to the Lord!

Let us give thanks to God Most High.

It is right to give God thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks, Almighty God, creator of heaven and earth. From everlasting to everlasting, you have revealed your mighty presence to us. Have we not heard? Have we not known? In the beginning, you swept across the earth with your Spirit of life and renewal. When we forgot or neglected your truth, you redeemed us and renewed us. From the earth's first gardens to the mountaintop storms, you have spoken to us, and entrusted us to be your people. From laws on tablets to warnings from prophets, you have spoken your truth and renewed your covenant with us, reviving us and reclaiming us through your grace and love. And so, with your people on earth, with all of creation, and with all the company of heaven, we praise your name and join their unending hymn of praise, saying:

Holy, holy God of love and majesty, the whole universe speaks of your glory, O God, Most High. Blessed is the one who comes in the name of the Lord. Hosanna in the highest!

Holy are you and blessed is your holy name. In the fullness of time, you sent your son, Jesus Christ, to reveal your powerful love for the world. Healing and teaching, proclaiming and prophesying, welcoming any and all, Christ continues to reveal your presence, renewing our souls even now. Through Christ's powerful love and endless grace, we are invited into your presence, rescued from our sins, and led onto your path of justice and righteousness. In Christ's grace, you renew and reclaim us as your holy people, children of mercy and truth. As children of your covenant of love, sealed by water and the Spirit, welcome now with joy and gratitude, remembering how Jesus shared bread and wine, renewing and reviving the lives of his closest friends, his most faithful disciples, even as they faced their deepest fears and their greatest sins.

(PLEASE BE SEATED)

WORDS OF INSTITUTION AND PRAYER OF CONSECRATION

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.

BREAKING OF THE HOST & POURING OF THE CUP

As this grain was once scattered in the fields, and has come together in one bread, so we, with different needs and hopes, come together as one, for we share one bread.

The Bread of Life, broken for us.

The cup which we share is the cup of the New Covenant written in our hearts and witnessed by Jesus.

The Cup of Blessing, poured out for us and for the many.

RESURRECTION ACCLAMATION

Alleluia! Christ our Passover is offered for us.

Therefore let us keep the feast. Alleluia!

(Those who wish to come forward will be invited by the pastor. The pastor will serve you the host, saying, "The Body of Christ." You reply, "Amen!" The assistant will present you with the cup, saying, "The Blood of Christ." You reply, "Amen!" Grape juice is in the chalice with the cross and wine is in the other chalice. If you need the pastor and assistant to come to you, please indicate that to someone near you or the pastor. If you do not wish to come forward, you are invited to use the packaged elements in the narthex and commune in your pew. The pastor will offer a blessing everyone has communed. Children are invited to receive communion at the discretion of their parents/guardians. If a child wants to receive a blessing, they are asked to fold their hands.)

(PLEASE STAND IF YOU ARE ABLE)

POST COMMUNION PRAYERS

The Lord be with you.

And also with you.

In peace, let us pray to the Lord.

Calling on the spirit of Wisdom to guide our hearts and our minds, let us pray for the church, the world, and all in need.

Reignite the prayer of the church. By your Spirit, root your church around the globe in prayer and spiritual practices. Merciful God, **receive our prayer**.

We rely on the goodness of your creation in everything we do. We pray for trees that offer shade and for our fellow creatures that depend on the trees for shelter and food. Sustain the work of all who advocate for forests and wilderness areas. Merciful God, **receive our prayer**.

Guide our leaders and nations with a spirit of justice and mercy. Let no evil come out of our mouths, but rather let us extend grace. We pray for our enemies. Merciful God, **receive our prayer.**

Sustain feeding ministries and organizations such as our local food pantries. We work and pray for a day when hunger is no more. Merciful God, **receive our prayer.**

We pray for this congregation and for all who are gathered. Be present among anyone who cannot be with us today. Be with all who are hurting, grieving, or ill. Merciful God, **receive our prayer.**

SILENT PRAYER

Let us pray together.

Jesus, Bread of Life, we have received from your table more than we could ever ask. As you have nourished us in this meal, now strengthen us to love the world with your own life. In your name we pray. Amen.

CLOSE OF WORSHIP

BENEDICTION

ANNOUNCEMENTS

The Chancel Flowers are given by Sue Bowman in honor of Trinity's Preschool Program.

The Worship Aids are given by Lainie Christensen in memory of her dad, Cloyd D. Wolfe, who died an untimely death 54 years ago today.

Ministering Today

Pastor Rev. Dr. Christopher Rankin

Lector Diane Rice

Money Counters Bud & Kathy McCarty, Steve Shenk, Denise Pfeiffer

Altar Guild Anita Rohrer, Beth Bossert, Hedwig Hunsicker

Building Trustee Hank Fox Ministries Card Elders

Called to Care Nancy Enders

Visitation Ken Trauger

Worship Attendance, August 4 7:45-13 9:30–68 **TOTAL - 81**

Happy Birthday!

Today – Koleson Burgo

Tuesday – Jack Keller, Jamy Shelly

Wednesday – Ken Hoshauer, Pete Rohrer

Friday – Donna Esbenshade, Carmen Richards

Saturday – Jane Portser

This Week at Trinity Church

(Church Office Hours: Monday-Friday 9:00 a.m.-2 p.m.)

6:30 PM - Preschool Board Monday

Tuesday 10-11 AM – Nancy Patton Visitation

11:00 AM – Nancy Patton Funeral Service

Wednesday 7:00 PM – Finance Committee

8:00 PM - Alanon/AA Saturday Sunday 7:45 AM – Eucharist

9:30 AM – Eucharist

PRAYERS FOR GOD'S HEALING PRESENCE

MEMBERS

Ken & Janice Jenkins Rick Mowrer Ron Becker **Betsy Bailey Betty Fogle** Jack Olley

Kelsey Minnich Burgo Don & Pat Miller Bob & Marlyn Wible

Dr. Janet Harriger Joann Peck Harry Himelwright

The Lehman family Mary Lou Shaab Scott & Jane Owens

George & Ellie Latsha Carmen & Jerry Richards Donna Wolf & Family

Lainie Christensen Stan & Pat Seachrist Sam Minder III

Pastor Harry Royer Rev. Dave & Mid Gocklev Hank Fox Rev. Bob & Nancy Musser Donna Zirkel

Rev. Ken Trauger Kathleen Sensenig Adams Betty Tyndall and family Michael McDonough

Danielle Huggins Holbein Rev. Bob & Judie Bistline Joann & Dawn Garvin

Erika Otthofer **Denise Huggins** Rev. Jere & Judy Chapman

Ken & Phyllis Zimmerman

FAMILY & FRIENDS

The family of Nancy Patton

The Yanni family (former members of Trinity Church)

The family of Elaine Martin (the Celtic Martins)

Shari Jones (co-worker of Rich Weeber)

Tracy McLaughlin (co-worker of Rich Weeber)

Carol Hooper (sister of Rev. Dr. Rich Christensen)

Marlene Harlow (friend of Gail Kogut)

Chad Zirkel (son of Donna Zirkel)

Kaitlyn, Ben, and Lucy Miller (family of Rev. Dr. Rich & Lainie Christensen)

Barbie, Jon, and Will Bundy (family of Rev. Dr. Rich & Lainie Christensen)

Rev. Jim Martin (Rev. Dr. Rich & Lanie Christensen's former pastor)

Quinn McCarty (grandson of Bud & Kathy McCarty)

Ken Hoshauer (husband of Dr. Cathy Hoshauer)

Kurt Kalbach (brother of Dr. Cathy Houshauer)

Tuyet Nguyen (husband of Pat & Stan Seachrist's granddaughter)

Mary Call (mother of Rev. Dr. Carrie Call)

Art Cobb (nephew of John & Dolly Barr)

The Herr Family (Trinity Preschool Family)

Sharon Brown (sister of Sandy DeLong)

Chris Rice (nephew of Diane Rice & Karen Olley)

Sally & Joe Carrol (friend of Rev. Jere & Judy Chapman)

Kurt McEllhemmey (relative of Betty Tyndall)

David Brown (nephew of Shelley & Mike Wagner)

Annette Stork (niece of Pat Sensenig)

Logan Davis (husband of Hillary Bossert-Davis)

Brian & Liz Culp (son and daughter-in-law of Rev. Jere & Judy Chapman)

Jean Weglarz (neighbor of Rev. Bob & Judie Bistline)

Melby Bush (friend of Joan Sensenig)

Harvey & Dianne Sick (friends of Judy Chapman)

Rev. Loy Garber (former seminarian)

Roland Anderson and family (friends of John & Kayla Brennan)

John Martin (brother-in-law of Dolly & John Barr)

James Malone & family

Tom & Elaine Lichtenwalner (parents of Mike Lichtenwalner)

Jordan Sensenig (grandson of Pat & Joan Sensenig)

The Martin family (Trinity Preschool family)

Robert Richards (brother of Jerry Richards)

Ronald Himelwright (grandson of Brenda & Harry Himelwright)

Barry Richards (son of Jerry & Carmen Richards)

Tyler Miller (grandson of Iris DeMaio)

Joan Kalbach (mother of Dr. Cathy Hoshauer)

Jim & Kathy Long (friends of Jerry & Carmen Richards)

John Siebern (Bob Siever's brother-in-law)

Jo Jo Richards & family (Carmen & Jerry's granddaughter-in-law)

THE JULY/AUGUST PARISH POST is available in the information racks on both floors of the church building.

DEVOTIONALS: The April-June edition of These Days are available on the table across from the church office or on the lower level by the portico entrance.

VBS MISSION PROJECT: This year's VBS mission project is Habitat for Humanity. You can donate to the offering by marking the special designation box on your offering envelope with "VBS Mission Offering".

2024 CHANCEL FLOWERS AND WORSHIP AID SPONSORS: Upcoming dates for worship aids are: September 1, 15, 22, & 29. Upcoming dates for Chancel Flowers are September 22 & 29. The price for flowers is \$60. The price for worship aids is \$26. Look for the charts on the bulletin board in the narthex or call Carol in the church office.

THE 2024 CONCERT SPONSOR FORMS are available on the table across from the church office.

THE NEW CHURCH DIRECTORIES are available in the information racks on both floors of the church building!

SERVERS NEEDED: We are in need of greeters, ushers, and nursery care volunteers for the 9:30 worship service. Please contact the church office if you are interested in serving as an usher or greeter. Please contact Betty Fogle if you are interested in serving as a nursery attendant (717-471-1026 or bettsfog@comcast.net).





TRINITY PRESCHOOL SUB COUPONS We have 14 coupons left! The cost is \$8 per coupon. Look for the sign-up sheet on the table across from the church office. Make checks payable to Trinity Preschool and put in the white box outside the church office.

PRESCHOOL NEEDS: Please help support our preschool by reviewing the available slots on table outside office for needed supplies and sign up. Thank you! Please bring all donation to church no later than August 11th. Box in the Narthex.



Trinity Preschool FUNDRAISER

Monday, August 26th 6 - 9 PM

1991 Miller Road East Petersburg, PA 17520 717.569.0009

Support our preschool while enjoying Son's delicious ice cream/Italian ices.

TRINITY LUNCH BUNCH: The Parish Life Committee is sponsoring another lunch gathering for church members and friends on September 22 at Loxley's (500 Centerville Rd). The luncheon will begin around 12:30 p.m. Look for the sign-up sheet across from the church office. **The deadline to sign-up is September 15!!!** Contact Denise Pfeifer for more information.

TRIP TO WASHINGTON D.C.: The Christian Education Committee is planning to sponsor a trip to Washington D.C. on October 26. We are hoping to visit the National Cathedral and the other museums. We don't have any details yet on the cost, but we are asking you to sign-up if you are interested at this point. The sign-up sheet is on the table across from the church office. **For more information, speak to Sue Bowman or Pastor Rankin.**

SAVE THE DATE FOR THE LANCASTER CROP WALK: Trinity Church was recently recognized as being 34th in the U.S. to raise funds for the 2023 CROP Walk!! Also, the Lancaster CROP Walk was recognized for being ranked 16th in the U.S. and 2nd in Pennsylvania for the 2023 CROP Walk! Pastor Rankin continues to serve as the Lancaster CROP Walk Coordinator!

There are two important dates to remember:

- 1. Saturday, September 29---CROP Walk Rally at the Church World Service office in Lancaster (10:00 a.m.-11:30 a.m.)
- 2. Sunday, October 20, 2024 at the Annunciation Greek Orthodox Church. Registration begins at 1 p.m. and a program follows at 1:30 p.m. The walk will begin at 2 p.m.

Mark & Chris Eyer are once again serving as the coordinators for Trinity Church. You can register for the walk on the table across from the church office or at https://events.crophungerwalk.org/cropwalks/team/trinity-east-pete

Mt. Gretna Bible Festival 2024 Season

ALL PROGRAMS ARE IN THE HISTORIC TABERNACLE
THIRD ST & GLOSSBRENNER AVE
Parking at Mt. Gretna Fire Co.

Handicapped Parking at Mt. Gretna United Methodist Church Parking Lot
PARKING AT THE MT. GRETNA ROLLER RINK - in DEFINED AREAS ONLY!!!!
Roller Rink Parking on the following dates August 11, 18, 25, 2024

Sunday, August 11, 2024 - Dr. Peter W. Teague, Pres. Emeritus & Ambassador, Lancaster Bible College - 7 p.m. Dr. Teague and his wife Paulette are founders of Jessica and Friends Community, a non-profit organization offering residential services, training in daily living skills, and social services to adults with developmental disabilities. Freewill Offering will be received.

Sunday, August 18, 2024 - Susquehanna Chorale - 7 p.m. One of the premier choral groups in the nation makes its traditional late summer appearance. Directed by Linda Tedford. Freewill Offering will be received.

Sunday, August 25, 2024 - QuintEssentially Brass - 7 p.m. This quintet with engaging personalities and sparkling instrumental performances ends another season. Freewill Offering will be received. Sponsored by Arthur Funk and Sons



AUGUST 25, 4:00-6:30 PM

Look for the sign-up sheet on the table across from the church office!



East Petersburg Parade

The annual East Petersburg Day Parade will follow the 5K at 10AM and lead families, friends and neighbors to East Petersburg Community Park for an amazing day filled with live music, jugglers, rides, games, and food!

The Parish Life Committee will be organizing a float for this year's parade. We will need people to ride on the float, so watch for more information in the worship bulletins and the September Parish Post!!!

FIRST READING: 1 Kings 19:4-8

[Elijah] went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O LORD, take away my life, for I am no better than my ancestors." 5Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." 6He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. 7The angel of the LORD came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." 8He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

Psalm 34:1-8

SECOND READING: 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. 26Be angry but do not sin; do not let the sun go down on your anger, ²⁷and do not make room for the devil. ²⁸Thieves 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. ²⁹Let 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. 30And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. ³¹Put away from you all bitterness and wrath and anger and wrangling and slander,

together with all malice, 32 and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. 5:1 Therefore be imitators of God, as beloved children, ² 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 [the crowd,] "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

⁴¹Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." 42 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'?" 43 Jesus answered them, "Do not complain among yourselves. 44No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. 45It 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. 46Not that anyone has seen the Father except the one who is from God; he has seen the Father. ⁴⁷Very truly, I tell you, whoever believes has eternal life. 48I am the bread of life. 49Your ancestors ate the manna in the wilderness, and they died. ⁵⁰This is the bread that comes down from heaven, so that one may eat of it and not die. 51 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."