

Sermon Notes

ST. MATTHEW

July 31 & August 1, 2021



Reset Refresh Renew

Greetings Friends,

“I am the Bread of Life.” This is what Jesus says of himself in John 6. Our Gospel lessons for this week and the next 2 come from John 6, and we will hear Jesus say this more than once. In our Ephesians reading today, we hear Paul talking about a body—*“we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love.”* (Ephesians 4:15-16).

Bread and bodies. So let’s talk about spiritual nutrition. For *physical* nutrition, scientists tell us there are 3 macronutrients that our bodies need—carbohydrates, proteins and fats. That’s our physical bodies. I think there is a wonderful parallel for our spiritual selves. There are things that make us spiritually healthy, spiritually strong, spiritually flexible and spiritually alert. Today we are going to talk about spiritual carbohydrates.

Grace and Peace and alleluia!

Pastor Bill Hugo

WORSHIP NOTES: Our thanks Karrie Kikeh for sharing her keyboard talents with us during the Saturday service, to the music team (Sunday), and to all other worship assistants for their leadership throughout the weekend. To God be the glory!

Prayers for the Week of August 1

Prayers for Judie Colaianni’s brother-in-law Dave Knapp who is having shoulder surgery this week.

GIVING TO THE LORD

Weekly Worship Attendance: 70
July Tithes & Offerings to date: \$18,269
July Budgeted Offerings: \$28,885

Bill Hugo, Pastor † Carol Blase, Coordinator of Music
Brenda Hugo, Coordinator of Children’s Ministries † Faustina Allen, Director of Teen Ministries
Kathy Rosenberg, Parish Nurse † Sarai Kretschman, Pastoral Care Assistant † Martin Cornes, Vicar
Julie Allen, Office Manager † Julie Sventek, Director - DCLC - 763-789-4030

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WEEKLY CALENDAR

Tuesday, August 3

7:30 AM MEN'S BIBLE STUDY ONLINE

Wednesday, August 4

6:45 PM LAY MINISTERS

7:00 PM TEEN MINISTRY

Saturday, August 7

9:30 AM JOY-FILLED STAMPERS

5:30 PM WORSHIP SERVICE

Sunday, August 8

8:30 AM ADULT BIBLE CLASS IN PERSON & on ZOOM

9:00 AM SUNDAY SCHOOL - CHILDREN/YOUTH

10:00 AM WORSHIP SERVICE IN PERSON & ONLINE

HELLO AND ATTENTION ALL SENIORS 55+

Our former Golden Agers group plus anyone 55+ are invited to a picnic on the prayer garden (or fellowship hall) on Tuesday August 10th at 12 NOON.

We will reunite and gather together, pray together, enjoy a light meal and fellowship together, discuss this past year, and talk about your plans and needs for this next year and how we can all have fun aging well as I support you as your Parish Nurse.

Please alert Kathy by phone call or text or email that you will be attending so I can get enough food for lunch!!

You don't need to bring anything, just yourself but PLEASE RSVP by Tuesday August 3rd.

THANK YOU! Kathy Rosenberg, RN, Parish Nurse 612-296-1812 or kathy.rosenberg@stmatthew-ch.org

Or you can also call the St. Matthew church office and let Julie Allen know that you will be coming or leave Kathy a voicemail. I HOPE TO SEE YOU THEN!!

TAKE HOME DETAILS AVAILABLE IN NARTHEX

Pick one up today!

ANNOUNCING...

Children's Ministries: (contact: brenda.hugo@stmatthew-ch.org)



VBS – Rocky Railway has completed its run!

- * Four Evenings: July 25 - July 28
- * Hot and humid – but no rain/storms or smoke to affect our travel on the Rocky Railway!
- * Thirty-six participants and fifty-one volunteers over the course of four days

have the phrase 'Trust Jesus!' ringing in their ears!
\$76.64 raised to support Feed My Starving Children!

Thank you to all who have supported this outreach program!



Summer Sunday School

Through Aug. 29, 9:00-9:45 am; "The Non-Avengers: Bible Heroes Who Forgave"

The Non-Avenger we learned about today?
[The Woman Jesus Forgave \(John 8:1-11\)](#)

CRAFTERS! There are empty plastic candle cartridges available for your crafting needs, located in boxes on the table outside the Willler Room. Take what you'd like for free!

Join Us for Women's Fellowship!

Wednesday, August 18th at 9:30 am in the Willer Room.

All women are invited.