

Twenty-Second Sunday in Ordinary Time
Communion Sunday

September 1, 2024

10:30 a.m. Worship



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."

--John 6:35

First Presbyterian Church

Mailing address: P.O. Box 2729; San Bernardino, California 92406

909.882.3308

www.fpcsb.net

COMMISSIONED PASTOR: DR. WENDY L. LAMB

MINISTRY OF PASTORAL SUPPORT: REV. DR. STEPHEN W. SMITH

MINISTRY OF VISITATION: LAURIE STAFFORD

MINISTRY OF MUSIC: CURTISS ALLEN, JR., DIRECTOR OF MUSIC;

WILLIAM ZEITLER, ORGANIST;

AMY GANO, BELLS

PASTOR EMERITUS: REV. JAMES C. HUFFSTUTLER

Welcome to Worship at First Presbyterian Church

This service is being livestreamed and can be viewed on our YouTube channel in real time or as a recording. **Large-print copies of this order of service**, as well as **audio enhancement devices** are available **from the ushers**.

We gather on Sunday for 3 reasons:

- **To seek God**- whom we find in sacred text and sacrament, in music and in song, in prayer, in the beauty of this space, in the stillness where we can hear our hearts. We offer God our thanks and praise, our lament and longing, and our resources. We let go of burdens and receive grace and forgiveness. We see the One our hearts love.
- **To practice Community** – rejoice w/those who rejoice, weep w/those who weep. To break bread with those whom we love and those whom we need to love more fully. We practice things our culture does not emphasize: resting, forgiving, sharing. Jesus asked us to love one another as he loved us, and we cannot do so without practice.
- **To listen for our Call**- often an invitation to go out and be or do or remember. God is speaking all the time: through conscience, nature, friends, and certainly scripture. We gather to listen for that Call and to recommit ourselves to discipleship.

Information on our common life can be found on our website www.fpcsb.net, along with sermons and newsletters. You can participate in our work by supporting us financially with a one-time or sustaining donation.

Children are **welcome** in worship. Younger children may go to the Nursery at any time.

OUR NEXT COMMUNION will be Sunday, October 6th.

Morning Worship†

Lector: Sue Alexander

REFLECTION BEFORE THE SERVICE

The historic confessions of the church consistently speak with the language of nourishing and sustaining us. We are people with a physical life and a spiritual life. Whereas the one is sustained by physical and material bread, the other is sustained by the “bread from heaven.” And so Christ “nourishes, strengthens, comforts . . . relieves and renews” our “poor, desolate souls” (Belgic Confession, Art. 35). No pastoral care ministry of any sort can do better!

Howard D. Vanderwell, *Reformed Worship*

GATHERING MUSIC

WELCOME

PRELUDE

The Mind of a Snail

W. Zeitler

Allow the music to usher you into sacred space and time.

INTROIT

Sing Glory to the Name of God¹

LAST UNS ERFREUEN

Sing glory to the name of God, whose holy splendor shines abroad. Alleluia, alleluia! Enthroned above the crashing waves, the God of grace and glory saves. Alleluia!

*CALL to WORSHIP

I lift up my eyes to the hills--

✘ **From where will my help come?**

My help comes from the Lord

✘ **Who made heaven and earth.**

Let us worship together

✘ **Alleluia. Amen.**

† The symbols you will see in this order of worship mean:

*** Stand if you are able** **✘ The congregation will read.**

¹ Text: David Gambrell, 2009. ©2011 David Gambrell (admin. Presbyterian Publishing Corp.)
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Sing, praise, and bless the Lord.
 Sing, praise, and bless the Lord.
 Peoples! Nations! Alleluia!
 Sing, praise, and bless the Lord.
 Sing, praise, and bless the Lord.
 Peoples! Nations! Alleluia!

Laudate Dominum,
 laudate Dominum,
 omnes gentes, alleluia!
 Laudate Dominum,
 laudate Dominum,
 omnes gentes, alleluia!

PRAYER of CONFESSION

Let us in silence confess our faults and admit our frailty.

(Take a moment to silently name your longing.)

***KYRIE 577**

Lord Have Mercy

KYRIE ELEISON

Kyrie eleison.
 Kyrie eleison.
 Kyrie eleison.
 Kyrie eleison.

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

Before God, with the people of God, I confess my brokenness: the ways I wound my life, the lives of others, and the life of the world.

✠ **May God forgive you, Christ renew you,
and the Spirit enable you to grow in love.**

Amen.

✠ **Before God, with the people of God, I confess to my brokenness:
the ways I wound my life, the lives of others, and the life of the world.**

May God forgive you, Christ renew you,
and the Spirit enable you to grow in love.

✠ **Amen.**

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(We stand and sing Alleluia)

***ALLELUIA**

William Zeitler

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia, al - le - lu - ia, al - le -
lu - ia, al - le - lu - ia, al - le - lu - ia! Al - le al - le - lu - ia!

Chords: Em, B, Em, D, G, D, 1. Fm, B, 2. Fm, Bm, Fm

TIME with the CHILDREN

[Children are always welcome in worship. There are activity bags and books in the back of the room.

Infants through pre-Kindergarten may go to the Nursery at any time.]

ANTHEM

Just As I Am

arr. Arnold B. Sherman

PSALM of the DAY

Psalm 36:7-9

(We read the Psalm responsively, with Wendy and Steve. Wendy's side begins.)

How precious is your steadfast love, O God!

All people may take refuge in the shadow of your wings.

They feast on the abundance of your house,

and you give them drink from the river of your delights.

For with you is the fountain of life;

in your light we see light.

GLORIA 583

Gloria, Gloria

GLORIA

***Gloria, gloria,
in excelsis Deo!***

***Gloria, gloria,
alleluia, alleluia!***

PRAYER for ILLUMINATION

✘ Lord, open our hearts and minds
by the power of your Holy Spirit,
that as the Scriptures are read
and your Word is proclaimed,
we may hear with joy
what you say to us today. Amen.

SCRIPTURE

John 6:35: 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.”

Matthew 26:26: While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, “Take, eat; this is my body.”

1 Corinthians 11:26: For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.

This is the word of faith that we proclaim

✘ **Thanks be to God.**

REFLECTION

Pastor Wendy Lamb

RESPONSE 654 *In the Lord I’ll Be Ever Thankful*³

Taizé

**In the Lord I’ll be ever thankful;
in the Lord I will rejoice!**

Look to God; do not be afraid.

Lift up your voices, the Lord is near.

Lift up your voices; the Lord is near.

MOMENT for MISSION

Rebecca Allen

THE OFFERING of OUR TITHES and GIFTS

(We offer our tithes and gifts to be part of God’s purposes in the world, and we invite you to take part. You may place your offering in the plates as they are passed. You may always send gifts by mail or online.)

OFFERTORY

SACRAMENT of the LORD’S SUPPER

INVITATION to the LORD’S TABLE

SURSUM CORDA

The Lord be with you.

✘ **And also with you.**

Lift up your hearts.

✘ **We lift them to the Lord.**

Let us give thanks to the Lord our God.

✘ **It is right to give our thanks and praise.**

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GREAT PRAYER of THANKSGIVING

SANCTUS

James C. Huffstutler

- ✘ Holy, holy, Lord Almighty, God of power and might.
Heaven and earth are full of your glory.
Glory in the highest.
Blessed, blessed,
blessed is he who comes in the name of the Lord.
Hosanna, hosanna, hosanna, hosanna,
Hosanna in the highest.

PRAYERS of the PEOPLE, OUR LORD'S PRAYER

- ✘ 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, forever.
Amen.

PRAYER of CONSECRATION

THE WORDS of INSTITUTION

SHARING of the BREAD and CUP

The cup is non-alcoholic. Gluten free bread is available.

Communion will be served by servers around the circle. We will come to you. If you would prefer not to partake, please cross remain seated or cross your arms over your chest to receive a blessing. You may be seated once you have been served. If you would prefer gluten free options, please remain standing and these will be brought to you.

Please join us in our sung prayer. These refrains will be sung over and over as we make them our own prayers.

SUNG PRAYERS

***698 Take, O Take Me as I Am*⁴**

Take, O take me as I am,

Summon out what I shall be.

Set your seal upon my heart And live in me

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*527 Eat this Bread, Drink this Cup*⁵

Eat this bread, drink this cup,
Come to me and never be hungry
Eat this bread, drink this cup;
Trust in me and you will not thirst.

*466 Come and Fill our Hearts*⁶

Come and fill our hearts
with your peace.
You alone, O Lord, are holy.
Come and fill our hearts
with your peace,
Alleluia.

PRAYER after COMMUNION

✠ We give you thanks for this feast of abundance
that we shared this morning.

Grant us that we go out and make a place for everyone at the
table as you did because we have shared the bread of new
beginnings and cup of belonging and can't remain the same.
Amen.

***HYMN 635**

*Laudate Dominum*⁷

Taizé

Sing, praise, and bless the Lord.
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Peoples! Nations! Alleluia!
Sing, praise, and bless the Lord.
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Laudate Dominum,
laudate Dominum,
omnes gentes, alleluia!
Laudate Dominum,
laudate Dominum,
omnes gentes, alleluia!

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***MOMENT for REFLECTION**

***CHARGE and BENEDICTION**

RESPONSE

Sevenfold Amen

John Stainer

POSTLUDE

Improvisation

GREETERS: Tom & Donna Garza

USHERS: Mark Adelson, *Lead Usher*

Marilyn Kraft, *Security Usher*

SOUND ENGINEERS: Dan Direen, Brent Nord

LIVESTREAM ENGINEER: James Welte

CAMERA OPERATORS: Kevin Lamb, Lynn Usher

REMEMBER IN PRAYER THIS WEEK

George Biddlecombe, Lorraine Bishop, Noé Falconi

Elders: Phyllis Hough, Sue Alexander, Jeanne Clark

Deacons: Robin Edwards, Rick Rodriguez, Katie Smith

Pastor Nominating Committee:

Shelby Obershaw, Christa Wallis, Neal Williams

This Weeks' Celebrations

Sep 4 Ed Congdon

Sep 5 Hilda Nicks

Sep 6 Norm & Christa Wallis

Tom & Donna Garza

New Church Directories! We will have the new directories ready for you next **Sunday, September 8th**. *Thank you for your patience!*

News and announcements are available in your Friday *Keeping in Touch* emails. If you are not receiving these, and you would like to, contact Mimi in the church office.

Music Box

Last week I talked about how cutting-edge physics is questioning our understanding of 'space' and 'time'. I pointed out that if there's question about things as fundamental as those, perhaps a little humility might serve us well in understanding everything else!

Into the fray enters Dr. Donald Hoffman, cognitive scientist: PhD from MIT, and professor at UC Irvine. He aims to bridge the gap between theoretical physics and neuroscience. (Yikes!) He argues that from an evolutionary point of view, Nature has given her creatures just enough intelligence to survive and no more. This is because intelligence has a high cost: brains consume energy, and lots of it. In the case of humans, roughly 20% of our caloric intake goes to keeping our brains running, even though our brains only account for about 2% of our body mass.

Thus, if we have more intelligence than we need to survive, then our daily caloric intake has to be higher than necessary, reducing our ability to survive. TODAY food is plentiful in the West, but until relatively recent times calories were hard to come by. At a certain point, more intelligence than we need to survive becomes a liability because of the excess calories we need to keep that excess brain capacity fed. In other words: Not too unintelligent – or we become lunch. And not too smart either so we can get by on fewer calories, better able to survive long stretches between meals.

Think about cats: their brains (and bodies) are optimized for hunting and little more. Or the brain of a snail, or an ant: enough intelligence to manage their unique survival strategies, and no more. Unlike cats and snails, we have general-purpose bodies – we stand on two legs so we are free to use our general-purpose hands. So in our case, we have more intelligence than the average critter – because we don't have a fixed survival strategy like cats or snails – we can and must invent and carry out survival strategies that fit the conditions in which we find ourselves. And part of that strategy is banding together into tribes, for which language has proved essential to us working together to survive together.

A good example of 'good enough' is that our eyes only have receptors (called 'cones') for three colors: Red, Green, and Blue, and our brains fabricate the rest of the colors. Otherwise, we'd need yellow cones in our eyes to see yellow, and purple cones, and chartreuse – we can perceive over a million different colors so we'd need over a million different kinds of cones. Instead, receptors for a mere three colors in our retinas are sufficient for us to have good enough color vision to survive, and the

caloric efficiency of only three cones instead of millions per retina region is obvious.

Dr. Hoffman's work reminds us that our perception of reality is shaped by what was "good enough" for survival, rather than a quest for Truth. Just as our eyes settle for three color receptors instead of millions, our brains likely present a simplified version of reality, optimized for caloric efficiency and survival. As we explore the mysteries of Life, a little humility seems like a really good idea, recognizing that our minds, like our bodies, are not designed for omniscience, but for navigating the practicalities of mortal existence. Having a realistic understanding of our capabilities seems like an essential place to start as we try to understand the Cosmos and our place in it.

(To be continued.)

-- *William Zeidler*



The seal of the Presbyterian Church (U.S.A.) is a symbolic statement of the church's heritage, identity, and mission in contemporary form. Its power depends on both its simplicity and complexity, as well as its traditional and enduring qualities.

The basic symbols in the seal are the cross, Scripture, the dove, and flames.

As a church of the Presbyterian Church (U.S.A.), our congregational life is governed by the Ruling Elders of our current Session:

Mary Bolaños, Brooke Dvorak, Pat Morris, Martha Pinckney, Lily Bolaños, Margaret Doane, Jon Horstmann, Phyllis Hough, Sue Alexander, Jeanne Clark, Kathy Showman, Norm Wallis, and Clerk of Session Amy Smith

and supported by our Board of Deacons:

Rebecca Allen, Dan Direen, Robin Edwards, Rick Rodriguez, Katie Smith, Brad Smith, Dave Thomas, Chris Wright-Thomas, Kristine French, Joyce Lyons, Joanna Nord, Mindy Rueda

In this time of change for our congregation, a Pastor Nominating Committee has been elected by the congregation:

Susan Addington, Mary Bolaños, John-Paul Fletcher, Brian Gano, Kendra Lamb, Jim Morris, Shelby Obershaw, Christa Wallis, Neal Williams