

*In remembrance*



September 1, 2019  
First United Methodist Church

**Prelude & Entrance of Christ's Light**

**Gratitude Moments**

**\*Call to Worship**

L: Today, we celebrate Holy Communion.

**P: This is a time when we remember Jesus in the giving and receiving of the bread and the cup.**

L: It is a time when we, as the body of Christ, are again brought together for renewal and to celebrate unity.

**P: It is a time when we join together to offer ourselves in service for Christ.**

**ALL: Let us worship our God!**

**\*Hymn:** "Let Us Break Bread Together" UMH #618

**A Time for the Child in all of Us**

**Prayer** (unison)

**O God, we humbly ask you to receive us again and again with love, forgiveness, and grace. We know we are not perfect, and we repent of our transgressions, trusting you to forgive us when we have sinned against you and others and even ourselves. Remind us of your greatest gift of all in Jesus, your Son, our Savior. May we claim the life he offers us today and every day as we seek to live as Easter people in a world where the message of love and forgiveness needs to be heard. Help us to be your hands and feet and to know that, together, as your Church, you will work through us to bring hope and healing. Amen.**

Assurance of Pardon

L: God hears our prayers and has promised to forgive our sins when we repent of them. Know that in Jesus Christ, you are forgiven.

**ALL: Thanks be to God! Amen!**

**Sung Response:** "Fill My Cup, Lord" UMH #641

**Ministry of Music**

We Proclaim the Word

**Reading the Word:** John 6:32-35

L: The Word of God for the People of God.

**P: Thanks be to God.**

**Message:** "The Bread of Life" dialogue  
Rev. Dr. Debra J. Hanson and Dave Atkinson

**\*Hymn** "Take Our Bread" UMH #640

**Prayers of the People**

**Silent Prayer and Pastoral Prayer**

**The Lord's Prayer** (unison)

**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 trespasses, as we forgive those who trespass against us. And lead us not in temptation, but deliver us from evil, for Thine is the kingdom, and the power, and the glory forever. Amen.**

**Giving of Our Tithes and Offerings**

**\*Doxology:** (*Please join in singing the following:*) UMH #94

*Praise God from whom all blessings flow; Praise God, all creatures here below; Alleluia! Alleluia! Praise God, the source of all our gifts! Praise Jesus Christ, whose power uplifts! Praise the Spirit, Holy Spirit! Alleluia! Alleluia!*

**\*Prayer of Dedication** (unison)

**Holy God, today we have received the symbols of Jesus' death and resurrection, and we have been reminded that you have given us everything. May the gifts that we give for the sake of those who are in need be used to feed them, clothe them, provide for them, and help them to find your love in their lives. Amen.**

**A Service of Holy Communion** insert  
**Healing Prayer Team**

We Go Forth to Serve

**\*Hymn:** "You Are My All in All" insert

**\*Choral Benediction** (*Congregation encircles the Sanctuary*)

**May the Lord, gracious God bless and keep you forever. Grant you peace, perfect peace, courage in every endeavor. Lift up your eyes and seek His face, and His grace forever. May the Lord, mighty God bless and keep you forever.**

**\*Pastor's Charge**

**Postlude**

*\*Please stand as you are comfortable*

*TFWS = The Faith We Sing UMH = United Methodist Hymnal  
Large print bulletins are available from the greeters*



**Welcome!**

Whether you are joining us for worship for the first time or after many years of attending here at First UMC, we want you to know that you are welcome!

We are an inclusive community that invites everyone to be part of our church fellowship. Thank you for being here, and we hope that you have had a meaningful experience of worshipping our God so you leave this place feeling that you have been blessed to be a blessing. Please join us again!

Rev. Deb Hanson

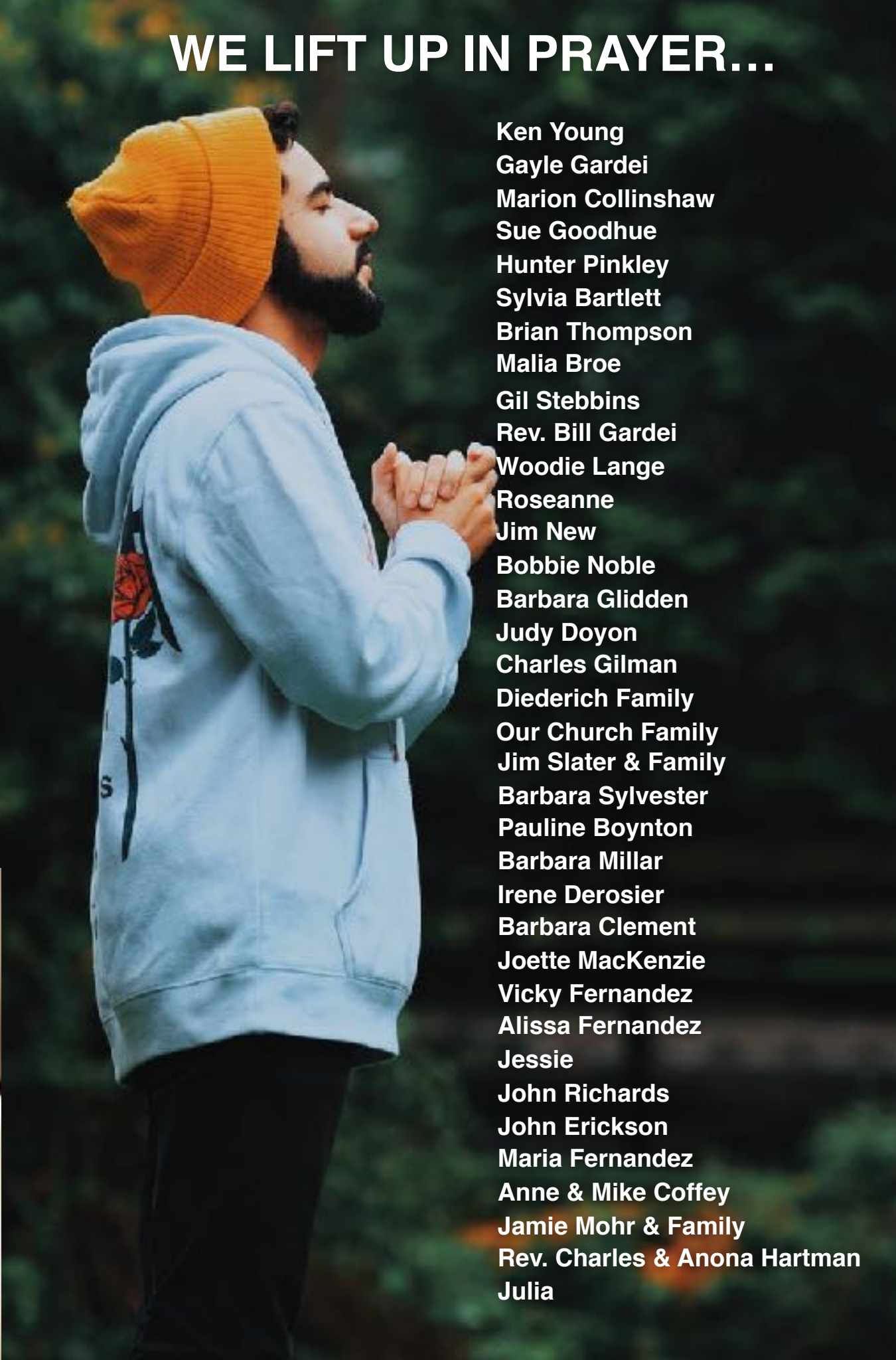


- Pastor - Rev. Dr. Debra J. Hanson
- Pastor's Assistant - David Richards
- Liturgist - Art Munson
- Lay Leader - Susan Sarosiek
- Acolyte - Dave Richards
- Director of Music - Bevan Bloemendaal
- Greeters - Christine Williams
- Ushers - Ken & Jenya Westbrook
- Sound Tech - Sue Sarosiek
- Worship Service Tech - Sue Richards
- Photographer - Dave Atkinson
- Sunday School - Airial Silanpaa & Kaya Sarosiek



**Come join us for coffee hour  
after church service in  
Sanborn Hall. We'd love to  
catch up with you and see  
how your week has gone.**

**WE LIFT UP IN PRAYER...**



- Ken Young
- Gayle Gardei
- Marion Collinshaw
- Sue Goodhue
- Hunter Pinkley
- Sylvia Bartlett
- Brian Thompson
- Malia Broe
- Gil Stebbins
- Rev. Bill Gardei
- Woodie Lange
- Roseanne
- Jim New
- Bobbie Noble
- Barbara Glidden
- Judy Doyon
- Charles Gilman
- Diederich Family
- Our Church Family
- Jim Slater & Family
- Barbara Sylvester
- Pauline Boynton
- Barbara Millar
- Irene Derosier
- Barbara Clement
- Joette MacKenzie
- Vicky Fernandez
- Alissa Fernandez
- Jessie
- John Richards
- John Erickson
- Maria Fernandez
- Anne & Mike Coffey
- Jamie Mohr & Family
- Rev. Charles & Anona Hartman
- Julia



# UPCOMING EVENTS

**9/3**, Finance Trustee meeting will be at 6 pm at the parsonage. All are welcome.

**9/8** is Rally Sunday, when we begin a new season for our Sunday school. The first half of the school year, the children will learn the story of Moses and the Ten Commandments. In December, they will begin rehearsing for a pageant, which will be presented in December. Helpers are always welcome, and when we need materials, we will let everyone know what donations are needed.

**9/11**, our 11th Annual Golf Tournament will be held at Pease Golf Course. Team sign-up sheets are on the office counter. Golf teams are needed.

**9/14**, Trustee Clean Up Day, from 8 -12 pm. Please see Dave Richards for more info.

**9/14**, we will have a Blessing of the Animals service outside on the church lawn at 10:00 am. Bring your pets to have them blessed! We celebrate all creatures, great and small.

**9/15**, our new D.S. Rev. Taesung Kang will be worshipping with us. Please join us in welcoming Rev. Kang. SPRC will meet after service in the Randall room with Rev. Kang.

**9/21**, Pumpkin Patch set up us at 9 am. Help is needed!

**9/28**, Pumpkin Delivery will be at 9:00 am at FUMC.

**9/1 - 10/31**, Need an excuse to clean out your “stuff” and have the church get paid?! Bag or box up your good, clean, working, sellable condition items and put them on Sanborn Hall stage (stage available *after* 9/1). We need to deliver everything all together to Savers on Nov. 6th., for weighing. Here’s an example: 14 lbs. of “Soft Goods” = about a 13 gal. trash bag and a black garden leaf bag from 30 to 40 lbs. Our goal is 10,000 pounds which equals approximately \$2000.00.

Just a friendly reminder, please try to keep your pledge up to date so we can meet our financial obligations as a church. Thank you for your faithful giving!

Anyone still wishing to purchase a CD from Sal Hughes, one of our guest musicians this month, there is still one left for \$10 in office. Please see Sue S. if interested

We continue to celebrate those in Senior Living. Please send a card from the table in Sanborn Hall to brighten their day. Stamps are available in the office or leave on counter for mailing. Thanks!



**Happy Birthday to my wife, Nancy Chesser  
&  
in memory of Fran Smith  
Love Art**

## **Bread of life Communion Service**

(adapted from Carol Penner)

### **The Invitation**

L: I invite you to this table in the name of the One who said, "I am the bread of life." This is the table of our Lord Jesus Christ; it is here that we remember how he gave his body and his blood to save us.

### **The Thanksgiving**

On the night he was handed over, our Lord Jesus Christ took bread and after giving thanks to God broke it and gave it to his disciples. He said, "Take, eat; this is my body which is given for you. Do this in remembrance of me."

Let's pray together:

**Thank you Jesus, for loving us, even unto death. Send your Spirit upon us so that we may know that all who eat and drink at your table in our congregation and around the world are one body, one holy people.**

L: After supper Jesus took the cup of wine; and after giving thanks, gave it to them and said, "Drink this, all of you; this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, remember me.

Let's pray together:

**Lord, give us clean hearts, forgiving hearts, praising hearts.  
As we drink this, we join with our brothers in sisters in heaven and on earth, giving thanks to you in an endless song of praise. Amen.**

### **Breaking the Bread**

L: This is the bread of life, Jesus' body, broken for you. This is the blood of Christ was shed for you.

### **Sharing of the Bread and Cup**

Healing Prayer Circle

### **Unison Prayer after Distribution**

**Gracious God, we have come to the Lord's table and have eaten the bread of heaven. May the Holy Spirit transform us from within so that we can see with Jesus' eyes, hear with Jesus' ears, speak with Jesus' mouth, feel the world as Jesus feels; and taste and see that you are good. We go into our week, nourished by the Bread of Life and the Cup of Salvation. Amen.**

## **You Are My All in All** (Worship & Song Hymn #3040)

**You are my strength when I am weak. You are the treasure that I seek. You are my all in all.  
Seeking you as a precious jewel, Lord, to give up I'd be a fool.  
You are my all in all.**

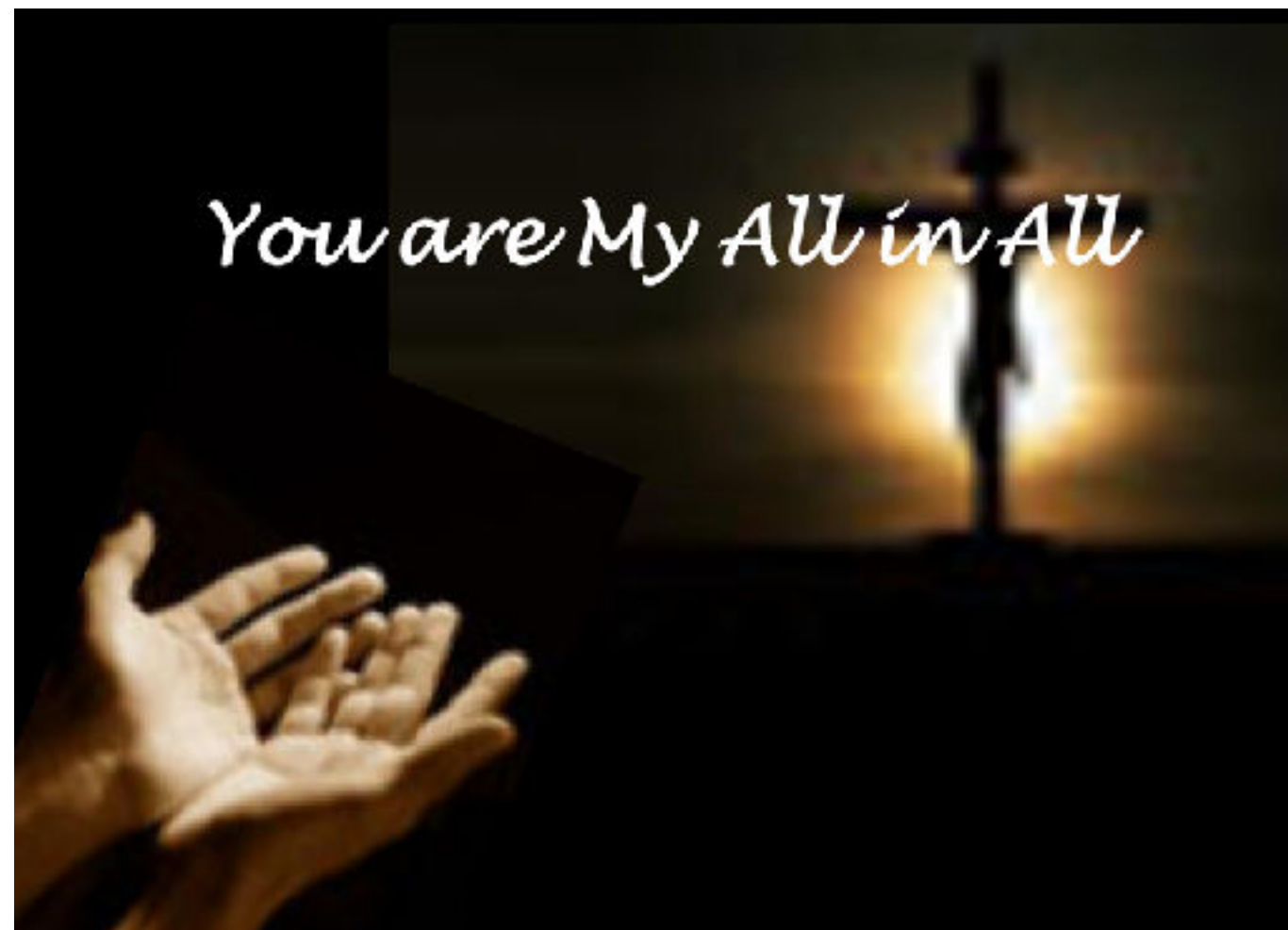
### **REFRAIN:**

**Jesus, Lamb of God, worthy is your name.  
Jesus, Lamb of God, worthy is your name.**

**Taking my sin, my cross, my shame, rising again I bless your name, you are my all in all.  
When I fall down you pick me up. When I am dry you fill my cup.  
You are my all in all.**

### **REFRAIN:**

**Jesus, Lamb of God, worthy is your name.  
Jesus, Lamb of God worthy is your name.**







## **FUMC PORTSMOUTH A RECONCILING CONGREGATION**

We, the congregation of the First United Methodist Church of Portsmouth, New Hampshire, are dedicated in worshipping, learning, and serving with all people as we embrace Jesus Christ's message of love and acceptance. As a United Methodist Church we stand fully behind the statement "Open Hearts, Open Minds, and Open Doors". We celebrate our diversity and invite all persons regardless of age, gender, racial or ethnic background, sexual orientation, marital or socioeconomic status, nationality, physical or mental ability into full membership and participation in the life of this community of faith.



**New England Annual Conference Tri-State District**  
The Rev. Sudarshana Devadhar, Bishop  
The Rev. Taesung Kang, District Superintendent

FIRST UNITED METHODIST CHURCH  
129 Miller Avenue - Portsmouth, NH 03801  
Office Phone 603-436-6038 [office@fumcportsmouth.net](mailto:office@fumcportsmouth.net)  
Pastor office hours - Tuesday and Thursday 9 am - 12 pm  
[call to ensure availability]  
Pastor - Rev. Dr. Debra J. Hanson

Check out our website at [www.fumcportsmouth.com](http://www.fumcportsmouth.com)

Like and Follow Us On:   



SERMON TRANSCRIPT GIVEN BY  
REV. DR. DEB HANSON

“The Bread of Life” – 9/1/19 (written by Deb Hanson)

First UMC – Rev. Dr. Debra J. Hanson

SCRIPTURE: John 6:32-35

THEME: Jesus is the bread of life.

Dialogue for two people

Deb and Dave

*(Deb is intently studying a book as Dave walks past her and stops.)*

Dave: What’cha doing, Deb?

Deb: *(startled)* Oh! Hi, Dave. I’m just reading.

Dave: A new book?

Deb: *(putting the book down by her side with her finger in the place where she had stopped)*

Dave: What’s it about?

Deb: Oh, just another book.

Dave: Uh huh – what’s the topic.

Deb: *(sighs and holds up the book)* Well, if you must know, it’s called “The Bread of Life Diet.”

Dave: Ohhhhh. A diet book. How many does that make this month? Six?

Deb: No, of course not. It’s *(mumbles a little)* only the second one.

Dave. How many do you plan to read?

Deb: What do you mean?

Dave: Well, you keep reading and reading diet books, but none of them seem to be quite right.

Deb: *(sighs)* I suppose I’m looking for the one that will fit me perfectly.

Dave: You DO know that you have to actually follow the plan for it to happen AND that there are no perfect diet plans out there.

Deb: Yes, . . . I ***do*** know that.

Dave: *(puts his arm around her shoulder)* You also know that I love you just the way you are.



Deb: (*smiles up at him*) Yes, I do. Thanks!

Dave: (*removes arm and looks more closely at the book*) “The Bread of Life Diet,” huh.

Deb: Yes, well, you know how many diets restrict bread, and today we have all these wonderful breads right here in front of us, and we will be enjoying them after church at fellowship, so I thought it would be really good to start my bread of life diet today!

Dave: Hmmm, so what is the premise of this diet.

Deb: You can eat all the bread you want.

Dave: ALL the bread you want?

Deb: Yes. Well, within reason.

Dave: Okay. What else can you eat?

Deb: Grape juice.

Dave: Grape juice?

Deb: Right.

Dave: Is that all?

Deb: No, of course there are many more healthy choices that I can make, but I do this one once a month.

Dave: Once a month? Hey! Are you talking about communion?

Deb: You got it! The bread of life is about Jesus!

Dave: So we aren’t just talking about actually eating, but about a spiritual diet, a spiritual connection with Jesus and each other.

Deb: Right – being fed in the fullness of life in Christ. In the scripture passage from John, Jesus talked about being the bread of life. He calls himself the bread of life.

Dave: The crowds had just seen him feed five thousand people with bread and fish, and they saw that as a sign about Jesus. Jesus said that they were just thinking about actual food, not spiritual food.

Deb: They often missed his metaphors. Jesus came to bring God’s love to the world, and they didn’t understand that he was trying to tell them that he provided more than just actual bread.

Dave: And they didn’t understand that he provided the food for eternal life.

Deb: We are reminded of that every time we celebrate the sacraments.

Dave: Baptism and communion.

Deb: They connect us to Jesus. The water of baptism and the bread and cup in communion are the physical ways we experience Jesus’ presence.

Dave: And through those symbols, we are reminded of Jesus’ presence with us.

Deb: When we come to the table of communion, we remember that Jesus’ life, death and resurrection offer us forgiveness, healing, and God’s unconditional love for us.

Dave: Communion is one of the ways Jesus’ helps us work toward wholeness in God’s love, of being spiritually healthy, too.

Deb: On the nose again! You see, being healthy isn’t only about eating and drinking the “right” things, it’s also about living our lives by finding ways to be balanced in body, mind, and spirit.

Dave: So all those books Iread are part of building up my mind.

Deb: Right! And the way you are taking care of your health is part of it, as well as getting exercise and building a relationship with Jesus – who is the Bread of Life.

Dave: I get that. They are all mixed together – like the bread dough.

Deb: Right! And they make us whole and healthy as we continue to make a difference in the world wherever we are.

Dave: So *The Bread of Life Diet* is a focus on Jesus, and when we receive communion we are blessed with God’s grace, forgiveness, and love.

Deb: Yes. We break the bread to remind ourselves of Jesus’ broken body, and we drink the juice as a reminder of the blood he shed on the cross for the forgiveness of our sins.

Dave: A reminder of salvation in Jesus Christ.



Deb: Right. Rev. David Sellery wrote: “We are not Christians because we call ourselves Christians. We are Christians because we are baptized into grace, nourished and strengthened, body and soul, fully committed, fully absorbed in the love of Christ. In that context, we start each day. We end each day. We live each day.” (*Text This Week under the commentary section for today’s scripture passage*)

Dave: There’s another thing about today’s bread offerings.

Deb: What’s that?

Dave: Do you see the large variety of bread that’s there? Different textures, different colors, different tastes?

Deb: Yes.

Dave: It’s a reminder that Jesus died for everyone – the whole world. All those varieties remind us about the diversity of the family of God all over the world.

Deb: Good point! We are one in the Spirit, we are one in Jesus Christ.

Dave: It’s kind of cool, actually.

Deb: What’s that?

Dave: That we can celebrate the love of God through communion and know that Christians everywhere do the same thing in their own culture with their own resources. And we are all connected in Jesus.

Deb: That IS pretty cool! Hey! Maybe I don’t need this book after all. After all, the Bible tells me a lot more about Jesus, and being with these folks, sharing communion with them is part of the life-giving work of Christ in the world.

Dave: Right. We can be whole in body, mind, and spirit without a diet book as long as we try to live the way Jesus teaches us to live.

Deb: Right! (*puts the book down*) I think it’s time for communion!

Dave: Right! (*High Five!*)

Let us Pray:

Gracious God, thank you for the gift of yourself in Jesus, our bread of life. As we receive the bread and cup today, bring us healing and blessing and move us closer to you and each other as your Church. Amen.