

As one of those who write the stuff that is for sale in the bookstores I referred to, I know that responsibility is laid upon me to provide real food....

I speak also to my reader. Seek what is good for the soul, even if it doesn't come in paperback. Read an old book once in a while. (Try P. T. Forsyth, *The Principle of Authority*, or Luther's *Letters of Spiritual Counsel*.) And once in a while lay aside the books and the tapes. For a set period of time be alone, be still. "The man who feeds on me will live because of me," Jesus said. "This is the bread which came down from heaven." (John 6:57)

—Elisabeth Elliot in *Love Has a Price Tag* (1979)

How Sweet The Name of Jesus Sounds

John Newton

Gary Miles

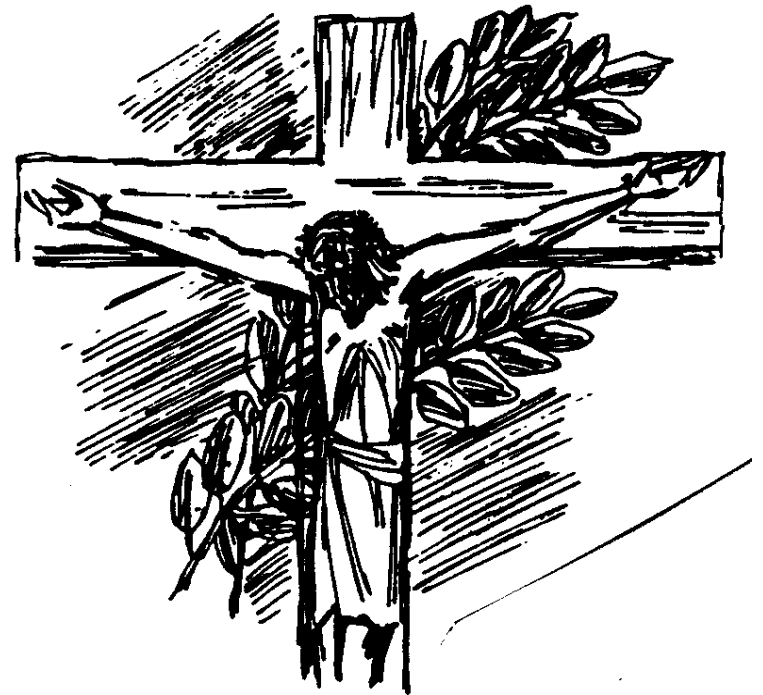
See print copy for words

We celebrate the Lord's Supper weekly—and in a circle, at the end of worship. A word of direction is given, and with this everyone stands and moves to the walls. The cup is passed in two forms: in a chalice and then in small individual cups. You are free to choose.

And as this is the Supper of the Lord Christ, please listen to the instructions we give as to what qualifies a visitor to participate. **But whether you intend to take communion or not, please join us in the circle.**

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Bread of heaven,
Bread of heaven,
Feed me till I want no more!



Old Orchard Church
July 17, 2011 — 10:15 –11:50 a.m.

Celebrating Jesus Christ, Bread of Life

The Baptism of Elizabeth Joy Helton and
Admission to the Lord's Table of
Matthew Maney, Gavin O'Neal, John Raquepaw

**I am the living bread that came down from heaven.
If anyone eats of this bread, he will live forever.
This bread is my flesh,
which I will give for the life of the world.**
(John 6:51)

Come to Christ who is our soul's food,
He who refreshes our spirits as we feed on him!

To feed on him is to need him, to trust him, to love him,
to rest in his finished work on the cross,
to claim his resurrection power for our obedience,
to take him at his Word,
to let him satisfy us.

And so the church sings from the Middle Ages on:

**We taste thee, O thou Living Bread,
And long to feast upon thee still;
We drink of thee, the Fountainhead,
And thirst our souls from thee to fill.**



Today's Scripture

Old Testament Lesson: from Exodus 16
New Testament Lesson: from John 6

Sermon

“Almost Christian”
Acts 26: 13-29

Mark Robertson, director of ministry to youth and families, preaching

Junk Food

If you're hungry, the airport in Fayetteville, Arkansas, is not a good place to be. The selection of "snacks" in the vending machine is impressive, but there is nothing at all that one could call food....

Junk food is not nourishment. It's easily available....It is packaged up in eye-catching wrappings, presumably untouched by human hands. It can be transported to plane, to beach, to movie theatre, to school, to bed. It can be grabbed in a moment, wolfed down on the run; and there are no preparations to make, nothing to clean up except greasy fingers....

But worst of all, junk food feeds....but does not nourish. Nourishment makes you strong. I sat on the molded fiberglass seat in Fayetteville...and wished for a few crunchy fat Bing cherries or a slice of the wheat-honey bread that I make regularly at home—real food.

Don't misunderstand. I like potato chips. I like Cheetos. I haven't tried the commercially packaged pork rinds, but I certainly enjoyed the kind the Indians gave me in South America....

Tastes are developed. Solzhenitsyn, in his speech at Harvard a few months ago, deplored the "TV stupor" in which Americans live. He spoke of the decadence of art, of intolerable music, of mass prejudice, spiritual exhaustion, material luxury, and a morally inferior happiness. He is right. Alas, his own experience of totalitarianism and concentration camp gives him the perspective and the authority to judge our society. We must hear him.

Doctors have been learning of the physical exhaustion that can result from...highly sugared foods. Might not one cause of the spiritual exhaustion which Solzhenitsyn observes be the spiritual junk food we consume? What shall be done for the child fed on the snack-pack, the soft drink and the TV dinner? Will he never choose, let alone enjoy, vegetables? Will the Christian whose spiritual sustenance has been limited to the mass-produced, who is accustomed only to "snacking,"...ever choose what is truly nourishing?

What it comes down to, with regard to spiritual things, is that we ought to learn to do some of our own cooking. Granted, it is much easier to grab a package. But sometimes we ought to start from scratch.

Let us start with silence. That may be the hardest thing to achieve in our world. But it is not impossible. For one thing, it takes the will to be quiet. It is possible to be quiet...when the bacon is frying...and the baby wants more milk. It is easier by far to be quiet when things around us are quiet, and for most of us this means getting up early....

The great books that have been spiritual meat and drink for me have been produced, I feel sure, out of great silence. Men and women of God have learned of him by being quiet and allowing him to speak to them in their solitude. They have been willing to be alone, to shut up, to listen, and to think and pray over what they have heard. In our modern world most people choose noise. Go to the beach or a forest camp and find portable radios, television sets, record players....People want noise. They would far rather discuss than think, talk over their problems than pray about them, read a paperback about what somebody else thinks about the Bible than read the Bible....