



The Uniting Church in Australia

KOGARAH UNITING CHURCH

*We welcome people of all cultures and
lifestyles,
We create a safe place for the community
We share the journey of life and faith.*

18th August 2024, at 10am

Pentecost + 13

Jesus: The Bread of Life – 4

Leader: Dinah

Reflection: Deok Hee

**1 Kings 2:10–12; 3:3–14; Psalm 111; Ephesians 5:15–20;
John 6:51–58**



For details and information about our church activities and The Kogarah Storehouse, check out the websites: kogarah.uca.org.au and <https://www.kogarahstorehouse.org.au/>

For pastoral concerns,
please contact Rev Deok Hee Cho on 0401 975 745

Scriptures

1 Kings 2:10–12; 3:3–14

Solomon takes the throne after his father's death and prays for a discerning heart in leading the people.

Psalm 111

A psalm of praise extolling God's graciousness, compassion, and redemptive power.

Ephesians 5:15–20

Paul calls on the Ephesians to be wise in their dealings with each other and to praise God in all they do.

John 6:51–58

The people question how Jesus can be the Bread of Life.

Theme Focus

As we move into a difficult section of John 6, we are encouraged to look beyond any literal meaning to a deeper, symbolic meaning intended in Jesus' words and to feast on the one who is the bread of life, the living word.

Word for the Day

This section of John 6 is perhaps the most difficult. Some may say it is no wonder that some of the disciples chose to leave, as we will see in next week's text. For a culture that is so careful about what they do and do not eat, this text would sound offensive. The suggestion of cannibalism sits no more comfortably today than it did a few thousand years ago.

We may also find ourselves in the middle of a theological controversy in this passage. It may well be that the writer of John is keenly making a point about the nature of the Lord's Supper. Whatever the case, we may ask how this strange section relates to us today.

There is a keyword in the text that we must hold on to. Jesus said he was *living* bread. This passage is not to be read in the same way as the Last Supper texts in other gospels. Here, Jesus is referring to living rather than dying. This is the bread of life that brings life to all. When we consume something, it becomes part of us, so much so that it cannot be separated. To consume the living bread of Jesus is for it to become an inseparable part of us.

To 'consume' the life and teaching of Jesus and let it become part of our being is to be transformed. The living bread gives us life, which can, in turn, be shared with others. We must look beyond the grotesque idea of consuming Jesus' flesh to see the deeper, symbolic meaning intended in his words.

Ideas for Reflection

What does it mean to be nourished by the living bread? It is easy to talk about the symbolic nature of this saying, but what does it mean in practical terms in our lives? The poem 'The community oven' by John Howell on page 127 reflects on the impact of eating bread as an individual and as part of a community. How does this poem speak about Jesus being the living bread in our lives?

This week's gospel reading encourages us to slow down and be intentional about what we eat and what we take into our lives.

- What fills your life at the moment?

- Are the things that consume our time and energy in line with the way of Jesus? Are they life-giving?
- How might you make space for the living bread that Jesus brings

Poetry as a contemplative practice

Instructions

1. Try to let your mind drop into your heart as you quietly read or listen to the poem. You might like to start by centring on your breath.
2. Read or listen to the poem through more than one time.
3. Notice what arises in you each time.

This activity is a way of entering into the scriptural themes in a contemplative way – not unlike how one might engage in a *lectio divina* process.

The community oven

Like a hobbit's cave
the oven sits beside
the village square.

The villager's kitchen has no oven.
Here mix flour, salt, yeast, water,
knead the dough.

Gathering in the square,
they take the dough
to the baker.

As the wood-fired oven goes to work,
villagers keep company
with neighbours.

When their bread is cooked
they return to their homes,
nourished before they eat.

© John Howell



Community Oven
Baking in Morocco

1 Love's Choice

This bread is light, dissolving, almost air,
A little visitation on my tongue,
A wafer-thin sensation, hardly there.
This taste of wine is brief in flavour, flung
A moment to the palate's roof and fled,
Even its aftertaste a memory.
Yet this is how He comes. Through wine and bread
Love chooses to be emptied into me.
He does not come in unimagined light
Too bright to be denied, too absolute
For consciousness, too strong for sight,
Leaving the seer blind, the poet mute;
Chooses instead to seep into each sense,
To dye himself into experience.

Malcolm Guite

(from *3 Sonnets on Communion*)



the fact that the *de novo* synthesis of cholesterol is inhibited by the presence of dietary cholesterol.

There is a strong correlation between the amount of cholesterol in the diet and the amount of cholesterol in the blood.

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Planning Ahead

- 20th August Worship Task Group @ 7pm via Zoom
- 22nd August Church Council Meeting via Zoom @ 7pm
- 24th August 2 11:30am – Memorial Service for Pat Nankivell followed by lunch

Please pray for ...

The mission and ministry of our congregation and for our Minister, Deok Hee.

Worship leaders; helpers, leaders, followers The Kogarah Storehouse and its many clients; Lala and staff of the Storehouse.

Dorothy and Godfrey and the work of LACLA. Nick Hedges and the scripture teaching at JCBTHS and MGHS

The team, parents and children in the Early Learning Centre. Those who are sick, sad or lonely:

We pray especially today for Dennis and Robyn Lyons, Brian and Rhonda who have had COVID , Prema and Priya, Jim and Bobbie, Denis and Dolly, Naghuia, John and Sue and especially John's mother and father; Peter and Sue; Dinah; Ern Edwards; Godfrey; Jim Bird; Sue de B; health care workers at this time, including Richard, Millin and Roseline Goodman and Dorothy Makasa and Elin. For others whom we name in our hearts.

Pray for the people of Syria, Iraq, Iran, Jordan, Ukraine, Russia, Israel and Palestine, especially the people of Gaza. The USA.

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Next Sunday

25th August 2024, at 10am

Pentecost + 14

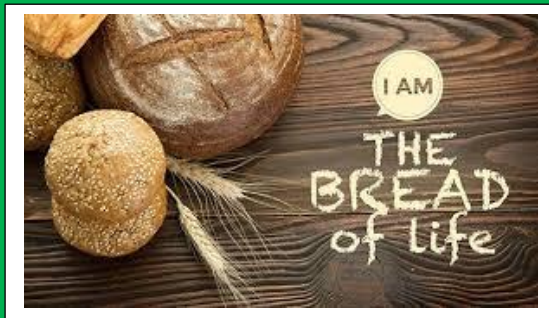
Jesus: The Bread of Life – 5

Leader: Deok Hee

Reflection: Deok Hee

Holy Communion Deok Hee

**1 Kings 8:(1,6,10–11), 22–30, 41–43 ; Psalm 84; Ephesians 6:10–20;
John 6:56–69**



Church Council 2024-2025

Chair
Secretary
Treasurer
Councillors

Richard Goodman
Sue Baglin
John Baglin
Robert M^cAlpine (2026)
Sue Baglin (2025)
Dinah Roepers (2025)
John Baglin (2025)
Bobbie Miller (2025)
Richard Goodman (2027)

Elders

Safe Church Contact Person **Richard Goodman**