

Dear Friends in Christ,

Throughout this past year, your elders have been reading through a book entitled *“The Tender Commandments”* by Ron Mehl. I think it’s fair to say that one of the most misunderstood passages in all of Scripture is that of the Ten Commandments. Many people in our world today view these commandments as a restrictive list of ‘don’ts’ rather than a love message from God!

In the weeks to come we’re going to take a closer look at each of the commandments. Many of the illustrations I will be using will come directly from Mehl’s book. In addition, I’ll also make use of the Heidelberg Catechism which does an excellent job of summarizing the heart of each command. May God bless us as we make our way together through this important part of His Word!

In His Grace,

Pastor John

1. Aug. 7 AM – *“Introduction to the Ten(der) Commandments”*
2. Aug. 14 AM – *“The Only God”*
3. Aug. 21 AM – *“The Pursuit of Empty Images”*
4. Sept. 4 AM – *“Honoring God’s Holy Name”*
5. Sept. 11 AM – *“Honoring Those in Authority Over Us”*
6. Sept. 18 AM – *“Celebrating the Sabbath”*
7. Sept. 25 AM – *“Loving Our Neighbor”*
8. Oct. 2 AM – *“Fencing Our Marriage”*
9. Oct. 9 AM – *“What About Stealing?”*
10. Oct. 16 AM – *“Taming Our Tongues”*
11. Oct. 23 AM – *“True Contentment”*

Welcome to Mount Vernon
First Christian Reformed Church!
Pastor John Knoester
July 24, 2022, Morning Service – 10:30 AM

* Please stand in body or in spirit

“Here we will take the wine and the water,”

Prelude

Welcome/Announcements

* Opening Hymn of Praise: LUYH #521 v. 1-3

“Come, Thou Fount of Every Blessing”

1. Come, thou Fount of every blessing,
tune my heart to sing thy grace;
streams of mercy, never ceasing,
call for songs of loudest praise.
Teach me some melodious sonnet,
sung by flaming tongues above.
Praise the mount— I’m fixed upon it—
mount of God’s unchanging love.

2. Here I raise my Ebenezer;
hither by thy help I’ve come;
and I hope, by thy good pleasure,
safely to arrive at home.
Jesus sought me when a stranger,
wandering from the fold of God;
he, to rescue me from danger,
interposed his precious blood.

3. Oh, to grace how great a debtor
daily I’m constrained to be!
Let that grace now like a fetter,
bind my wandering heart to thee:
prone to wander, Lord, I feel it,
prone to leave the God I love;
here’s my heart, oh, take and seal it;
seal it for thy courts above.

Words: Robert Robinson, 1758, alt., P.D.; Music: J. Wyeth’s *Repository of Sacred Music*, Part II, 1813, P.D.; CCLI # 678905

* Call to Worship:

Reader #1: Lord, God, we gather in this place
not because we are deserving of your love,

Reader #2: and not because we have lived faithfully
before your face.

Reader #3: We gather here because you have called us.

Reader #4: You loved us before we could love you.

People: Let us find our life in you, O Lord.

Reader #1: Banished from the Garden of Eden
for our rebellion,

People: We long for the garden of Paradise.

Reader #2: O Lord, you are the Christ.

People: Remember us in your kingdom.

Reader #3: We come to hear you speak
of your love for us.

People: You have the words of eternal life. Amen.

* Song of Response: LUYH #529 v. 1-4 "*Gather Us In*"

1. Here in this place the new light is streaming,
now is the darkness vanished away;
see in this space our fears and our dreamings
brought here to you in the light of this day.
Gather us in, the lost and forsaken,
gather us in, the blind and the lame;
call to us now, and we shall awaken,
we shall arise at the sound of our name.
2. We are the young, our lives are a mystery,
we are the old who yearn for your face;
we have been sung throughout all of history,
called to be light to the whole human race.
Gather us in, the rich and the haughty,
gather us in, the proud and the strong;
give us a heart, so meek and so lowly,
give us the courage to enter the song.

3. Here we will take the wine and the water,
here we will take the bread of new birth,
here you shall call your sons and your daughters,
call us anew to be salt for the earth.
Give us to drink the wine of compassion,
give us to eat the bread that is you;
nourish us well, and teach us to fashion
lives that are holy and hearts that are true.
4. Not in the dark of buildings confining,
not in some heaven, light years away—
here in this place the new light is shining,
now is the kingdom, and now is the day.
Gather us in and hold us forever,
gather us in and make us your own;
gather us in, all peoples together,
fire of love in our flesh and our bone.

Words and Music (GATHER US IN 10.9.10.10D): Marty Haugen © 1982 GIA Publications, Inc.

* God's Greeting/We Greet Each Other

"Here we will take the bread of new birth."

Offering: General Fund

Offertory

Offering Prayer:

* Song of Preparation: *The Lord's My Shepherd*" (Townend) v. 1-3

1. The Lord's my Shepherd I'll not want
He makes me lie in pastures green
He leads me by the still still waters
His goodness restores my soul

Chorus

And I will trust in You alone
And I will trust in You alone
For Your endless mercy follows me
Your goodness will lead me home

Descant

I will trust I will trust in You
I will trust I will trust in You
Endless mercy follows me
Goodness will lead me home

2. He guides my ways in righteousness
And He anoints my head with oil
And my cup it overflows with joy
I feast on His pure delights
3. And though I walk the darkest path
I will not fear the evil one
For You are with me
And Your rod and staff
Are the comfort I need to know

Chorus

And I will trust in You alone
And I will trust in You alone
For Your endless mercy follows me
Your goodness will lead me home

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(Following the conclusion of this song children ages 3-3rd grade are dismissed for Children and Worship)

"Here you shall call your sons and your daughters,"

Scripture Readings: Mark 14:22-26, John 6:53-59,
& I Corinthians 11:17-29

Prayer of Illumination

Message: ***"The Lord's Supper – Nourishment and Refreshment for our Soul"***

Time of Prayer

* We Profess our Faith: Heidelberg Catechism Q&A 75-76

Q & A 75

Leader: Q. How does the holy supper remind and assure you that you share in Christ's one sacrifice on the cross and in all his benefits?

People: **A. In this way: Christ has commanded me and all believers to eat this broken bread and to drink this cup in remembrance of him. With this command come these promises:**

First, as surely as I see with my eyes the bread of the Lord broken for me and the cup shared with me, so surely his body was offered and broken for me and his blood poured out for me on the cross.

Second, as surely as I receive from the hand of the one who serves, and taste with my mouth the bread and cup of the Lord, given me as sure signs of Christ's body and blood, so surely he nourishes and refreshes my soul for eternal life with his crucified body and poured-out blood.

Q & A 76

Leader: Q. What does it mean to eat the crucified body of Christ and to drink his poured-out blood?

People: **A. It means to accept with a believing heart the entire suffering and death of Christ and thereby to receive forgiveness of sins and eternal life. But it means more. Through the Holy Spirit, who lives both in Christ and in us, we are united more and more to Christ's blessed body. And so, although he is in heaven and we are on earth, we are flesh of his flesh and bone of his bone. And we forever live on and are governed by one Spirit, as the members of our body are by one soul.**

* Hymn of Application: LUYH #809

“Remembering With Love and Hope”

1. Remembering with love and hope,
we celebrate the feast.
Christ bids us come and dine with him,
our Host and great High Priest.
2. God’s Word made known in flesh and blood,
a covenant of grace—
in manger, cross, and empty tomb,
we see God’s loving face.
3. Through all our lives, Lord, you are near—
and to the end of time.
In bread and cup yourself you give;
our life in yours we find.
4. We break the bread and bless the cup;
your Spirit is outpoured.
Made one in you, we feast in love
until you come, O Lord.
5. We trust this pledge of your strong love
and pray your kingdom come,
when face to face we’ll feast with you
in our eternal home.

Words: John Paarlberg (b. 1950) © 2000 John Paarlberg; st. 6 Faith Alive
Christian Resources © 2012 John Paarlberg

*(During the singing of this hymn the children will be returning to the sanctuary
and the elders serving communion are invited to come forward)*

“Call us anew to be salt for the earth.”

We Celebrate Communion Together

Declaration of God’s Invitation and Promises
(Based on Luke 13:29, 24:30-31)

Summary of Scriptural Teaching: (Based on HC Q&A 79)

Leader: Christ calls the bread his body and the cup
his blood, or the new covenant in his blood.

People: Christ has good reasons for these words.
He wants to teach us that as bread and wine
nourish our temporal life, so too his crucified
body and poured-out blood truly nourish
our souls for eternal life.

Leader: But more important, he wants to assure us,
by this visible sign and pledge,
that we, through the Holy Spirit's work,
share in his true body and blood as
surely as our mouths receive these holy signs in his
remembrance,

People: and that all of his suffering and obedience are as
definitely ours as if we personally had suffered
and paid for our sins.

Preparing the Bread and the Cup

Prayer of Thanksgiving

Invitation

Distribution: *(As the elements are being served)*

1. LUYH #844 v. 1-5 *"Lift Up Your Hearts Unto the Lord"*

1. Lift up your hearts unto the Lord,
lift up your hearts unto the Lord.
Sing alleluia, sing alleluia;
lift up your hearts unto the Lord!
2. In Christ the world has been redeemed,
in Christ the world has been redeemed.
Sing alleluia, sing alleluia;
in Christ the world has been redeemed.
3. His resurrection sets us free,
his resurrection sets us free.
Sing alleluia, sing alleluia;
his resurrection sets us free.
4. Therefore we celebrate the feast,
therefore we celebrate the feast.
Sing alleluia, sing alleluia;
therefore we celebrate the feast.

5. Sing alleluia to the Lord,
Sing alleluia to the Lord.
Sing alleluia, sing alleluia;
Sing alleluia to the Lord.

Words: st. 1-4 from early Christian liturgy; st. 5 Linda Stassen, 1974, © 1974 Linda Stassen; Music: Linda Stassen, 1974; harm. Dale Grotenhuis, 1986, © 1974, 1986 Linda Stassen; CCLI #678905

2. LUYH #824 v. 1-3, 5-6 *“The King of Love My Shepherd Is”*

1. The King of love my Shepherd is,
whose goodness faileth never;
I nothing lack if I am his
and he is mine forever.
2. Where streams of living water flow
my ransomed soul he leadeth,
and where the verdant pastures grow,
with food celestial feedeth.
3. Perverse and foolish oft I strayed,
but yet in love he sought me,
and on his shoulder gently laid,
and home, rejoicing, brought me.
5. Thou spreadst a table in my sight;
thy unction grace bestoweth;
and, oh, what transport of delight
from thy pure chalice floweth!
6. And so through all the length of days
thy goodness faileth never;
Good Shepherd, may I sing thy praise
within thy house forever.

Psalms 23; Words: Henry Williams Baker, 1868, P.D.; Music: Ancient Irish Melody, P.D. CCLI #678905

3. *“How Deep the Father’s Love for Us”* v. 1-3

1. How deep the Father’s love for us,
how vast beyond all measure
that He should give His only Son
to make a wretch His treasure.
How great the pain of searing loss.
The Father turns His face away
as wounds which mar the Chosen One
bring many sons to glory.

2. Behold the Man upon a cross,
my sin upon His shoulders.
Ashamed, I hear my mocking voice
call out among the scoffers.
It was my sin that held Him there
until it was accomplished;
His dying breath has brought me life.
I know that it is finished.

3. I will not boast in anything:
no gifts, no pow'r, no wisdom.
But I will boast in Jesus Christ:
His death and resurrection.
Why should I gain from His reward?
I cannot give an answer.
But this I know with all my heart:
His wounds have paid my ransom.

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Sharing of the Bread and Cup:

Take, eat, remember and believe that the body of our Lord Jesus Christ was given for the complete forgiveness of all our sins.

Take, drink, remember and believe the precious blood of our Lord Jesus Christ was shed for the complete forgiveness of all our sins.

Response of Praise and Prayer

Worthy is the lamb, who was slain, to receive power and wealth and wisdom and strength, and honor and glory and praise!

* God's Blessing

* Parting Praise: LUYH #302 v. 1-2 *"Hear our Praises"*

1. May our homes be filled with dancing,
may our streets be filled with joy.
May injustice bow to Jesus
as the people turn and pray.

Refrain

*From the mountain to the valley,
hear our praises rise to you.
From the heavens to the nations,
hear our singing fill the air.*

2. May your light shine in the darkness
as we walk before the cross.
May your glory fill the whole earth
as the water over the seas.

Refrain x2

Words and Music: Reuben Morgan © 1998 Hillsong Publishing (APRA), admin. US
& Canada at EMICMGPublishing.com; CCLI# 678905

- Postlude

<i>Tech Team</i>	<i>Today 7/24</i>	<i>Next week 7/31</i>
Sound:	Henry VZ	Henry H.
Projection:	Beth B.	Tim H.
Video	Devin VZ	Brandon S.
Offering:	General Fund	General Fund

First CRC

Bulletin Announcements

July 24, 2022

OUR CHURCH FAMILY

Please join us at an open house celebrating Jack's life on July 24 from 2 to 4 PM at the Mount Vernon Christian School Commons. Around 3 PM there will be a short meditation followed by time for sharing memories and stories about Jack.

Jack loved wearing baseball hats (backwards most of the time) – so if you are so inclined, please feel free to wear a baseball hat (backwards or forwards). And if you love to bake, you are welcome to bring cookies along to share at the event. – Henry, Jayne and Josh Hammingh

Hank Vander Veen had his 95th Birthday on July 23. The family will be serving birthday cake in the Fellowship Hall .

Not to be outdone by this youngster, **Grace Feddema** turned 99 on July 6! Birthday blessings to all who have special days in the month of July!



**BLESSINGS
ON YOUR
BIRTHDAY**

Worship Service YouTube Link for

July 17: <https://youtu.be/c7stOkIq9tU>

First CRC offers the option to give your offerings online, including setting up automatic and reoccurring donations. For information on this and other ways to give please check the "Give" page on the church's website: https://firstcrcmv.com/?page_id=1509.

CALENDAR:

Greeters: This morning – Katie Jungquist & Jeannette Folkertsma,
Next week – Keith & Jean Rasmussen

Coffee Hosts: This morning – John & Judy Velasquez;
Next week –

Worship Team: This Morning – Stan B., Julie S., Adriana & Tessa S.

Next Week – Henry, Pam, Sylvia, Devin VZ

Upcoming Dates to Note:

Open House for Jack Hammingh: Sunday, July 24, 2-4

Men's Bible Study: Tuesday, August 2 at 7:00 am at Shari's Restaurant

Saturday, August 20, 5 pm: Klunder Retirement Party

Save the Date!!



Because of the pandemic we have not yet celebrated the official retirement of **Clarence and Eleanor Klunder** as our faithful church custodians!

Well now is the time! Put

Saturday, August 20, 5 pm on your calendar for the big party!

Location: Klunder's House. More details to come.

You may RSVP to Tim Van Hofwegen at Timvanhof@hotmail.com or to Beth at the office.

RECOMMENDED ANNOUNCEMENTS:

Thank You for Giving the Gift of Clean Water - Thank you for giving hope to people who now have a chance to live and thrive in their communities because they can access clean water. Your generosity speaks a language of love to those who will now live without the threat of waterborne illness, have more available time, and see fewer deaths in their communities because clean water is within their reach. Thank you for seeing the need and helping to fulfill it. To learn more, visit worldrenew.net/cleanwater.

Family Fire - is an online community exploring Spirit-led family, marriage, parenting, in-laws, blended families, and intimacy. Find encouraging articles and devotions at familyfire.com. Subscribe for regular email updates and connect with our Family Fire community on Facebook.

God's Love is Already There - Check out the kids' devotion at www.kidscorner.net. Naomi felt like there was no hope. But even through all of Naomi's sadness, Ruth was faithful to her and stayed by her side to comfort and encourage her. God's love never changes, and we can seek his comfort through the people he's placed in our lives. Listen now at kidscorner.net and check out all the new content.

Groundwork: Be a Disciple of Jesus Christ - Many Christians have questions about following Jesus. Join Groundwork as we study 1 Timothy 4:7-8, 1 Peter 2:2-5, and 1 Timothy 2:1-3 to help us define discipleship, understand what this means for the lives of his disciples today, and discover the importance of community on our journey. Listen now at GroundworkOnline.com and subscribe to Groundwork's weekly emails for future episodes.

At-home Faith Practice Reflection Tip - Reflection and Discussion Starter—the Practice of Remembering: Read Luke 22:14-20 and ponder or discuss the following questions. What do you think the disciples would have remembered most about that Passover meal? What might help you remember the great depths of Jesus' sacrifice when you come to the Lord's Table? What might also help you remember the great joy of the resurrection? (For more on faith practices from Faith Formation Ministries, visit bit.ly/FaithPracticesProject)



How can
we
PRAY
for you?

People to be remembered with prayers, cards, letters & words of encouragement. Email the office at secretary@firstcrcmv.com or call the church office at (336-2405) by 9:00 am Thursday of each week with your prayer items.

CONTINUING REQUESTS:

Kevin Wigboldy: Kevin's bone marrow transplant is taking place today. Please pray that all goes well and that God continues to display His power in Kevin's battle against leukemia.

Rinie Rouw: Rinie is now home and in good spirits. He will have home help for the next 4-6 weeks. Rinie and Jill are thankful for all the many prayers and support!

Dennis De Kok: Dennis is now at home and under hospice care. He is not eating much anymore, but is still blessing others through his humor. Please continue to pray for Dennis and for all those who are caring for him.

Michael Hendricks: The following are the three latest prayer requests from Michael's wife Katie. Each one was posted yesterday: Mike's heart is not beating in normal sinus rhythm and they have the pacemaker pacing his heart. Please pray it returns to normal rhythm. Mike had another seizure. The neurologists are monitoring him with an EEG and have him on anti-seizure medication. I am praying the seizures subside and his brain continues to heal. Please pray Mike wakes up and can follow the basic commands (squeeze fingers, move toes, touch chin) - - these are some of the first steps he will need before they can take him off the ventilator.

Pray for strength for **Maxine Greidanus** as she endures weekly chemo treatments for her lung cancer. Keep both Larry and Maxine in your prayers for healing and peace.

Please continue to pray for **Aileen Meishke**, that her bedsore may heal and that her pain will lessen.

Please keep **Agnes Bollema** in your prayers as she recuperates in Lynden.

Continue to pray for **Shirley Boonstra, Dennis De Kok** and **Adelaida Vega** as they continue to fight their cancer.

SHUT INS: *Nell Annema and Marion Ekkelkamp* at Birchview Memory Care in Sedro-Woolley; *Marcella DeVries* at Bethany Lutheran in Everett, *Marjean DeGroot* at Mountain View; *Mary Koopmans* at Where the Heart is in Burlington; *Hans & Aileen Meishke* at Kenmore Living in Kenmore, WA, *Adrianna Swanson*, and *Clarence Vander Griend* at Home Place in Burlington; *Sally Reehoorn* at Creekside in Burlington; *Bev Van Slageren* at family in Grandview, WA.

OTHER REQUESTS: (CRC Communications)

Monday July 18 -*ReFrame: Brazil*

A woman named Solyana watches ReFrame's video programs to help her learn new ways to share the gospel with Portuguese speakers in Brazil, and she recently decided to attend seminary. Pray for her, asking that this next step will lead to more opportunities to share her faith and testimony.

Tuesday July 19 - *Resonate: Nigeria*

Sarah Aderemi, a Resonate missionary who serves with the Association of Christian Schools International in Nigeria, gives thanks for 24 educators who have been credentialed in early childhood education. Please pray for these teachers as they share the love of Christ with students and their families.

Wednesday July 20 - *Safe Church Ministry: Training*

Today at 12:00 noon (EDT) we are offering our third webinar on Safe Church basics to provide resources and ideas for training leaders and volunteers in abuse prevention. Please pray that this event provides support and guidance to further the work of abuse prevention in all our churches.

Thursday July 21 - *GEMS Girls' Clubs: Gathering*

Please pray for the women who will gather in person and virtually July 21-23 at the GEMS Sisterhood Summit in Holland, Mich., to learn more about the challenges of girls today and how to act, love, and walk with God (Mic. 6:8) as they grow with other like-minded women. May they be strengthened and equipped to mentor girls well.

Friday July 22 - *Disability Concerns: Training and planning*

Our annual training event, planned for Aug. 11-12, will unpack ableism and consider ways we can help reduce the impact of ableism in our churches. Please pray that this event will encourage and educate our community as we work toward ending ableism in the church.

Saturday July 23 - *Resonate: Campus ministries*

Pray for Resonate partner campus ministries throughout Canada and the United States as they connect with students over the summer and plan for fall ministry.

Sunday July 24 - *ReFrame: India*

Meghmala recently joined a writer's workshop with ReFrame's partners in India, saying, "I will use my new skills to give energy to my church, to fulfill the Great Commission, and to bring people to Jesus." Praise God for Meghmala's writing gifts and for her willingness to use them in his kingdom.