



Pentecost +11

August 4, 2024 †

9:00 AM

Welcome to our worship of the living God on this ***Eleventh Sunday after Pentecost!*** Apparently not satisfied by Jesus' feeding of thousands, some who were there press Him for a sign of His power—perhaps a renewal of God's daily gift of manna from heaven. But as always in John's gospel when people want a sign, Jesus offers Himself. ***He's*** the bread come from heaven to give life to the world. He calls us to come to Him and trust in Him, and through that relationship to know the One who sent Him.

Congregational responses are printed in ***indented boldface italics.***

GATHERING

GATHERING MUSIC

ENTRANCE HYMN: "All Who Hunger, Gather Gladly"

ELW 461

See the following page for the words and music.

INVOCATION, CONFESSION, AND FORGIVENESS:

Blest are You, Holy and Triune God, our Creator, † Redeemer, and Wellspring of faith and life!

You're the God of manna, the God of miracles, the God of mercy!

You draw us to Christ and give us all we need from Your gracious hand—yet we still find it hard to believe there's enough to share with others.

We don't trust in Your abundant grace, and we deny Your presence in our lives; we've been turned in on ourselves, focused on our own needs and desires rather than living as channels of Your abundant grace.

So hear us, Lord, as we confess the sin that everyone knows and the sins we fear to name:

We pause in silence for personal soul-searching and confession.

Turn us again to You, O God! Where else can we turn?

Forgive us our sin; make us ever more fully like Christ; share with us the words of eternal life, and feed us for life in the world through Christ Jesus our Savior and Lord. Amen.

→

All Who Hunger, Gather Gladly



1 All who hun-ger, gath-er glad - ly; ho - ly man - na is our bread.
2 All who hun-ger, nev - er strang - ers; seek - er, be a wel - come guest.
3 All who hun-ger, sing to - geth - er, Je - sus Christ is liv - ing bread.



Come from wil-der - ness and wan - d'ring. Here in truth we will be fed.
Come from rest-less - ness and roam - ing. Here in joy we keep the feast.
Come from lone - li - ness and long - ing. Here in peace we have been fed.



You that yearn for days of full-ness, all a - round us is our food.
We that once were lost and scat-tered in com - mu - nion's love have stood.
Blest are those who from this ta - ble live their days in grat-i - tude.



Taste and see the grace e - ter - nal. Taste and see that God is good.
Taste and see the grace e - ter - nal. Taste and see that God is good.
Taste and see the grace e - ter - nal. Taste and see that God is good.

Text: Sylvia G. Dunstan, 1955–1993

Music: HOLY MANNA, W. Moore, *Columbian Harmony*, 1825

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INVOCATION, CONFESSION, AND FORGIVENESS (continued):

Beloved people of God, listen to the Good News:

In Jesus, the manna from heaven, you're fed and nourished;

By Jesus, the worker of miracles, there's always more than enough;

Through Jesus, ✝ the Bread of Life, God grants you the mercy for which you yearn:

You're forgiven and loved into abundant life.

So rejoice in God's love— you're forgiven and free!

Amen. Thanks be to God!

HYMN OF PRAISE: “You Are the God We Praise!”

Sung to the tune of “Crown Him with Many Crowns” ELW 855

*You are the God we praise, the Lord whom we acclaim;
Eternal Father, all the world bows down at Your great Name!
To You angelic hosts and all the pow'rs of heav'n,
The cherubim and seraphim, sing praises without end!*

*Lord God of pow'r and might, Most Holy Lord on high,
The heav'ns and earth are filled with all Your glorious majesty!
Apostles, prophets, saints, and martyrs sing Your praise;
Throughout the world Your holy Church acclaim You Lord always:*

*Father of majesty, Your true and only Son,
And Holy Spirit, Strength and Guide, exalted Three-in-One!
Lord Christ, the Father's Son, in glory, King above,
You humbly chose the virgin's womb to set us free in love.*

*You overcame death's sting and opened heaven's door
To all the faithful where You reign in glory evermore.
Come, Lord, and help all those for whom Your blood was spent
And bring us with Your holy saints to glory without end.*

GREETING AND PRAYER OF THE DAY:

The grace of our Lord Jesus Christ, the love of God,
and the communion of the Holy Spirit are with you all.

And also with you.

Then let's pray: God of hope, when Your hungry people longed for the slave food of Egypt,
You opened the doors of heaven and rained down manna.
Feed us with the bread of life at Your table, that we may taste the freedom of eternal life
and lead lives worthy of our calling through Christ Jesus our Savior and Lord. ***Amen.***

WORD AND PRAYER

See ELW 515 for the tune

*Break now the bread of life, dear Lord, to me, as once You broke the loaves beside the sea.
Beyond the sacred page, I seek You, Lord; my spirit waits for You, O Living Word!*

FIRST READING:**Exodus 16.2-4, 9-15**

NRSVUE

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. ³The Israelites said to them, “If only we’d died by the hand of the Lord in the land of Egypt, when we sat by the pots of meat and ate our fill of bread— for you’ve brought us out into this wilderness to kill this whole assembly with hunger!”

⁴Then the Lord said to Moses, “I’m going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I’ll test them, whether they’ll follow My instruction or not...”

⁹Then Moses said to Aaron, “Say to the whole congregation of the Israelites: ‘Draw near to the Lord, *who’s* heard your complaining.’” ¹⁰And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. ¹¹The Lord spoke to Moses, ¹²“I’ve heard the complaining of the Israelites. Say to them, ‘At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I’m the Lord your God.’”

¹³In the evening quails came up and covered the camp, and in the morning there was a layer of dew around the camp. ¹⁴When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. ¹⁵When the Israelites saw it, they said to one another, “What is it?”— for they didn’t know what it was. Moses said to them, “It’s the bread that the Lord has given you to eat.

This is holy wisdom; this is holy word.

Thanks be to God!

SECOND READING:**Ephesians 4.1-16**

NRSVUE

The apostle writes: I, therefore, the prisoner in the Lord, beg you to walk in a manner worthy of the calling to which you’ve been called— ²with all humility and gentleness, with patience, bearing with one another in love, ³making every effort to maintain the unity of the Spirit in the bond of peace. ⁴*For* there’s one body and one Spirit, just as you were called to the one hope of your calling, ⁵one Lord, one faith, one baptism, ⁶one God and Father of all, who’s above all and through all and in all.

⁷But each of us was given grace according to the measure of Christ’s gift. ⁸Therefore it’s said, “When He ascended on high, He made captivity itself a captive; He gave gifts to His people.” ⁹(When it says, “He ascended,” what does it mean but that He’d also descended into the lower parts of the earth? ¹⁰*The One* who descended is the same One who ascended far above all the heavens, so that He might fill all things.) ¹¹He himself granted that some are apostles, prophets, evangelists, pastors and teachers ¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until all of us come to the unity of the faith and of the knowledge of the

Son of God, to maturity, to the measure of the full stature of Christ. ¹⁴We must no longer be children, tossed to and fro and blown about by every wind of doctrine by people's trickery, by their craftiness in deceitful scheming. ¹⁵But speaking the truth in love, we must grow up in every way into Him who is the head, into Christ, ¹⁶from whom the whole body, joined and knit together by every ligament with which it's equipped, as each part is working properly, promotes the body's growth in building itself up in love.

This is holy wisdom; this is holy word.

Thanks be to God!

THE HOLY GOSPEL:

John 6.24-35

NRSVUE

See ELW 172 for the tune.

*Halle, halle, hallelujah! Halle, halle, hallelujah!
Halle, halle, hallelujah! Hallelujah, hallelujah!*

The Holy Gospel according to St John, the sixth chapter.

Glory to You, O Lord!

The *day after Jesus had fed the multitude with the loaves and fishes*, the crowd that had stayed on the other side of the sea saw that there'd been only one boat there. They also saw that Jesus hadn't gotten into the boat with His disciples, but that His disciples had gone away alone. ²³But some boats from Tiberias came near the place where they'd eaten the bread after the Lord had given thanks. ²⁴So when the crowd saw that neither Jesus nor His disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. ²⁵When they found Him on the other side of the sea, they said to Him, "Rabbi, when did You come here?"

²⁶Jesus answered them, "Very truly, I tell you, you're looking for Me not because you saw signs, but because you ate your fill of the loaves. ²⁷Don't work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it's on Him that God the Father has set His seal."

²⁸Then they said to Him, "What must we do to perform the works of God?" ²⁹Jesus answered them, "This is the work of God, that you believe in *the One whom God has sent*."

³⁰So they said to Him, "What sign are **You** going to give us, then, so that we may see it and believe You? What work are **You** performing?" ³¹Our ancestors ate the manna in the wilderness— as it's written, 'He gave them bread from heaven to eat.'"

³²Then Jesus said to them, "Very truly, I tell you, it wasn't Moses who gave you the bread from heaven, but it's My Father who gives you the true bread from heaven. ³³For the bread of God is that which comes down from heaven and gives life to the world."

³⁴They said to him, "Sir, give us this bread always!"

³⁵ Jesus said to them, “*I’m* the bread of life. Whoever comes to Me will never be hungry, and whoever believes in Me will never be thirsty...”

This is the Gospel of our Lord.

Praise to You, O Christ!

*Bless Your own word of truth, dear Lord, to me, as when You blest the bread by Galilee.
Then shall all bondage cease, all fetters fall, and I shall find my peace, my All-in-All!*

PROCLAMATION OF THE GOOD NEWS

HYMN OF THE DAY:

“What Feast of Love”

ELW 487



- 1 What feast of love is of - fered here, what ban-quet come from heav - en?
- 2 What light of truth is of - fered here, what cov - e - nant from heav - en?
- 3 What wine of love is of - fered here, what crim-son drink from heav - en?



What food of ev - er - last - ing life, what gra - cious gift is giv - en?
What hope of ev - er - last - ing life, what won - drous word is giv - en?
What stream of ev - er - last - ing life, what pre - cious blood is giv - en?



This, this is Christ the king, the bread come down from heav - en.
This, this is Christ the king, the sun come down from heav - en.
This, this is Christ the king, the sweet - est wine of heav - en.



Oh, taste and see and sing! How sweet the man - na giv - en!
Oh, see and hear and sing! The Word of God is giv - en!
Oh, taste and see and sing! The Son of God is giv - en!

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PRAYERS FOR OURSELVES AND OTHERS:

Rooted in Christ and sustained by the Spirit, let's pray for the Church and the world:

Gracious and merciful God, You call and form Your Church to be the body of Christ. Awaken all Your children to the gifts You provide for carrying out the work of ministry. Where we're divided, knit us together and restore our unity in faith. And just as You receive all who come seeking signs of Your grace, make us a community of hospitality for those accustomed to rejection. To those who've felt excluded here or elsewhere, prepare us to welcome them in the name of Christ. God of mercy, *hear our prayer.*

You've created the world to flourish in Your steadfast love and care. Open Your hand to satisfy the desire of every living thing, and have compassion on all You've made. Strengthen the ministries of our local food pantries, the ELCA World Hunger Appeal, Lutheran World Relief, Bread for the World, and all who minister to the poor and needy, so that everyone who hungers may be fed from the bounty You provide us. God of mercy, *hear our prayer.*

Open our eyes to behold Your gracious hand at work in the skies, the seas, and the land, and grant us the wisdom to care for Your creation as we'd care for You. Watch over deserts and wilderness places; regenerate rainforests, defend species at risk of extinction, and strengthen the work of conservation organizations. God of mercy, *hear our prayer.*

Still the storms of physical, economic, political, and social violence in every community and nation, especially in Ukraine, Gaza, Israel, Palestine, Sudan, Yemen, and Libya. Heal the insecurity, greed, fear, and resentments that drive that violence, and bless the efforts of those who work for peace and reconciliation, that those who live on the fringes of society may come to know the abundance of Your justice and grace in their own experience. God of mercy, *hear our prayer.*

Have mercy on all those in our world today who need Your grace and Your love: those who are lost, and those who are found; those whose bodies, minds, or spirits are broken, and those who've been renewed by Your grace; those who are grieving, and those who are longing for a glimpse of a life that's fuller than what they already know. Let Your healing love burst into full bloom in their lives, that they may rise with us to praise You for Your saving grace. We pray especially, O Lord, for those whose struggles weigh upon our hearts... God of mercy, *hear our prayer.*

We give You thanks for those who through the years have blessed us with their loving witness and faith-filled lives. Help us likewise be a blessing to those who come after all, that all around us may come to know their eternal place at Your welcome table. God of mercy, *hear our prayer.*

For into Your hands, O Triune God, we commend ourselves and all for whom we pray, trusting in Your mercy through Christ Jesus our Lord.

Amen.

The peace of the Lord is with you always.

And also with you.

Reconciled to God and one another, let's share with one another a sign of God's peace.

MEAL

OFFERING OF OUR GIFTS AND OURSELVES

OFFERTORY HYMN:

Sung to the tune of "Immortal, Invisible, God Only Wise", ELW 834

*Oh, what shall we render in thanks to You, Lord, for all the good gifts by which we are restored?
No treasure we tender could ever repay Your mercy and faithfulness, new every day.*

*Our hands take the cup of salvation You give; we'll praise You, O God, for as long as we live.
Our thanks will rise up as we call on Your Name, with all of Your people Your goodness proclaim.*

EUCCHARISTIC PRAYER:

Blest are You, holy, mighty, and merciful Lord!

Heaven and earth are full of Your glory!

We praise You and thank You for creating the universe in power and love,

for setting Your people free time and again when we found ourselves enslaved,

for Your promises and challenges spoken through Your prophets,

and for Christ Jesus in whom Your fullness dwells.

Born of Mary, He shares our life; eating with sinners, He welcomes us;

guiding His children, He leads us; visiting the sick, He heals us;

Dying on the cross, He saves us; risen from the dead, He gives new life;

living with You, He prays for us still, drawing us always to Your throne of grace.

And so with Your Church on earth and the whole company of heaven,

we praise Your name and join their unending hymn:

Sung to "Hark, the Herald Angels Sing":

Holy, holy, holy Lord, God of pow'r and might adored,

Heav'n and earth cannot contain all the glory of Your Name!

Hail, hosanna, God Most High! Blest is He who now draws nigh

In the Name of God our King! Let our high hosannas ring

And with earth and sky and sea praise His Name eternally!

In the night in which He was betrayed, our Lord Jesus took bread, gave thanks, broke it, and gave it to His disciples, saying, "Take and eat. This is My body, given for you. Do this for the remembrance of Me." Again after supper He took the cup, gave thanks, and gave it for all to drink, saying "This cup is the new covenant in My blood shed for you and for all people for the forgiveness of sin. Do this for the remembrance of Me."

So with thanksgiving, we take this bread and cup and proclaim the mystery of faith:

Christ has died! Christ is risen! Christ will come again!

Now pour out Your Holy Spirit upon us,
that we may receive our Lord with a living faith as He comes to us in this holy meal.
Make us one with Christ and with all who share this feast.
Unite us in faith, encourage us in hope, and inspire us to love,
that we may serve as Your faithful disciples until we feast at Your table in glory.
All this we pray with joy through our Lord Jesus Christ, who's taught us to pray:

***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 into temptation, but deliver us from evil.
For Thine is the Kingdom, and the power, and the glory, forever and ever. Amen.***

THE HOLY COMMUNION

*Now we share God's consecrated gifts among God's consecrated people, knowing that our living Lord Jesus is fully present with us in His Supper, giving Himself to us in bread and wine and forgiving love. Today, we'll share the Lord's Supper by receiving the body and blood of Christ at communion "stations" at the altar rail. Come forward a pew at a time; take a glass already filled with grape juice if necessary. Receive "**the body of Christ, given for you**" from the Pastor; then, by dipping the bread into the wine ("intinction") or drinking the grape juice from your glass, receive "**the blood of Christ, shed for you**" from our communion assistant. We'll pause for silent prayer after we've all communed...*

*If you're joining us from your home, we invite you to share the bread and cup with one another. When giving the bread to your neighbor, say "**The body of Christ, given for you.**" When giving the wine/grape juice say, "**The blood of Christ, shed for you.**" Whatever's left over may be reverently eaten and drunk by everyone after our worship is over. Once we've all shared in the body and blood of Christ, we continue in blessing and prayer:*

SENDING

THANKSGIVING, PRAYER, AND BENEDICTION:

May the Body and Blood of our Lord Jesus Christ strengthen us and keep us in His grace. *Amen.*

Sung to the tune of "He Leadeth Me" LBW 501

*Now, Lord, You set Your servant free to go in peace as You declared.
These eyes of mine at last have seen the Savior whom You have prepared—
The Light to all the nations, Lord, and Israel's glory equally.
All glory to the Father, Son, and Holy Spirit ever be!*

Jesus, Bread of life, we've received from Your table more than we could ever ask.
As You've nourished us in this meal, strengthen us to love the world with Your own life;
for we ask this in Your most precious name. *Amen.*

And now may God the Creator reshape your hearts;
may Christ Jesus, the bread of life, sustain you always;
may the Holy Spirit unite you in the bond of peace;
and almighty God, Creator, ✚ Redeemer, and Reconciler of all, bless you now and forever.
Amen.

SENDING HYMN: "Let Us Talents and Tongues Employ" *ELW 674*

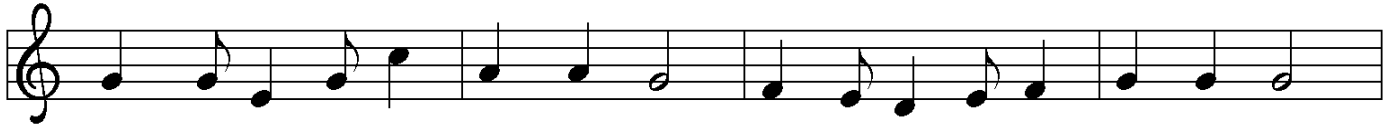
See the next page for the words and music to this hymn.

ANNOUNCEMENTS AND DISMISSAL:

God has a plan. *We're it!*
What's our part in God's plan? *Sharing God's love in joyful service!*
Then let's go in peace, live in joy, and serve the Lord! *Thanks be to God!*



Let Us Talents and Tongues Employ



1 Let us tal - ents and tongues em - ploy, reach - ing out with a shout of joy:
2 Christ is a - ble to make us one, at the ta - ble he sets the tone,
3 Je - sus calls us in, sends us out bear - ing fruit in a world of doubt,



bread is bro - ken, the wine is poured, Christ is spo - ken and seen and heard.
teach - ing peo - ple to live to bless, love in word and in deed ex - press.
gives us love to tell, bread to share: God (Im - man - u - el) ev - 'ry - where!

Refrain



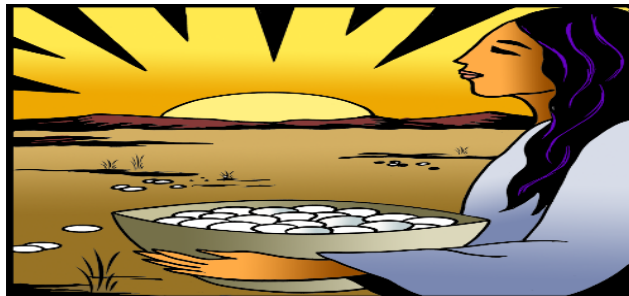
Je - sus lives a - gain, earth can breathe a - gain, pass the Word a - round: loaves a - bound!

Text: Fred Kaan, b. 1929

Music: LINSTEAD, Jamaican folk tune; adapt. Doreen Potter, 1925–1980

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Deep Hungers

Every three years, the lectionary asks us to spend five long weeks in John's Gospel, contemplating emptiness and fullness, hunger and nourishment, Christ and bread. We're asked to contemplate Jesus' self-description as "the bread of life" or "the bread which comes down from heaven." We watch as He feeds people; we listen as their scarcity mindset drives them to clamor for more; and we hear the challenge of His words when He invites the grasping crowds to probe the hungers *beneath* their hungers—the unspoken deprivations that fuel their desires, the needs they carry in secret places.

I'll be honest: these five "bread weeks" are challenging for me, because they pull me out of my head and force me to seek Jesus with my heart—or more accurately, with my gut. It's easy to look at Jesus and see a wisdom teacher or a moral exemplar. Like many of you, I admire the fact that He speaks with wisdom and authority, and I know that His compassionate way of life is worthy of emulation.

But there's a problem with reducing Jesus to a wise sage or a generic "good guy"—a problem Jesus articulates very carefully in the lectionary readings we're lingering over this summer. He doesn't stop at telling the crowds to learn from Him, believe in Him, or even follow Him. Jesus issues an invitation that's far more intimate and provocative when He calls Himself our bread. He invites us to *eat* Him—eat Him, and never be hungry again. What's at stake for me in this strange invitation is whether or not I'll move past religion and into intimacy; past abstraction and into communion; past self-sufficiency and into radical, whole-life dependence on a God I can taste but never control.

We become what we eat, don't we? So what are we becoming?

In her beautiful meditation on Jesus as bread, theologian and Episcopal priest Lauren Winner writes: "In calling Himself 'the bread of life,' and not, say, crème caramel or caviar, Jesus is identifying with basic food, with sustenance, with the food that, for centuries afterward, would figure in the protest efforts of poor and marginalized people. No one holds caviar riots; people riot for bread. So to speak of God as bread is to speak of God's most elemental provision for us."

Which raises all sorts of questions: Am I hungry? If yes, what am I hungry *for*? If no, what's made me full? Am I ashamed of my hunger? Does fullness scare me? What kinds of bread do I substitute for Jesus? Do I feel in my gut that Jesus is "elemental provision"—not appetizer, not dessert, not occasional-dietary-supplement, but essential, everyday food without which I'll starve and die?

Then on top of this, Jesus invites the crowds to recognize the deep hungers *beneath* their surface hungers. Of course, they're hungry for literal bread; they're poor, food's scarce, and they need to feed themselves and their families. There's nothing wrong, substandard, or "unspiritual" about their physical hunger—remember, Jesus tends to their bodily needs first, without reservation or preconditions. But He doesn't stop there. Instead, He asks the crowds to probe the soul hungers that drive them restlessly into His presence, hungers that only the "bread of heaven" can satisfy...

What are those hungers? A hunger for security and belonging? Meaning and purpose? A longing for connection, communion, intimacy, and love? A desire to know and be known? A hunger for delight, for joy, and for creative engagement with the world in all of its complexity, mystery, and beauty? An

ongoing hunger for wholeness, redemption, and courage? A craving for the healing of old wounds? And what might you add to this list?

It's one thing to name our hungers, but quite another to trust that Jesus will satisfy them. After all, we're so good at finding substitutes for communion with God. Mine include perpetual busyness, social media, books, movies, the 24-hour news cycle, exercise, chocolate, and other people. Do I really trust that Jesus is my bread, my essential sustenance? Very often, the answer's no. Very often, Jesus is an abstraction, a creed, a set of Sunday rituals. Why? Maybe because I don't come to Him ravenous. I don't recognize my daily, hourly dependence on His generosity. In short, I just plain don't expect to be fed by Him. Instead, I hide my hunger because I'm ashamed to want and need so much.

In a powerful sermon on God's generosity, Lutheran pastor Nadia Bolz-Weber describes the shame that often keeps us from feasting on Jesus: "It's hard to accept not just that God welcomes all, but that God welcomes *all* of me, *all* of you, even that within us we wish to hide—the part that cursed at our children this week, or drank alone, or has a problem with lying, or hates our body; that part within us that suffers from depression and can't admit it, or is too fearful to give our money away, or is riddled with shame over our sexuality, or cheats on taxes. Yet all these parts of us we wish Jesus had the good sense to not welcome to His table are invited to taste and see that the Lord is good." I'll readily admit that I'm still a novice in the presence of this challenging gospel text. I want to "taste and see that the Lord is good." But I recognize too well the shame and hesitation that Bolz-Weber describes.

So where should I (or we) go from here? Once we've named and probed our deep hungers, once we've moved an inch closer to trusting God with the scariest desires of our hearts, where do we head next? Into contemplation, I think; into silence, openness, and vulnerability; into a willingness to truly "eat" Jesus—to take Him into ourselves day after day after day, through whatever spiritual practices work best for us. Jesus wants to be so much more than a creed, a good example, or a teacher in our lives. He wants to be *food*. He *is* food. Are we hungry for Him? Will we allow His substance to become ours? The bread of heaven is ours for the tasting. May we absorb it. May we share it. May we desire it above all things. May its nourishment permeate us through and through until we, like Jesus, become life-saving bread for the whole world...

▪ *Debie Thomas*





KID SUMMER FOOD BAGS

We need your help to feed local children this summer!

The summer break has started and for many local neighbors who rely on Keystone Opportunity Center food pantry. This time brings anxiety and uncertainty about providing meals their children would otherwise receive in school.

To help ensure that everyone has a happy and nutritious summer Keystone Opportunity Center is once again hosting our Kids Summer Food Bag Program.



To help meet the needs of our increasing pantry neighbors, we will need over 350 kid-friendly food bags in July and again in August.

Can we count on your help throughout the summer to meet the needs of our Kid's Summer Food Bag Program? Getting involved is very easy!

Simply fill a large, reusable shopping bag OR brown bag with the items below and deliver it to our food pantry through August 8th!

- *Peanut Butter and Jelly*
- *Pudding or Fruit Cups*
- *Applesauce (6 Pack)*
- *2 Chicken or Tuna Salad Kits*
- *2 Hormel Ready to Eat Meals*
- *Goldfish Crackers or Popcorn*

- *Microwave Mac & Cheese*
- *Juice Boxes (6 or 8 Pack)*
- *Breakfast Cereal*
- *2 Cans of Spaghetios*
- *1 Box of Granola Bars and Box of Fruit Snacks*

We can also accept fresh fruit that we can offer along with a food bag. You are also welcome to include craft packets and other summer kid's activities in the bag. Be creative and have fun while helping our younger neighbors in need.

Thank you for guaranteeing that everyone has a fun filled, healthy summer!

We currently only have 28 bags available. Please respond soon.

*Drop Off Monday through Thursday from 9:00 am to 4:00 pm
Keystone Food Pantry entrance
104 N. Main Street, Souderton, PA*