

---

WELCOME TO

First United  
Methodist Church

MECHANICSBURG, PA

A scenic landscape photograph of a mountain valley with a river, overlaid with the text "EXODUS". The image shows a wide valley with a river winding through it, surrounded by rugged mountains. The sky is a mix of blue and green, suggesting a sunset or sunrise. The foreground is dominated by large, rocky outcrops.

# EXODUS

Seeing God in the Journey

**“Manna from Heaven”**

**FOUNDATION SERVICE**

**SEPT. 24, 2023**

---

# ORDER OF WORSHIP

Prelude

Welcome

Call to Worship

Opening Hymn

*"From All That Dwell Below the Skies" - No. 101*

Opening Prayer

Handbell Anthem

*"Everything to God in Prayer"*

Scripture

*Exodus 16:2-15*

Sermon

*"Manna from Heaven"*

Hymn

*"God Will Take Care of You" - No. 130*

Morning Prayer and The Lord's Prayer

Announcements

Offering and Doxology #95

Closing Hymn

*"Grace Alone" - No. 2162*

Benediction

Postlude

## **LEADING IN WORSHIP**

Preaching.....Pastor Dennis Keller

Liturgist.....Jenn Myers

Accompanist..... Sarah Pugh

Special Music.....Handbell Choir

Sound and Media..... Jason Kichline, Ken Rapp, Jim Robinson

---

WELCOME TO

First United  
Methodist Church

MECHANICSBURG, PA

A scenic landscape photograph of a valley with mountains and a river, overlaid with the title 'EXODUS'. The image has a teal and brown color palette.

# EXODUS

Seeing God in the Journey

**“Manna from Heaven”**

**THE GATHERING SERVICE**

**SEPT. 24, 2023**

---

# ORDER OF WORSHIP

Welcome

Praise and Worship  
*"A Thousand Hallelujahs"*  
*"This Is Amazing Grace"*

Wee & Kids Worship Dismissal

*"Gratitude"*

Scripture  
*Exodus 16:2-15*

Sermon  
*Manna from Heaven*

Pastoral Prayer  
Announcements and Offering

*"Great Is Thy Faithfulness"*

Benediction

Postlude

## ***LEADING IN WORSHIP***

Pastor..... Pastor Dennis Keller

Worship Leader..... Jenn Myers

Worship Team..... George Canonizado, John Gross, Geri Nuss, Sarah Pugh, Tracy  
Wertz

Sound and Media..... Jason Kichline, Ken Rapp, Jim Robinson



# COMING UP AT FIRST CHURCH

## WEEK OF SEPT. 24

### Rejoicing Spirits

TODAY, 4 p.m.

### Pickleball

Tuesday, 5 p.m.

### Wednesday Night Bible Study

Wednesday, 6:45 p.m.

---

## WEEK OF OCT. 1

### Martha Circle

Tuesday, 1 p.m.

### Gleaning at Oak Grove

Wednesday, 6 p.m.

### Men's Breakfast (Off Site)

Saturday, 7:30 a.m.

---

*Scan here or  
visit our website at  
[fumchurch.com](http://fumchurch.com) for  
more details on all  
of our upcoming  
events!*



# WEEKLY BIBLE READINGS

## WEEK OF SEPT. 24

<b>Sunday</b>	Worship
<b>Monday</b>	Exodus 17:1-7
<b>Tuesday</b>	Psalm 78:1-4, 12-16
<b>Wednesday</b>	Philippians 2:1-4
<b>Thursday</b>	Philippians 2:5-13
<b>Friday</b>	Matthew 21:23-32
<b>Saturday</b>	Rest and Reflect

## ALTAR FLOWERS

This week's flowers are given to the glory  
of God and in memory of  
Deanna Lynn Otto by her parents.

## MACHE BASKET

This week's flowers are given to the glory  
of God and in memory Earl W.  
Sollenberger by his wife  
Jody Sollenberger.

# TEACHING NOTES

## “Manna from Heaven”

Exodus 16:2-15

Manna from Heaven:  
God will provide **everything** we need.

*When the Israelites saw it, they said to one another, “**What is it?**” For they did not know what it was. Moses said to them, “It is the bread that the Lord has given you to eat.*

Exodus 16:15

Then the Lord said to Moses, “I am going to rain bread from heaven for you, and **each day** the people shall go out and gather **enough for that day...**”

Exodus 16:4

*He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that **one does not live by bread alone, but by every word that comes from the mouth of the Lord.***

Deuteronomy 8:3

*For the bread of God is that which comes down from heaven and **gives life to the world.***

John 6:33

Manna from Heaven:  
God is concerned for **everyone** in the community.

<sup>9</sup> Then Moses said to Aaron, "Say to **the whole congregation of the Israelites**, 'Draw near to the Lord, for he has heard your complaining.'" <sup>10</sup> And 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.  
Exodus 16:9-10

Manna from Heaven  
God commands us to observe the Sabbath **every week**.

*On the sixth day, when they prepare what they bring in, it will be **twice as much as they gather on other days**.*

Exodus 16:5

*For in six days **the Lord** made heaven and earth, the sea, and all that is in them, but **rested the seventh day**; therefore, the Lord blessed the Sabbath day and consecrated it.*

Exodus 20:11

*Remember that **you were a slave** in the land of Egypt, and **the Lord your God brought you out** from there with a mighty hand and an outstretched arm; therefore, the Lord your God commanded you to keep the Sabbath day.*

Deuteronomy 5:15

**"Almost everything will work again if you unplug it for a few minutes, including you."**

- Anne Lamott

### Questions for Reflection:

1. When have you questioned if God is with us?
2. Where do you see God's daily provision in your life?
3. Knowing God's concern for everyone, what does God want you to do?
4. Why is Sabbath keeping so important to God?
5. Is it difficult for you to keep the Sabbath? If so, why?

# ANNOUNCEMENTS

## **LIFELONG LEARNER**

### **Wednesday Night Men's Group | First and Third Wednesdays of the Month, 8 p.m.**

This group enjoys great fellowship while focusing on discussion-based Bible studies. A new study, "Kingdom Heroes," starts Oct. 4. In this six-session series led by Dr. Tony Evans, you'll discover how the journeys of Old Testament heroes, such as Abraham, Noah and Moses, can help you build a strong and enduring faith. Contact Barry Eaton if interested.

### **Wonderful Wednesday – Expanded! | Begins Oct. 11, 5-7 p.m.**

Children, youth and adults are all invited to participate in this family fellowship and learning program. The six-week fall session will begin at 5 p.m. with prayer and a family-style dinner in Fellowship Hall, followed by small group learning for all ages at 6 p.m. To learn more and sign up, visit [fumchurch.com](http://fumchurch.com), check out the Church Center app, or contact Katie Knorr ([kidscount@fumchurch.com](mailto:kidscount@fumchurch.com)). We recognize that families may have a conflict some weeks – don't let that keep you from joining us for the weeks that you can!

---

## **PRAYING FOLLOWER**

### **Share Your Joys and Prayer Concerns With Us!**

Green prayer cards are located in the pews and at the prayer station under the balcony. Simply fill one out during worship and place in the offering basket or Janice Bowen's mailbox. You can also contact Janice directly ([wecare@fumchurch.com](mailto:wecare@fumchurch.com) or [717-766-4611](tel:717-766-4611), ext. 112).

### **Moms in Prayer | Mondays, 7:30-8:30 p.m.**

Join us this fall as we unite with women around the world in praying for our children and grandchildren through Moms in Prayer International. Our prayer group, led by Deb Noss, meets on Monday evenings in room 105, and all mothers and grandmothers are invited! No prayer experience is required, and your child can be any age or stage of life. All prayers remain confidential within the group. Please contact Deb Noss ([sdppp@msn.com](mailto:sdppp@msn.com)) if you have questions or would like to join this group.

---

## **PASSIONATE WORSHIPPER**

### **Rejoicing Spirits | TODAY, May 28, 4 p.m.**

First Church invites everyone to attend this "shush-free" worship experience that celebrates all expressions of worship and individuals of all abilities. This monthly service includes music, scripture, prayer and a brief message, along with refreshments and fellowship afterward.

### **Chi Rho Singers Concert | THIS THURSDAY, Sept. 28, 7 p.m.**

Enjoy a selection of music at Wesley United Methodist Church (203 S. Filbert St., Mechanicsburg) sung by pastors of the Susquehanna Conference of the United Methodist Church!



## Online Worship

Worship with us and invite others to join any time of the week! Check out our live-stream at 8:30 a.m. on Sundays or watch recorded messages on our YouTube and Facebook pages 24/7. If you're unable to access online worship services, contact Janice Bowen ([wecare@fumchurch.com](mailto:wecare@fumchurch.com)) for other ways to connect to First Church.

---



## DEDICATED MISSIONARY

### Feminine Hygiene Sewing Day | Saturday, Oct. 14

In many developing countries, women have to miss school and work and face cultural stigmas due to a lack of feminine hygiene products. Help us support these women by making reusable products that will be distributed around the world by Mission Central. Even if you don't sew, there is fabric to cut and prepare. Contact Donna Nichols ([djnichols43@hotmail.com](mailto:djnichols43@hotmail.com)) for more information.

### Gleaning | Wednesday, Oct. 4, 6 p.m.

This growing season, we're excited to once again partner with Oak Grove Farms to provide fresh produce to families receiving monthly groceries from Fishing Creek Salen UMC's food pantry. Contact Janice Bowen ([wecare@fumchurch.com](mailto:wecare@fumchurch.com) or 717-766-4611, ext. 112) to be added to our 2023 Glean Team communications!

---



## RELATIONSHIP BUILDER

### Pickleball in the Park | Tuesdays, 5-7 p.m.

Join us on the pickleball court at Soldiers and Sailors Memorial Park (across from the pool) for some fun and games! No experience is necessary, and paddles and balls will be available to borrow. In the event of bad weather, we will play in the multipurpose room. Contact Janice Bowen (717-766-4611, ext. 112 or [wecare@fumchurch.com](mailto:wecare@fumchurch.com)) with questions.

### Men's Breakfast | Saturday, Oct. 7, 7:30 a.m.

Join other First Church men for good food and light-hearted fellowship on the first Saturday of each month at Brothers Restaurant (705 Gettysburg Pike, Mechanicsburg). Please contact Barry Eaton ([theaton5@verizon.net](mailto:theaton5@verizon.net)) to RSVP.

---



## GENEROUS GIVER

### Giving to First Church

We're so grateful for all the ways you support First Church – through your prayers, time, talents and resources. Everything you give to First Church helps us build disciples and love our neighbors. You can place any tithes or offerings in the baskets as you exit the sanctuary, send them into the church office, or give online on our website ([fumchurch.com](http://fumchurch.com)) or in the Church Center app.

## KIDS

### Stay Connected!

Want to know more about First Church Kids? Check out our landing page or contact Director of Children and Family Ministries Katie Knorr ([kidscount@fumchurch.com](mailto:kidscount@fumchurch.com)).

### Wee Worship and Kids Worship

Every Sunday these special worship programs are held (for kids through fifth grade) at the 11 a.m. service.

### Wonderful Wednesday-Expanded! | Begins October 11, 5-7 p.m.

**First Church Fall Fest** | Oct. 21, 4-7p.m.

## YOUTH

### Keep in Touch!

Help us connect with you so that you don't miss any of the fun!

- Join our Remind text list (text @4Gyo to 81010).
- Follow our Instagram (@fourgyouthministry).
- Like us on Facebook (4G — First United Methodist Youth Group).
- Email Lisa to receive emails about all things First Church Youth.

### Wonderful Wednesday-Expanded! | Begins October 11, 5-7 p.m.

**First Church Fall Fest** | Oct. 21, 4-7p.m.

*Thanks for joining us in worship!*

8:30 a.m.	FOUNDATION SERVICE (Traditional)
9:45 a.m.	SUNDAY SCHOOL (View classes at <a href="http://fumchurch.com">fumchurch.com</a> )
11 a.m.	THE GATHERING SERVICE (Modern)
4 p.m.	REJOICING SPIRITS (Fourth Sunday of each month)

---

**Opening Doors with Christ, One Another and Our Neighbors**

135 W. Simpson St., Mechanicsburg | 717-766-4611 | [fumchurch.com](http://fumchurch.com) | @fumchurch

# A DISCIPLE'S PATH

**A SIX-WEEK NEXT STEPS STUDY**

**Sundays starting Oct. 1  
9:45-10:45 a.m. | Room 207**



**Want to be baptized? Considering membership?  
Want to explore what it means to faithfully  
participate in the life of the church?**

**Join us!**

**Contact Tina Eaton ([adultministry@fumchurch.com](mailto:adultministry@fumchurch.com))  
for more details!**

# Bible Sunday

Sept. 24 | 8:30 and 11 a.m.

At First Church, we want to equip believers of all ages to dive into Scripture in a relevant, accessible way. During worship services on Bible Sunday, we provide new Bibles to our four-year-olds, second graders, sixth graders and ninth graders. Each young person receives a Bible translation that is appropriate and understandable for their developmental stage, in hopes that they will grow in their desire and joy in reading God's Word.

If your child is interested in receiving a Bible, but is not in worship on this Bible Sunday, please contact the church office ([office@fumchurch.com](mailto:office@fumchurch.com)).

In addition, if you're an adult in need of a Bible, please contact Tina Eaton ([adultministry@fumchurch.com](mailto:adultministry@fumchurch.com)).

Visit the display in the lobby to learn more!

