



Summer Sermon Series: Fasting

Unified Budget Monthly Income Needed	\$18,228.33	(\$4,206.54 per week)
June Receipts	\$13,059.05	(avg. \$3,264.76/wk)
June Disbursements	\$14,892.01	
YTD Receipts	\$106,209.53	
YTD Disbursements	\$107,997.63	
2026 Budget Total		\$218,740
May	Deficit	\$1,832.96
YTD Budget	Deficit	\$1,768.10

*Respectfully submitted,
Patricia Bevan, Treasurer*

WEST SWAMP MENNONITE CHURCH

Sunday Worship

July 19, 2026

10:30 A.M.

Prelude Hunger and Thirst ~ *David Moffitt and Sue C. Smith*

We Gather around God's Word

Opening Song You are all we have

Welcome & Prayer

Greeting One Another

Singing Let's sing unto the Lord
Hunger and thirst
You are my all in all

Scripture Isaiah 58:3-12

Offering

We Hear God's Word

Scripture Mark 2:18-22

Sermon Drawing near to Jesus through spiritual practices:
Fasting *Pastor Michael*

We Respond to God's Word

Song The glory of these forty days

Sharing & Prayer

Sending God, fill me now

Benediction

Postlude

This Sunday

Worship Leader: Sue Howes
Greeter: Randy Rush
Musicians: Brenda Landt, Lynne Rush
Videographer: Mark Kemmerer
Visual Technicians: Marsha High, Emily Rush
Sound Technicians: Carl Raub, Rod Rush, Tim Scheetz

Sunday School Classes for Spring Quarter

The TLC class, 9:30 am, Room 104: The book of James
The Bible Project class, 8:45 am, on Zoom: Leviticus

West Swamp Mennonite Church

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215-536-7468

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Pastor: Michael Howes

717-419-4228, howes.michael@gmail.com

Commissions & Deacons:

Ministry Team, Carl Raub

Community, Nancy Jacobs

Discipleship (DISCO), *vacant*

Mission, Karen Parzych

Stewardship, Alex Parzych

Worship, Joan Hallman

Church Secretary: Lynne Rush

Treasurer: Pat Bevan

Welcome to West Swamp Mennonite Church

July 19, 2026

*Discovering together how to follow Jesus
and make our community and world a better place*

Calendar

July 21, 8 am

Knotting & Quilting

July 28, 8 am

Knotting & Quilting

Aug. 9, 10:30 am

Men-O-Lan Sunday



Notes:

~ What's Happening at West Swamp ~

The knotters need help! They are running short of tops. If you are interested in sewing patches together, or helping with that process, contact Lynne.

Mark your calendar: Men-O-Lan Sunday is Aug. 9. This is another way to support our Haitian brothers and sisters during a difficult time. We will worship together, share a meal, and enjoy what MOL has to offer—the lake, the pool, recreation, etc.

Bean Bag Project: As we embark on this new endeavor, here is a list of items to purchase:

Requested items for family grocery boxes:

- 1 box pasta
- 1 jar pasta sauce (plastic jars preferred, but glass jars OK)
- 1-2 lbs rice
- 1-2 lbs dry beans (usually black beans, but any type is fine)
- 1 family size bottle of juice (preferably 100% juice, not Hawaiian Punch or extra sugary juices)
- 1 jar applesauce
- 1 box of crackers
- 2 cans of tuna or chicken

Other items are added as they become available.

Requested items for household bags:

- Paper towels
- Toilet paper
- Dish soap
- Hand soap
- Toilet bowl cleaner or any type of general household cleaners
- Miscellaneous items like sunscreen, magic erasers, dish scrubbies, etc.

Clients receive paper products every time, but cleaners and soaps are rotated.

~ What's Happening in the Community ~

All Mosaic congregations are invited to pray for the following young adult Ambassador participants and the congregation or ministry they are serving: **Rosita Mojica** and **Rumaldo Conchala Gil** of Casa Wiwa Church (Santa Marta, Colombia); and **Ana Karen Hernandez** and **Eunice Dominguez** of Iglesia Nueva Vida (Mexico City). Pray that the Ambassadors will grow in faith, leadership, and their love of Jesus as they serve and learn.

Care & Share Thrift Shoppes is moving to Harleysville and needs **volunteers** to assist with the move and setup! Help support Mennonite Central Committee and sign up today at caresharethrift.org.

Church Office Hours

Pastor Michael: Tuesday-Thursday, 9-4.

Lynne: Monday, working from home; Tuesday-Thursday, 10-12:30. Lynne will be on vacation July 24-31.

Journey Inward/Journey Outward - Fasting

Mark 2:18-22

Now John's disciples and the Pharisees were fasting. Some people came and asked Jesus, "How is it that John's disciples and the disciples of the Pharisees are fasting, but yours are not?"

Jesus answered, "How can the guests of the bridegroom fast while he is with them? They cannot, so long as they have him with them. But the time will come when the bridegroom will be taken from them, and on that day they will fast. "No one sews a patch of unshrunk cloth on an old garment. Otherwise, the new piece will pull away from the old, making the tear worse. And no one pours new wine into old wineskins. Otherwise, the wine will burst the skins, and both the wine and the wineskins will be ruined. No, they pour new wine into new wineskins."

Matthew 4:1-2

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry.

Matthew 6:16-18

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

What is fasting? Simply not eating food, usually from when you wake up until sundown.

Fasting can be a rhythm and a response.

We fast:

- To offer ourselves to Jesus
- To amplify our prayers
- To stand with the poor

TO OFFER OURSELVES TO JESUS

Romans 12:1

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

1 Corinthians 6:19-20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

TO AMPLIFY OUR PRAYERS

Jonah 3:5, 8-10

The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth. [The king decrees] "Let everyone call urgently on God. Let them give up their evil ways and their violence. 9 Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not perish." 10 When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened.

TO STAND WITH THE POOR

1 John 3:16-18

16 This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. 17 If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? 18 Dear children, let us not love with words or speech but with actions and in truth.

Action step: Fast from when you wake up until sundown one day this week.

Action step: Bring the money you would have spent on food during your fast for a special offering next Sunday for Bean Bag Food Program.

Action step: Use the time you would have spent shopping, preparing food, eating and cleaning up to volunteer at the Quakertown Food Pantry (quakertownfoodpantry@gmail.com) or Bean Bag Food Program (215-588-3276)