



Summer Sermon Series: Sabbath

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

August 2, 2026

10:30 A.M.

Prelude Hallelujah! Fairest Morning! ~ *Krause/Mason*
Far Above the Noise of Life ~ *Susan & Lee Dengler*

We Gather around God's Word

Opening Song Be at rest

Welcome & Prayer
Greeting One Another

Singing Come, now is the time
Here I am to worship
Lord, I need you

Scripture Deuteronomy 5:12-15

Offering This Is a Day of New Beginnings ~ *Lori True*

We Hear God's Word

Scripture Mark 6:30-32, 4:35-38
Luke 6:6-11

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

We Respond to God's Word

Song O day of rest and gladness

Sharing & Prayer

Sending Quietly, peacefully
Benediction

Postlude

This Sunday

Worship Leader: Deb Stevenback
Greeters: Don & Nancy Jacobs
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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Website: www.westswamp.org

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

August 2, 2026

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

Calendar

Aug. 4, 8 am	Knotting & Quilting
Aug. 4, 7 pm	Community Commission
Aug. 9, 10:30 am	Men-O-Lan Sunday
Aug. 11, 8 am	Knotting & Quilting
Aug. 11, 7 pm	Mission Commission
Aug. 23	Farewell Luncheon for the Howes



Notes:

~ What's Happening at West Swamp ~

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. West Swampers are asked to bring a dessert, if you can. Please remember that Men-O-Lan is a peanut-free campus.

Farewell Luncheon, Aug. 23: Pastor Michael gives his last sermon on Aug. 23. After the service, we'll send off Pastor Michael & Sue with a luncheon and one last time of fellowship. Please do your best to attend!

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.

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 Conference congregations are invited to pray for **Blooming Glen (PA) Mennonite** in a time of pastoral transition. Jeff Wright concluded 4.5 years of interim ministry on July 31. On Sept. 1, Maribeth Longacre Benner will begin to serve as lead pastor. Pray for the Holy Spirit to guide this season of change and for the congregation to embrace the new chapter with hope and unity.

Church Office Hours

Pastor Michael: Monday-Thursday, 9-4.

Lynne: Monday, working from home; Tuesday-Thursday, 10-12:30.

Journey Inward/Journey Outward - Sabbath

Mark 6:30-32

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."
So they went away by themselves in a boat to a solitary place.

Mark 4:35-38

That day when evening came, he said to his disciples, "Let us go over to the other side." Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

Sabbath is a practice from the Way of Jesus by which we push back against the cancerous restlessness of our age, and instead, take on the easy yoke of Jesus our Teacher to find rest for our souls.

Genesis 2:2-3

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Mark 2:27: The Sabbath was made for people, not people for the Sabbath.

Exodus 20:8-11

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Deuteronomy 5:15

Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day.

Matthew 11:28-30

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Action step: On the day you practice Sabbath, don't do anything that causes anyone else to work, like shopping or eating out.

Action step: Set aside a four hour block of time and devote it to things that rest and renew you: take a nap, enjoy a meal with family or friends, read a good book, spend time with God in prayer and worship

Action step: On the day you practice Sabbath, don't do any household chores.

STOP REST DELIGHT WORSHIP

Isaiah 58:13, 14

"If you keep your feet from breaking the Sabbath
and from doing as you please on my holy day,
if you call the Sabbath a delight
and the Lord's holy day honorable,
and if you honor it by not going your own way
and not doing as you please or speaking idle words,
then you will find your joy in the Lord,
and I will cause you to ride in triumph on the heights of the land
and to feast on the inheritance of your father Jacob."
For the mouth of the Lord has spoken."