



# PILGRIM POST

**June 2019** Volume 19, Issue 6

First Congregational Church, United Church of Christ

1201 Jefferson Street, Muskegon, Michigan 49441 Email: [fccucc@fccmuskegon.com](mailto:fccucc@fccmuskegon.com) 231-726-3254  
Web Site: [fccmuskegon.org](http://fccmuskegon.org) Facebook: First Congregational Church U.C.C. of Muskegon, MI

*FCC/UCC is a loving congregation with rich traditions,  
striving to be open-minded and committed to God-centered lifelong learning,  
deep spirituality, social justice and community outreach.*

***FCC's 160th Celebration***  
***Sunday, June 9, 2019, 10:30 a.m.***  
***Worship Service/Communion/***  
***Motet Choir will sing.***  
***Special treats at coffee time.***  
***Please join us.***



## *A Letter From Rev. Tim Vander Haar*

*Dear friends,*

You are friends indeed. So many of you have offered words of genuine kindness, wisdom, and support on the passing of my mom. Sue and I appreciate that to the bottom of our hearts.

Please indulge me as I share one more time a little bit of her writing, but first, let me set it up with some other thoughts.

This week I came across an old article that cites University of Chicago research that appears to demonstrate that children raised without religion show more empathy and kindness. <https://www.patheos.com/blogs/danthropology/2015/11/study-finds-that-children-raised-without-religion-show-more-empathy-and-kindness/>

Coincidentally there is a book sitting on my desk titled “Recovering from Religious Abuse.” It speaks about the havoc wreaked by judgmentalism and “othering” and the shame and blame games that religious organizations so often engage in. One of the challenges we face is how to capture the life-giving aspect of faith without falling prey to the down side of it. The strength of religion is in the very meaning of the word, “that which binds together.” Its weakness and downfall are the flipside of that. How do we construct a shared reality that does not exclude those who are “different”? And at what point does our perception of “different” shift from interesting and informative to being dangerous and a threat?

Like most of us, my mom was a very complex person. She was, of all the many exceptional people I have known, one of the most gifted, and at the same time, one of the most insecure in her abilities and sense of self-worth. But she never let that stop her from doing what she believed needed to be done. And in the midst of that, she had an inner security and almost childlike trust that, in God’s grace and love, everything was, and always would be, okay. I think that figured in her fondness for the scripture with which I will close this letter, and in a poem she wrote, with which I am going to introduce it.

### BEYOND UNDERSTANDING

I do not understand how a violin string can be made to sing.

Or how the mind of a composer works to create such a beautiful thing –

But I thank you, God.

I do not understand how a word can be thought and heard.

Or how humans are equipped to laugh at the joyous or the absurd –

But I thank you, God.

I do not understand something so profound as microwave or ultrasound

Or any of the scientific wonders that everywhere about –

But I thank you, God.

I do not understand how the food we need can come from a tiny seed

Or the mystery of growth in all plants from majestic tree to lowly weed –

But I thank you, God.

I do not understand how we all came to be and even that there is a “me”.

Or the complexities of birth, life and death, the marvel of humanity –

But I thank you God.

Or as the scripture says, “Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus”.

*(Philippians 4:6-7)* I think that is the secret to religion that is life-giving and not destructive: to rest secure in God’s love, to rejoice in God’s goodness, and to be grateful.

*Grace and peace,  
Rev Tim*

## *In Our Church Family*

***Prayers are appreciated for continued healing for these members and friends of our church family:***

Faye McComb as her health declines. She is at the Sanctuary of the Oaks in Room 118. Cards welcome.

Paul Currie as he faces serious health issues.

### ***Sympathy and Prayers to:***

Mike Frasier and his cousins on the passing of his Uncle Ken, who unexpectedly passed away on Wednesday, May 22, 2019.

### ***CONGRATULATIONS GRADUATES!***



Abriel (Abbie) Ginman graduated from Mona Shores High School. She is the daughter of Rob Ginman and Donielle Routt and granddaughter of Willie Ginman.

Stephanie Baker, a member of FCC, graduated from Cornerstone University in Grand Rapids, MI on May 11, 2019.

Alissa Mack, a member of FCC, graduated from Law School at Arizona State University this month. She and her husband Joshua live in Phoenix.

Kaden Kendall graduated from Michigan State University in Supply Chain Management, with honors. He is the grandson of Ron and Joy Nelson.

### **DEPARTMENT MEMBERS PLEASE NOTE:**

Each of the six departments will have a space on the Fellowship Hall Bulletin board for their department use; beginning June 10, 2019.

Look for your spots! Each department will be able to determine what and for how long they wish.

FCC ANNUAL MEETING will be held Sunday, June 23 following worship service. Please plan to attend this important meeting as we vote on a budget and department members.

THE COMMUNITY PICNIC will be held August 10 at Lighthouse Church (formally St. Jean's. We are looking for donors who will contribute \$10 or more, which will purchase one back pack filled with school supplies and will be distributed at the picnic. Checks can be made payable to FCC with back pack in the memo.

### **SPECIAL MUSIC ON SUNDAYS:**

June 2	Muskegon Chamber Choir
June 9	MOTET Choir for FCC's 160 <sup>th</sup> Anniversary
June 16	Handbell Sextet
June 23	Dan Giacobassi, flutist
June 30	Handbell Duet
July 7	FCC Festival Brass
July 14	Steve/Nancy Doctor, Roy/Britta Portenga



## **June Birthdays**

June 1	Barb Kartes	June 6	Joe-Ryan Singerling	June 20	Dave Scouten
	Julie McIntosh	June 8	Dave Wikman		Daphne Young
	Neil Spink	June 9	Larry Doctor	June 21	Cat Neal
	Gabriel Wade		Abbie Rockford	June 22	Peggy Scouten
	Judy Williams	June 11	Kim Lemieux	June 23	Alexander Forrest
June 2	Jackie Murphy	June 12	Henry Gasahl	June 25	Lauren Abdelkader
	June Schrieber		Jody Northius		Bobby Lowe
June 3	Mike Collett		Cindy Novoselick	June 26	Terry Wade
	Mary Lou Eyke	June 13	Kaylin Foster	June 27	Nita Wikman
June 4	Eddie Jankowski	June 14	Jay McMahon		Dale Wilkinson
June 5	Shirley Albers	June 15	Bob Landman	June 28	Lorie Hawkins
	Fred Nicles	June 17	Zach Rummery	June 30	Robyn Doctor
	Michael Match	June 18	David Abdelkader		Marty Lalick
			Carol Beatty		

## ***Mission and Service Department News***

### **Growing Hope Globally Update (formerly FRB)**

Our Greenville farm partners report that the ground is tilled and ready to be planted with corn. They have just completed the sale of last year's crop (it had been held until the prices improved) and will send us the total amounts shortly. We will pass that along as soon as it is received. In the meantime our Meatless Mondays raised a total of \$895 towards the 2020 Crop. Thank you to all who have generously contributed. Together we are funding food security programs in Nicaragua and Guatemala, making a huge difference in the lives of many grateful and hard working people.

### **June Mobile Food Pantry**

Wednesday, June 19, 2019 will be our second Mobile food pantry at FCC for the summer. Volunteers are needed! Please plan to be at FCC by 3:15 pm to help unload the truck and distribute the food. Any questions please contact Linda Nicles: 231-744-2712.



### **UCC CONNECTIONS - National, Michigan Conference, Association and Local Church Info.**

In April we learned about the union of the Christian Church and the Congregational Church in 1929 to form the Congregational Christian Church. In May we learned that the German Reformed Church in America and the Evangelical Synod of North America joined in 1934 to form the Evangelical and Reformed Church. In 1957, both denominations joined to form the United Church of Christ.

Before we go any farther into our UCC history, we need to understand the word **polity** as it relates to churches and denominations. Polity itself is a word that means the form or constitution of a politically organized unit. Polity also refers to the form of government of a religious denomination. It is often referred to as **ecclesiastical polity**. Ecclesia comes from the Greek word *ekklesia* meaning the body of the faithful or a congregation or church. So ecclesiastical polity means **church government**.

Churches having **episcopal polity** are governed by bishops, who are subject to archbishops. These churches meet in councils or synods. Episcopal polity is not just a simple chain of command; it can also involve authority. A form of polity called **hierarchical** is very similar to episcopal, but even more complex. Another derivative of episcopal polity is **connexional** polity which combines a loose episcopal hierarchy with a bottom-up structure, centered on small groups of congregations called circuits.

Many Reformed churches, like the Presbyterian tradition are governed by a hierarchy of councils, the lowest level of council being a single local church called the session or consistory, which the minister or presbyter presides over. The lower council sends representatives to a higher council called a presbytery or classis. Higher councils have authority over lower ones. This is called **presbyterian polity**.

Other churches are governed by **congregational polity**. The local congregation rules itself, elects its own leaders and ordains its own clergy. The pastor may preside over the congregation, but the congregation exerts its authority in the end.

The reason that polity is important in our study of the beginnings of the UCC is that each joining denomination came from a different type of polity. The Congregational Christian side of the UCC governed by **congregational polity** and the Evangelical and Reformed side was governed by **presbyterian polity**. The years leading up to the 1957 joining of the two denominations were made more challenging because many Congregational Christian churches feared that they would lose their autonomy as local congregations. Any new constitution and bylaws needed to address their concerns.

In July we'll discover how these concerns were addressed in the new UCC constitution and bylaws.

*Submitted by Judy Hysten, member of the Missions and Service Department*

## *Notes from the Governing Board Meeting May 20, 2019*

President Roy Portenga opened the meeting with a prayer at 6:30 pm.

Roy Winegar requested that an agenda item about the Focus Group be added to the agenda, and it was approved. The April meeting minutes were not included in the packet.

### *President's Report*

Roy Portenga reported that the Jefferson Towers' bylaws with updated language was approved. The language also added embers of the ownership corporation to the section that indemnifies individual members of the Jefferson Towers board. Jefferson Towers is still working through the new mortgage process.

### *Minister's Report*

Rev. Tim Vander Haar reported that the education year is winding down and planning for next year is ongoing. He also expressed a gratefulness for staff that have put on some wonderful events and services.

### *Treasurer's Report*

Greg Scott directed attention to the report. There was a deficit for the month of April, but we are still in the black for the year. There is still a principal balance for the boiler replacement capital campaign.

### *Capital Fund Campaign*

The capital campaign related to the boiler replacement is ending in December 2019. The remaining amount owed to Endowments for the campaign is \$32,337.

### *Department Reports*

*(Beyond what was submitted.)*

#### *Building and Grounds*

No report beyond the submitted minutes.

#### *Christian Education*

In lieu of vacation bible school this summer, CE has decided to donate the budgeted funds to Mt. Zion to support their summer program.

#### *Congregational Life*

No report beyond the submitted minutes.

#### *Member Care*

The department made a motion to approve Jack Crampton as a member. The motion was approved unanimously. Also, the Welcome Center has a new schedule, departments are asked to review it for their assignments.

*Mission and Services* No report.

*Worship and Music* No report.

### *Standing Committee Reports*

Finance-Finance Committee requested vote on the the purchase policy that compiled all of the standing policies into one document. Finance recommends that the policies as written on the document be adopted. The governing board voted unanimously to approve the financial policy document. Additionally, the Finance Committee will be soliciting bids for reviewed financial statements, which is recommended every three years to ensure the proper checks and balances are in place. Finally, the committee will put together a simple RFP process for Rick to quickly get bids for necessary work.

### *Ad Hoc Committee Report*

Stewardship Committee—Fred Sanderlin reported that the committee has received 100 pledges so far in the amount of \$265,724. Last year there were a total of 140 pledges, and over the last 5 years there have been an average of 135 pledges.

### *Old Business*

Annual Meeting/Reports/Date—the annual meeting has been scheduled for June 23 following the worship service If department annual reports have not been submitted to Ann, please get them to her as soon as possible. A List of names for nominating is due a week before the meeting.

Focus Group—Roy Winegar has wrapped up the focus group and concept testing and presented the results to the board. Four of the six departments participated with all groups coming up with many common themes and thoughts about who we are as a church. From those common themes, Roy was able to distill them into the phrase, "We are there for you!" The board voted unanimously to adopt this concept and statement as the FCC story to be used in the retaining and recruiting of members.

### *New Business*

No new business.

The meeting was adjourned at 7:57pm.

*Official full text of minutes of Governing Board and all departments are available in the church office. Governing Board meetings are open and you are invited to attend. Next meeting will be held on Monday, June 24, 2019.*

Please Join Us!

**FCC Women's Single Group**  
**TUESDAY, JUNE 4**  
**TWO TONYS**  
 723 E. Savidge, Spring Lake  
**DINNER 6:00 p.m.**  
 Please sign up at the Welcome Center  
 if you are able to join us!  
 This is open to any single woman who is a member  
 of FCC or a regular church attendee.




**NO NAME GROUP**  
 Hennessey's  
 885 Jefferson Street,  
 Downtown Muskegon  
 (across from Carmen's)  
 Thursday, June 20, 2019  
 5:30 p.m. Social  
 6:00 p.m. Dinner  
 Hosts: Fred and Linda Nicles  
 Please sign up at the Welcome Center All are  
 welcome, we just ask that you pay for your  
 own beverages and food. We have a great  
 time socializing and breaking bread together!



**PUB Theology**  
**Jane Toot's Home**  
 Tuesday, June 11 at  
 6:30 p.m.  
 Please sign up at the  
 Welcome Center.

**WORK BEE FOR OUR**  
**CHURCH GROUNDS**



Wear your "grubby duds" and join in the  
 needed help to get our church landscape  
 ready for summer. We will be here on  
 Wednesday, June 5th from 9 a.m. to 3 p.m.  
 Please come when you can and stay how  
 ever long as you can. A soup lunch will be  
 provided at noon.

**Food Pantry**

- Volunteers needed for our summer Mobile Food Pantries:
- All trucks will be at FCC around 4:00 p.m. Volunteers are
- needed by 3:15 p.m. (sign up sheet at Welcome Center).

**Wednesday, June 19**  
**No truck in July**  
**Wednesday, August 21**  
**Wednesday, September 18**



**Members-**  
 Please plan to attend our  
 Congregational Annual  
 Meeting Sunday, June 23  
 following worship service.

**ATTENTION ALL SATURDAY BREAKFAST VOLUNTEERS**  
**SAVE THE DATE: August 15, 2019 (Thursday)**  
**WHAT: Partly Potluck Picnic**

WHERE: The Pavilion at Mona Lake Boating Club, 372 Randall Road, Norton Shores  
 WHY: Celebration of 16 years of sharing a weekly meal with First Congregational Church's neighborhood  
**WHO: YOU VOLUNTEERS and your family or supportive friends**  
 WHEN: 5:30 p.m. until we get an uncontrollable urge to clean up  
 SHARE: Your ideas on how we should celebrate with Donna Lachniet  
 STAY TUNED: For sign-up sheets and final details

## PRELIMINARY MONTHLY FINANCIAL REPORT FOR APRIL, 2019

	Current Month Actual	Current YTD Actual	Current YTD Budget	Current YTD Difference	Current Annual Budget
<b>General Operating Income:</b>					
Pledged Offerings	\$ 14,707	\$267,997	\$ 259,787	\$ 8,210	\$ 303,064
Non-pledged Offerings	3,996	39,158	33,932	5,226	40,000
Misc. Income	1,214	51,572	46,340	5,232	49,568
Operating Inc. from Endow.	0	10,000	35,000	-25,000	40,000
<b>Total Op. Income</b>	<b>\$ 19,917</b>	<b>\$368,726</b>	<b>\$ 375,059</b>	<b>\$ -6,332</b>	<b>\$ 432,632</b>
<b>Total Op. Expenses</b>	<b>\$ 31,459</b>	<b>\$355,209</b>	<b>\$ 366,917</b>	<b>\$-11,708</b>	<b>\$ 432,632</b>
<b>NET TOTAL:</b>	<b>-\$11,542</b>	<b>\$ 13,517</b>	<b>\$ 8,141</b>	<b>\$ 5,375</b>	<b>\$ 0</b>

Expenses exceeded income in April. Our year-to-date position exceeds budget expectations by \$ 5,375, and expenses were held under budget by \$11,708. We have not yet needed to use as much as expected of the up to \$40,000 pledged to operations from Endowments this fiscal year, allowing us to leave the unused \$30,000 invested and earning.

We continue to pay down the \$112,000 we borrowed from our invested funds to complete the beginning phases of contracted work on the boiler project. The remaining principal to be repaid as of 5/10/19 will be \$31,139.

*As of 5/8/2019, Greg Scott, Treasurer - ejm*

### STEWARDSHIP NEWS

- Please help complete the campaign. We are eagerly nearing the goal of fully funding our 2019-2020 fiscal budget. It's been a wonderful response so far and there is every hope to hear from those who yet intend to join in positioning our ministry into the coming year.
- For those who have received our recent mailing, we urge you to return the card with your intention of contributing or indicating not at this time. That insures you will not be pestered by follow up. No one wants that.
- Please let us know if you or anyone you know is in need of a card or other stewardship material.
- Again, thanks to everyone participating in the life of First Congregational Church, United Church of Christ, Muskegon.

### The Ricky Brott News:

Looking into the month of June and what do we see coming up?

June 7th is National Chocolate Ice Cream Day—yum!

June 9th is FCC's 160th. Birthday—yeah!

June 16th Father's Day—**Happy Father's Day to all you dads!**

June 18th National Go Fishing Day—I am in favor of all of us Dads that we GO!

June 21st The longest day of the year—yepper

June 26th is National Chocolate Day—another yum day!

Don't Lose Heart!

Rick







# June, 2019

SUN	MON	TUE	WED	THU	FRI	SAT
2 9:30 Adult Discussion 10:30 am Worship Service	3 9:00am Exercise Class 10:30 am 160th meeting 2pm Mercy Health Clinic 3:30pm Gentle Yoga for Seniors	4 10:30am Staff Meeting 11am MKG Prescribes Food for Health 2pm Food Pantry 6 pm FCC Women's Single Group — offsite	5 7am Men's Bible study bkfst 9am Building Volunteers 9 am Exercise Class 9 am Work Bee in Gardens (9-3-come when can)	6 10am YMCA's Diabetes Prevention Program 4pm Gentle Chair Yoga	7 Building Closed	1 9am-10:30 Saturday Breakfast  8 9am-10:30 Saturday Breakfast
9 <b>Pentecost Communion Sunday</b> 9:30 Adult Discussion 10:30 am Worship Service  <b>11-45 Celebrating FCC's 160 Years</b> — Julia Hackley Fellowship Hall	10 9:00am Exercise Class 2pm Member Care Mtg. 2pm Mercy Health Clinic 3:30pm Gentle Yoga for Seniors 4pm Mission Department Meeting	11 10:30am Staff Meeting 11am MKG Prescribes Food for Health 2pm Food Pantry 4pm Endowment Committee 6:30 pm Backyard Theology—offsite	12 7am Men's Bible study bkfst 9am Building Volunteers 9 am Exercise Class 10 am Ulysses Book Club	13 10am YMCA's Diabetes Prevention Program 11am Grand West Association 4pm Gentle Chair Yoga 4pm Finance Committee 6:30 Christian Education 6:30 Worship & Music Mtg.	14 Building Closed	15 9am-10:30 Saturday Breakfast
16 Adult Discussion 10:30 am Worship Service	17 9:00am Exercise Class 12:00 p.m. Building & Grounds Meeting 2pm Mercy Health Clinic 3:30pm Gentle Yoga for Seniors 6:30 pm Governing Board	18 10:30am Staff Meeting 11am MKG Prescribes Food for Health 2pm Love INC Food Pantry	19 7am Men's Bible study bkfst 9am Building Volunteers 9 am Exercise Class 2pm Mobile Food Pantry (truck arrives 4 pm)	20 10am YMCA's Diabetes Prevention Program 4pm Gentle Chair Yoga 5:30 No Name Group — offsite	21 Building Closed	22 9am-10:30 Saturday Breakfast
23 Adult Discussion 10:30 am Worship Service <b>11-45 Congregational Meeting</b>	24 9:00am Exercise Class 2pm Mercy Health Clinic 3:30pm Gentle Yoga for Seniors	25 10:30am Staff Meeting 11am MKG Prescribes Food for Health 2pm Love INC Food Pantry	26 7am Men's Bible study bkfst 9am Building Volunteers 9 am Exercise Class	27 9:30am-5pm Love INC retreat 10am YMCA's Diabetes Prevention Program 4pm Gentle Chair Yoga	28 Building Closed	29 9am-10:30 Saturday Breakfast
30 Adult Discussion 10:30 am Worship Service 11-45 Congregational Life Departmental Meeting						

## **Suggested Scripture Readings for June, 2019**

<b>SAT Jun 01</b>	Acts 18:23-28 Psalm 47:1-2, 7-9 John 16:23-28	<b>TUE Jun 11</b>	II Corinthians 1:18-22 Psalm 119:129-135 Matthew 5:13-16	<b>SAT Jun 22</b>	II Corinthians 12:1-10 Psalm 34:7-12 Matthew 6:24-34
<b>SUN Jun 02</b>	<b>SEVENTH SUNDAY OF EASTER/ MOTHERS' DAY</b> Acts 16:16-34 Psalm 97 Rev 22:12-14, 16-17, 20-21 John 17:20-26	<b>WED Jun 12</b>	II Corinthians 3:4-11 Psalm 99:5-9 Matthew 5:17-19	<b>SUN Jun 23</b>	<b>SECOND SUNDAY</b> I Kings 19:1-15a Psalm 42 Galatians 3:23-29 Luke 8:26-39
<b>MON Jun 03</b>	Acts 19:1-8 Psalm 68:1-6, 32 John 16:29-33	<b>FRI Jun 14</b>	II Corinthians 4:7-15 Psalm 116:10-11, 15-18 Matthew 5:27-32	<b>MON Jun 24</b>	Genesis 12:1-9 Psalm 33:12-13, 18-20, 22 Matthew 7:1-5
<b>TUE Jun 04</b>	Acts 20:17-27 Psalm 68:9-10, 19-20, 32 John 17:1-11	<b>SAT Jun 15</b>	II Corinthians 5:14-21 Psalm 103:1-4, 8-9, 11-12 Matthew 5:33-37	<b>TUE Jun 25</b>	Genesis 13:2, 5-18 Psalm 15:1-5 Matthew 7:6, 12-14
<b>WED Jun 05</b>	Acts 20:28-38 Psalm 68:32, 28-29, 32-35 John 17:11-19	<b>SUN Jun 16</b>	<b>TRINITY SUNDAY FATHER'S DAY</b> Proverbs 8:1-4, 22-31 Psalm 8 Romans 5:1-5 John 16:12-15	<b>WED Jun 26</b>	Genesis 15:1-12, 17-18 Psalm 105:1-4, 6-9 Matthew 7:15-20
<b>THU Jun 06</b>	Acts 22:30; 23:6-11 Psalm 16:1-2, 5, 7-11 John 17:20-26	<b>MON Jun 17</b>	II Corinthians 6:1-10 Psalm 98:1-4 Matthew 5:38-42	<b>THU Jun 27</b>	Genesis 16:(1-5) 6-12, 15-16 Psalm 106:1-5 Matthew 7:21-29
<b>FRI Jun 07</b>	Acts 25:13-21 Psalm 103:1-2, 11-12, 19-20 John 21:15-19	<b>TUE Jun 18</b>	II Corinthians 8:1-9 Psalm 146:2, 5-9 Matthew 5:43-48	<b>FRI Jun 28</b>	Genesis 17:1, 9-10, 15-22 Psalm 128:1-5 Matthew 8:1-4
<b>SAT Jun 08</b>	Acts 28:16-20, 30-31 Psalm 11:4, 5, 7 John 21:20-25	<b>WED Jun 19</b>	II Corinthians 9:6-11 Psalm 112:1-4, 9 Matthew 6:1-6, 16-18	<b>SAT Jun 29</b>	Genesis 18:1-15 Luke 1:46-50, 53-55 Matthew 8:5-17
<b>SUN Jun 09</b>	<b>PENTECOST SUNDAY FCC'S 160<sup>TH</sup> YEARS</b> Acts 2:1-21 Psalm 104:24-34, 35b Romans 8:14-17 John 14:8-17	<b>THU Jun 20</b>	II Corinthians 11:1-11 Psalm 111:1-4, 7-8 Matthew 6:7-15	<b>SUN Jun 30</b>	<b>THIRD SUNDAY AFTER PENTECOST</b> II Kings 2:1-2, 6-14 Psalm 77:1-2, 11-20 Galatians 5:1, 13-25 Luke 9:51-62
<b>MON Jun 10</b>	II Corinthians 1:1-7 Psalm 34:1-8 Matthew 5:1-12	<b>FRI Jun 21</b>	II Corinthians 11:18, 21-30 Psalm 34:1-6 Matthew 6:19-23		