



TRINITY LUTHERAN CHURCH

1323 Central Ave, Alameda CA (510) 522-5220
Anchored in Faith. Serving Our Neighbor. Singing God's Praise.

Mission: To be a caring and diverse community of people who know and share the love of God through Jesus Christ.

Eleventh Sunday after Pentecost August 4, 2024

www.trinityalameda.org
Rev. Stephanie Johnson, Pastor (510) 846-0883

Apparently not satisfied by Jesus' feeding of thousands, some who were there press him for a sign of his power; perhaps it is daily manna they want. As always in John's gospel when people want a sign, Jesus offers himself. He is the bread come from heaven to give life to the world. He calls us to come to him and believe in him, and through that relationship to know the one who sent him.

WELCOME TO TRINITY LUTHERAN CHURCH. *You are invited to join with us as we seek to be God's loving community for all who enter here. You are received as a friend . . .*

- *just as you are, created by God.*
- *whatever your color, culture and customs, your age, abilities, sexual orientation or gender identity.*
- *wherever circumstances find you... in the midst of change or challenge or pain, in need of strength and hope, or in search of spiritual fullness and friendship.*
- *whether you are a new visitor or an old friend, have no church home, have doubts or do not believe, or want to follow Christ and pursue peace and justice in Christ's name.*

You are embraced as an expression of the diversity and beauty of the creation God has given us.

You are welcome here!

The presence of children is a gift to the church and a reminder that our congregation is growing. Please welcome our youngest brothers and sisters and give a smile of encouragement to their parents.

✠ THE SERVICE ✠

↓ ANNOUNCEMENTS

↓ PRELUDE *O Welt, ich muss dich lassen*

Tune: Heinrich Isaac, ca. 1450-1517
Arr. Charles Callahan, 1951-2023
©1997, 2006 Birnamwood Publications (ASCAP)

✠ GATHERING ✠

(Arrows indicate when the congregation may sit ↓ or stand ↑ as able. **Bold print** are responses spoken by the congregation.)

↑ CONFESSION AND FORGIVENESS

Blessed be the holy Trinity, ✠ one God, the God of manna, the God of miracles, the God of mercy. **Amen.**

Drawn to Christ and seeking God's abundance, let us confess our sin.

Silence is kept for reflection.

God, our provider, **help us. It is hard to believe there is enough to share. We question your ways when they differ from the ways of the world in which we live. We turn to our own understanding rather than trusting in you. We take offense at your teachings and your ways. Turn us again to you. Where else can we turn? Share with us the words of eternal life and feed us for life in the world. Amen.**

Beloved people of God: in Jesus, the manna from heaven, you are fed and nourished. By Jesus, the worker of miracles, there is always more than enough. Through Jesus, ✠ the bread of life, you are shown God's mercy: you are forgiven and loved into abundant life. **Amen.**

↓ CHOIR

Welcome Table

Text: African American spiritual

↑ GREETING

The love of God poured into our hearts, the saving grace of Jesus Christ, and the abundant life of the Holy Spirit be with you all. **And also with you.**

↑ KYRIE

Page 193

In peace, let us pray to the lord.

Lord, have mercy.

For the peace from above, and for our salvation, let us pray to the Lord.

Lord, have mercy.

For the peace of the whole world, for the well-being of the church of God, and for the unity of all, let us pray to the Lord.

Lord, have mercy.

For this holy house, and for all who offer their worship and praise, let us pray to the Lord.

Lord, have mercy.

Help, save, comfort, and defend us, gracious Lord. Amen.

↑ HYMN OF PRAISE

Page 196-197

This is the feast of vic-to-ry for our God.

Al-le-lu-ia, al-le-lu-ia.

1. Wor-thy is Christ, the Lamb who was slain, whose blood set us free to be peo-ple of God. Pow-er, rich-es, wis-dom, and strength, and hon-or, bless-ing, and glo-ry are his. (refrain)

2. Sing with all the peo-ple of God, and join in the hymn of all cre-a-tion; Bless-ing, hon-or, glo-ry, and might be to God and the Lamb for-ev-er. A-men.

This is the feast of vic-to-ry for our God, for the Lamb who was slain has be-gun his reign.

Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.

↑ PRAYER OF THE DAY

Let us pray. O God, eternal goodness, immeasurable love, **you place your gifts before us; we eat and are satisfied. Fill us and this world in all its need with the life that comes only from you, through Jesus Christ, our Savior and Lord. Amen.**

✠ WORD ✠

↓FIRST READING

Exodus 16:2-4, 9-15

²The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. ³The Israelites said to them, "If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger."

⁴Then 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. In that way I will test them, whether they will follow my instruction or not."

⁹Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the LORD, for he has 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 and said, ¹²"I have 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 am 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 did not know what it was. Moses said to them, "It is the bread that the LORD has given you to eat."

Word of God, Word of Life. **Thanks be to God.**

↓Psalm 78:23-29

²³So God commanded the clouds above and opened the doors of heaven,

²⁴**raining down manna upon them to eat and giving them grain from heaven.**

²⁵So mortals ate the bread of angels; God provided for them food enough.

²⁶**The LORD caused the east wind to blow in the heavens and powerfully led out the south wind,**

²⁷raining down flesh upon them like dust and flying birds like the sand of the seas,

²⁸**letting them fall in the midst of the camp and round about the dwellings.**

²⁹So the people ate and were well filled, for God gave them what they craved.

↓SECOND READING

Ephesians 4:1-16

¹I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have 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. ⁴There is 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 is 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 is 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 had also descended into the lower parts of the earth? ¹⁰He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) ¹¹The gifts he gave were that some would be apostles, some prophets, some evangelists, some 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 is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Word of God, Word of Life. **Thanks be to God.**

↑GOSPEL ACCLAMATION

Page 198

Alleluia, alleluia. Alleluia, alleluia.

Lord, to whom shall we go?

You have the words of eternal life.

Alleluia, alleluia. Alleluia, alleluia.

↑GOSPEL

John 6:24-35

The Holy Gospel according to St. John the 6th chapter.

Glory to you, O Lord..

²⁴When the crowd saw that neither Jesus nor his disciples were [beside the sea,] 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 are looking for me, not because you saw signs, but because you ate your fill of the loaves. ²⁷Do not 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 is 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 him whom he 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 is written, 'He gave them bread from heaven to eat.'" ³²Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is 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."

³⁵Jesus said to them, "I am 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 the Lord.

Praise to you, O Christ.

↓SERMON

↑HYMN

The Rice of Life

ACS #965

(Choir sings first verse)

1 *The rice of life from heaven came to be true life from God above.*

Receive this gift; God's mercy claim; in joy and pain give thanks for love.

2 *True rice the hungry world has fed, the rice required for life below.*

Provide this gift; God's mercy spread; in weakness God's compassion show.

3 *The rice of God for all is meant; no one who comes is turned away.*

Believe in Christ whom God has sent; in humble trust God's will obey.

4 *The living rice, for all a sign, came down eternal life to give. Abide in Christ, the living vine, in Christ, with people die and live.*

Text: J. Andrew Fowler, b. 1935

Text © 1990 Christian Conference of Asia, admin. GIA Publications, Inc.

↑APOSTLES' CREED

p. 105

Let us profess our faith in the words of the Apostles' Creed.

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

↑PRAYERS OF INTERCESSION

(The congregation is encouraged to take the position which is most prayerful to you.)

You may choose to sit or stand as you are comfortable.

Calling on the spirit of Wisdom to guide our hearts and our minds, let us pray for the church, the world, and all in need.

A brief silence.

O Wise One, your wisdom has been present in this world since its beginning. Pour out your wisdom into the hearts of the whole church, especially the newly baptized, lay leaders, deacons, pastors, and bishops. Merciful God, **receive our prayer.**

Holy God of all creation, you are the source of all life. Where the sun blazes hard and strong, bring a gentle breeze. In the places experiencing the cold of winter, bring your warmth. Merciful God, **receive our prayer.**

Compassionate God, help government leaders of this world unite for peace and justice. Humble all who hold authority, that power is directed toward a more just society. Merciful God, **receive our prayer.**

Bread of life from heaven, you feed us. Fill all who hunger with needed nutrition and open our hearts to eliminate hunger in this world. May we see a day when all are fed. Merciful God, **receive our prayer.**

God of healing, you open wide your hand and satisfy the desire of every living thing. We remember any who are sick or suffering, especially *Saemi Ladue, Brian Schoenrock, Ginny Ostergren, Chuck Bangert, Ann Kenyon, Betty Ann Haskins, Matt Fleischman, Ginny Parsons, Lou and Stevie O'Connell, JoAnn Lee, Ryan Simpson, Elizabeth Madaras, Jerry Stich, Sister Pat Nagle, Peter Dow, Jane McDermott, Mary Goglio, Marla Anderson, Constance Farber, Alan Petersen, Annalise Simmons, Helen Pedersen, Tricia, Pam Clisham, Deanna Madarasz, Jackson Bohm, Nancy Stich, Patricia Runo, Michael Rasmussen, Gail Cromack, Kate Ganschow, Michael Lamb, Maddy Pearce, Christine Winberg and Dorothy Wingire.* Merciful God, **receive our prayer.**

We pray for the ministries of your Word, for Trinity Church Council, the Strategic Exploration Team, the priesthood of all believers, Marin Lutheran Church in Corte Madera, the Lutheran Church of Kagitumba in Rwanda and our Sunday School. We pray for the fullness of the lives of Marvera Kline, Stan Booker and Marcy Pearce as they celebrate their birthdays this week. Merciful God, **receive our prayer.**

O Wisdom of truth, help us to understand your will for the church. Be with congregations experiencing transition, redevelopment, and the exciting yet frightening path of newness. May your wisdom be found at every step. Merciful God, **receive our prayer.**

At this time, you are invited to pray the prayers of your heart, either silently or aloud.

A moment is offered for prayers from the congregation

Redeeming God, we give you thanks for the lives and witness of your saints now departed (*especially*). Bring your beloved into eternal glory, opening wide the gates to the heavenly banquet. Merciful God, **receive our prayer.**

We lift up these prayers to you, gracious God. Receive them into your holy keeping.
Amen.

✠ MEAL ✠

↑ SHARING THE PEACE

The peace of the Lord be with you always.
And also with you.

↓ OFFERING

↑ GREAT THANKSGIVING

Page 199

The Lord be with you. **And also with you.**
Lift up your hearts. **We lift them to the Lord.**
Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

↑ PREFACE

It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Savior Jesus Christ; who on this day overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join their unending hymn:

↑ HOLY, HOLY, HOLY

Page 200

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest, Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest, Hosanna in the highest.

↑ JESUS' WORDS OF INSTITUTION OF THE LORD'S SUPPER

↑ LORD'S PRAYER

You are invited to pray in the version or language of your choice.

Our father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

↓ INVITATION TO COMMUNION

Christ has set the table with more than enough for all. Come! **Thanks be to God!**

↓DISTRIBUTION

All are welcome to receive Holy Communion.
The cup we serve is non-alcoholic. **Gluten-free wafers are offered for those who have need. Please indicate your need to the pastor as you approach to receive the host.** If you do not wish to take communion you may come forward for a blessing or remain seated.

↓LAMB OF GOD

Page 201

Lamb of God, you take a-way the sin of the world; have mercy on us.

Lamb of God, you take a-way the sin of the world, have mercy on us.

Lamb of God, you take a-way the sin of the world; grant us peace, grant us peace.

↑POST COMMUNION BLESSING

May the body and blood of our Lord, Jesus Christ, strengthen you and give you peace.

Amen.

↑PRAYER AFTER COMMUNION

Let us pray. Jesus, Bread of life, we have received from your table more than we could ever ask. As you have nourished us in this meal, now strengthen us to love the world with your own life. In your name we pray. **Amen.**

✠ SENDING ✠

↑BLESSING

The blessing of God, who provides for us, feeds us, and journeys with us, ✠ be upon you now and forever. **Amen.**

↑HYMN *O Living Bread from Heaven*

#542 vs. 1, 3, 4

- 1 ***O living Bread from heaven,
how well you feed your guest!
The gifts that you have given
have filled my heart with rest.
O wondrous food of blessing!
O cup that heals our woes!
My heart, this gift possessing,
in thankful song o'er flows.***
- 3 ***You gave me all I wanted;
this food can death destroy.
And you have freely granted
the cup of endless joy.
My Lord, I do not merit
the favor you have shown;
and all my soul and spirit
bow down before your throne.***
- 4 ***Oh, grant me then, well-strengthened
with heav'nly food, while here
my course on earth is lengthened,
to serve you, free from fear;
and bring me home to praise you
where none can peace destroy,
where I will ever raise you
glad songs in endless joy.***

Text: Johann Rist, 1607-1667; tr. Catherine Winkworth, 1827-1878, alt.

↑DISMISSAL

Go in peace. You are the body of Christ.

Thanks be to God.

POSTLUDE *O Living Bread from Heaven*

Tune: *Aurelia*, Samuel S. Wesley, 1810-1876

Arr. James Mansfield

© 1982 Lorenz Publishing Co.

All music and liturgy used with permission under Augsburg Fortress Sundays and Seasons Subscription SB132990 and One License A-706480. All rights reserved.

THIS WEEK'S ANNOUNCEMENTS AT TRINITY

ATTENDANCE LAST SUNDAY: 41

IMPORTANT DATES THIS WEEK:

Mon 8/5 9:30am Craft Group
Tues 8/6 7:30am Tuesday Morning Bible Study resumes (meets on Zoom)
Wed *Women's Bible Study on Summer break*
Thurs 8/8 12:30pm Ukuleles with Ozzy



**God's work.
Our hands.**

GOD'S WORK. OUR HANDS. PROJECT AT TRINITY Last year, Trinity's service project for God's Work. Our Hands (GWOH) Sunday was to compile kits for Lutheran World Relief (LWR). The Mission and Service Committee hoped to complete 50 kits, and thanks to so many of you, we were easily able to complete that goal and then some! This year, we will be again collecting and compiling kits for LWR with a goal to make 100 kits. We'll be collecting the following items from now until September 1st. We will gather after worship on September 8th to compile the kits together.

The list of items for kits is very specific. Please take a look at the following list and bring any items you would like to contribute to Trinity and place them in the designated area in the church entryway. We'll keep you updated with the completion of the collection of each item as they come in. Please contact Jessica or Kathy Booker with any questions.

We need 100 of each of these items:

*light weight bath-size towel- brand new- in dark colors (NO WHITE), sized from 20-40" x 52-72"

current count: 34 of 100

*adult size toothbrush in its original packaging (can not get a multiple pack of these unless they are individually packaged) current count: 16 of 100

*sturdy comb- medium to wide-tooth so that members of all communities can utilize them, (you can donate a package of them and we will remove packaging when we compile kits) current count: 29 of 100

*metal nail clippers current count: 3 of 100

and 200 bath size bars of soap-in packaging (2 will go in each kit) current count: 64 of 200

All items must be brand new

THE TUESDAY MORNING BIBLE STUDY will resume this Tuesday 8/6. This Bible Study meets on Zoom at 7:30 am each Tuesday. You are welcome to join us! Please chat with Pastor Stephanie with any questions and info about where to find the zoom link to join.

Visits from Pastor Stephanie

If you would appreciate a visit from Pastor Stephanie, she is available by phone, text or email to make an appointment. She is happy to visit with you in your home, at her office, or a location of your convenience.

Pastor's Office Hours

Mon-10:00-Noon; Tues. 9am-Noon; Thurs.-10:00-Noon

You can reach Pastor Stephanie on her cell phone at (510) 846-0883