

**Weekly Readings for the Elevents Sunday after Pentecost
Year B, August 4, 2024**

Collect of the Day

God of Moses, who rained down bread on Israel's wandering people: lead us to the food that never leaves us craving, addicted to consuming, but fills our whole humanity with life enough for all; through Jesus Christ, the bread of heaven. **Amen.**

The First Reading— Exodus 16:2-4, 9-15

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The 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." 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. In that way I will test them, whether they will follow my instruction or not." Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the Lord, for he has heard your complaining.'" 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. The Lord spoke to Moses and said, "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.'" In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. 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."

Reader: Hear what the Spirit is saying to God's people.

People: Thanks be to God.

Psalm 78:23-29 (*read responsively by whole verse*)

23 So he commanded the clouds above *
and opened the doors of heaven.

24 **He rained down manna upon them to eat ***
and gave them grain from heaven.

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

26 **He caused the east wind to blow in the heavens ***
and led out the south wind by his might.

27 He rained down flesh upon them like dust *
and winged birds like the sand of the sea.

28 He let it fall in the midst of their camp *
and round about their dwellings.

29 So they ate and were well filled, *
for he gave them what they craved.

Second Reading— Ephesians 4:1-16

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said,

"When he ascended on high he made captivity itself a captive;
he gave gifts to his people."

(When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until 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. We 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. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from 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.

Reader: Hear what the Spirit is saying to God's people.

People: **Thanks be to God.**

Gospel Reading—John 6:24-35

Celebrant: The Holy Gospel of our Savior Jesus Christ according to John.

People: **Glory to you Lord Christ.**

The next day, when the people who remained after the feeding of the five thousand saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” Jesus 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. Do 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.” Then they said to him, “What must we do to perform the works of God?” Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” So 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? Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” Then 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. For the bread of God is that which comes down from heaven and gives life to the world.” They said to him, “Sir, give us this bread always.”

Jesus 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.”

Celebrant: The Gospel of the Lord.

People: **Praise to you, Lord Christ.**

Announcements (if you have an announcement to share, please contact Rev. Sarah by Wednesday.)

- **Rev. Sarah on vacation-** Rev. Sarah and her family will be on vacation, and attending to a family funeral and wedding from August 7-20. August 11 will be a service of morning prayer, and August 18 will be a Eucharist led by Sherry Mattson and Rick Draper. I will be available by email or phone, in case of pastoral emergencies, but will likely be slower to respond.
- **Mark Your Calendars!** In the fall we will hold a few special services: Blessing of the Backpacks on September 1st, prior to schools being back in session; Blessing of the Animals on October 6th, celebrated near the feast day for St. Francis. More details to come!
- **Fall offerings-** Beginning in September, we will be offering a few ways for individuals and families to be involved beyond Sunday worship.
 - **Monthly Family formation gatherings—** A time to learn as an intergenerational community about what it means to follow Jesus in our relationships, with our family, and our community. The focus will be on faith learning that is accessible and applicable to all, in a setting where children and families are centered.
 - **Bible Study/Book Group—** This group will gather once a week to explore the book of Job together. We will read the book thoroughly as well as contextualize it with other writers, theologians, poets, artists and their take on Job. The purpose is both to explore a book of the Bible in community, as well as learn the spiritual practice of reading scripture.
- **Evening Prayer-** Join us at 5:30 on Wednesday nights for a quiet service of Evening Prayer. This is an ongoing offering, all are welcome.

Service Leaders for 8/3

Reader- Dave Courey
Prayers of the People- George Miller
Usher- Pat Joyce

Rev. Sarah's time: Please reach out for pastoral needs or time with me by email at sarahdienerschlitt@gmail.com. My available office times are currently 10-4 Tuesdays-Thursdays. I typically work from home on sermon preparation on Fridays, but am available as needed by phone or email. I observe sabbath on Mondays, and don't typically answer emails on Saturdays and Mondays. If the situation is an emergency, please call or text me at 218-341-0900.

Trinity Episcopal Prayer List

Please hold the following people in your prayers. If you have names you would like added to this list, please see your Trinity email or connect with Rev. Sarah.

Amber; Evelyn; Chris; Steve; Charlie; George; Jack; Taylor, John and Toni; Alex and John; Lisa; Thomas; Jeanie Cox Jensen; Susan and Jonah; Blade.