

SEASON AFTER PENTECOST



In the morning, you shall have your fill of bread. Exodus 16:12

August 4, 2024

Peace Lutheran Church



West Seattle, Washington

Apparently not satisfied by Jesus' feeding of thousands, some who were there press him for a sign of 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

***Today we will celebrate Holy Communion. Christ is the host of this meal of grace and offers himself fully, body and blood, in the bread and wine.
All are welcome to meet him at the Table.***

+ GATHERING +

P – *Presider* C – *Congregation* L – *Lector* A – *Assisting Minister*
ELW – *Evangelical Lutheran Worship Hymnal* ACS – *All Creation Sings*

PRELUDE

WELCOME

GATHERING HYMN

Welcome Table

ACS #969

1 I'm a-goin'-a eat at the wel-come ta - ble,
2 I'm a-goin'-a feast on milk . . . and hon - ey,
3 I'm a-goin'-a wade 'cross Jor - dan's riv - er,

I'm a-goin'-a eat at the wel-come ta - ble, some of these days.
I'm a-goin'-a feast on milk . . . and hon - ey, some of these days.
I'm a-goin'-a wade 'cross Jor - dan's riv - er, some of these days.

I'm a-goin'-a eat at the wel-come ta - ble,
I'm a-goin'-a feast on milk . . . and hon - ey,
I'm a-goin'-a wade 'cross Jor - dan's riv - er,

I'm goin' - a eat at the wel-come ta - ble, some of these days.
I'm goin' - a feast on milk . . . and hon - ey, some of these days.
I'm goin' - a wade 'cross Jor - dan's riv - er, some of these days.

GREETING

P The grace of our Lord Jesus Christ, the love of God,
and the communion of the Holy Spirit be with you all.

C And also with you.

HYMN OF PRAISE

You Are Holy

ELW #525

Du är he - lig, du är hel. Du är all - tid myck-et mer
You are ho - ly, you are whole. You are al - ways ev - er more

än vi nån - sin kan för - stå, du är nä - ra än - då.
than we ev - er un - der - stand. You are al - ways at hand.



Väl - sig - nad va - re du som kom - mer hit just nu,
 Bless - ed are you com - ing near. Bless - ed are you com - ing here



väl - sig - na - de vår jord, blir till bröd på vår jord.
 to your church in wine and bread, raised from soil, raised from dead.



Du är he - lig, du är hel - het,
 You are ho - ly, you are whole - ness,



du är när - het he - la kos - mos lo - var dig!
 you are pres - ent. Let the cos - mos praise you, Lord!



Ho - si - an - na, ho - si - an - na,
 Sing ho - san - na in the high - est!



ho - si - an - na, ho - si - an - na vår Gud.
 Sing ho - san - na! Sing ho - san - na to our God!

PRAYER OF THE DAY

P The Lord be with you.

C And also with you.

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

C Amen.

+ WORD +

FIRST READING: Exodus 16:2-4, 9-15

Helen Hundley

A food crisis becomes a faith crisis for the Israelites in the wilderness. The hungry people forget God's saving work in the exodus, and they wish for the food they had in Egypt. Nevertheless, God miraculously meets their needs, with manna for bread and quail for meat.

The 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."

L The Word of the Lord.

C Thanks be to God.

GOSPEL ACCLAMATION *Please rise in body or spirit to receive the gospel.* **ELW #174**

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

P The Holy Gospel according to John, the 6th Chapter.

C **Glory to you, O Lord.**

GOSPEL: John 6:24-35

Many of the five thousand people Jesus fed in the wilderness continued to follow him throughout the countryside. Jesus challenges them to consider the real nature of their quest.

When 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."

P The Gospel of the Lord.

C Praise to you, O Christ.

CHILDREN'S TIME

Helen Hundley

SERMON

Rev. Paul Winterstein

HYMN OF THE DAY

Bread of Life from Heaven

ELW #474

Refrain




Bread of life from heav-en, your blood and bod - y giv - en,
we eat this bread and drink this cup un - til you come a - gain.

- 1 Break now the bread of Christ's sac - ri - fice; giv - ing
- 2 Seek not the food that will pass a - way; set your
- 3 Love as the one who, in love for you, gave him -
- 4 Dwell in the one who now dwells in you; make your
- 5 Drink of this cup and de - clare his death; eat this



thanks, hun - gry ones, gath - er round. Eat, all of you, and be
hearts on the food that en - dures. Come, learn the true and the
self for the life of the world. Come to the one who is
home in the life - giv - ing Word. Know on - ly Christ, Ho - ly
bread and be - lieve Eas - ter morn; trust his re - turn and, with



sat - is - fied; in Christ's pres - ence the loaves will a - bound.
liv - ing way, that the full - ness of life may be yours.
food for you, that your hun - ger and thirst be no more.
One of God, and be - lieve in the truth you have heard.
ev - 'ry breath, praise the one in whom you are re - born.

PRAYERS OF INTERCESSION

Paul Bliss

A 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.

Petitions are offered that end with:

A Merciful God,

C receive our prayer.

When all petitions have been offered:

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

C Amen.

+ MEAL +

THE PEACE

P The peace of the Lord be with you always.

C **And also with you.** *We share a gesture of greeting of peace with those around us.*

ANNOUNCEMENTS

OFFERING

Your financial gifts today support the ongoing ministry of our congregation, cooperative ventures of ELCA congregations throughout Western Washington, and Evangelical Lutheran ministries around the world. We invite you to give generously! You can place your gift in the offering plate, can mail in a check, or connect to our secure [Tithely Giving Page](#) via this QR CODE. Whatever size, your gift makes a difference—thank you for your support!



OFFERTORY

Take My Life, That I May Be

ELW #583, vs. 1-2

Refrain/Estrillo

To - ma, oh Dios, mi vo - lun - tad, y haz - la tu - ya, na - da más;
Take my life, that I may be con - se - crat - ed, Lord, to thee;

to - ma, sí, mi co - ra - zón y tu tro - no en él ten - drás.
take my mo - ments and my days; let them flow in cease - less praise.

1 Que mi vi - da en - te - ra es - té con - sa - gra -
1 Take my hands and let them move at the im -
2 Take my sil - ver, and my gold, not a mite

da a ti, Se - ñor; que a mis ma - nos pue -
pulse of thy love; take my feet and let
would I with - hold; take my in - tel - lect

Refrain/Estrillo

da guiar el im - pul - so de tu a - mor.
them be swift and beau - ti - ful for thee.
and use ev - 'ry pow'r as thou shalt choose.

OFFERTORY PRAYER

A Let us pray. Jesus, Bread of life:

C you have set this table with your very self, and called us to the feast of plenty.

Gather what has been sown among us, and strengthen us in this meal.

Make us to be what we receive here, your body for the life of the world. Amen.

THE GREAT THANKSGIVING

P The Lord be with you.

C **And also with you.**

P Lift up your hearts!

C **We lift them to the Lord!**

P Let us give thanks to the Lord our God.

C **It is right to give our thanks and praise.**

P 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 altender God, through our Savior Jesus Christ. 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:

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

EUCCHARISTIC PRAYER

P In the night he shared his final meal with his disciples, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying:

C **Take and eat; this is my body, given for you. Do this for the remembrance of me.**

P Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying:

C **This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.**

THE LORD'S PRAYER *(ecumenical)*

P Gathered into one by the Holy Spirit, we pray the prayer Jesus taught us.

**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 us 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

P Christ has set the table with more than enough for all. Come!

C **Thanks be to God!**

DISTRIBUTION

We commune processionally. Extend your hands to receive bread. A gluten free wafer is also available. Both wine (dark) and grape juice (light) are available in the ceramic cups. Place your empty cup in the box at the end of the front pew on your way back. Children are welcome to receive when their parents believe they are ready, with the support of the pastor. Any who prefer a blessing may cross their hands over their chest as they come forward.

DUET

Fill My Cup, Lord

Sonja Outlaw, Janet Cruse

PRAYER AFTER COMMUNION

A 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. C Amen.

+ SENDING +

BLESSING

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

SENDING HYMN

Sent Forth by God's Blessing

ELW #547



1 Sent forth by God's bless - ing, our true faith con - fess - ing,
2 With praise and thanks - giv - ing to God ev - er - liv - ing,



the peo - ple of God from this dwell - ing take leave.
the tasks of our ev - 'ry - day life we will face—



The sup - per is end - ed. Oh, now be ex - tend - ed
our faith ev - er shar - ing, in love ev - er car - ing,



the fruits of this ser - vice in all who be - lieve.
em - brac - ing God's chil - dren, the whole hu - man race.



The seed of Christ's teach - ing, re - cep - tive souls
With your feast you feed us, with your light now



reach - ing, shall blos - som in ac - tion for God and for all.
lead us; u - nite us as one in this life that we share.



Your grace shall in - cite us, your love shall u - nite us
Then may all the liv - ing with praise and thanks - giv - ing



to work for your king - dom and an - swer your call.
give hon - or to Christ and his name that we bear.

DISMISSAL

A Go in peace. You are the body of Christ.


C **Thanks be to God.**

POSTLUDE



CONTACT INFORMATION

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Jon Lackey, Minister of Music	Music@PeaceLutheranSeattle.org

Find us on  at **People of Peace Lutheran**

SERVING IN WORSHIP

Pastor	Rev. Erik Kindem
Guest Preacher and Presider	Rev. Paul Winterstein
Minister of Music	Jon Lackey
Liturgical Assistant	Paul Bliss
Vocalists	Sonja Outlaw, Janet Cruse
Acolyte	Jaxson Troupe
Lector	Helen Hundley
Children's Sermon	Helen Hundley
Greeters	Randy Hernandez, Helen Hundley
Ushers	Larry & Janet Cruse
Altar Care	Randy & Liz Hernandez
Communion Assistant	Randy & Liz Hernandez
Coffee Server	Jean Sides
Production Techs	Alex Wren, Dustin Smith
Counters	Jim Lukens, Kathleen Keyes
Nursery Attendant	Heidi Coy

OUR FINANCIAL STEWARDSHIP

At the Congregational Meeting on February 4, we embraced a plan for funding our mission in 2024. That plan anticipates offering income averaging \$26,477 monthly. Thank you for your gifts which support God's mission at Peace, in the larger community, and internationally through the ELCA!

Offering Income received July 2024

07/07/24 \$ 2,328.00

07/14/24 \$ 1,812.00

07/21/24 \$ 1,940.00

07/28/27 \$ 1,245.00

Electronic \$12,408.94

Total \$19,733.94

Heating campaign total received to date: \$27,075

Our campaign goal is: \$35,000

THIS WEEK'S ACT FOR CREATION

Cook vegetables ahead of time to whip up meals quickly and add variety to how you use them. Use roasted broccoli in an Asian stir-fry one night and a pasta dish the next with parmesan and lemon. Build a plate or bowl around vegetables with a quick-cook protein, like an egg, fish, or fried chickpeas; something filling and starchy, like pasta, couscous, rice; and something from your pantry to bring zest and flavor. Building meals ingredient-first like this reduces waste and can inspire appetite-first creativity.

Pray for Creation: We thank God for indigenous peoples throughout the world who continue to teach us how to live sustainably.

UPCOMING WORSHIP SCHEDULE FOR AUGUST

Pastor Erik will be on vacation from July 18 – August 14. While he is gone, Pastor Paul Winterstein will serve as emergency pastoral care contact. His home phone is: 206-762-1362 and mobile phone: 206-802-8951. On August 4 Rev. Paul Winterstein will return to the pulpit. On August 11, Rev. Chris Ode will serve as guest preacher/presider. This is also our Pass the Hat Sunday for Lutheran Counseling Network.

PRAYER LIST

Please continue to remember the sick and home-bound of our congregation and others who have sought our prayers: **Sick/Recovering**: Carrol Andersen; Cay Bell; Deric Bevier; Jan Burt; Ixchela Castaneda; Jeff & Dolly Chale; Mike & Marsha Davis; MaryAnne DeVry; Joe Flint; Bob Gaines; Verna Hernandez; Maria Iriarte; Mary Jacob; Sandy Kaduce; Mark Kindem; Ken Keyes; Norma Knight; Evelyn Martinez; Steve Metzler; Bill Morrell; Michelle Pierce; Joey Roberts; JoAnne Spangler; Pat Spangler; Nancy Spannaus; Scott Stenberg; Sean Stephens; Doris Stevens; Lukas Swidler; Sarah Taylor; Michele Tomseth; Pam Webber; Bishop Shelley Bryan Wee; Roger Wingfield.

Homebound: Connie Benjamin; Lu Kramer; Marjorie Johnson; Jan Madsen

We express our Christian sympathy to the Ramsey family on the death of Jill Ramsey, Kathleen Keyes' friend.

PROTOCOL FOR PRAYER LIST We will keep people on the prayer list for one month unless otherwise specified or unless you contact the Peace office to extend the time.

RECONCILING IN CHRIST AFFIRMATION OF WELCOME

Christ calls us to reconciliation and wholeness, in a world that can be filled with alienation and brokenness. In faithfulness to the Gospel and to our Lutheran heritage, we answer Christ's call to be agents of healing and safety, particularly for people who have been marginalized by our society.



As a Christian community, we invite all people to join us as we work to better understand the meaning of grace for our lives. We welcome people of all sexual orientations and gender identities into the life and mission of our congregation.

PERMISSIONS

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