



*Give us this  
bread always*

JOHN 6:34



# St. Paul's Lutheran Church

25 W. Springettsbury Ave., York, PA 17403

Church Office 717-843-8155

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[www.stpaulsyork.org](http://www.stpaulsyork.org)

[www.stpaulspreschoolyork.com](http://www.stpaulspreschoolyork.com)

Facebook: St. Paul's Lutheran Church York PA on Springettsbury & George

YouTube: St. Paul's Lutheran Church - South George St. York

**WELCOME** Thank you for being with us.

**We are a Christian church within the Lutheran tradition** (Evangelical Lutheran Church of America) and we welcome people of all Christian traditions as well as people of other faiths and people of little or no faith. Christian worship has been offered to God in this congregation for 188 years. By worshipping with us today, you become part of that living tradition.

**Offerings** Offerings are received during the liturgy. They are presented along with gifts of bread and wine at the altar. You may also donate via our website at [www.stpaulsyork.org](http://www.stpaulsyork.org) or use the QR Code provided.

**Restrooms** are available in the Good Shepherd Room (Springettsbury lobby) and the narthex (George St). Baby changing stations are provided in these restrooms as well as in the nursery.

**An AED/Defibrillator** unit is located in the Good Shepherd room. It is placed on the wall left side of the Springettsbury door exit.

**The Nursery** is accessed through the front right double doors.

The liturgy is live-streamed into the Nursery. Parents are asked to stay with their children. Quiet activities are also available in the Narthex for infant through preschool children to use with an adult.

**Parents**, please do accompany your child to the restroom during the liturgy and wait with them. This is a way for us to practice good safety protocol within our building.



**Lutheran Church in York, PA - St. Paul's Lutheran...**

[stpaulsyork.org](http://stpaulsyork.org)



*The altar flowers are presented to the Glory of God  
in memory of Paige and John Smith, by Sara Atkinson*

STAFF		
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# Eleventh Sunday after Pentecost

August 4, 2024

**Holy Communion 9:15 AM**

*Musical Setting #6 Evangelical Lutheran Worship*

**PRELUDE**

*How Great Thou Art*

Jazz ensemble

*Stand turning to face the Baptismal Font*

## **CONFESSION**

In the name of the Father and of the ✝ Son and of the Holy Spirit..

**Amen.**

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy name, through Jesus Christ our Lord.

**Amen.**

If we say we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God who is faithful and just will forgive our sins and cleanse us from all unrighteousness.

*Silence for reflection and self-examination.*

Most merciful God,

**we confess that we are in bondage to sin and cannot free ourselves. We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name.**

**Amen**

Almighty God, in his mercy, has given his Son to die for us and, for his sake, forgives us all our sins. As a called and ordained minister of the Church of Christ, and by his authority, I therefore declare to you the entire forgiveness of all your sins, in the name of the Father, and of the ✝ Son, and of the Holy Spirit.

**Amen**

## 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.

## APOSTOLIC GREETING

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

## KYRIE



In peace, let us pray to the Lord.



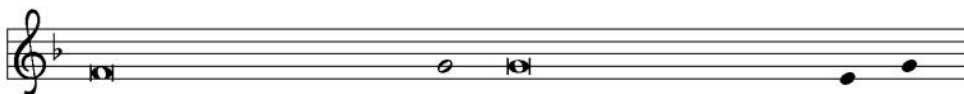
Lord, have mer - cy.



For the peace from a - bove, and for our sal-vation, let us pray to the Lord.



Lord, have mer - cy.



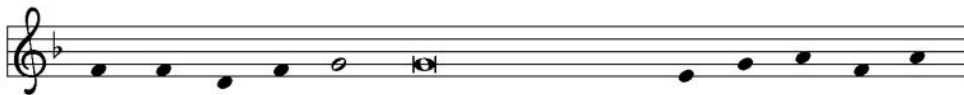
For the peace of the whole world, for the well-being of the church of



God, and for the uni - ty of all, let us pray to the Lord.



Lord, have mer - cy.



For this ho - ly house, and for all who offer here their wor-ship and

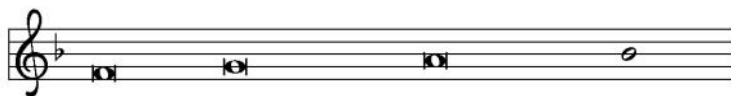
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praise, let us pray to the Lord.



Lord, have mer - cy.



Help, save, comfort, and de - fend us, gracious Lord.



A - men.

## HYMN OF PRAISE



Glo-ry to God in the high - est, and peace



to God's peo-ple on earth. Glo-ry to God in the



high - est, and peace to God's peo-ple on earth.



Lord God, heav-en-ly King, al - mighty God and Fa-ther,



we wor-ship you, we give you thanks, we praise you for your glo - ry.

# REFRAIN



2 Lord Je - sus Christ, on - ly Son of the Fa - ther, Lord God,



Lamb of God, you take a - way the sin of the world:



have mer - cy on us; you are seat - ed at the right



hand of the Fa - ther: re - ceive our prayer.

# REFRAIN



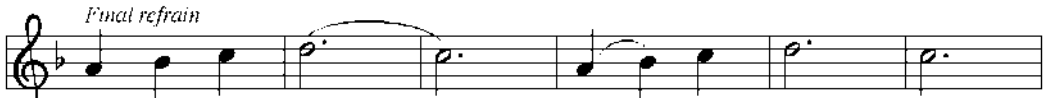
3 For you a - lone are the Ho - ly One, you a - lone are the Lord, you a -



lone are the Most High, Je - sus Christ, with the Ho - ly



Spir - it, in the glo - ry of God the Fa - ther.



Glo - ry to God in the high - est.



A - men, a - men.

## PRAYER OF THE DAY

Let us pray. . . . Gracious Father, your blessed Son came down from heaven to be the true bread which gives life to the world. Give us this bread, that he may live in us and we in him, Jesus Christ our Lord. **Amen**

*Sit*

## CHILDREN'S SERMON

### FIRST READING

**Exodus 16:2-4, 9-15**

*(back cover)*

### PSALM

**Psalm 78:23-29** *sung unaccompanied Cantor/congregation*



- <sup>23</sup> So he commanded the | clouds above\*  
and opened the | doors of heaven.  
<sup>24</sup> **He rained down manna upon | them to eat\***  
**and gave them | grain from heaven.**  
<sup>25</sup> So mortals ate the | bread of angels;\*  
he provided for them | food enough.  
<sup>26</sup> **He caused the east wind to blow | in the heavens\***  
and led out the south wind | by his might.  
<sup>27</sup> He rained down flesh upon | them like dust\*  
and winged birds like the sand | of the sea.  
<sup>28</sup> **He let it fall in the midst | of their camp\***  
**and round | about their dwellings.**  
<sup>29</sup> So they ate and | were well filled,\*  
for he gave them | what they craved.

### SECOND READING

**Ephesians 4:1-16**

*(back cover)*

*Stand*

### VERSE

*Sung by all*





## HOLY GOSPEL

**John 6:24-35**

*(back cover)*

The Holy Gospel according to St. John.

**Glory to you, O Lord.**

*At the conclusion of the Gospel.*

The Gospel of the Lord.

**Praise to you, O Christ.**

*Sit*

## SERMON

Pastor Reep

*Stand*

## APOSTLES' CREED

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

**I believe in Jesus Christ, his only Son, our Lord.**

**He was conceived by the power of the Holy Spirit and born of the virgin Mary.**

**He suffered under Pontius Pilate, was crucified, died, and was buried.**

**He descended into hell.\* On the third day he rose again.**

**He ascended into heaven, and is seated at the right hand of the Father.**

**He will come again 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

Let us pray for the whole people of God in Christ Jesus and for all people according to their needs.

*A brief silence.*

Loving God, pour out your wisdom into the hearts of the whole church, especially the newly baptized, lay leaders, deacons, pastors, and bishops. In your mercy,

**receive our prayer.**

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. In your mercy,

**receive our prayer.**

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. In your mercy,

**receive our prayer.**

Be with congregations experiencing transition, redevelopment, and the exciting yet frightening path of newness. May your wisdom be found at every step. In your mercy,

**receive our prayer.**

*Here other intercessions may be offered.*

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. In your mercy,

**receive our prayer.**

We lift these prayers to you, merciful God. Receive them into your holy keeping we ask through Jesus Christ, our Lord.

**Amen.**

## PEACE

The peace of the Lord be with you always.

**And also with you.**

*The ministers and congregation greet one another in the name of the Lord.*

*Sit*

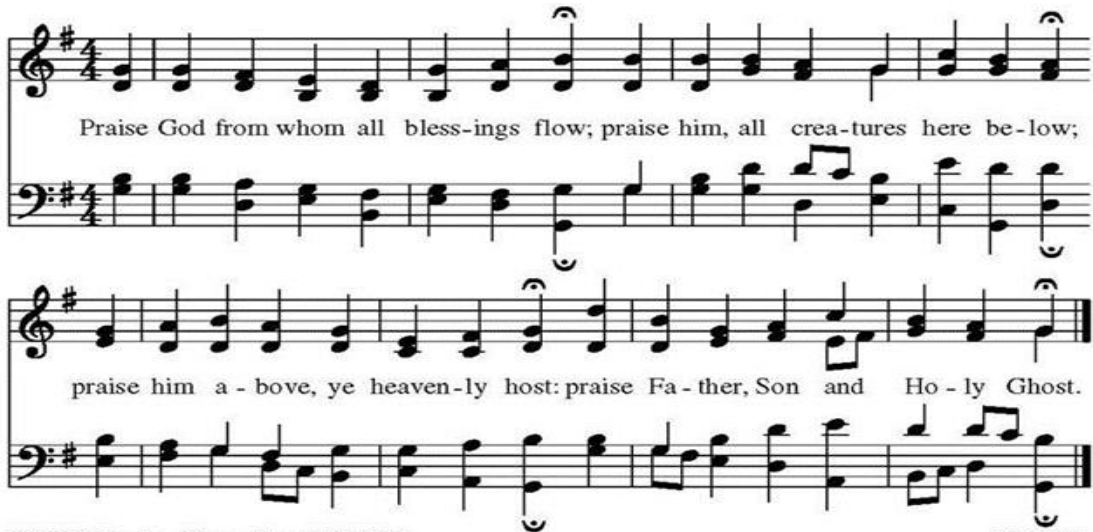
## OFFERING OF OUR GIFTS

*Amazing Grace*

Jazz ensemble

*Stand*

## OFFERTORY



Praise God from whom all bless-ings flow; praise him, all crea-tures here be-low;  
praise him a - bove, ye heaven-ly host: praise Fa - ther, Son and Ho - ly Ghost.

## OFFERTORY PRAYER

Let us pray. Merciful Father,

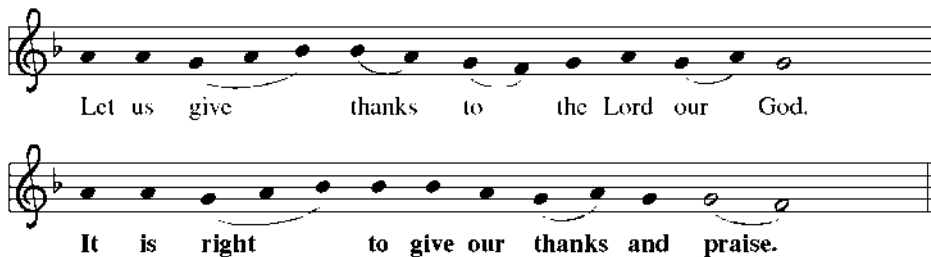
**we offer with joy and thanksgiving what you have first given us—our selves, our time, and our possessions, signs of your gracious love. Receive them for the sake of him who offered himself for us, Jesus Christ our Lord. Amen**

## DIALOGUE

*Sung by Pastor and congregation*



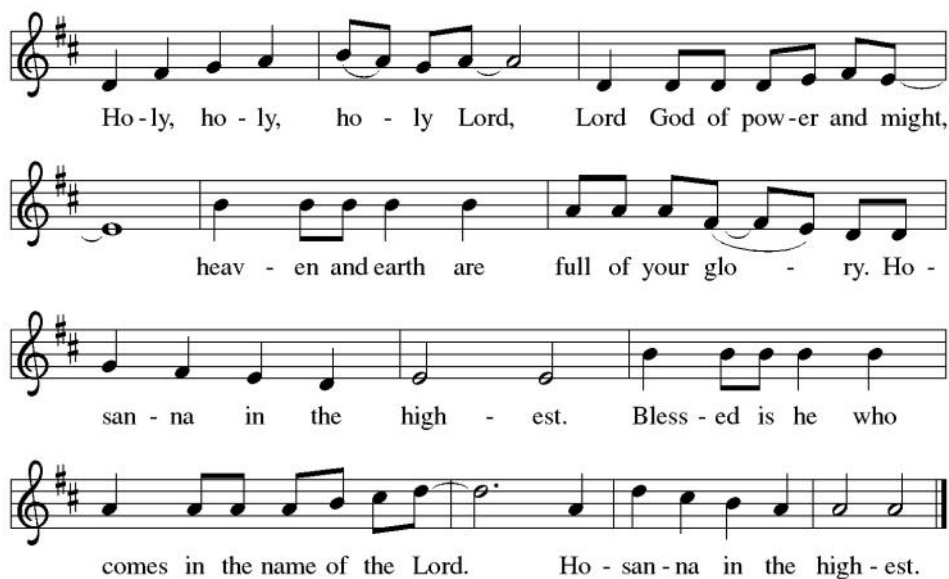
The Lord be with you. And al - so with you.  
Lift up your hearts. We lift them to the Lord.



**PREFACE** *The preface appropriate to the day is sung.*

It is indeed right and salutary that we should at all times and in all places offer thanks and praise to you, O Lord, holy Father, through Christ our Lord; 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 the Church on earth and the hosts of heaven, we praise your name and join their unending hymn:

**SANCTUS** *Sung by all.*



**THANKSGIVING**

Holy God, mighty Lord, gracious Father:

Endless is your mercy and eternal your reign.

You have filled all creation with light and life; heaven and earth are full of your glory.

We praise you for the grace shown to your people in every age:

the promise to Israel, the rescue from Egypt, the gift of the promised land, the words of the prophets; and, at this end of all the ages, the gift of your Son, who proclaimed the good news in word and deed and was obedient to your will, even to giving his life.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying:

Take and eat; this is my body, given for you. Do this for the remembrance of me. Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying:

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.

For as often as we eat of this bread and drink from this cup, we proclaim the Lord's death until he comes.

**Christ has died. Christ is risen. Christ will come again.**

Therefore, O God, with this bread and cup we remember the life our Lord offered for us.

And, believing the witness of his resurrection, we await his coming in power to share with us the great and promised feast.

**Amen. Come, Lord Jesus.**

Send now, we pray, your Holy Spirit, that we who share in Christ's body and blood may live to the praise of your glory and receive our inheritance with all your saints in light.

**Amen. Come, Holy Spirit.**

Join our prayers with those of your servants of every time and every place, and unite them with the ceaseless petitions of our great high priest until he comes as victorious Lord of all.

Through him, with him, in him, in the unity of the Holy Spirit, all glory and honor is yours, almighty Father, now and forever. **Amen**

Lord, remember us in your kingdom and teach us to pray.

## **THE LORD'S PRAYER**

**Our Father, who art in heaven,  
hallowed be thy name,  
thy kingdom come, thy will be done,  
on earth as it is in heaven.**

**Give us this day our daily bread;  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.**

**For thine is the kingdom, and the power, and the glory,  
forever and ever. Amen**

## FRACTION RITE

When we eat this bread, we share the body of Christ.

When we drink this cup, we share the blood of Christ.

**Reveal yourself to us, O Lord, in the breaking of the bread, as once you revealed yourself to your disciples.**

## AGNUS DEI *Sung by all.*

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

*Sit*

## COMMUNION OF THE FAITHFUL

Holy Communion at St. Paul's Church is "open" to all believers who trust that the Risen Christ is present for his people in the Holy Eucharist.

*Procedure for receiving Communion:*

- 1. Come to communion using the center aisle.*
- 2. Take a communion glass from the tray of glasses.*
- 3. Take your place along the chancel step.*
- 4. The ministers will bring the bread and wine to you.*
- 5. Place the used cup in an empty tray located on a credence table at the side aisle.*
- 6. Return to your pew using the side aisle.*



## COMMUNION HYMN *Come, Let Us Eat, Praise (ELW 491)*



1 Come, let us eat, for now the feast is spread,  
2 Come, let us drink, for now the wine is poured,  
3 In Je - sus' pres - ence now we meet and rest,  
4 Rise, then, to spread a - broad God's might - y word,



come, let us eat, for now the feast is spread.  
come, let us drink, for now the wine is poured.  
in Je - sus' pres - ence now we meet and rest.  
rise, then, to spread a - broad God's might - y word.



Our Lord's bod - y let us take to - geth - er,  
Je - sus' blood poured let us drink to - geth - er,  
in the pres - ence of our Lord we gath - er,  
Je - sus ris - en will bring in the king - dom,



our Lord's bod - y let us take to - geth - er.  
Je - sus' blood poured let us drink to - geth - er.  
in the pres - ence of our Lord we gath - er.  
Je - sus ris - en will bring in the king - dom.

### *Stand*

### POST-COMMUNION BLESSING

The body and blood of our Lord Jesus Christ strengthen you and keep you in his grace. **Amen**

### POST-COMMUNION PRAYER

Let us pray. We give you thanks, almighty God, that you have refreshed us through the healing power of this gift of life. In your mercy, strengthen us through this gift, in faith toward you and in fervent love toward one another; for the sake of Jesus Christ our Lord.

**Amen.**

**BLESSING**

Almighty God, Father, Son, Holy Spirit, Bless you now and forever. **Amen**

**HYMN**

*Glory to God Whose Goodness Shines on Me (ACS1087)*

1 Glo - ry to God, whose good - ness shines on me,  
2 World with - out end, . . . with - out end. A - men.

and to the Son, whose grace has par - doned me,  
World with - out end, . . . with - out end. A - men.

and to the Spir - it, whose love has set me free.  
World with - out end, . . . with - out end. A - men.

As it was in the be-gin-ning, is now, and ev-er shall be. A - men.

**DISMISSAL**

Go in peace. Serve the Lord. **Thanks be to God.**

**POSTLUDE**

*When the Saints Go Marching In*

Jazz ensemble

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*We extend a special thank you to our guest musicians  
for today's service:*  
Blaze Fogle, piano  
Sawyer Zimmer, drums  
Michael West, trumpet



***Serving the Lord with Gladness***

DATE	TIME	Assisting Minister	Crucifer	Lector	Comm. As-sist	Greeters	Ushers	Altar Guild
8-04	9:15 AM	Jennifer Ports	Ken Hinkle	Nancy Ben-nett	Ken Hinkle and Jennifer Ports	Jim & Nancy Bennett	Team 3E: Sammy Barnes, Norma Shue, Cliff Beck, Sheridan Palmer	Early, Kathleen Lemke Late: Volunteers needed

**Proper 13 B, 2024      Exodus 16:2-4, 9-15    Ephesians 4:1-16      John 6:24-35**

“What is it” the kids asked. The health teacher was passing around worksheets. Centered on each piece of paper was a big triangle outlined with dark blue/purple mimeograph ink. “We drew this last week in art class with Mrs. Arnovintz” exclaimed Steve. “She had us add a bunch of gyptian stuff.” “No, that’s not it” interjected Heather. “It’s an equilateral triangle, Mrs. Donegan taught us about them in geometry.” “Sorry to disappoint” said Mr. Semenko in a rather gruff voice as he continued to pass out the pieces of paper. “We are going to make Food Pyramids!” And that was part of health class in the 1960’s.

Earlier in this century we have all but abandoned the food pyramid identifying how many servings of each food group is needed for a healthy diet. Scientific research has revealed new findings. Nutritionists contribute discoveries in respectable journals, make guest appearances on TV talk shows, create podcasts, YouTube videos, and post to social media pages. There is a lot of compelling evidence to chuck the food pyramid of my school days! But the trouble for me, a highly visual learner, nothing seems to be as simple, easy to remember as that pyramid, even if all of those grains aren’t so good for me.

For a while it seemed that everywhere I turned someone somewhere was advocating to stop eating bread. I know that for many people they can’t eat bread for medical reasons. I however am one of the lucky or unlucky people who can eat anything, and bread is something that I truly enjoy. Bread it seemed from the articles, talk show circuit, podcasts, and social media posts making me fat! I was convinced that my trousers didn’t fit and my sport jackets didn’t button because of bread! I love bread. Flat bread, Sour dough, French baguettes, Rosemary olive bread, Rustic Tuscan loaf, Semolina, or Rye, I have my eye on all of it! And nutritionists have clearly identified that the antiquated information from the food pyramid was indeed making me fat.

Then one morning as I was preparing to post something to the St. Paul’s Facebook page about an upcoming event, a reel started playing featuring a rather crazy extroverted Irish fitness guy who was making oatmeal in his kitchen and had a loaf of bread out on a cutting board and he was going on a mile a minute about nutrition and fueling your body and eating the right things and he was saying it all with a delightful Irish accent. And out of the blue he said “Bread doesn’t make you fat!” I was so relieved! I hoped that he would tell me what was making me fat if it wasn’t my daily allotment of bread. “You know what make you fat,” he said “sitting on the couch!” “Sitting on the couch makes you fat!” “Get your ars off the couch and get moving.” I slipped on my sneakers and took a quick hike through the neighborhood.

We all know that we need the right food to feed our bodies. Your health care professional will engage with you on the specifics. This morning it is not the kids in health class asking “what is it?” but God’s people the Israelites as they are journeying away from slavery and bondage under the regime of the Pharaoh. And at a critical time they even begin to reminisce about how much better things were in their other situation. Making bricks, toiling with hard labor to build stuff the Egyptian Pharaoh wanted.

The Old Testament story features Moses the prophet. He was a great prophet. I offer a word of clarification regarding prophets. Prophets are not to be confused with fortune tellers. For-

tune telling is not prophecy in the Biblical witness. The prophets of which we speak do two important things. First they bring to God the people's concerns. And second they proclaim to the people the will of God. Moses tells God what it is that is bothering them, what their concerns are as they journey through the wilderness. And Moses proclaimed to the people that God did not want them to leave Egypt only to starve to death in the desert. And God provides for their need. God gives manna. "What is it?" And Moses said to them, "It is the bread that the Lord has given you to eat."

A question before us this morning as we are traveling through the wilderness of life, as we transition from one thing to another, as we turn away from things that hold us captive and suffocate and restrict life; what food feeds faith? The response has everything to do with Jesus. The food that feeds faith is Jesus food. Jesus is the food of the believer. Jesus food has a list of ingredients; incarnation, forgiveness, grace, wholeness, suffering, death, resurrection, ascension, nothing artificial.

*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."*

Jesus as prophet does the thing that prophets do. First, he tells the Father the concerns that we have. He tells God how concerned he is for us, not just us here at St. Paul's, but for all peoples everywhere. And second, Jesus proclaims to us the will of God that we are not to be condemned but that we are saved through his gracious love made known to us through his only Son, Christ Jesus, the one who is the Bread of God. This is the One who is put to death on a cross because political leaders were threatened by the signs that he did. He healed people, and welcomed people, and fed people, and supported them in times of need and spent time with people doing ordinary things and bringing about extraordinary outcomes.

Jesus shares intimately with humankind. That is what set him apart. That is what threatened others who chose power, wealth, and prestige to try and accomplish their own desires. Today Jesus shares intimately with us. In, with, and under, the gifts of bread and wine the real presence of Christ is given and received. Through this intimate gift we are living by his life. Intimacy has everything to do with living by the other's life. That's what makes for great relationships, strong marriages, enduring friendships, and healthy neighborhoods.

The food pyramid was very easy for me to remember; a simple shape reminding me of more of one thing and less of another. In our Christian lives we are given a very easy shape to remember; the cross of Christ. Unlike the Food Pyramid of the 60's Jesus still holds sway. We are the recipients of everything provided for us through the costliness of his cross; forgiveness, grace mercy, salvation, and eternal life. What food feeds faith? Jesus, the bread of life. Amen.

## **Donate an Unused Instrument, August 18—Help a Scout**

Eamon Reilly, horn student of Amelia Reep, is working on his Eagle Scout project for Troop #67. He will be playing horn at St. Paul's for the 9:15 AM service on August 18. Kindly bring any instrument you wish to donate with you to church on or before August 18, that way Eamon can simply take the instruments with him. Please show your support for this musician and exemplary Scout.



**Summer Fellowship** after the service is provided by our church committees with assistance by the Fellowship Committee. Fellowship Committee.

This week Fellowship is provided by the Fellowship Committee.

Thank you to all the Committees for their delicious giving!

## **Worship**

### **Nurturing Faithful Families—Summer 2024—Tuesdays from 5:30-7:30 PM**

The Christian education committee is preparing for a summer of intergenerational fellowship, learning and fun. On Tuesday evenings **through August 13**, we will gather to nurture faithful stewardship families. A simple supper will be served at 5:30 PM followed by some music and songs. At 6:15 PM the evening's theme will be presented. At 6:30 PM time for reflection and to participate in an activity specific to the theme will be provided. 7:00 PM there will be some time for recreation. At 7:15 PM we will have a summary of the evening and the closing prayer. We will need people to help with leading, music, set-up, cooking and serving, and clean up. Mark your calendar now. The first 9 sessions will be held at St. Paul's Lutheran Church. Enter through the Springettsbury Ave. Entrance. Gather in Christ Hall for the meal and for the session. The last session on Tuesday August 13 is a picnic at Kain Park. Everyone is invited to come and join in nurturing faithful stewardship families! For additional information and to volunteer to help with these summer sessions please contact; Johanna Paterson, Christian Education Chairperson; Miss Kelly, Youth Director; or Pastor Reep.

### **Congregation Picnic**

**Tuesday, August 13, 5:30 PM**

**Kain Park**

Kain Park has been a popular place for us to hold many different congregation gatherings; Sunday morning worship, Tuesday evening Create, and VBS events. A congregation picnic will be held on Tuesday evening, August 13 at 5:30 PM at Kain Park. We will be grilling hamburgers and hot dogs. Plates, cups, utensils and napkins along with beverages will be provided. Please bring something to share. Pastor Reep will lead a time of devotion and the evening will conclude with lakeside vespers. Please mark your calendar and join in the fellowship, get caught up with sisters and brothers who have been vacationing over the summer, allow the children to get reacquainted as they play at the playground, and enjoy the delicious variety of food. A sign-up sheet will be passed through the congregation during the announcements in early August. If you would like to help with the event please contact Kelly Moore-Spencer, Johanna Patterson or Pastor Reep.

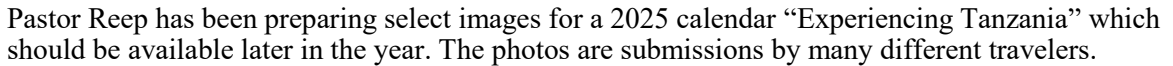


**We continue to collect clothing** in support of Union Lutheran Church, W. Market Street, with their clothing closet. There is a collection bin in the Good Shepherd Room. If you have a large number of items to donate you can take them directly to Union Lutheran Church, simply call them for details.

**The Book Club meets on Aug. 14, 10:30 AM** at St. Paul's. The book to be discussed is "Rose Under Fire", by Elizabeth Wein.



Our delegation to The Konde Diocese and Mpuguso Lutheran Church has returned. Those who traveled are organizing hundreds of photographs by place and event. As not everyone in the group did the exact same thing, even members of the delegation are eager to see the images captured through camera lenses of fellow travelers.



A smaller group was privileged to spend time with Dr. Lee (coordinator of the hospitals and clinics of the diocese). Some toured Metema Hospital. And one person from the group traveled to all three hospital sites!

The majority of the group spent time with our sisters and brothers at Mpuguso Lutheran Church and sought ways to help us better understand ministry contexts and share in common life and support one another through prayer.

On Sunday August 25 members of the group will share first hand stories from the journey. We plan to ring the Choir Chime selections that we rang for the Mpuguso congregation on the day of their church dedication. We also hope to sing a hymn that the choir of Meta Parish sang for us when we arrived in Mbeya. There will be up-dates with details and potential future mission projects. And all of this will be done to strengthen our relationships one with another here at St. Paul's and with those far away in the Konde Diocese in Tukuyu, Tanzania.

**Food Pantry News**—We need **PEANUT BUTTER!** Please put your donations in the shopping cart in the Good Shepherd Room. We are always in need of paper grocery bags with handles and plastic bags. Money donations are gratefully accepted. Please place cash or check in a “special” envelope marked “Pantry”. Volunteers are also needed for a variety of tasks. Contact Patty Snyder, Ken Hinkle, Teresa Rohrbaugh or the church office (717-843-8155) to volunteer.

## Sunday, August 4

9:15 AM Holy Eucharist– Live-Stream  
10:30 AM Fellowship

7:00 PM      **Preschool Committee Mtg. ZOOM**

9:30 AM     Pantry  
4:30 PM     Christian Ed Mtg  
5:30 PM     Nurturing Faithful Families—  
Simple Supper and Fellowship for all

9:15 AM Holy Eucharist– Live-Stream  
10:30 AM Fellowship

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

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. <sup>3</sup>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."

<sup>4</sup>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."

<sup>9</sup>Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the LORD, for he has heard your complaining.'" <sup>10</sup>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. <sup>11</sup>The LORD spoke to Moses and said, <sup>12</sup>"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.'"

<sup>13</sup>In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. <sup>14</sup>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. <sup>15</sup>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."

**Psalms 78:23-29**

**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, <sup>2</sup>with all humility and gentleness, with patience, bearing with one another in love, <sup>3</sup>making every effort to maintain the unity of the Spirit in the bond of peace. <sup>4</sup>There is one body and one Spirit, just as you were called to the one hope of your calling, <sup>5</sup>one Lord, one faith, one baptism, <sup>6</sup>one God and Father of all, who is above all and through all and in all.

<sup>7</sup>But each of us was given grace according to the measure of Christ's gift. <sup>8</sup>Therefore it is said,

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

<sup>9</sup>(When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? <sup>10</sup>He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) <sup>11</sup>The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, <sup>12</sup>to equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup>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. <sup>14</sup>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. <sup>15</sup>But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, <sup>16</sup>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.

**GOSPEL: John 6:24-35**

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.

<sup>25</sup>When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?"

<sup>26</sup>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. <sup>27</sup>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." <sup>28</sup>Then they said to him, "What must we do to perform the works of God?" <sup>29</sup>Jesus answered them, "This is the work of God, that you believe in him whom he has sent." <sup>30</sup>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?" <sup>31</sup>Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'"

<sup>32</sup>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.

<sup>33</sup>For the bread of God is that which comes down from heaven and gives life to the world." <sup>34</sup>They said to him, "Sir, give us this bread always."

<sup>35</sup>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."