

THE ELEVENTH SUNDAY AFTER PENTECOST



August 4, 2024

ST. PAUL EVANGELICAL LUTHERAN CHURCH

Welcome to ST. PAUL EVANGELICAL LUTHERAN CHURCH

SUNDAY SERVICES

9:30am | Service with Holy Communion
in the Nave and Online

10:30am | Coffee Hour

LIVESTREAMING

Worship is streamed on the St. Paul Lutheran Arlington Facebook page. A Facebook account is not necessary to stream, however, without a Facebook account the stream works on a computer browser only and not on a phone.

WEEKLY UPDATE NEWSLETTER

Sign up for Weekly Update newsletter by going to our website at www.stpaularlington.org and clicking on SUBSCRIBE.

SERVING THE COMMUNITY TODAY ARE:

Lydia Zuehsow, *Altar Guild*

Peter Schmidt, *Cantor*

Eileen Moyer, *Lector*

Kristen Anderson, *Deacon*

Dan Ries, *Usher*

Hollie Schmidt, *Livestream Broadcast*



*Today's altar flowers
are given by Pat Gray
in loving memory of
Anna Arria.*

Welcome to our new vicar, Sam Menapace

Samantha Menapace (she/her) was born in Connecticut to a Roman Catholic family. When her immediate family moved to the Philadelphia suburbs, they began attending an ELCA church with their new neighbors. The church was an integral part of Samantha's childhood and teenage years, providing a supportive space to build friendships, ask hard questions, and develop a relationship with God.

Samantha left Pennsylvania to attend college at Furman University in Greenville, South Carolina, where she majored in Philosophy and Religious Studies. Then she moved back north to Massachusetts to attend Harvard Divinity School. After graduating from HDS with a Master of Divinity in 2019, she spent a short time working in the nonprofit world until she found a position as Christian Education Director at Good Shepherd Lutheran Church in Westborough. As CED, Samantha honed the skills of teaching, leading volunteers, and nurturing the faith of our church's youngest disciples. When she is not working, she enjoys running, reading (especially science fiction and fantasy), watching reality TV, listening to podcasts about reality TV, and spending time with her fiancé and their three pets. She will also get married on August 17 in Salem, Massachusetts!

*When the instruction for standing * appears, please stand as you are able and as seems comfortable.*

At the ☒, you may make the sign of the cross, which reminds us of our baptism.

*The congregational responses are printed in **bold**.*

GATHERING

PRELUDE

Two Choral Preludes: Prelude No. 1

J. G. Walther (1684-1748)

WELCOME

CONFESSION AND FORGIVENESS

Blessed be the holy Trinity, † one God,
who forgives all our sin,
whose mercy endures forever.

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.

Let us confess our sin in the presence of God and of one another.

Most merciful God,

we confess that we are captive 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.

God, who is rich in mercy, loved us even when we were dead in sin, and made us alive together with Christ. By grace you have been saved. In the name of † Jesus Christ, your sins are forgiven. Almighty God strengthen you with power through the Holy Spirit, that Christ may live in your hearts through faith.

Amen.

* GATHERING HYMN

"God is Here"

ELW 526



1 God is here! As we your peo - ple meet to of - fer
2 Here are sym - bols to re - mind us of our life - long
3 Here our chil - dren find a wel - come in the Shep - herd's
4 Lord of all, of church and king - dom, in an age of



praise and prayer, may we find in full - er mea - sure
need of grace; here are ta - ble, font, and pul - pit;
flock and fold; here as bread and wine, are tak - en;
change and doubt, keep us faith - ful to the gos - pel;



what it is in Christ we share. Here, as in the
here the cross has cen - tral place. Here in hon - es -
Christ sus - tains us as of old. Here the ser - vants
help us work your pur - pose out. Here, in this day's



world a - round us, all our var - ied skills and arts
ty of preach - ing, here in si - lence, as in speech,
of the Ser - vant seek in wor - ship to ex - plore
ded - i - ca - tion, all we have to give, re - ceive;



wait the com - ing of the Spir - it in - to o - pen minds and hearts.
 here, in new - ness and re - new - al, God the Spir - it comes to each.
 what it means in dai - ly liv - ing to be - lieve and to a - dore.
 we, who can - not live with - out you, we a - dore you! We be - lieve!

Text: Fred Pratt Green, 1903–2000
 Music: ABBOT'S LEIGH, Cyril V. Taylor, 1907–1991

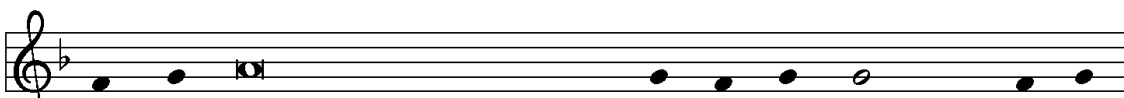
*GREETING

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



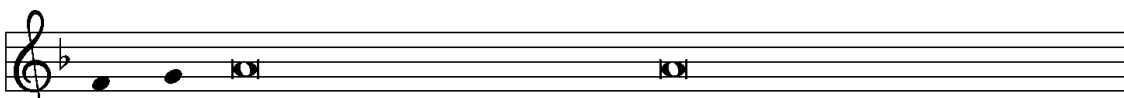
In peace, let us pray to the Lord. **Lord, have mer - cy.**



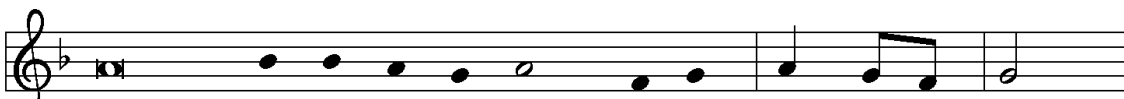
For the peace from above, and for our sal - va - tion, let us



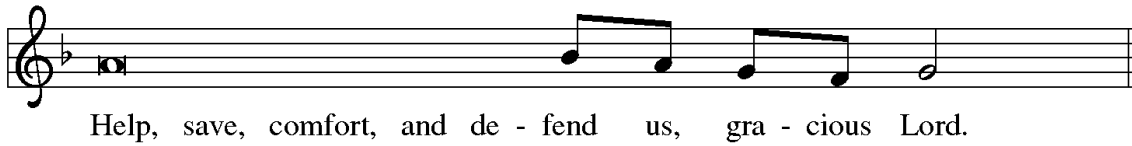
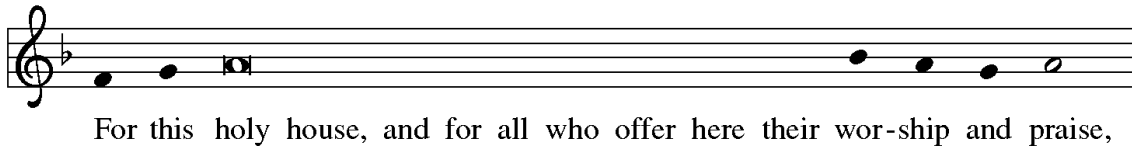
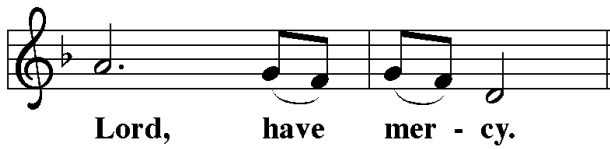
pray to the Lord. **Lord, have mer - cy.**



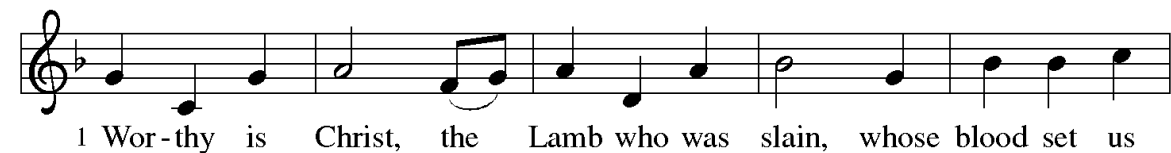
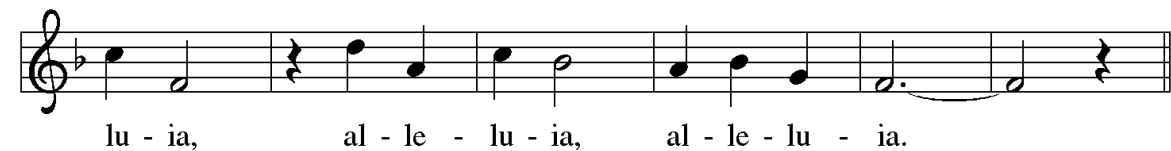
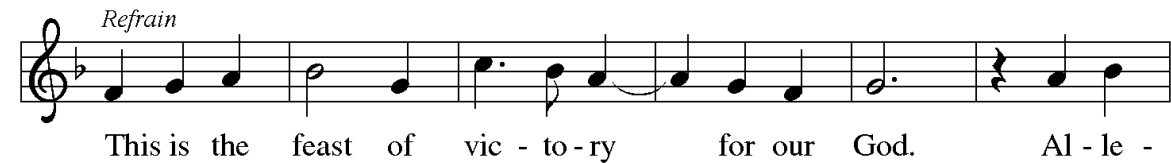
For the peace of the whole world, for the well-being of the church of God,



and for the u - ni - ty of all, let us pray to the Lord.



HYMN OF PRAISE





strength, and hon - or, bless - ing, and glo - ry are his.



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



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



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

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

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. 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."

The Word of the Lord.

Thanks be to God.

So God commanded the clouds above
and opened the doors of heaven,
**raining down manna upon them to eat
and giving them grain from heaven.**
So mortals ate the bread of angels;
God provided for them food enough.
**The Lord caused the east wind to blow in the heavens
and powerfully led out the south wind,**
raining down flesh upon them like dust
and flying birds like the sand of the seas,
**letting them fall in the midst of the camp
and round about the dwellings.**
So the people ate and were well filled,
for God gave them what they craved.

SECOND READING

Ephesians 4:1–16

Christians share fundamental unity and diversity. Our unity consists in the one body, one Spirit, one Lord, one faith, one baptism, and one God. Our diversity is expressed in various forms of ministry whose goal is equipping the saints and building up Christ's one body.

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."

continued next page

(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.

The word of the Lord.

Thanks be to God.

* GOSPEL ACCLAMATION

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

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

Repeat alleluia

Lord, to whom shall we go? You have the words of e - ter - nal life.

The holy gospel according to John.

Glory to you, O Lord.

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.

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.”

The gospel of the Lord.

Praise to you, O Christ.

CHILDREN’S TIME

Pastor Liz Senft

SERMON

Pastor Liz Senft

* HYMN OF THE DAY

"What Feast of Love"

ELW 487



- 1 What feast of love is of - fered here, what ban-quet come from heav - en?
- 2 What light of truth is of - fered here, what cov - e - nant from heav - en?
- 3 What wine of love is of - fered here, what crim-son drink from heav - en?



What food of ev - er - last-ing life, what gra - cious gift is giv - en?
What hope of ev - er - last-ing life, what won-drous word is giv - en?
What stream of ev - er - last-ing life, what pre - cious blood is giv - en?



This, this is Christ the king, the bread come down from heav - en.
This, this is Christ the king, the sun come down from heav - en.
This, this is Christ the king, the sweet - est wine of heav - en.



Oh, taste and see and sing! How sweet the man - na giv - en!
Oh, see and hear and sing! The Word of God is giv - en!
Oh, taste and see and sing! The Son of God is giv - en!

Text: Delores Dufner, OSB, b. 1939
Music: GREENSLEEVES, English ballad, 16th cent.

APOSTLE'S CREED

In response to the gospel, let us confess the faith of the church:

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 into hell. 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 leader will read the first and last prayer, those in the congregation are invited to read aloud the other prayers as they feel called.

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 and bring an end to war and conflict in Palestine, Israel, Ukraine, Russia, Sudan, and Haiti. 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. We remember any who are sick or suffering, especially Clifford, Dan, Lynn, Meredith, Owen, and Susan. 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.**

Here other intercessions may be offered.

Redeeming God, we give you thanks for the lives and witness of your saints now departed. 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.

* PEACE

Keep your hands close together or make the peace sign if you'd rather not pass the peace with touch.

The peace of Christ be with you always.

And also with you.

MEAL

* OFFERING PRAYER

Blessed are you, **O God, maker of all things. Through your goodness you have blessed us with these gifts: our selves, our time, and our possessions. Use us, and what we have gathered, in feeding the world with your love, through the one who gave himself for us, Jesus Christ, our Savior and Lord.**

Amen.

OFFERING

You may give an offering through the Givelify app by scanning this QR code:



* GREAT THANKSGIVING

The Lord be with you.

And also with you.

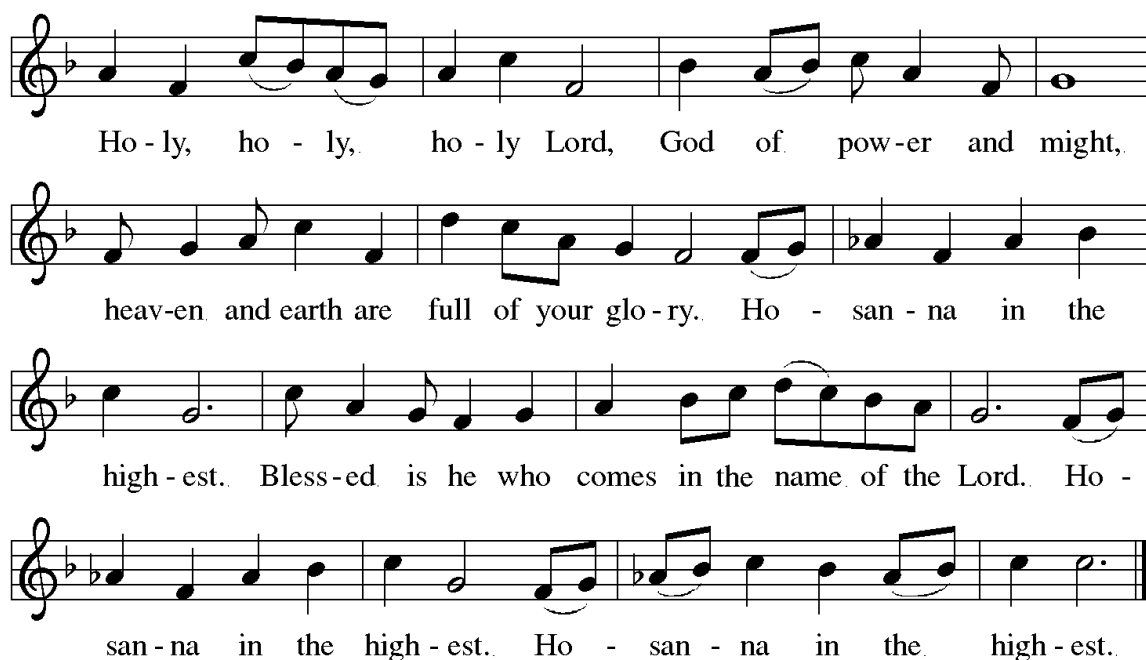
Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

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:



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.

*** LORD'S PRAYER**

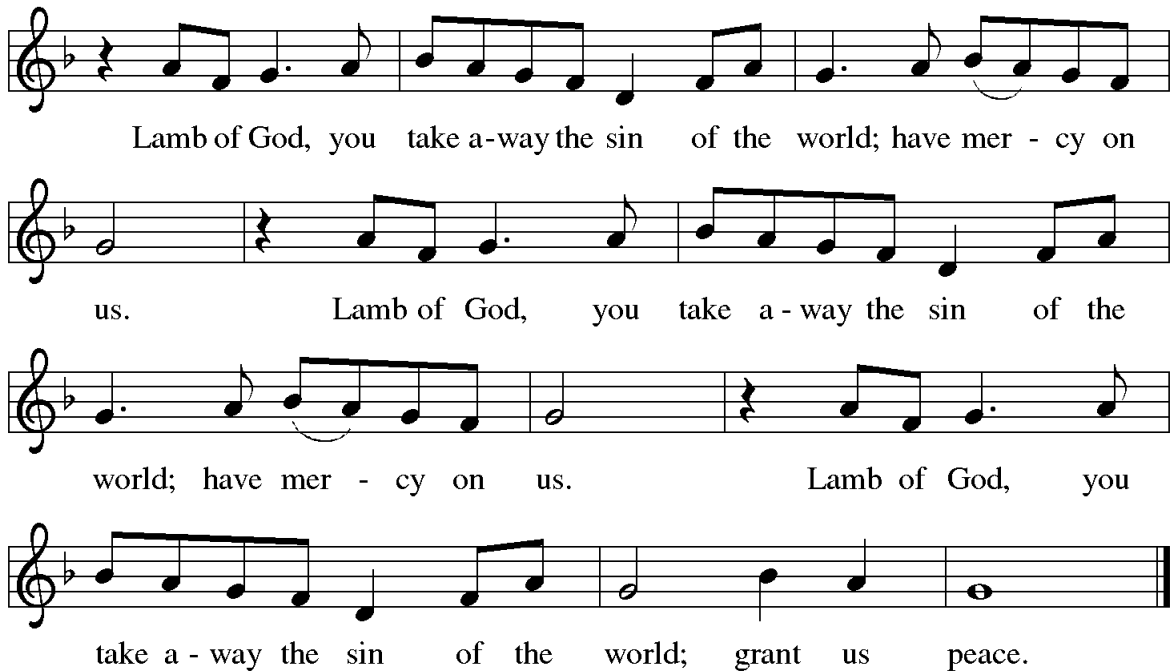
**Our Father, who art in heaven,
 hallowed be thy name,
 thy kingdom come,
 thy will be done,
 on earth as it is in heaven.
 Give us this day our daily bread;
 and forgive us our trespasses,**

**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.**

COMMUNION

All are welcome to receive the bread and the wine. Gluten free wafers are available on request. Both wine and grape juice are available in each tray; the wine is red and the grape juice is white.

Come forward in the center aisle starting at the front of the church. The pastors will motion the first people forward.



The musical score is written on four staves in G major (one sharp) and 4/4 time. The melody is simple and hymn-like, with lyrics written below each staff. The first staff begins with a treble clef and a key signature of one sharp (F#). The lyrics are: "Lamb of God, you take a-way the sin of the world; have mer - cy on". The second staff continues the melody with the lyrics: "us. Lamb of God, you take a - way the sin of the". The third staff continues with the lyrics: "world; have mer - cy on us. Lamb of God, you". The fourth staff concludes the phrase with the lyrics: "take a - way the sin of the world; grant us peace." The score ends with a double bar line.

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

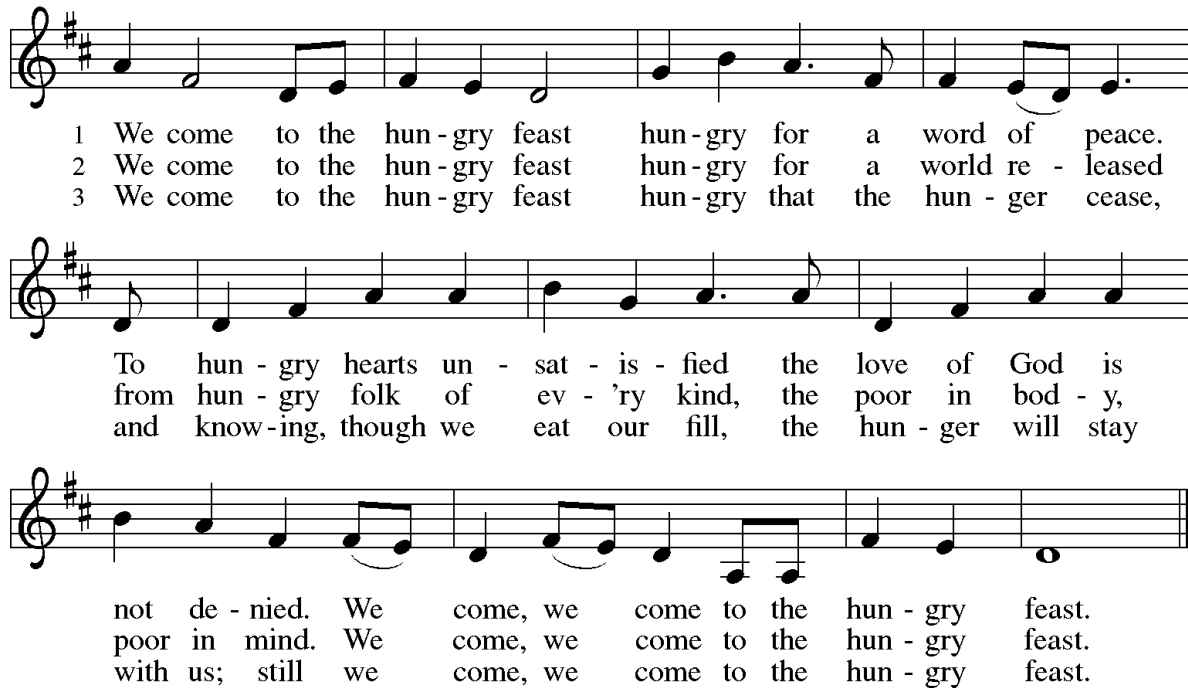
world; have mer - cy on us. Lamb of God, you

take a - way the sin of the world; grant us peace.

COMMUNION HYMN

“We Come to the Hungry Feast”

ELW 479



1 We come to the hun - gry feast hun - gry for a word of peace.
2 We come to the hun - gry feast hun - gry for a world re - leased
3 We come to the hun - gry feast hun - gry that the hun - ger cease,

To hun - gry hearts un - sat - is - fied the love of God is
from hun - gry folk of ev - 'ry kind, the poor in bod - y,
and know - ing, though we eat our fill, the hun - ger will stay

not de - nied. We come, we come to the hun - gry feast.
poor in mind. We come, we come to the hun - gry feast.
with us; still we come, we come to the hun - gry feast.

Text: Ray Makeever, b. 1943
Music: HUNGRY FEAST, Ray Makeever

* TABLE BLESSING

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

Amen.

* PRAYER AFTER COMMUNION

God of abundance, with this bread of life and cup of salvation you have united us with Christ, making us one with all your people. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue forever in the risen life of Jesus Christ, our Lord.

Amen.

SENDING

* BLESSING

The Lord bless you and keep you.

The Lord's face shine on you with grace and mercy.

The Lord look upon you with favor and ☩ give you peace.

Amen.

ANNOUNCEMENTS

* SENDING HYMN

"On Our Way Rejoicing"

ELW 537

1 On - our way re - joic - ing glad - ly let us go.
2 Un - to God the Fa - ther joy - ful songs we sing;

Christ our Lord has con - quered; van - quished is the foe.
un - to God the Sav - ior thank - ful hearts we bring;

Christ with - out, our safe - ty; Christ with - in, our joy;
un - to God the Spir - it bow we and a - dore,

who, if we be faith - ful, can our hope de - stroy?
on our way re - joic - ing now and ev - er - more.

The musical score is written for two voices (Soprano and Bass) and piano accompaniment. It features a key signature of one sharp (F#) and a common time signature (C). The melody is primarily in the soprano part, with the bass part providing harmonic support. The piano accompaniment consists of chords and moving lines in both hands. The lyrics are printed below the vocal staves, with two verses of the first line and four lines of the subsequent lines.

Refrain

On our way re - joic - ing; as we for - ward move,
 hear-ken to our prais - es, O blest God of love!

Text: John S. B. Monsell, 1811–1875, alt.
 Music: HERMAS, Frances R. Havergal, 1836–1879

* DISMISSAL

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

POSTLUDE

Two Choral Preludes: Prelude No. 2

J. G. Walther (1684-1748)

ANNOUNCEMENTS *and*
 UPCOMING HAPPENINGS
at **SAINT PAUL**



ARLINGTON EATS NEEDS FOR AUGUST

For the month of August items that would help the most are:

- Canola oil
- Black olives
- Pasta sauce
- Laundry detergent sheets (easy for guests to carry home!)



SAINT PAUL

EVANGELICAL LUTHERAN CHURCH

ARLINGTON, MASSACHUSETTS

929 Concord Turnpike
Arlington, Massachusetts 02476
www.stpaularlington.org | 781-646-7773

Staff

The Reverend Ross Goodman, *Pastor*
The Reverend Liz Senft, *Pastoral Associate*
Samantha Menapace, *Vicar*
Ana Zecic Jeffers, *Director of Music*
Paul Ricci, *Business Administrator*
Sarah Carter, *Children, Youth and Families Director*
Jennifer White, *Parish Administrator*
Dennis O'Brien, *Church Property Manager*

Church Council and Officers

Elizabeth Heichler, *President*
Monique Airasian, *Vice-President*
Eric Haugen, *Treasurer*
Kerri Frick, *Secretary*
Norma Ofsthun, *Financial Secretary*
Mark Olson, *Financial Secretary*
Kristen Anderson
Eric Carlson
Peter Hedlund
Kevin Kreutter
Bob Sniffen
Sandy Walker
Taryn Walsh



Evangelical
Lutheran Church
in America

