



*Give us this  
bread always*

JOHN 6:34



**TRINITY UNITED CHURCH OF CHRIST**  
2340 State Street, East Petersburg, PA 17520  
717-569-1632

Website: [www.trinityeastpete.org](http://www.trinityeastpete.org) E-Mail: [secretary@trinityeastpete.org](mailto:secretary@trinityeastpete.org)

The Rev. Dr. Christopher M. Rankin, Pastor

The Rev. Harry G. Royer, Pastor Emeritus

The Rev. Dr. Carolyn Call, Covenanted Minister of Mission

Mr. Michael Slechta, Director of Music/ Sounds of Trinity Choir Director

Dr. Robert T. Adams, Interim Organist

Mrs. Carmen Richards, Pianist

Mrs. Carol Kratz, Administrative Assistant

Mr. Michael Querry, Sexton

Mrs. Beth Ressler, Summer Interim Preschool Director

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**ELEVENTH SUNDAY AFTER PENTECOST**  
**7:45 A.M. SERVICE**

**Today's Theme:** 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 all visitors!** We welcome all who worship with us. May the joy of Christ's presence and the power of the Holy Spirit fill you with peace and hope! We are honored by your presence and trust that you will join us in the praise and worship of God. Please sign our guest book in the narthex. If you are interested in church membership, please give your name and telephone number to Pastor Rankin.

**Welcome to the Eucharist!** All who seek to follow Jesus and who seek the gifts Jesus offers us are invited to share in this sacrament of Holy Communion.

*Children are invited to receive communion at the discretion of their parents/guardians. If a child wants to receive a blessing, they are asked to fold their hands.*

**Prayer As You Enter:** *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.*

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★ **CATCH THE VISION & SHARE THE JOY** ★

**TRINITY U.C.C. VISION STATEMENT:**

All will know the love of God through the teachings of Jesus!!

**Trinity U.C.C. is called by God to:**

- *Share God's love with our community*
  - *Serve God's children*
  - *Bring healing and wholeness to those in need*
  - *Share the Gospel in liturgy, music and study*
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**PARISH ANNOUNCEMENTS**

*(PLEASE STAND IF YOU ARE ABLE)*

**CALL TO WORSHIP**

**AFFIRMATION OF BAPTISM AND INVITATION TO THE TABLE**

In the Name of the Father, and of the Son, and of the Holy Spirit.

**Amen.**

Draw near to God, who has heard your complaining. Come in the name of Jesus, who understands your need.

**We have received manna in the wilderness. We have been offered the bread of life.**

Jesus said: I am the bread of life. You who come to me shall not hunger; you who believe in me shall never thirst.

**In company with all who hunger for spiritual food, we come to this table to know the risen Christ in the sharing of this life-giving bread.**

**CONFESSION OF SINS**

**CALL TO CONFESSION**

Jesus said: You shall receive power when the Holy Spirit has come upon you, but we fear the Spirit's power.

**Let us confess our slowness to embrace the new life of the Spirit.**

*(SEATED OR KNEELING)*

**SILENT CONFESSION OF SINS**

## **CONFESSION OF SIN**

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

Almighty God, who sent the promised power of the Holy Spirit to fill disciples with willing faith: We confess that we resist the force of your Spirit among us; that we are slow to serve you, and reluctant to spread the good news of your love. God, have mercy on us. Forgive our divisions, and by your Spirit draw us together. Enflame us with a desire to do your will and be your faithful people; through Jesus Christ, your Son, our Lord. Amen.

## **KYRIE**

Lord, have mercy.	Lord, have mercy.
Christ, have mercy.	Christ, have mercy.
Lord, have mercy.	Lord, have mercy.

## **ASSURANCE OF PARDON**

*(PLEASE STAND IF YOU ARE ABLE)*

## **ADORATION AND PRAISE**

### **ACT OF PRAISE**

O God, open my lips.

And my mouth shall proclaim your praise.

Praise to the holy and undivided Trinity, one God:

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.

## **COLLECT FOR THE ELEVENTH SUNDAY AFTER PENTECOST**

Let us pray the collect together.

Open our eyes, O God, to the transforming power of your presence. We reach out once more to receive the gift of abundant life. Cleanse our thoughts and actions so our love may be genuine and our dedication to your service complete. Bless all of us with your word of truth, through Jesus Christ our Lord. Amen.

*(PLEASE BE SEATED)*

# THE WORD OF GOD

## THE FIRST LESSON

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 Word of the Lord. **Thanks be to God!**

## THE PSALTER

Psalm 78:23-29

Yet he commanded the skies above and opened the doors of heaven; he rained down on them manna to eat and gave them the grain of heaven.

**Mortals ate of the bread of angels; he sent them food in abundance.**

He caused the east wind to blow in the heavens, and by his power he led out the south wind;

**He rained flesh upon them like dust, winged birds like the sand of the seas;**

He let them fall within their camp, all around their dwellings.

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

## THE SECOND LESSON

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.*

The Word of the Lord. **Thanks be to God!**

*(PLEASE STAND IF YOU ARE ABLE)*

## THE HOLY GOSPEL

St. 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.*

*Glory be to You, O Lord.*

## THE GOSPEL OF OUR LORD

*Praise be to You, O Christ.*

*(PLEASE BE SEATED)*

## SERMON

**"Gifted"**

**Pastor Rankin**

*(PLEASE STAND IF YOU ARE ABLE)*

## **NICENE CREED**

**We believe in one God, the Father, the Almighty, Maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, light from light, true God from true God, begotten not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate of the Holy Spirit and the Virgin Mary and became fully human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who in unity with the Father and the Son is worshipped and glorified, and has spoken through the prophets.**

**We believe in one holy catholic and apostolic church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.**

## **PEOPLE'S OFFERING**

### **OFFERING DEDICATION**

**All that we have is yours, O God. What we present for the church's use is no sacrifice. We are privileged to share good news in word and deed. May our common ministry be extended by the time and talents and treasure we invest. We would no longer live just for ourselves but for the realization of your reign among us. Let all things become new as we give our best. We pray in the name of Jesus Christ. Amen.**

### **THE EUCHARISTIC PRAYER**

**The Lord be with you.**

**And also with you.**

**Lift up your hearts.**

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

**Let us give thanks to God Most High.**

**It is right to give God thanks and praise.**

It is right, and a good and joyful thing, always and everywhere to give thanks, Almighty God, creator of heaven and earth. From everlasting to everlasting, you have revealed your mighty presence to us. Have we not heard? Have we not known? In the beginning, you swept across the earth with your Spirit of life and renewal. When we forgot or neglected your truth, you redeemed us and renewed us. From the earth's first gardens to the mountaintop storms, you have spoken to us, and entrusted us to be your people. From laws on tablets to warnings from prophets, you have spoken your truth and renewed your covenant with us, reviving us and reclaiming us through your grace and love. And so, with your people on earth, with all of creation, and with all the company of heaven, we praise your name and join their unending hymn of praise, saying:

**Holy, holy, holy God of love and majesty, the whole universe speaks of your glory, O God, Most High. Blessed is the one who comes in the name of the Lord. Hosanna in the highest!**

Holy are you and blessed is your holy name. In the fullness of time, you sent your son, Jesus Christ, to reveal your powerful love for the world. Healing and teaching, proclaiming and prophesying, welcoming any and all, Christ continues to reveal your presence, renewing our souls even now. Through Christ's powerful love and endless grace, we are invited into your presence, rescued from our sins, and led onto your path of justice and righteousness. In Christ's grace, you renew and reclaim us as your holy people, children of mercy and truth. As children of your covenant of love, sealed by water and the Spirit, welcome now with joy and gratitude, remembering how Jesus shared bread and wine, renewing and reviving the lives of his closest friends, his most faithful disciples, even as they faced their deepest fears and their greatest sins.

*(PLEASE BE SEATED)*

## **WORDS OF INSTITUTION AND PRAYER OF CONSECRATION**

### **THE PRAYER OF OUR LORD**

**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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever. Amen.**

## **BREAKING OF THE HOST & POURING OF THE CUP**

As this grain was once scattered in the fields, and has come together in one bread, so we, with different needs and hopes, come together as one, for we share one bread.

**The Bread of Life, broken for us.**

The cup which we share is the cup of the New Covenant written in our hearts and witnessed by Jesus.

**The Cup of Blessing, poured out for us and for the many.**

## **RESURRECTION ACCLAMATION**

Alleluia! Christ our Passover is offered for us.

**Therefore let us keep the feast. Alleluia!**

*(Those who wish to come forward will be invited by the pastor. The pastor will serve you the host, saying, "The Body of Christ." You reply, "Amen!" The assistant will present you with the cup, saying, "The Blood of Christ." You reply, "Amen!" Grape juice is in the chalice with the cross and wine is in the other chalice. If you need the pastor and assistant to come to you, please indicate that to someone near you or the pastor. If you do not wish to come forward, you are invited to use the packaged elements in the narthex and commune in your pew. The pastor will offer a blessing everyone has communed. **Children are invited to receive communion at the discretion of their parents/guardians. If a child wants to receive a blessing, they are asked to fold their hands.**)*

*(PLEASE STAND IF YOU ARE ABLE)*

## **POST COMMUNION PRAYERS**

The Lord be with you.

**And also with you.**

In peace, let us pray to the Lord.

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.

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 elders. 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.**

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.**

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.**

### ***SILENT PRAYER***

Let us pray together.

**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.**

## **CLOSE OF WORSHIP**

### **BENEDICTION**

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### **ANNOUNCEMENTS**

**The Chancel Flowers & The Baptismal Font Flowers** are given by **Greg Gruber** in memory of Leon & Ethel Gruber.

**The Worship Aids** are given by **Jackey Hoover** in memory of husband Nowell in honor of his 98<sup>th</sup> birthday on August 6<sup>th</sup>.

### **Ministering Today**

<b>Pastor</b>	Rev. Dr. Christopher Rankin
<b>Lector</b>	Rev. Sandy Morris
<b>Money Counters</b>	Ron & Donna Denlinger, Steve Shenk, Denise Pfeiffer
<b>Altar Guild</b>	Anita Rohrer, Charlene Cristy, Hedwig Hunsicker
<b>Building Trustee</b>	Hank Fox
<b>Ministries</b>	<b>Card Elders</b> <b>Called to Care</b> Nancy Enders <b>Visitation</b> Ken Trauger

## Happy Birthday!

Today – Elene Keares

Monday – Larry Brown, Kelsey Minnich Burgo

Friday – Kathy Cooley, Dr. Parry Miller

**Worship Attendance, July 28**                      7:45-14    9:30–60                      **TOTAL - 74**

## This Week at Trinity Church

(Church Office Hours: Monday-Friday 9:00 a.m.-2 p.m.)

Monday-Wednesday                      Floors & Windows cleaned

Monday                      6:00 PM - Music Committee

Saturday                      8:00 PM – Alanon/AA

Sunday                      7:45 AM – Eucharist

9:30 AM – Worship/Reception of New Members/Sacrament of  
Baptism

## PRAYERS FOR GOD’S HEALING PRESENCE

### MEMBERS

Ken & Janice Jenkins

Betsy Bailey

Kelsey Minnich Burgo

Harry Himelwright

Scott & Jane Owens

Carmen & Jerry Richards

Lainie Christensen

Pastor Harry Royer

Rev. Ken Trauger

Kathleen Sensenig Adams

Danielle Huggins Holbein

Hedwig Hunsicker

Ken & Phyllis Zimmerman

Rick Mowrer

Betty Fogle

Bob & Marlyn Wible

Dr. Janet Harriger

The Lehman family

Donna Wolf & Family

Stan & Pat Seachrist

Rev. Dave & Mid Gockley

Rev. Bob & Nancy Musser

Betty Tyndall and family

Rev. Bob & Judie Bistline

Rev. Jere & Judy Chapman

Erika Otthofer

Ron Becker

Jack Olley

Don & Pat Miller

Joann Peck

Mary Lou Shaab

George & Ellie Latsha

Sam Minder III

Hank Fox

Donna Zirkel

Michael McDonough

Joann & Dawn Garvin

Denise Huggins

### FAMILY & FRIENDS

The family of Nancy Patton

The Yanni family (former members of Trinity Church)

Chad Zirkel (son of Donna Zirkel)

Kaitlyn, Ben, and Lucy Miller (family of Rev. Dr. Rich & Lainie Christensen)

Rev. Pam Illick (pastor of Zion Lutheran, East Petersburg)

Brian Latsha (son of George & Ellie Latsha)

Barbie, Jon, and Will Bundy (family of Rev. Dr. Rich & Lainie Christensen)

Rev. Jim Martin (Rev. Dr. Rich & Lanie Christensen’s former pastor)

Quinn McCarty (grandson of Bud & Kathy McCarty)

Ken Hoshauer (husband of Dr. Cathy Hoshauer)

**Kurt Kalbach** (brother of Dr. Cathy Houshauer)  
**Tuyet Nguyen** (husband of Pat & Stan Seachrist's granddaughter)  
**Mary Call** (mother of Rev. Dr. Carrie Call)  
**Art Cobb** (nephew of John & Dolly Barr)  
**The Herr Family** (A Trinity Preschool Family)  
**Sharon Brown** (sister of Sandy DeLong)  
**Chris Rice** (nephew of Diane Rice & Karen Olley)  
**Sally & Joe Carrol** (friend of Rev. Jere & Judy Chapman)  
**Kurt McEllhemmey** (relative of Betty Tyndall)  
**David Brown** (nephew of Shelley & Mike Wagner)  
**Annette Stork** (niece of Pat Sensenig)  
**Logan Davis** (husband of Hillary Bossert-Davis)  
**Brian & Liz Culp** (son and daughter-in-law of Rev. Jere & Judy Chapman)  
**Jean Weglarz** (neighbor of Rev. Bob & Judie Bistline)  
**Melby Bush** (friend of Joan Sensenig)  
**Harvey & Dianne Sick** (friends of Judy Chapman)  
**Rev. Loy Garber** (former seminarian)  
**Roland Anderson and family** (friends of John & Kayla Brennan)  
**John Martin** (brother-in-law of Dolly & John Barr)  
**James Malone & family**  
**Tom & Elaine Lichtenwalner** (parents of Mike Lichtenwalner)  
**Jordan Sensenig** (grandson of Pat & Joan Sensenig)  
**The Martin family**  
**Robert Richards** (brother of Jerry Richards)  
**Ronald Himelwright** (grandson of Brenda & Harry Himelwright)  
**Barry Richards** (son of Jerry & Carmen Richards)  
**Tyler Miller** (grandson of Iris DeMaio)  
**Joan Kalbach** (mother of Dr. Cathy Hoshauer)  
**Jim & Kathy Long** (friends of Jerry & Carmen Richards)  
**John Siebern** (Bob Siever's brother-in-law)  
**Jo Jo Richards & family** (Carmen & Jerry's granddaughter-in-law)

**THE JULY/AUGUST PARISH POST** is available in the information racks on both floors of the church building.

**DEVOTIONALS:** The April-June edition of These Days are available on the table across from the church office or on the lower level by the portico entrance.

**THE 2024 CONCERT SPONSOR FORMS** are available on the table across from the church office.

**VBS MISSION PROJECT:** This year's VBS mission project is Habitat for Humanity. You can donate to the offering by marking the special designation box on your offering envelope with "VBS Mission Offering".

**SERVERS NEEDED:** We are in need of greeters, ushers, and nursery care volunteers for the 9:30 worship service. Please contact the church office if you are interested in serving as an usher or greeter. Please contact Betty Fogle if you are interested in serving as a nursery attendant (717-471-1026 or [bettsfog@comcast.net](mailto:bettsfog@comcast.net)).



**THE NEW CHURCH DIRECTORIES** are available in the information racks on both floors of the church building!

**SAVE THE DATE FOR THE LANCASTER CROP WALK:** Trinity Church was recently recognized as being 34<sup>th</sup> in the U.S. to raise funds for the 2023 CROP Walk!! Also, the Lancaster CROP Walk was recognized for being ranked 16<sup>th</sup> in the U.S. and 2<sup>nd</sup> in Pennsylvania for the 2023 CROP Walk! Pastor Rankin continues to serve as the Lancaster CROP Walk Coordinator!

There are two important dates to remember:

1. Saturday, September 29---CROP Walk Rally at the Church World Service office in Lancaster (10:00 a.m.-11:30 a.m.)
2. Sunday, October 20, 2024 at the Annunciation Greek Orthodox Church. Registration begins at 1 p.m. and a program follows at 1:30 p.m. The walk will begin at 2 p.m.

Mark & Chris Eyer are once again serving as the coordinators for Trinity Church. You can register for the walk on the table across from the church office or at <https://events.crophungerwalk.org/cropwalks/team/trinity-east-pete>



**2024 CHANCEL FLOWERS AND WORSHIP AID SPONSORS:** Upcoming dates for worship aids are: **August 11 & 25**. Upcoming dates for Chancel Flowers are **August 11**. The price for flowers is \$60. The price for worship aids is \$26. Look for the charts on the bulletin board in the narthex or call Carol in the church office.

**TRINITY PRESCHOOL FUNDRAISER:** We have 14 coupons left! The cost is \$8 per coupon. Look for the sign-up sheet on the table across from the church office. **Make checks payable to Trinity Preschool and put in the white box outside the church office.**

**TRIP TO WASHINGTON D.C.:** The Christian Education Committee is planning to sponsor a trip to Washington D.C. on October 26. We are hoping to visit the National Cathedral and the other museums. We don't have any details yet on the cost, but we are asking you to sign-up if you are interested at this point. The sign-up sheet is on the table across from the church office. **For more information, speak to Sue Bowman or Pastor Rankin.**



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**Every time you eat at our diners you will be making a donation to**

**\*TRINITY UNITED CHURCH OF CHRIST-**  
**East Petersburg\***

**VOTED BEST DINER IN LANCASTER COUNTY 11 YEARS IN A ROW**  
**(Lancaster Newspaper Readers' Choice Awards)- 2021**  
**TAKE-OUT AND CURBSIDE AT THE ABOVE NUMBERS**



**AUGUST 25, 4:00-6:30 PM**

**Look for the sign-up sheet on the table across from the church office!**



### East Petersburg Parade

The annual East Petersburg Day Parade will follow the 5K at 10AM and lead families, friends and neighbors to East Petersburg Community Park for an amazing day filled with live music, jugglers, rides, games, and food!

**The Parish Life Committee will be organizing a float for this year's parade. We will need people to ride on the float, so watch for more information in the worship bulletins and the September Parish Post!!!**

**Preschool Needs:** Please help support our preschool by reviewing the available slots on table outside office for needed supplies and sign up. Thank you! Please bring all donation to church no later than August 11th. Box in the Narthex.



## Trinity Preschool FUNDRAISER

**Monday, August 26<sup>th</sup>**

**6 – 9 PM**

1991 Miller Road  
East Petersburg, PA 17520

717.569.0009

Support our preschool while enjoying Son's delicious ice cream/Italian ices.

## Mt. Gretna Bible Festival 2024 Season

**ALL PROGRAMS ARE IN THE HISTORIC TABERNACLE, THIRD ST & GLOSSBRENNER AVE  
Parking at Mt. Gretna Fire Co.**

**Handicapped Parking at Mt. Gretna United Methodist Church Parking Lot**

***PARKING AT THE MT. GRETNA ROLLER RINK - in DEFINED AREAS ONLY!!!!***

*Roller Rink Parking on the following dates: August 4, 11, 18, 25, 2024*

**Sunday, August 4, 2024 - Daniel Dorty** - 7 p.m. Pianist and Organist for the acclaimed Susquehanna Chorale, and Director of Music and Organist for the Derry Presbyterian Church, Dan Dorty joined by musicians from Derry Church, their Sanctuary Choir and Derry Ringers for an evening of sacred music celebrating the Psalms, Hymns, and Spiritual Songs of our Faith. Freewill Offering will be received.



**Wednesday, August 7, 2024 - Summit Hill Bluegrass Band** - 7 p.m. From southeastern Pa., Summit Hill Bluegrass Band plays bluegrass, gospel and a wide variety of other music. Freewill Offering will be received. [Sponsored by JoAnn Thomas Show.](#)

**Sunday, August 11, 2024 - Dr. Peter W. Teague, Pres. Emeritus & Ambassador, Lancaster Bible College** - 7 p.m. Dr. Teague and his wife Paulette are founders of Jessica and Friends Community, a non-profit organization offering residential services, training in daily living skills, and social services to adults with developmental disabilities. Freewill Offering will be received.

**Sunday, August 18, 2024 - Susquehanna Chorale** - 7 p.m. One of the premier choral groups in the nation makes its traditional late summer appearance. Directed by Linda Tedford. Freewill Offering will be received.

**Sunday, August 25, 2024 - QuintEssentially Brass** - 7 p.m. This quintet with engaging personalities and sparkling instrumental performances ends another season. Freewill Offering will be received. [Sponsored by Arthur Funk and Sons](#)



**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.”

**Psalm 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.”

**Next Sunday’s Readings:** 1 Kings 19:4-8; Psalm 34:1-8; Ephesians 4:25–5:2; John 6:35, 41-51.

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