

Trinity Lutheran Church

August 4, 2024
Pentecost II



WELCOME

GATHERING HYMN:

All Who Hunger, Gather Gladly (ELW 461)



- 1 All who hun-ger, gath-er glad - ly; ho - ly man - na is our bread.
- 2 All who hun-ger, nev - er strang - ers; seek - er, be a wel - come guest.
- 3 All who hun-ger, sing to - geth - er, Je - sus Christ is liv - ing bread.



Come from wil - der - ness and wan - d'ring. Here in truth we will be fed.
Come from rest - less - ness and roam - ing. Here in joy we keep the feast.
Come from lone - li - ness and long - ing. Here in peace we have been fed.



You that yearn for days of full - ness, all a - round us is our food.
We that once were lost and scat - tered in com - mu - nion's love have stood.
Blest are those who from this ta - ble live their days in grat - i - tude.



Taste and see the grace e - ter - nal. Taste and see that God is good.
Taste and see the grace e - ter - nal. Taste and see that God is good.
Taste and see the grace e - ter - nal. Taste and see that God is good.

CONFESSION AND FORGIVENESS

Let us confess our sin together,
for we have all fallen short of the glory of God.

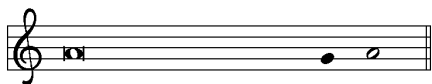
We pray together,
**God, you have called us to live lives
worthy of the calling
to which we have been called.
But we confess to you and each other
that we have not always spoken the truth in love;
we have not always made every effort
to maintain the unity of the Spirit in the bond of peace.
Forgive us and, by your grace,
help us to grow in every way
into him who is our head, Jesus Christ. Amen.**

Sisters and brothers in Christ,
the promise of our faith is that
whoever turns to Jesus Christ
will never hunger for forgiveness
and that which gives life to the world.

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.



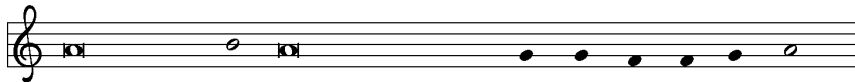
For the peace of the whole world, for the well-being of the church of God,



and for the unity of all, let us pray to the Lord.



Lord, have mer - cy.



For this holy house, and for all who offer here their wor-ship and praise,



let us pray to the Lord.

Lord have mer - cy.



Help, save, comfort, and de - fend us, gra - cious Lord. A - men.

CANTICLE OF PRAISE

Assisting minister



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

All



1 Wor-thy is Christ, the Lamb who was slain, whose blood set us



free to be peo-ple of God. Pow - er and rich - es and wis - dom and



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

Refrain



This is the feast of vic-to-ry for our God. 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 and hon - or and glo - ry and



might be to God and the Lamb for - ev - er. A - men.

Final refrain



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.

PRAYER OF THE DAY

The Lord be with you.

And also with you.

Let us pray together.

Giver of life,

every day you rain down manna from heaven

so that we can eat the bread of angels.

Turn our complaints into gratitude,

that we, as a church,

may mature into the body of the risen Christ

given for the life of the world. Amen.

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

² The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. ³ 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.”

⁴ 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.”

⁹ Then Moses said to Aaron, “Say to the whole congregation of the Israelites, ‘Draw near to the LORD, for he has heard your complaining.’” ¹⁰ 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. ¹¹ The LORD spoke to Moses and said, ¹² “I have heard the complaining of the Israelites; say to them, ‘At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.’”

¹³ In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. ¹⁴ 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. ¹⁵ 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.”

Word of God, word of life.

Thanks be to God.

PSALM: Psalm 78:23-29

²³ So God commanded the clouds above
and opened the doors of heaven,

²⁴ **raining down manna upon them to eat
and giving them grain from heaven.**

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

²⁶ **The LORD caused the east wind to blow in the heavens
and powerfully led out the south wind,**

²⁷ raining down flesh upon them like dust
and flying birds like the sand of the seas,

²⁸ **letting them fall in the midst of the camp
and round about the dwellings.**

²⁹ So the people ate and were well filled,
for God gave them what they craved.

SECOND READING: Ephesians 4:1-16

¹ I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, ² with all humility and gentleness, with patience, bearing with one another in love, ³ making every effort to maintain the unity of the Spirit in the bond of peace. ⁴ There is one body and one Spirit, just as you were called to the one hope of your calling, ⁵ one Lord, one faith, one baptism, ⁶ one God and Father of all, who is above all and through all and in all.

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

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

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

Word of God, word of life.

Thanks be to God.

GOSPEL ACCLAMATION



Al - le - lu - ia. Lord, to whom shall we go?



You have the words of e - ter - nal life. Al - le - lu - ia.

GOSPEL: John 6:24-35

The holy gospel according to John.

Glory to you, O Lord.

²⁴ 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.

²⁵ When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” ²⁶ 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. ²⁷ 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.” ²⁸ Then they said to him, “What must we do to perform the works of God?” ²⁹ Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” ³⁰ 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? ³¹ Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” ³² 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. ³³ For the bread of God is that which comes down from heaven and gives life to the world.” ³⁴ They said to him, “Sir, give us this bread always.”

³⁵ 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.

SERMON

SERMON HYMN: *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!

APOSTLE'S CREED

**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 to the dead.**

**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

God of love and liberation,
we give thanks for the stories of our faith
in which you fed Israel in the wilderness
and Jesus fed the hungry crowds that followed him.

Like them, we sometimes forget to be grateful for what we have
and are consumed by complaining about what we do not have.

Like them, we sometimes grab more than our daily bread.

Help us to take only what we need
and leave the rest for those who hunger.

**We pray in the name of Jesus Christ,
whom you sent to be bread for the world.**

Forgive us when we follow Jesus or pray to you
only seeking after our own good.

Help us to pray for higher things,
for the things that will equip us for the work of ministry
and to perform the works of God.

**We pray in the name of Jesus Christ,
whom you sent to be bread for the world.**

Holy One, we pray for this community,
for its families, its individuals, its children.

We pray for the nations of the earth,
that the world may know plenty and peace.

We pray for those who hunger for bread
and for those who hunger for righteousness,
that they will be fed what they need.

**We pray in the name of Jesus Christ,
whom you sent to be bread for the world.**

Giver of Life, give us this bread always.

Amen.

PEACE

The peace of Christ be with you always.

And also with you.

The people may greet one another with a sign of Christ's peace, and may say, "Peace be with you," or similar words.

ANNOUNCEMENTS

OFFERING

Please place offering in one of the Bulletin Stand offering plates at the end of worship as you leave the church.

OFFERTORY SONG: *As the Grains of Wheat* (ELW 465)

Refrain



As the grains of wheat once scat-tered on the hill were
gath-ered in - to one to be - come our bread; so may all your peo-ple from
all the ends of earth be gath-ered in - to one in you.

1 As this cup of bless-ing is shared with-in our midst,
2 Let this be a fore-taste of all that is to come when

Refrain

may we share the pres - ence of your love.
all cre - a - tion shares this feast with you.

OFFERING PRAYER

Let us pray together.

Loving God, each of us has been given grace according to the measure of Christ's gift.

Use our gifts, time, and talents as the manna to meet the hungers of the world in which we live.

For Jesus' sake. Amen.

THE 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.

EUCHARISTIC PRAYER

LORD'S PRAYER

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

**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.**

LAMB OF GOD



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.

COMMUNION

White grape juice is available, and all altar bread is gluten-free..

When giving the bread and cup, the communion ministers say

The body of Christ, given for you.

The blood of Christ, shed for you.

and each person may respond

Amen.

COMMUNION HYMNS:

God Be with You Till We Meet Again (ELW 536)

Bread of Life from Heaven (ELW 474)

POST COMMUNION BLESSING

Now may the body and blood of our Lord and Savior Jesus Christ strengthen you and keep you in God's grace.

Amen.

PRAYER AFTER COMMUNION

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.

BLESSING

May God,

Creator, Christ, and Holy Spirit,

fill you with all good things,

and the blessing of God,

who provides for us, feeds us, and journeys with us,

✚ be upon you now and forever.

Amen.

SENDING SONG:

Lord, Speak to Us, That We May Speak (ELW 676)



1 Lord, speak to us, that we may speak in
2 Oh, lead us, Lord, that we may lead the
3 Oh, teach us, Lord, that we may teach the
4 Oh, fill us with your full - ness, Lord, un -



liv - ing ech - oes of your tone; as you have sought, so
wan-d'ring and the wa - v'ring feet; oh, feed us, Lord, that
pre - cious truths which you im - part; and wing our words, that
til our ver - y hearts o'er - flow in kin - dling thought and



let us seek your stray - ing chil - dren, lost and lone.
we may feed your hun - g'ring ones with man - na sweet.
they may reach the hid - den depths of man - y•a heart.
glow - ing word, your love to tell, your praise to show.

DISMISSAL

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

Serving in Worship

TODAY — Aug 4, 2024

Altar: Conyers Family

Reader: OPEN

Assistant:

OPEN

Fellowship: OPEN

NEXT SUNDAY — Aug 11, 2024

Altar: Conyers Family

Reader: OPEN

Assistant:

OPEN

Fellowship: Picnic at Washington Park!

HELP!

READ:

Readings, Psalms, Prayers,
at the lectern.

ASSIST:

after the Lord's Prayer,
come to the alter, offer the wine.

FELLOWSHIP:

prepare coffee and treats,
tidy up.



Sign up in the Gruver Room

Trinity Happenings:

Sun, Aug 4:	9:00am 10:15am	Worship Service Fellowship in Gruver Room
Mon, Aug 5:	9:00am 5:00pm	Becoming in Gruver Room TheologyPUB @ Coal Creek Downtown
Sat, Aug 10:	1:00pm	Apronti & Adjetey Wedding
Sun, Aug 11:	10:00am 11:15am	Worship Service AT WASHINGTON PARK Fellowship and Picnic!
Mon, Aug 12:	9:00am	Becoming in Gruver Room
Tue, Aug 13:	7:00pm	Church Council in Gruver Room
Sat, Aug 17:	8:30am	Self Defense Class in Fellowship Hall



Self Defense Class

You're stronger than you think!

When: August 17th, 2024, 9am to 11 am

Where: 107 S. 7th Street, Trinity Lutheran Church,
Rhor Hall (downstairs)

FREE!

There is limited space—20 participants—so registration is required. HOWEVER, if you register and the class is already filled, include your email in the registration to be notified about another class!

Scan the QR code to get started or see the link below!



https://docs.google.com/forms/d/e/1FAIpQLSfnJELhZke8Nk0snjZqZs5Q9ShOTzNw0wDQJ8yUHXUVlrPJg/viewform?usp=pp_url

Unfortunately, women know the statistics: 1 in 5 women experience a completed or an attempted rape in adulthood, 1 in 3 women are victims of completed or attempted rape between the ages of 11 and 17 (www.nsvrc.org/statistics). We don't want statistics to make us afraid, but we can help address those statistics through the preparation of a self defense class. Trinity is offering our space to support all women but especially younger women in high school and college, anyone at any age who desires to find more confidence.

Sun, Aug 19:	9:am 10:15am	Worship Service Fellowship in Gruver Room
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Solemnization of Marriage

You are cordially invited to the celebration
of marriage between

Dr. James Apronti
&
Ms. Belinda Adjetey

August 10th 2024
1300 MST

Trinity Lutheran Church, 107 South 7th St,
Laramie, WY

Dress traditional & colorful

SCAN TO RSVP



Or RSVP at

<https://bejamunion2024.setorkwame.com/#>

Wear your
140th Anniversary T-Shirt to our
August 11th
10am Worship &
11:15am Picnic in
Washington Park!



*Sizes are selling out,
so see Lisa in the Office
or Lindsay Conyers.*

**ONLY
\$10**



SAVE THE DATE

CONGREGATIONAL MEETING

Congregational Meeting Announcement

Topic: End of Life Gifts

Date: 8/25/2024

Time: 10:30 am

Location: Gruver Room

Agenda

1. Quorum Established (30 members)
2. Call to Order
3. Prayer
4. Approval of Agenda
5. Welcome
6. Update on large End of Life Gifts received in 2024
7. Donation of Real Property donated to Trinity
8. Adjournment
9. Prayer

To my brothers and sisters in Christ,

It is my duty as Congregational President to call special Congregational Meetings when it seems appropriate. This year, Trinity has been gifted two incredible end of life gifts from our longtime friends and parishioners. The Church Council wanted to bring forth the opportunity for thoughtful visioning and decision making with the congregation so we can impart the most meaning and intention with these gifts. This is just the beginning of our process.

The two large gifts came in very different forms. One was a large cash gift that I will update the congregation on at the meeting and the other was a gift of their home. While the upcoming months provide plenty of time to thoughtfully consider how to treat an incredible gift of cash, the timeline for real property is a little more complicated. We would like congregational input and guidance for proceeding with the sale of the home or if there is another vision that would come forth.

With any questions prior to the meeting, please do not hesitate to reach out to me or any of your council representatives.

Prayerfully yours,

Adam Huck
Congregational President
aphuck@msn.com
720-324-0520

SAVE THE DATE

TRINITY'S 140TH

Anniversary



<6

FREE



6-18

\$15



19+

\$20

10.19.24

FEATURED SPEAKER KRISTIN LARGEN
1ST INTERN NOW SEMINARY PRESIDENT



BYO BEVERAGE



ALICE HARDIE STEVENS CENTER

TICKETS FROM KRIS OOLMAN
OR IN THE OFFICE

A FINAL WORD FROM BISHOP JIM GONIA



Dear Beloved of the Rocky Mountain Synod,

As I prepare to conclude my call as your bishop on July 31, I want to express my profound thanks for the opportunity to be on the journey with you these last twelve years. A full one third of my 36 years of ordained ministry has been spent as synod – literally on the way together – with you. I am grateful not only for the celebrations and milestone moments we have experienced, but for the challenges that have helped us grow and learn together.

It is with immense joy that I welcome the Rev Dr Meghan Aelabouni to her call as our next bishop. Her leadership, insights and passion will be a tremendous gift in this new season. I trust that you will surround her with your prayers, love and support.

For those who are wondering what comes next for me, I am retiring from ministry in the church and will use this next chapter of life to explore other interests and opportunities, including my love of photography and time with my family. I am excited to see what new ventures may lie ahead.

It's been my practice when presiding at a blessing of transition for a pastor or deacon, to invite the minister and Council leaders to share words of affirmation and encouragement. In closing, I leave you with a few of my own heartfelt affirmations and encouragements.

My Affirmations:

- This is a healthy synod, full of vital congregations and ministries, served by faithful and talented rostered ministers. Thank you for the countless ways you proclaim and embody the gospel every day.
- This is a synod with a rich diversity of contexts, with a proven commitment to being connected across the miles and to serving the neighbor. I am grateful for how you live out church better together for the sake of the world.
- This is a synod open to new ideas, to new ways of being and becoming church. I appreciate your willingness to experiment and take risks for the sake of the gospel.

My Encouragements:

- Keep God's inclusive unconditional love in Jesus front and center – a gospel of grace matters more than ever to our neighbors and world. Don't be shy to share it!
- Trust the Holy Spirit to lead you into new horizons of being the Body of Christ. Be bold to explore paths as yet untrodden.
- Remember your call to be God's both/and people in this either/or world. It will mark your witness and service as Christ's Church.

And now, dear friends, all that remains is to offer these words of blessing:

May the peace of God, which surpasses all understanding, keep your hearts and minds in Christ Jesus.

Yours in Faith,
Bishop Jim Gonia

QUESTIONS ABOUT GIVING? If you ever have any questions about your financial gifts to Trinity, please contact Trinity's financial secretary, Alison Shaver, at alebada@uwyo.edu. If you need an up-to-date statement of giving, please contact the church office.

2024 Year-To-Date as of June 30

Income - \$111,206.07

Expenses - \$102,673.05



TRINITY EVANGELICAL LUTHERAN CHURCH

107 South 7th ✚ Laramie, WY 82070 ✚ www.telclaramie.com

Office: (307) 745-4222 ✚ telcofficermanager@gmail.com

Pastor Nate: (307) 231-5371 ✚ pastornate3421@gmail.com

IF YOU WOULD LIKE OR NEED A VISIT FROM PASTOR NATE PLEASE EMAIL OR CALL!

Congregation President **Adam Huck**

Pastor **Pastor Nathan Keith**

Accompanist **Soyeon Kang**

Financial Secretary **Alison Lebeda**

Financial Director **Linda Lebeda**

In the Office **Lisa Guarnieri**