

# Eleventh Sunday after Pentecost

August 4, 2024

## Welcome!

We delight in having guests and are glad that you have joined us today.

### First Lutheran Church

6 Eddy Street  
Waltham, MA 02453-7753  
781-893-6563

firstlutheranwaltham.org

Follow us on Facebook at  
First Lutheran Church - Waltham, MA

The Rev. Thomas E. Maehl, Pastor  
tmaehl@rcn.com

Ms. Cynthia Niiler,  
Director of Music & Parish Secretary  
firstlutheranwalthamoffice@gmail.com

#### **Church Office Hours:**

Tuesday—Friday  
9:30 am—1:00 pm

#### **Today's Worship Leaders**

##### **Pastor**

Tom Maehl

##### **Musician**

Cynthia Niiler

##### **Assistant Minister**

Emily Codner

##### **Acolyte**

Penelope Codner

##### **Lector**

Vicki DeVault

##### **Usher**

Valarie Waters

Roger Binggeli

##### **A/V**

Emily Citrone

##### **Altar Care**

Dee Speer

#### **Prelude**

#### **Welcome and Announcements**

#### **GATHERING IN GOD'S PRESENCE**

*The congregation is invited to stand*

#### **Confession and Forgiveness**

Blessed be the holy Trinity, ✝ one God,  
who greets us in this and every season,  
whose word never fails,  
whose promise is sure.

**Amen.**

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

Merciful God,

**we confess that we have sinned.**

**We have failed to be honest.**

**We have hurt our community.**

**We have squandered your blessings.**

**We have lacked the courage to speak.**

**In the name of Jesus,**

**forgive us and grant us your mercy.**

*Silence is kept for reflection.*

God is a cup of cold water when we thirst.

God offers boundless grace when we fail.

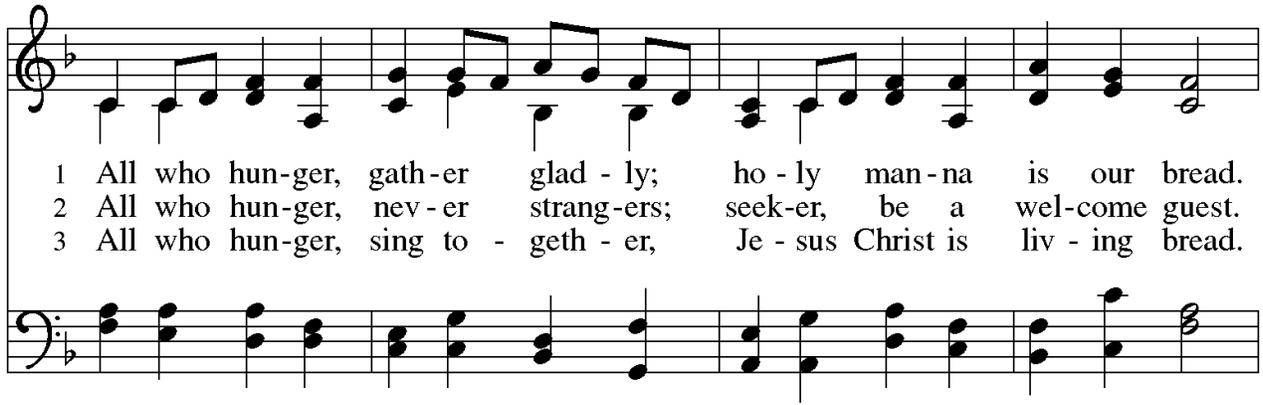
Claim the gift of God's mercy:

you are freed and forgiven

in the name of ✝ Jesus Christ.

**Amen.**

# Gathering Hymn: "All Who Hunger, Gather Gladly"



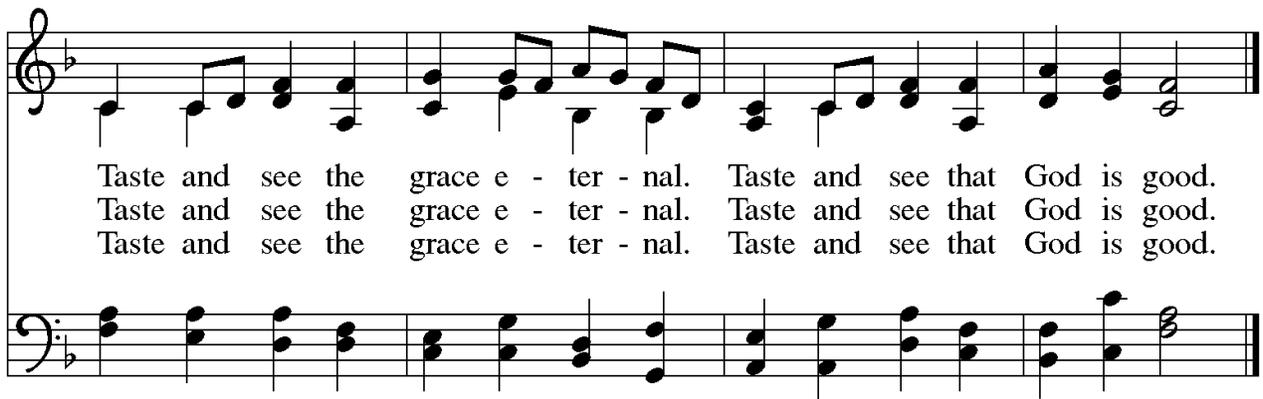
1 All who hun-ger, gath-er glad - ly; ho - ly man-na is our bread.  
2 All who hun-ger, nev - er strang-ers; seek-er, be a wel-come guest.  
3 All who hun-ger, sing to - geth - er, Je - sus Christ is liv - ing bread.



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.

Text: Sylvia G. Dunstan, 1955–1993

Music: HOLY MANNA, W. Moore, *Columbian Harmony*, 1825; arr. hymnal version

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## 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



Ky - ri - e e - le - i - son: **Lord, have mer - cy.**  
*Lord, . . . . have mer - cy:*



Chri - ste e - le - i - son: **Christ, have mer - cy.**  
*Christ, . . . have mer - cy:*



Ky - ri - e e - le - i - son: **Lord, have mer - cy.**  
*Lord, . . . . have mer - cy:*

## Hymn of Praise



Glo-ry to God, glo-ry to God, glo-ry to God in the high - est;



glo-ry to God, glo-ry to God, and peace to God's peo-ple on earth.



1 Lord God, heav-en-ly King, al - might-y God and Fa - ther, we



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

*Refrain*



Glo-ry to God, glo-ry to God, glo-ry to God in the high - est;



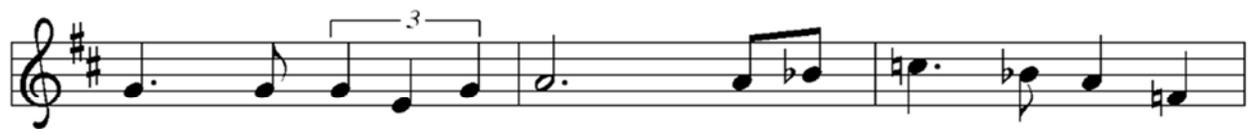
glo-ry to God, glo - ry to God, and peace to God's peo-ple on earth.



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*



Glo-ry to God, glo-ry to God, glo-ry to God in the high - est;



glo-ry to God, glo - ry to God, and peace to God's peo-ple on earth.



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. A - men.



Glo-ry to God, glo-ry to God, glo-ry to God in the high - est;



glo-ry to God, glo - ry to God, and peace to God's peo-ple on



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

### The 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.**

### HEARING GOD'S WORD

*The congregation is seated*

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

<sup>2</sup> 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."

The Word of the Lord

**Thanks be to God**

**Psalm: Psalm 78:23-29**

<sup>23</sup> So God commanded the clouds above  
and opened the doors of heaven,

<sup>24</sup> **raining down manna upon them to eat  
and giving them grain from heaven.**

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

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

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

<sup>28</sup> **letting them fall in the midst of the camp  
and round about the dwellings.**

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

**Second Reading: Ephesians 4:1-7, 11-16**

<sup>1</sup> 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>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

The Word of the Lord

**Thanks be to God**

*The congregation is invited to stand*

**Gospel Acclamation:**



Al - le - lu - ia. Lord, to whom shall we go? Al - le -  
lu - ia. You have the words of e - ter - nal life.  
Al - le - lu - ia, al - le - lu - ia.

**Gospel: John 6:24-35**

The holy gospel according to John.

**Glory to you, O Lord**

<sup>24</sup> 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.”

The gospel of the Lord.

**Praise to you, O Christ.**

*The congregation is seated*

**Children’s Sermon**

**Sermon**

## RESPONDING TO GOD'S WORD

*The congregation is invited to stand*

### Hymn of the Day: "Bread of Life from Heaven"

*Refrain*

Bread of life from heav-en, your blood and bod - y giv - en,

we eat this bread and drink this cup un - til you come a - gain.

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

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

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

*Refrain*

## Apostles' 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:

**Response:** God in your mercy,  
hear our prayer.

## The Peace:

The peace of Christ be with you always.  
And also with you.

*The congregation is seated*

## Offering is Gathered

## Musical Offering

### Another way to collect the morning offering.



Our church provides both spiritual, physical and emotional nourishment for all who attend in person and online. ***We invite you to consider donating*** to support the mission of our church, as we work to support programs in the church, in the community, and for the online community.

You can make your morning offering through credit card by scanning the code to the left.

## Prayer Concerns

**Members of our First Lutheran Community:** Ash, Bethany, and Roland Adams; Joyce Anderson; Jen Biter; June Jahrling; Erika Jerram; Steve Latter; Kerry Meaney; Kathryn McCowan; Don & Britta McNemar; Cynthia Niiler; Joan & Jüri Niiler, Marlene Nordstrom; Wayne Sukow.

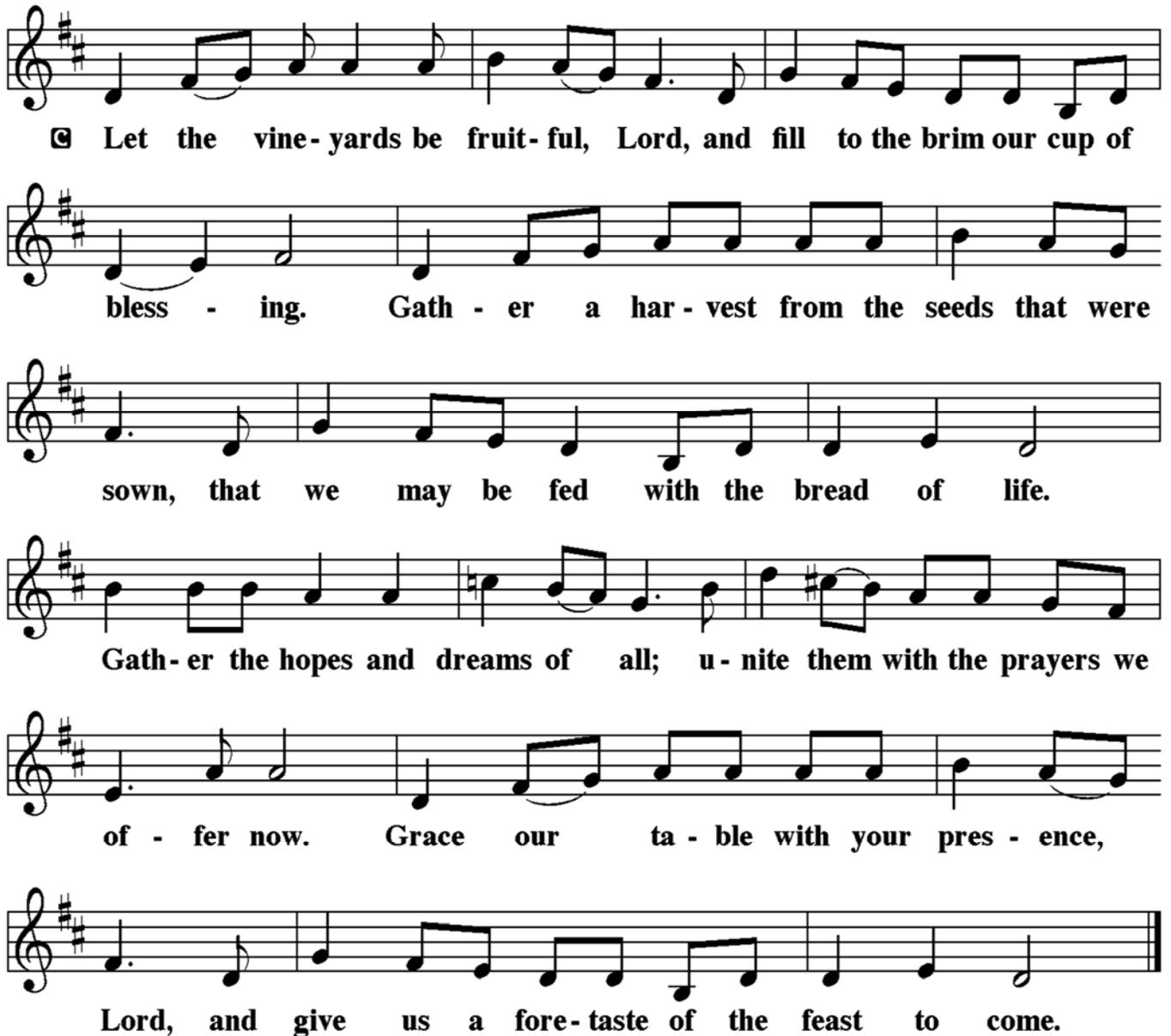
**Friends and Family:** Kate Benbenek; Doak Borst; Emily Clemens; Steve Codner; Emily Dallman; Donna; Duke Katterheinrich ; Sylvia & Chris Lee-Thompson; Peter Melanson; Skip Moyer; Pappas family; Sally Raymond; Stacey Reed; Lynn Reihart; Sally Santiago; Brian Schmitz; Roger & Margie Schroeder; Maria Silva; Tara Waters; Jim Wroe

**For those who grieve:** the family and friends of Ellen Katterheinrich (mother of LuAnn Kimker)

**For our partners:** Santuario Luterano, the Spanish speaking Lutheran congregation in Waltham. For other organizations we actively support: the Waltham Family School, the Waltham Community Day Center, Chaplains on the Way, the Waltham Alliance to Create Housing, Camp Calumet, and ELCA World Hunger. And for our efforts to resettle a refugee family.

*The congregation is invited to stand*

## Congregational Offertory



Let the vine-yards be fruit-ful, Lord, and fill to the brim our cup of  
bless - ing. Gath - er a har - vest from the seeds that were  
sown, that we may be fed with the bread of life.  
Gath - er the hopes and dreams of all; u - nite them with the prayers we  
of - fer now. Grace our ta - ble with your pres - ence,  
Lord, and give us a fore - taste of the feast to come.

## Offering Prayer

Merciful God, you open wide your hand and satisfy the need of every living thing.

You have set this feast before us.

Open our hands to receive it.

Open our hearts to embrace it.

Open our lives to live it.

We pray this through Christ our Lord.

**Amen.**

## About Communion

We believe that Jesus Christ is present in the bread and wine we share and therefore he is the host of the meal. *In his name, we welcome all who desire to commune.*

- An usher will direct you to come forward, and you may either kneel or stand at the altar rail.
- *Bread:* The pastor will place bread in your hands, which you may then consume. We have *gluten free bread available*; indicate to the pastor/vicar if that is your preference.
- *Wine/Juice:* the assistant will then offer a tray of individual glasses (juice in the center ring). The acolyte will follow with a tray for empty glasses. Also, you may skip the wine altogether trusting that Christ is fully present in the bread.
- Children and adults who do not yet commune are welcome to come to the altar for a blessing.
- If walking is difficult for you, please inform an usher, then stay in your pew and the pastor will come to you.

## SHARING THE LORD'S SUPPER

### 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.**

It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise . . . . we praise your name and join their unending hymn:

### Holy, Holy, Holy



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and  
might, heav - en and earth are full of your glo - ry.  
Ho - san - na in the high - est. Bless - ed is he who  
comes in the name of the Lord. Ho - san - na in the  
high - est. Ho - san - na in the high - est.

## Eucharistic Prayer

### 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.

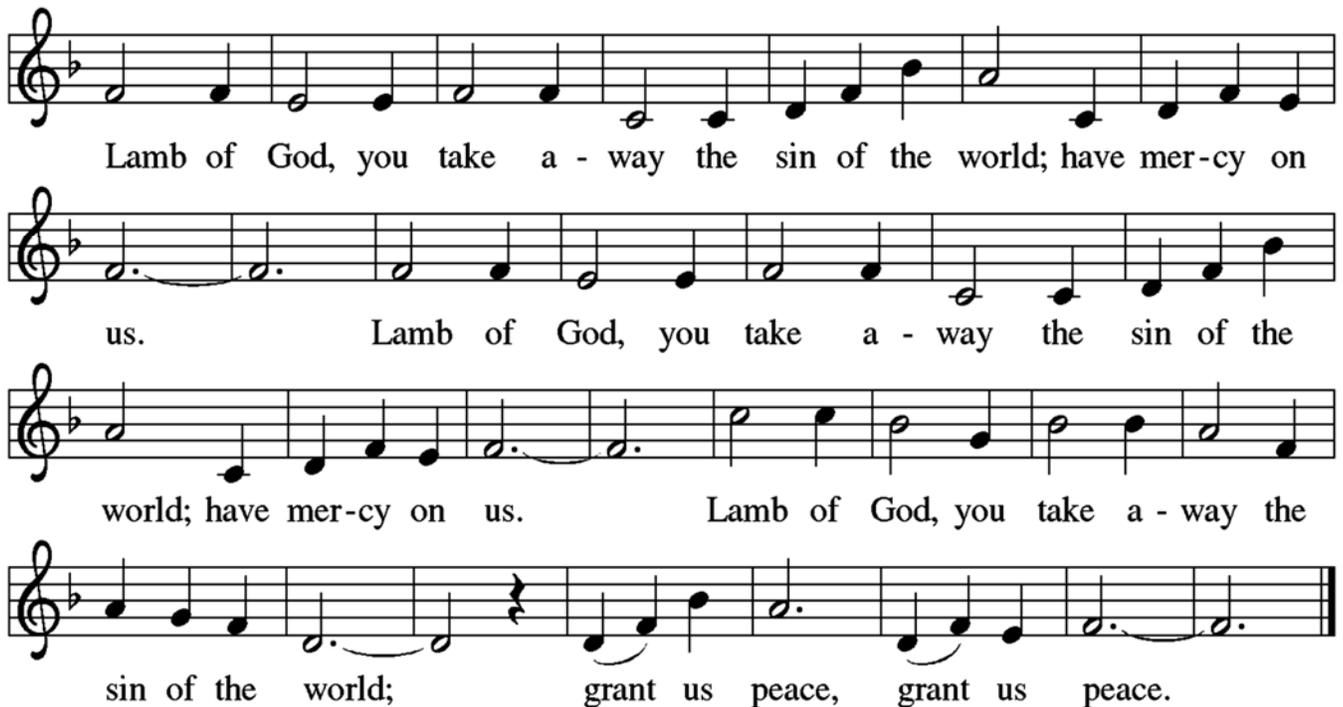
Give us this day our daily bread;  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.

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

The gifts of God for the people of God.  
Thanks be to God.

*The congregation is seated*

### 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.

### Distribution of Communion

## Communion Hymns

### "Break Now the Bread of Life"

The musical score is written in G major (one sharp) and 4/4 time. It consists of three systems, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The lyrics are arranged in three numbered parts. The first system covers the first three lines of lyrics. The second system covers the next three lines. The third system covers the final three lines. The piano accompaniment features a steady bass line with chords that support the vocal melody.

1 Break now the bread of life, dear Lord, to me, as once you  
2 Bless your own word of truth, dear Lord, to me, as when you  
3 You are the bread of life, dear Lord, to me, your ho - ly

broke the loaves be - side the sea. Be - yond the sa - cred page  
blessed the bread by Gal - i - lee. Then shall all bond-age cease,  
word the truth that res - cues me. Give me to eat and live

I seek you, Lord; my spir - it waits for you, O liv - ing Word.  
all fet - ters fall; and I shall find my peace, my All - in - All!  
with you a - bove; teach me to love your truth, for you are love.

Text: Mary A. Lathbury, 1841–1913, alt.  
Music: BREAD OF LIFE, William F. Sherwin, 1826–1888

"Let Us Break Bread Together"

1 Let us break bread to - geth - er on our knees;  
 2 Let us drink wine to - geth - er on our knees;  
 3 Let us praise God to - geth - er on our knees;

let us break bread to - geth - er on our knees.  
 let us drink wine to - geth - er on our knees.  
 let us praise God to - geth - er on our knees.

*Refrain*

When I fall on my knees, with my face to the ris - ing

sun, O Lord, have mer - cy on me.

*The congregation is invited to stand*

## Post-Communion Blessing

### Post-Communion Prayer

Pour out upon us the spirit of your love, O Lord,  
and unite the wills of those whom you have fed with one heavenly food;  
through Jesus Christ our Lord.

**Amen.**

## SENDING

## Benediction

### Announcements

**Food Donations Needed:** Our Blessing Box/mini food pantry is being heavily used and needs restocking. Donations of non-perishable food are welcome: Pasta; Pasta sauce; Peanut Butter; Oatmeal; Cereal; Canned beans, veggies, fruit, tuna/chicken. Donations can be left in the Pearson Room. Thank you!

**Can you make coffee and provide goodies after 9:30 worship?** It's amazing how having a cup of coffee or goodies available provides a reason for people to stay and connect. Can you help with this ministry? Sign up in the Pearson Room or by using the link in the "This Week" email. Not sure how to use the large coffee pot or what hosting entails? Ask the church office to connect you with a mentor!

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#### This Week at First Lutheran

<b>Today:</b>	9:30 am	Worship
<b>Thursday:</b>	10:00 am	Knitting Group
<b>Next Sunday:</b>	9:30 am	Worship

# Sending Hymn: "Sent Forth by God's Blessing"



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



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



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



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



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



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



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



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

**Dismissal:** Go in peace. Christ is with you.

**Thanks be to God.**

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