Welcome to Trinity!

Holy Communion
The 12th Sunday After Pentecost
August 11, 2024

Jesus says that the bread he gives for the life of the world is his flesh, and whoever eats this bread has eternal life now and will be raised on the last day. In Ephesians Paul tells us what this life Jesus gives us looks like, this life we live as those marked with the seal of the Holy Spirit in baptism. We live in love, as Christ loved us and gave himself up for us. The whole purpose of life is giving yourself for the other.

We are glad you are here!

All Are Welcome At Our Lord’s Table Of Grace. In, Through, And Under Bread And Wine We Receive The Real Presence Of Christ – God’s Love Poured Out For Us – As Jesus Taught Us. Please Prepare Communion Elements Of Bread Or Crackers, Juice Or Wine For Your Household. As You Are Invited During The Meal Portion Of The Service, You May Partake Of The Elements Saying The Words, “The Body Of Christ Given For You, The Blood Of Christ Shed For You.”
+ GATHERING +

PRELUDE

_We stand and turn to face the baptismal font._

**CONFESSION AND FORGIVENESS**

Blessed be the holy Trinity, ☩ one God,
the God of manna,
the God of miracles,
the God of mercy.
_Amen._

Drawn to Christ and seeking God’s abundance, let us confess our sin.

*Silence is kept for reflection.*

God, our provider,
help us.
It is hard to believe there is enough to share.
We question your ways when they differ from the ways of the world in which we live.
We turn to our own understanding rather than trusting in you.
We take offense at your teachings and your ways.
Turn us again to you. Where else can we turn?
Share with us the words of eternal life and feed us for life in the world.
_Amen._

Beloved people of God:
in Jesus, the manna from heaven, you are fed and nourished.
By Jesus, the worker of miracles, there is always more than enough.
Through Jesus, ☩ the bread of life, you are shown God’s mercy:
you are forgiven and loved into abundant life.
_Amen._
As We Gather at Your Table

1. As we gather at your table, as we listen to your word,
   help us know, O God, your presence; let our hearts and minds be stirred.

2. Turn our worship into witness in the sacrament of life;
   send us forth to love and serve you, bringing peace where there is strife.

3. Gracious Spirit, help us summon other guests to share that feast
   where triumph-ant Love will welcome those who had been last and least.

   Nourish us with sacred story till we claim it as our own;
   Give us, Christ, your great com-passion to for-give as you for-gave;

   Teach us through this holy banquet how to make Love’s vic-t’ry known.
   May we still be-hold your image in the world you died to save.

as we join with saints and angels to re-pel the sound-ing joy.
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.

PRAYER OF THE DAY

Gracious God, your blessed Son came down from heaven to be the true bread that gives life to the world. Give us this bread always, that he may live in us and we in him, and that, strengthened by this food, we may live as his body in the world, through Jesus Christ, our Savior and Lord. Amen.

We sit

+ WORD +

CHILDRENS MESSAGE

We are in God’s house today. We will learn and we will pray. Let us listen, let us sing. Gladly make our praises ring.
FIRST READING: 1 Kings 19:4-8

A reading from 1 Kings.

4[Elijah] went a day’s journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: “It is enough; now, O LORD, take away my life, for I am no better than my ancestors.” 5Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, “Get up and eat.” 6He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. 7The angel of the LORD came a second time, touched him, and said, “Get up and eat, otherwise the journey will be too much for you.” 8He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

Word of God, Word of Life.
Thanks be to God.
1 I will bless the LORD at all times;
   the praise of God shall ever be in my mouth.

2 I will glory in the LORD;
   let the lowly hear and rejoice.

3 Proclaim with me the greatness of the LORD;
   let us exalt God's name together.

4 I sought the LORD, who answered me
   and delivered me from all my terrors.

5 Look upon the LORD and be radiant,
   and let not your faces be ashamed.

6 I called in my affliction, and the LORD heard me
   and saved me from all my troubles.

7 The angel of the LORD encamps around those who fear the LORD
   and delivers them.

8 Taste and see that the LORD is good;
   happy are they who take refuge in God!
SECOND READING: Ephesians 4:25—5:2

A reading from Ephesians.

25 So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. 26 Be angry but do not sin; do not let the sun go down on your anger, 27 and do not make room for the devil. 28 Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. 29 Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. 31 Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, 32 and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. 5:1 Therefore be imitators of God, as beloved children, 2 and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Word of God, word of life.
Thanks be to God.

We stand.
GOSPEL ACCLAMATION

Setting Two

(Assembly sings alleluia; cantor sings verse.)

Assembly:

I am the living bread that came down | Whoever eats this bread will live forever from heaven.
GOSPEL: John 6:35, 41-51

The holy gospel according to John.

Glory to you, O Lord.

35 Jesus said to [the crowd,] “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

41 Then the Jews began to complain about him because he said, “I am the bread that came down from heaven.” 42 They were saying, “Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, ‘I have come down from heaven’?” 43 Jesus answered them, “Do not complain among yourselves. 44 No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. 45 It is written in the prophets, ‘And they shall all be taught by God.’ Everyone who has heard and learned from the Father comes to me. 46 Not that anyone has seen the Father except the one who is from God; he has seen the Father. 47 Very truly, I tell you, whoever believes has eternal life. 48 I am the bread of life. 49 Your ancestors ate the manna in the wilderness, and they died. 50 This is the bread that comes down from heaven, so that one may eat of it and not die. 51 I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.”

The gospel of the Lord.

Praise to you, O Christ.

We sit.

SERMON

Rev. Pauline Farrington

Silence for reflection

We stand.
1 O Jesus, joy of loving hearts, the fount of life, the light of all: from every bliss that earth Imam feast upon you still; we drink of you, the fountain-
changing lot is cast; glad, when your smile on us you mo - ments fair and bright! Oh, chase the night of sin a - parts we turn, un - filled, to hear your call.
head; our thirst - ing souls from you we fill.
turn, blest, when by faith we hold you fast.
way! Shed o’er the world your ho - ly light.
APOSTLES’ CREED

With the whole church we confess our faith...
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

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.

   ... Merciful God,
   receive our prayer.

   We lift up these prayers to you, gracious God. Receive them into your holy keeping. Amen.
PEACE

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

*Please share a sign of God’s peace with those around you. Children and youth are encouraged to come to the front to greet those worshipping with us online.*

+ MEAL +

*We sit.*

OFFERTORY ANTHEM

You may leave your offering in the plate at the entrance to the church after the service.

*We stand.*

OFFERTORY PRAYER

Let us pray.

Jesus, Bread of life,
you have set this table with your very self,
and called us to the feast of plenty.
Gather what has been sown among us,
and strengthen us in this meal.
Make us to be what we receive here,
your body for the life of the world.  *Amen.*
PREFACE AND SANCTUS
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:
Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory. Hosanna in the highest.
Blessed is he who comes in the name of the Lord. Hosanna in the highest. Hosanna in the highest.
EUCARISTIC PRAYER

Holy God, holy and compassionate:
you we praise and glorify, you we worship and adore.

You formed the earth from chaos;
you encircled the globe with air;
you created fire for warmth and light;
you nourish the lands with water.
You molded us in your image,
and with mercy higher than the mountains,
with grace deeper than the seas,
you blessed the Israelites and cherished them as your own.

That also we, estranged and dying, might be adopted to live in your Spirit,
you called to us through the life and death of Jesus.

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.

Together as the body of Christ, we proclaim the Lord’s death until he comes:
Christ has died.
Christ is risen.
Christ will come again.

With this bread and cup we remember your Son, the first-born of your new creation.
We remember his life lived for others,
and his death and resurrection, which renews the face of the earth.
We await his coming, when, with the world made perfect through your wisdom, all our sins and sorrows will be no more.

**Amen. Come, Lord Jesus.**

Holy God, holy and merciful one, send upon us and this meal your Holy Spirit, whose breath revives us for life, whose fire rouses us to love. Enfold in your arms all who share this holy food. Nurture in us the fruits of the Spirit, that we may be a living tree, sharing your bounty with all the world.

**Amen. Come, Holy Spirit.**

Holy and benevolent God, receive our praise and petitions, as Jesus received the cry of the needy, and fill us with your blessing, until, needy no longer and bound to you in love, we feast forever in the triumph of the Lamb: through whom all glory and honor is yours, with the Holy Spirit, in your holy church, now and forever.

**Amen.**

**LORD’S PRAYER**

Gathered into one by the Holy Spirit, let us pray as Jesus taught us.

**Our Father in heaven,**

hallowed be your name,

your kingdom come,

your will be done,

on earth as in heaven.

Give us today our daily bread.

Forgive us our sins

as we forgive those who sin against us.

Save us from the time of trial

and deliver us from evil.

For the kingdom, the power, and the glory are yours,

now and forever. Amen.
INVITATION

Christ has set the table with more than enough for all, and all are welcome without exception. Come! Taste and see that the Lord is good!

We sit

As the usher indicates, you are invited to move toward the altar to receive the bread and wine.

Our bread is gluten-free, allergen-free, and vegan.

We receive the wine by drinking from the first cup or having wine poured from the second cup.

Should you choose to have the wine poured, please pick up an empty glass or, if you prefer, pick up a pre-filled glass of red grape juice as the tray is presented to you. If you prefer individually packaged elements, they are available on a table just outside the sanctuary doors.

If you choose not to commune but would welcome a blessing, please come to receive a blessing spoken by the pastor.
LAMB OF GOD

ELW Setting Two

Lamb of God, you take away the sin of the world; have mercy on us. Lamb of God, you take away the sin of the world; have mercy on us. Lamb of God, you take away the sin of the world; grant us peace.
COMMUNION HYMNS

I Am the Bread of Life

ELW 485

Leader or All

1. “I am the Bread of life. You who
2. The bread that... I will give is my
3. Unless... you... eat of the
4. “I am the resurrection. . . .
5. Yes, Lord... I believe that...

come to me shall not hunger, and who be-
flesh for the life of the world, . . . . and if you
flesh of the Son of Man . . . . . . . and . . .
I . . . . . am the life. . . . . . . . . . . . If you be-
you . . . . are the Christ, . . . . . the . . .
lieve in me shall not thirst. No one can come to
eat . . . . of this bread, you shall . . . live for-
drink . . . . of his blood, and drink . . . . of his
lieve . . . . in . . . . me, e - ven . . . . though you
Son . . . . of . . . . God, who . . . . have . . .
me unless the Fa - ther beck - ons.”
ev - er, . . . . you shall live for - ev - er.”
blood, you shall not have life with - in you.”
die, . . . . you shall live for - ev - er.”
come in - to . . . . the . . . . world. . .
Refrain

“And I will raise you up, and I will raise you up,

and I will raise you up on the last day.”
Taste and See

Refrain - All

Taste and see, taste and see the goodness of the Lord. Oh,

taste and see, taste and see the goodness of the Lord, of the Lord.

Leader or All

1 I will bless the Lord at all times. Praise shall always be on my lips; my soul shall glory in the Lord; for God has been so good to me.

2 Glorify the Lord with me. Together let us all praise God’s name. I called the Lord, who answered
PRAYER AFTER COMMUNION

Let us pray.

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.
ANNOUNCEMENTS

We Stand.

BENEDICTION

The blessing of Holy God, who provides for us, feeds us, and journeys with us, ✞ be upon you now and forever.
Amen.
Hallelujah! We Sing Your Praises

Refrain—sung twice each time


Hearts are filled with gladness. All our hearts are filled with gladness.

1 Christ the Lord to us said: I am wine, I am bread,
2 Now he sends us all out, strong in faith, free of doubt,

I am wine, I am bread, give to all who thirst and hunger. Strong in faith, free of doubt. Tell to all the joyful gospel.

Repeat stanza, then sing refrain
DISMISSAL
Go in peace. You are the body of Christ.
Thanks be to God. Alleluia!

POSTLUDE
Remember in Your Prayers

THE CHURCH
our synod & bishops: Bishops Elizabeth E, and Leila O
our missionaries: Stephen D/Marta G, Cent. Amer
our congregation: Trinity Church
THE NATIONS: Afghanistan, El Salvador, Gaza, Guatemala, Haiti, Honduras, India, Indonesia, Iraq, Israel, Libya, Mexico, Morocco, Myanmar, Namibia, North Korea, Palestine, Somalia, Spain/Catalonía, Sudan, Syria, Ukraine, United States, Venezuela
THE SICK AND SUFFERING
nursing/rehabilitation center/hospital
Yulie N (Village at Rockville)
home
family and friends*
Donald B, brother of Marilyn C
Elizabeth B and James B, parents of Mary B
Gene B, friend of Kim and Pam B
James and Carlene B, uncle and aunt of Carmen D
Janet B, sister of Carol B
Christine C and family, friend of Cathy C
Pam C, sister of Mike M
Thomas F, friend of Len S
Betsy G, friend of Margaret F
Debbie G, friend of Leslie S and Jim M
Debbie G, friend of Valerie M
Pr. Dwight and Constance H, cousins of Margo and Turquoise W
Terry K, brother-in-law of David and Leslie C
Carol K, mother of Jim K
Mike K, friend of David and Leslie C
Susan K, niece of Nancy and Thor N
Anne L, friend of Len S (former Trinity member)
Randi L, friend of Mike and Valerie M
Tim K, friend of Leslie S and Jim M
Agnes M, friend of Barbara W
Lynn M, friend of the handbell choir
Lola M-B, family of Ana S-c
Tom N, friend of Carol B
Karen and Harold S, friends of Pamela B
Margarita S-G, sister of Ana S-G
George T, friend of Leslie S and James M
Victor V and family, friends of Kim and Pam B
Cheryl Van A, friend of Cathy C
Ray, Sue, and Brando W, friends of Pam B
Calvin (last name unknown), friend of Pam B
Donna and Steve S and Family

Family and friends

Fri, Aug 16
OFFICE CLOSED

Sat, Aug 17
9:00 am Food Drive

Sun, Aug 18 The 13th Sunday After Pentecost
9:30 am Holy Communion Worship Service
10:45 am Bring food donations for the Women’s Shelter Dinner

This Week at Trinity
Livestreamed services on Trinity YouTube channel
https://www.youtube.com/@TrinityELCA/streams

Sun, Aug 11 The 12th Sunday After Pentecost
9:30 am Holy Communion Worship Service

Monday Aug 11 through Friday Aug 16
Floor Stripping and Waxing

Sat, Aug 17

This Week at Trinity

Sun, Aug 18 The 13th Sunday After Pentecost
9:30 am Holy Communion Worship Service
10:45 am Bring food donations for the Women’s Shelter Dinner

Food Drive | August 17
Women’s Shelter Dinner | August 19
5K Race | September 2
Women’s Retreat | September 13-14

first responders
Lisbeth N-D
Greta S & Linda A, sister & sister-in-law of Anita S

*For family and friends, prayer requests will be kept on the list for 4 weeks. To renew, please complete another card/call the office.
Birthdays

11  Soren S  17  Erna B
11  Laura T

Baptismal Anniversaries

13  Bjorn S

Floor Stripping – The Week of August 12

During the week of August 12, the church’s floors are being stripped and waxed. If you need to enter the church during that week, please contact Carmen first to know which parts of the building will be inaccessible. The office corridor will be stripped and waxed on Friday, August 16. Therefore, the office will be closed. Carmen will be available by email.

5K Interfaith Race - Monday September 2, 2024 – Early Registration Now Open!!

For our fourth year Trinity is a sponsor and part of the planning team for the Montgomery County Interfaith 5K. Please mark your calendars to participate on Trinity’s team; all are welcome… runners, walkers and cheerleaders. There are also “race” opportunities for our youngest members too.

If you have questions, please contact Margaret at gmfitzwm85@gmail.com.

The 2024 beneficiaries of funds raised by the race are Gaithersburg HELP and C-4 Clothes Closet.

For more information check out the website https://mocointerfaith5k.org and watch for announcements in future Trinitarians and bulletins.
August 17, Monthly Food Drive

We are also pleased that each month we welcome donations from members of the neighborhood. Each month we drop off between 300-500 pounds of food and between 10-20 gift cards. Our next food drive will be from 9:00am until 12 noon. Bethesda Help is very appreciative and recognizes Trinity each month in the BH newsletter.

Contact Margaret F at gmfitzwm85@gmail.com for more information.

Quarterly Women’s Center Dinner - The Simplicity of Summer - Sunday August 18th

Trinity will provide dinner for 35 women at an Interfaith Works Women’s Center on Monday, August 19. We are providing some simple summer pleasures grilled chicken and fresh salad, vegetables and fruit (and bar cookies too). The attached link is a sign up for the items needed for the dinner:

https://www.signupgenius.com/go/8050E4CA82F4-interfaith1

You may bring your food donations to church on Sunday, August 18.

Trinity Women’s Retreat at Mar-Lu-Ridge - September 13-14
Friday 7:00 p.m. - Saturday 3:00 pm (estimate)

A Retreat with Mary Magdalene

Mary Magdalene, one of Christianity’s most courageous women, was an important disciple of Jesus who, above anyone else, understood and lived what Jesus taught! Yet she is commonly misunderstood or even overlooked. Who was this woman who earned the title “Apostle to the Apostles”? There is much to discover about this woman who walked so closely with Jesus.

Join Pastor Pauline in a focused study aimed at peeling away centuries of erroneous speculation and conjecture about Mary Magdalene. Together we will explore what her life and example can teach us about the heart of the Gospel mystery.

Registration Deadline is Sunday, September 1st!!!! Please join us for a retreat at Mar-Lu Ridge. Detailed information may be found in the upcoming August Trinitarian. Below, please find the link for the registration form. Paper copies will also be available on the Connections bulletin board.

If you have any questions you may reach out to Pastor Pauline or Valerie M.

Click here for Registration Form
Serving in Worship Today

Assisting Minister: Sabrina R

Cantor: Kim B

Lector: Carol B

Altar Guild: Sarah M

Youth Communion Assistant: Stella B-A

Usher: Pat S

Livestream Operators: John and Jeanine B

Welcome Team: Valerie M

Tellers: Peggy and Dick J

Coffee Hour: Sarah M

Sexton: Marcello S
Staff

**Pastor:** Rev. Pauline Farrington

**Minister of Music:** Marcello Silva

**Office Administrator:** Carmen Davis

**Handbell Choir:** Marilyn Converse

**Nursery Attendant:** Maraly Gonzalez

**Custodian:** Kathy Boone