

**Zion Lutheran Church
11th Sunday After Pentecost
August 4, 2024 9:00 AM**



Pre-service Music

ANNOUNCEMENTS

INVOCATION

GATHERING SONG “Come Thou Almighty King” #408

GREETING

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. *(2 Corinthians 13:13)*

And also with you.

You are the treasured people of the LORD,
a people holy to the LORD our God.

Keep the words of the LORD in your heart; teach them to your children.

Talk about them when you are at home and when you are away, when you lie down and when you rise.

One does not live by bread alone,

but by every word that comes from the mouth of the LORD.

(Deuteronomy 26, 11, 8)

PRAYER OF THE DAY

The Lord be with you.

And also with you.

Let us pray.

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.

SCRIPTURE SONG

“Word of God, Come Down on Earth” ELW #510 v1&3

**Word of God, come down on earth, living rain from heav'n descending;
touch our hearts and bring to birth faith and hope and love unending.
Word almighty, we revere you; Word made flesh, we long to hear you.**

**Word that speaks God's tender love, one with God beyond all telling,
Word that sends us from above God the Spirit, with us dwelling,
Word of truth, to all truth lead us; Word of life, with one bread feed us.**

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

A food crisis becomes a faith crisis for the Israelites in the wilderness. The hungry people forget God's saving work in the exodus, and they wish for the food they had in Egypt. Nevertheless, God miraculously meets their needs, with manna for bread and quail for meat.

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

⁴Then 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.”

⁹Then Moses said to Aaron, “Say to the whole congregation of the Israelites, ‘Draw near to the LORD, for he has heard your complaining.’” ¹⁰And 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. ¹¹The 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.’”

¹³In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. ¹⁴When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. ¹⁵When 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

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

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

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

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

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

²⁸**letting them fall in the midst ^l of the camp
and round a- ^l bout the dwellings.**

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

SECOND READING: Ephesians 4:1-16

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

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

⁷But each of us was given grace according to the measure of Christ's gift. ⁸Therefore 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? ¹⁰He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) ¹¹The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, ¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until 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. ¹⁴We 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. ¹⁵But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶from 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 Word of God, Come Down on Earth ELW #510, v2

**Word eternal, throned on high, Word that brought to life creation,
Word that came from heav'n to die, crucified for our salvation,
saving Word, the world restoring, speak to us, your love outpouring.**

GOSPEL: 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.

The Holy Gospel according to John. **Glory to you, O Lord.**

²⁴When 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.

²⁵When they found him on the other side of the sea, they said to him, “Rabbi, when

did you come here?" ²⁶Jesus 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. ²⁷Do 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." ²⁸Then they said to him, "What must we do to perform the works of God?" ²⁹Jesus answered them, "This is the work of God, that you believe in him whom he has sent." ³⁰So 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?" ³¹Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.' " ³²Then 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. ³³For the bread of God is that which comes down from heaven and gives life to the world." ³⁴They said to him, "Sir, give us this bread always." ³⁵Jesus 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 Pastor Kristin Ostercamp

HYMN OF THE DAY "O Living Bread From Heaven" #542

RESPONSE TO THE WORD: CREED AND CONFESSION

In Christ, you have heard the word of truth, the gospel of your salvation.

We believe in him and are marked with the seal of the promised Holy Spirit.

(Ephesians 1:13-14)

Living together in trust and hope, we confess our faith.

**I believe in God, the Father almighty,
creator of heaven and earth.**

I believe in Jesus Christ, his only Son, our Lord.

**He was conceived by the power of the Holy Spirit
and born of the virgin Mary.**

**He suffered under Pontius Pilate,
was crucified, died, and was buried.**

He descended into hell.*

On the third day he rose again.

**He ascended into heaven,
and is seated at the right hand of the Father.**

He will come again 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**

Build yourselves up on your most holy faith;

pray in the Holy Spirit. (*Jude 20*)

Keep yourselves in the love of God;

look forward to the mercy of our Lord Jesus Christ. (*Jude 21*)

If anyone is in Christ, there is a new creation:

Everything old has passed away; behold, everything has become new!

(*2 Corinthians 5:17*)

God has given us the ministry of reconciliation.

Therefore, let us be reconciled to God and to one another.

Gracious God,

have mercy on us. In your compassion forgive us our sins,

known and unknown, things done and left undone.

Uphold us by your Spirit so that we may live and serve you in newness of life,

to the honor and glory of your holy name; through Jesus Christ our Lord. Amen

Almighty God has mercy on you,

Your sins are forgiven through our Lord Jesus Christ,

Be strengthened in all goodness,

and the power of the Holy Spirit keep you in eternal life. **Amen**

PEACE

Sisters and brothers, rejoice. Mend your ways, encourage one another, agree with one another, live in peace. (*2 Corinthians 13:11*)

The peace of the Lord be with you always.

And also with you.

Peace be with you.

OFFERING/ OFFERTORY “Create in Me a Clean Heart” ELW #186

Create in me a clean heart, O God, and renew a right spirit within me.

Cast me not away from your presence, and take not your Holy Spirit from me.

Restore to me the joy of your salvation, and uphold me with your free Spirit.

God, our Creator,

you open wide your hand and satisfy the desire of every living creature. With

these gifts we bless you for your tender nurture and care. Help us to delight in

your will and walk in your ways, through Jesus Christ our Lord. Amen

THE PRAYERS

Merciful God, *Response: receive our prayer.*

Words of Institution

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.

Holy Communion

BLESSING

May the God and Father of our Lord Jesus Christ fill you with every spiritual blessing.

Amen

May the God of faithfulness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus.

Amen

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

Amen (*Romans 15*)

SENDING SONG **"Lord Dismiss Us With Your Blessing"** **#545**

DISMISSAL

Go into the world knowing Christ and making him known. **Thanks be to God.**

Post-service Music

From sundaysandseasons.com.

Copyright © 2024 Augsburg Fortress. All rights reserved.

WELCOME! ZION'S LAY MINISTRY/EVANGELISM BOARD EXTENDS A SPECIAL WELCOME TO YOU THIS MORNING. MAY YOU BE FED SPIRITUALLY DURING THIS TIME OF WORSHIP.

OUR THANKS TO TODAY'S WORSHIP LEADERS/ASSISTANTS

Pastor: Kristin Ostercamp Pianists: Laura Rude, Jenna Von Holtum Organist: Marie Longo

Greeters: Ushers:

Reader: Communion asst: Sharon Wagner, Marcia Sandahl

OUR PRAYERS TO ALL GOD'S CHILDREN STANDING IN THE NEED OF PRAYER.

Those under a doctor's care, those who grieve, all who are moving through a challenging season, especially Dan Bartsch, Diane Sundby, and Patty Dicken.

ZION WORSHIP SERVICE ONLINE Sunday mornings you can listen to the 9:00AM service online. Go to: www.ziontrf.org. in the black banner click Listen Online, Click on the RED link to KTRF.

BROADCASTS today are sponsored by Vivian Knutson in memory of Vernon & Lillian Kees.

WEBSITE sponsor for August is David & Karen Kirkeby in memory of Cody Lundgren.

LISTENING DEVICES & LARGE PRINT worship folders & bulletins are available from an usher.

WELCA Planning Meeting - Tuesday, August 6 The WELCA board will meet on Tuesday at 9:30 a.m. in the Fellowship Hall to make plans for the 2024-2025 program year. Any WELCA members are welcome to attend; bring your suggestions for meetings, Bible study sources, mission kits preparation and quilts, and other ideas. That afternoon we will work on cleaning and reorganizing our basement storage room, discarding items no longer being used, and labeling totes and shelving. All helping hands are welcome!

WEDNESDAY WORSHIP - Join us for supper at 5:30 and worship at 6:15 on Wednesdays.

TRF Food Shelf Mortgage Reduction - Zion Mission fund will match donations up to \$2000 to help reduce the mortgage at the Thief River Falls Food Shelf. Helping the Food Shelf reduce this debt will free more funds to share vital resources for those who face food insecurity. *Donations can be made payable to Zion Lutheran Church with TRF Food Shelf in the memo line.* Thank you for supporting this important community resource. **Donations currently \$1,350.**

THANK YOU FOR SUPPORTING OUR WORK AND WITNESS!

July 22-28:\$4,705. July 1-28: \$20,372. YTD: \$180,959. Weekly Goal: \$6,523.

Offering plates are available on the table at the back of the church

Direct Thrivent Choice Dollars® Eligible Thrivent Financial members: Show your appreciation for Zion Lutheran Church by directing Choice Dollars. The individual recommendations you make through Choice Dollars can make a profound impact. *Thank you to all who have directed dollars!*
YTD: \$1,998.

Today, August 4th, Zion is invited to worship together with Silver Creek and share in a Potluck Dinner following.

Scan to Give



Thank you for your generosity!

PARISH NURSE NOTES —

Cancer and heart disease jockey back and forth for the position as the leading cause of death of US men after age 45. For men, prostate cancer is the most common cancer, lung cancer is the second most common, and colorectal cancer is third. Although prostate, lung, and colon cancers are the most frequently diagnosed cancers in men, lung cancer is the deadliest of the three by a couple of furlongs. For women, substitute breast cancer for prostate cancer and the two lists, most common and most deadly, are the same.

The top 10 things on the list should be to avoid smoking, because both firsthand and secondhand smoke increase the risk of getting every imaginable malignancy. And chewing tobacco teams up with alcohol to be major risk factors for developing oral cancer.

Smoking caused the premature death of 100 million people in the 20th century, and it's shooting to send 1 billion people to an early shower in the 21st century. Sucking on the heaters shortens life by an average of a decade, and it lowers the chance of ever becoming an octogenarian by 30 percent.

But the **GOOD NEWS** is that the body can forgive! If you quit before age 35, you'll carry on with your life with no additional excess risk of death. Past age 35, can reduce, but not eliminate, the excess risk of death.

Some other cancer risk factors are:

- **Sun exposure:** We know how to prevent that one.
- **Radon in the basement man cave:** You can have your basement tested for radon (the second leading cause of lung cancer).
- **Human papillomavirus (HPV):** HPV causes more than 90% of cervical cancer. It's estimated that vaccinations could prevent more than 90% of HPV cancers and is recommended for all adolescents age 11-12 yrs of age.
- **Booze Blues:** Regular, heavy alcohol intake increases the risk for colon cancer, and together with smoking is the major cause of mouth and throat cancers.
- **Eat your fruits and vegetables, skip the supplements:** To date, no study has shown that taking vitamin supplements will lower your risk for cancer.
- **Pound for pound, extra ones increases the risk of cancer:** The reasons are not fully understood. Fat is a very hormonally active substance, and some hormones can cause inflammation, which is dry tinder for cancer. Fat also increases the level of estrogen in the body, which might be why it increases the risk of breast cancer in postmenopausal women. Obesity also increases the chance of getting cancer of the pancreas, uterus, kidney, thyroid, and gall bladder. It's unfortunate that keeping the extra pounds off has to be such a battle but the benefits are motivating and encouraging!

Happy August!! God's Blessing and Peace...Parish Health

THE GROCERIES TO GO & HANDYMAN PROGRAMS are available through our church. If you need this service or would like to be a volunteer for grocery delivery, call the church office at 218-681-3296 and Darlene will get back to you.

AFTERNOON OUT - LSS Group Respite is a great place to bring your loved one to enjoy playing cards, bingo and reminiscing to their favorite music. Volunteers are also needed to socialize over coffee and interactive videos during Group Respite. Please contact Debi Retzlaff at 218.593.1333 or email at debi.retzlaff@lssmn.org for more information. Thursdays, 2:00 to 4:30 PM in the Lounge.

VOLUNTEERS NEEDED for LSS Caregiver Respite & Support Program. Training provided for In-Home and Group Respite. 4 hour increments. Volunteers will Socialize, Reminice, play cards, misc. crafts, baking, reading, go for walks, music. For more information call Deb Retzlaff at 218-620-1295 or Debi.retzlaff@lssmn.org. 2 people are needed for the Respite program at Zion.

Pastor Kristin Ostercamp, pastorkristin@mncable.net

Office Phone: 681-3296 Fax: 681-3048

Linda Hamrick, Office Manager ziontrf@mncable.net

Darlene Wiseth, Faith Community Nurse zionph@mncable.net

David Lee / Tiffany Sterry, Custodial

SCHEDULE FOR THE WEEK:

Today: Sunday, August 4:

9:00 Zion Holy Communion worship/
Broadcast ch. 3; KTRF
10 Coffee Fellowship
10:30 Silver Creek Worship & Potluck with
Zion
12 GV broadcast ch. 37

Monday, August 5:

9 SAIL exercise

Tuesday, August 6:

9-12 Faith Community Nurse hours
9:30 WELCA Board
10:30 Ev/Lay Ministry
1:30 Parish Health
6:30 Parish Fellowship

Wednesday, August 7:

5:30 Supper
6:15 Worship

Thursday, August 8:

9 SAIL exercise
2:30 LSS Respite Care

Friday, August 9:

Church offices closed

Next Sunday, August 11:

9:00 Zion worship/Broadcast ch. 3; KTRF
10 Coffee Fellowship
10:30 Silver Creek Worship
12 GV broadcast ch. 37



**Wednesday Worship
Meal at 5:30, Worship at 6:15
August 7, 14, 21**

GOSPEL MESSAGE

August 4, 2024

LECTIONARY 18

What Are You Longing For?

In a world filled with seemingly endless options and an overload of information, it can be hard to know what we really want, and even harder to know what we actually need. As a society we are perhaps more mobile and more connected than ever. For those with a certain level of privilege, opportunities abound for careers, for education, for travel. Many of us own more stuff than we can reasonably use or even store in our homes. And yet, our collective mental health and overall well-being might be worse than ever. What are we missing? In a society of excess, what needs are going unfulfilled? What are we still longing for?

The crowds didn't seem to know what they were longing for either. They came to Jesus seeking more loaves of bread (a fair request!) but missed their deeper need: spiritual nourishment. They asked for the thing that could satisfy their hunger pangs, but almost missed out on the food that could transform not only their lives but the whole world. They almost settled for the "food that perishes" when they were being offered the Bread of life.

Jesus recognizes our hunger and offers himself as the ultimate nourishment for our deepest needs. Jesus is not fooled by our distractedness, our quick fixes, our tendency to gravitate toward things that will never truly satisfy. He seeks us out, offering his body for our sake— our ultimate sustenance, giving us all we need for the journey ahead.

The distractions in our world are many, so we need to be reoriented regularly to Christ's gift for us. We celebrate this gift each time we gather at the communion table to receive Christ himself: bread that fulfills our deepest longings for relationship with God and one another. Nourished with this gift of life, we, too, are sent forth as bread for a world in need.

From sundaysandseasons.com.

Copyright © 2024 Augsburg Fortress. All rights reserved.