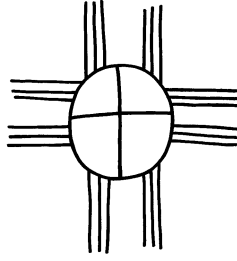


*The Holy Spirit  
gathers us in unity on the  
first day of the week.*



# HOLY COMMUNION

*Twentieth Sunday after Pentecost*

*God Provides Manna*

Sunday, October 10, 2021

8:30 a.m. Eucharist

---

*Exploring the promise of God for all*

---

## GATHERING

### PRELUDE

*"Intermezzo"*

Mark Sedio

*(Please stand at the sound of the bell)*

### OPENING DIALOGUE

**P** You shall know that it was the Lord who brought you out of the land of Egypt.

**A** **What is it? Manna?**

**P** Those who gathered much had nothing left over.

**A** **Those who gathered little had no shortage.**

### PRAYER OF THE DAY

**P** The Lord be with you.

**A** **And also with you.**

**P** Let us pray.

Faithful and providing God, you heard the cries of your people and you fed them with food in the desert. When we are overwhelmed by life and cry out remember us and help us to see all the ways you care for us, and teach us to care for each other. We pray this in your holy name.

**A** **Amen.**

*(Please be seated)*

## WORD

### FIRST READING

Exodus 16:1-18

Today's narrative reading is from the book of Exodus:

<sup>1</sup>The whole congregation of the Israelites set out from Elim; and Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had departed from the land of Egypt.

<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>5</sup>On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days." <sup>6</sup>So Moses and Aaron said to all the Israelites, "In the evening you shall know that it was the Lord who brought you out of the land of Egypt, <sup>7</sup>and in the morning you shall see the glory of the Lord, because he has heard your complaining against the Lord. For what are we, that you complain against us?" <sup>8</sup>And Moses said, "When the Lord gives you meat to eat in the evening and your fill of bread in the morning, because the Lord has heard the complaining that you utter against him — what are we? Your complaining is not against us but against the Lord."

<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. <sup>16</sup>This is what the LORD has commanded: 'Gather as much of it as each of you needs, an omer to a person according to the number of persons, all providing for those in their own tents.'" <sup>17</sup>The Israelites did so, some gathering more, some less. <sup>18</sup>But when they measured it with an omer, those who gathered much had nothing over, and those who gathered little had no shortage; they gathered as much as each of them needed.

Word of God. Word of life.

**AD** Thanks be to God.

*(Please stand)*

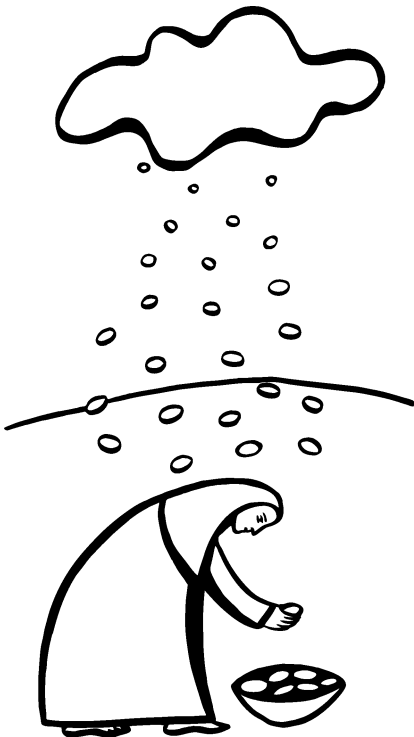
#### GOSPEL READING

John 6:41-51

The Holy Gospel according to John.

**AD** Glory to you, O Lord.

<sup>41</sup>Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." <sup>42</sup>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?'" <sup>43</sup>Jesus answered them, "Do not complain among yourselves. <sup>44</sup>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. <sup>45</sup>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. <sup>46</sup>Not that anyone has seen the Father except the one who is from God; he has seen the Father.



<sup>47</sup>Very truly, I tell you, whoever believes has eternal life. <sup>48</sup>I am the bread of life. <sup>49</sup>Your ancestors ate the manna in the wilderness, and they died. <sup>50</sup>This is the bread that comes down from heaven, so that one may eat of it and not die. <sup>51</sup>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.

**AD** Praise to you, O Christ.

*(Please be seated)*

## SERMON

### MUSICAL RESPONSE

"On Eagles' Wings"

J. Michael Joncas

*(Please stand)*

### PRAYERS OF THE CHURCH

**A** Let us pray for the church and for the world giving thanks for God's goodness.

*(Brief Silence)*

Each petition concludes:

For your love and goodness:

**We give you thanks O God.**

**P** Having gathered our prayers, we offer them to you O God, confident that they are received and held in your holy name.

**AD** Amen.

## MEAL

### PEACE

**P** The peace of Christ be with you always.

**AD** And also with you.

### GREAT THANKSGIVING

**P** The Lord be with you.

**AD** And also with you.

**P** Lift up your hearts.

**AD** We lift them to the Lord.

**P** Let us give thanks to the Lord our God.

**AD** It is right to give our thanks and praise.

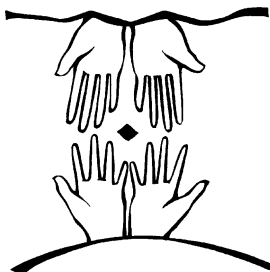
**P** Holy, mighty, and merciful Lord . . .

. . . be all honor and glory, now and forever.

**AD** Amen.

*Jan Michael Joncas (b. 1951) wrote "Eagle's Wings" in 1978. It is a textual blend of images and verses from Psalms 91 (appointed for this day) and 139 as well as references to portions of Exodus 19. A native Minneapolitan, Joncas studied at Notre Dame and in Rome. A prolific composer, scholar and writer, he continues to teach at the University of St. Thomas in St. Paul.*

*The very brief organ piece during the setting of the table is from the tabulature of Jan of Lublin (Poland) – the largest collection of such pieces in all of sixteenth century Europe. It blends Renaissance dance motives with folk and religious idioms.*





*Maukonen is a contemporary musician in Finland. This hymn was included in "Uusi messulauluja" (New Songs for the Mass) published for use at the popular "Thomas Masses" that take place at the Mikael Agricola Church in Helsinki and have spread to many other parts of Finland. The hymn is now included in the ELCA's new supplement "All Creation Sings" (Augsburg Fortress) with translation by Cantor Sedio.*

## LORD'S PRAYER

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

## COMMUNION DISTRIBUTION

"In This Feast of Love"

Jarkko Maukonen

*(Please stand)*

## POST-COMMUNION PRAYER

**A** Let us pray.

O God, in this holy communion you have welcomed us into your presence, nourished us with words of mercy, and fed us at your table. Amid the cares of this life, strengthen us to love you with all our heart, serve our neighbors with a willing spirit, and honor the earth you have made; through Christ our Lord.

**Ad** Amen.

## SENDING

### BENEDICTION

**P** The Lord bless you and keep you.  
The Lord's face shine on you  
with grace and mercy.  
The Lord look upon you with favor  
and ✠ give you peace.

**Ad** Amen.

### CLOSING HYMN

"Guide Me Ever, Great Redeemer"

*Hymn 618*  
*Stanzas 1 & 3*

### DISMISSAL

**A** Go in peace, serve the Lord.

**Ad** Thanks be to God.

Born in England, Arnatt (1930-2018) was a chorister at Westminster Abbey and King's College, Cambridge. After emigrating to the United States he held numerous positions (American University, Christ Church Cathedral in St. Louis, Trinity Church in Boston, Westminster Choir College) and served as president of the American Guild of Organists (1986-1990).

## POSTLUDE

"Fanfare for Organ"

Ronald Arnatt

Portions of the liturgy are from [SundaysandSeasons.com](http://SundaysandSeasons.com)

© 2021 Augsburg Fortress.

All rights reserved.

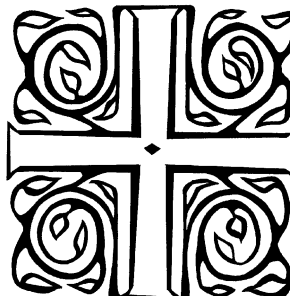
Reprinted by permission under

Augsburg Fortress liturgies license #26515.

Opening Dialogue, Prayer of the Day © 2021 Central Lutheran Church

## SERVING TODAY

Pastor Stephanie Friesen	<i>presiding</i>
Seminary Intern Sarah Hanson	<i>preaching</i>
Karl Starr	<i>assisting minister</i>
Deacon Cantor Mark Sedio	<i>organist</i>
David Gindra	<i>soloist</i>
Mark Kieffer	<i>sound operator</i>
Richard Stegall, Diane Olson,	
Bill Masche	<i>sacristans</i>



*This service is being streamed live on the internet at [www.centralmpls.org](http://www.centralmpls.org).*

***Chancel flowers this weekend are given by Bruce Ellingson in honor of Joyce on what would have been her 70th birthday on October 11. If you wish to donate flowers, contact Judy Korogi at 612-788-1288.***



Central Lutheran  
MINNEAPOLIS

Exploring the promise of God for all  
333 South 12th St, Minneapolis, MN 55404  
612-870-4416 | [centralmpls.org](http://centralmpls.org)