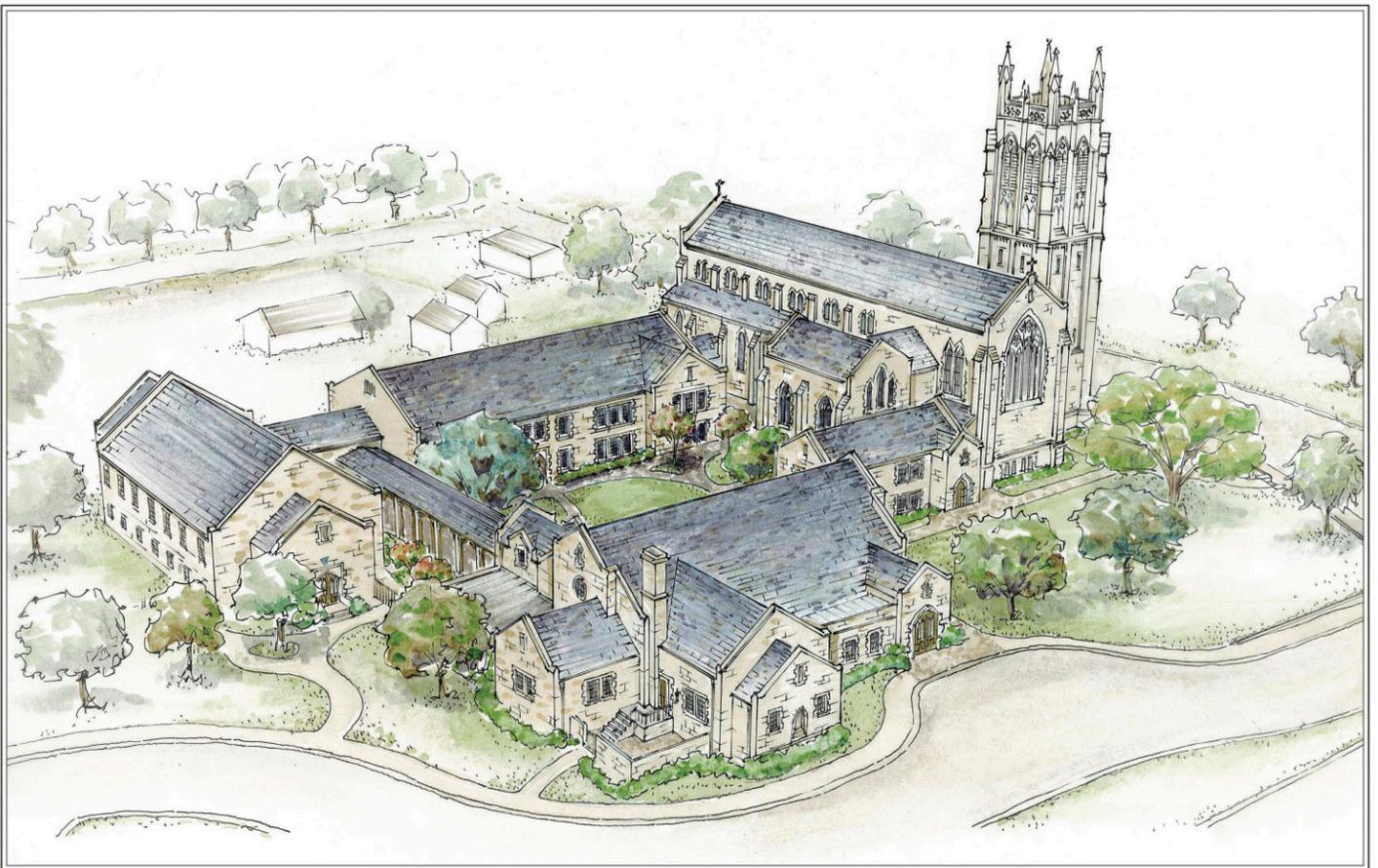


THE EPISCOPAL CHURCH OF THE
HEAVENLY REST

Jumapili ya kumi baada ya Pentekoste
Ibada kwa Kiswahili
Jumapili, Agosti I, 2021
1:00 alasiri



Tenth Sunday after Pentecost
Worship in Swahili
Sunday, August 1st, 2021
1:00 in the afternoon

Na mkutano mzima wa wana wa Israeli ukawanung'unikia Musa na Haruni, huko barani; wana wa Israeli wakawaambia, Laiti tungalikufa kwa mkono wa Bwana katika nchi ya Misri, hapo tulipoketi karibu na zile sufuria za nyama, tulipokula vyakula hata kushiba; kwani mmetutoa huko na kututia katika bara hii, ili kutuua kwa njaa kusanyiko hili lote. Ndipo Bwana akamwambia Musa, Tazama, mimi nitawanyeshea ninyi mvua ya mkate kutoka mbinguni; na hao watu watatoka nje na kuokota kila siku sehemu ya siku; ili nipate kuwajaribu, kwamba watakwenda katika sheria yangu, ama siyoye. Musa akamwambia Haruni, Haya, sema na mkutano wote wa wana wa Israeli, Njoni karibu mbele ya Bwana; kwa kuwa yeye ameyasikia manung'uniko yenu. Ilikuwa Haruni aliponena na huo mkutano wote wa wana wa Israeli, wakaangalia upande wa bara, na tazama, utukufu wa Bwana ukaonekana katika hilo wingu. Bwana akasema na Musa, akinena, Nimeyasikia manung'uniko ya wana wa Israeli; haya sema nao, ukinena, Wakati wa jioni mtakula nyama, na wakati wa asubuhi mtashiba mkate; nanyi mtajua ya kuwa mimi ndimi Bwana, Mungu wenu. Ikawa wakati wa jioni, kware wakakaribia, wakakifunikiza kituo; na wakati wa asubuhi umande ulikuwa juu ya nchi pande zote za kituo. Na ulipoinuka ule umande uliokuwa juu ya nchi, kumbe! Juu ya uso wa bara kitu kidogo kilichoviringana, kidogo kama sakitu juu ya nchi.

Wana wa Israeli walipokiona, wakaambiana, Nini hiki? Maana hawakujua ni kitu gani. Musa akawaambia, Ndio mkate ambao Bwana amewapa ninyi, mle.

Hilo ndilo Neno la Bwana.

Asante kwa Mungu.

AGANO JIPYA

Kwa hiyo nawasihi, mimi niliye mfungwa katika Bwana, mwenende kama inavyostahili wito wenu mlioitwa; kwa unyenyekevu wote na upole, kwa uvumilivu, mkichukuliana katika upendo; na kujitahidi kuuhifadhi umoja wa Roho katika kifungo cha amani. Mwili mmoja, na Roho mmoja, kama na mlivyoitwa katika tumaini moja la wito wenu. Bwana mmoja, imani moja, ubatizo mmoja. Mungu mmoja, naye ni Baba wa wote, aliye juu ya yote na katika yote na ndani ya yote. Lakini kila mmoja wetu alipewa neema kwa kadiri ya kipimo cha kipawa chake Kristo. Hivyo husema, Alipopaa juu aliteka mateka, Akawapa wanadamu vipawa. Basi neno hilo, Alipaa, maana yake nini kama siyo kusema kwamba yeye naye alishuka mpaka pande zilizo chini za nchi? Naye aliyeshuka ndiye yeye aliyepaa juu sana kupita mbingu zote, ili avijaze vitu vyote. Naye alitoa wengine kuwa mitume, na wengine kuwa manabii; na wengine kuwa wainjilisti na wengine kuwa wachungaji na waalimu; kwa kusudi la kuwakamilisha watakatifu, hata kazi ya huduma itendeke, hata mwili wa Kristo ujengwe; hata na sisi sote tutakapoufikia umoja wa imani na kumfahamu sana Mwana wa Mungu, hata kuwa mtu mkamilifu, hata kufika kwenye cheo cha kimo cha utimilifu wa Kristo; ili tusiwe tena watoto wachanga, tukitupwa huku na huku, na kuchukuliwa na kila upepo wa elimu, kwa hila ya watu, kwa ujanja, tukizifuata njia za udanganyifu. Lakini tuishike kweli katika upendo na kukua hata tumfikie yeye katika yote, yeye aliye kichwa, Kristo. Katika yeye mwili wote ukiungamanishwa na kushikanishwa kwa msaada wa kila kiungo, kwa kadiri ya utendaji wa kila sehemu moja moja, huukuza mwili upate kujijenga wenyewe katika upendo.

Hilo ndilo Neno la Bwana.

Asante kwa Mungu.

HABARI NJEMA

Basi mkutano, walipoona ya kuwa Yesu hayuko huko wala wanafunzi wake, waliingia mashuani wenyewe, wakaenda Kapernaumu wakimtafuta Yesu. Hata walipomwona ng'ambo ya bahari, walimwambia, Rabi, wewe umekuja lini hapa? Yesu akawajibu, akasema, Amin, amin, nawaambieni, Ninyi mnanitafuta, si kwa sababu mliona ishara, bali kwa sababu mlikula ile mikate mkashiba. Msikitende kazi chakula chenye kuharibika, bali chakula kidumucho hata uzima wa milele; ambacho Mwana wa Adamu atawapa, kwa sababu huyo ndiye aliyetiwa muhuri na Baba, yaani, Mungu. Basi wakamwambia, Tufanyeje ili tupate kuzitenda kazi za Mungu? Yesu akajibu, akawaambia, Hii ndiyo kazi ya Mungu, mmwamini yeye aliyetumwa na yeye. Wakamwambia, Unafanya ishara gani basi, ili tuone tukakuamini? Unatenda kazi gani? Baba zetu waliila mana jangwani kama vile ilivyoandikwa, Aliwapa chakula cha mbinguni ili wale. Yesu akawaambia, Amin, amin, nawaambieni, Siye Musa aliyewapa chakula kile cha mbinguni, bali Baba yangu anawapa ninyi chakula cha kweli kitokacho mbinguni. Kwa maana chakula cha Mungu ni kile kishukacho kutoka mbinguni na kuupa ulimwengu uzima. Basi wakamwambia, Bwana, sikuzote utupe chakula hiki. Yesu akawaambia, Mimi ndimi chakula cha uzima; yeye ajaye kwangu hataona njaa kabisa, naye aniaminiye hataona kiu kamwe.

Hilo ndilo Neno la Bwana.

Asante kwa Mungu.

FIRST READING

Exodus 16:2-4, 9-15

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. 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." 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. Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the LORD, for he has heard your complaining.'" 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. The LORD spoke to Moses and said, "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.'" In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. 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. 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.

SECOND READING

Ephesians 4:1-16

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people." (When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, 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. 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. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, 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.

THIRD READING

John 6:24-35

So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" 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. 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." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." 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? Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" 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. For the bread of God is that which comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always." 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 Word of the Lord.

Thanks be to God.

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The Reverend Corrie Cabes, <i>Assistant Rector</i>	Susetta Rockett, <i>Music Assistant</i>
The Reverend Amanda Watson, <i>Assisting Priest</i>	Shelly Reed, <i>Children's Music Assistant</i>
The Reverend Dr. Doug Thomas, <i>Priest in Residence</i>	Nolan Kelley, <i>Verger</i>
The Reverend Karen Boyd, <i>Deacon</i>	Anne Jones, <i>Nursery Manager</i>
Bikole Mulanda, <i>Swahili Minister</i>	Sharon Kelley, <i>Hospitality and Kitchen Coordinator</i>
Blaine Beyer, <i>Director of Communications</i>	Robert Becerra, <i>Sexton</i>
Steve Gibbs, <i>Parish Coordinator</i>	Gage McGowen, <i>Assistant Sexton</i>
LeighAnna Morris, <i>Parish Accountant</i>	Dorothy Guerra, <i>Housekeeper</i>

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Steve Suttle, *Chancellor*; and Sam Cutbirth, *Treasurer*
