



United Methodist Church of Vista
490 South Melrose Drive
(760) 726-0442



Sunday, August 6, 2023 @ 10:00 a.m.

10th Sunday after Pentecost

Rev. Dr. Lee Ann Shaw, Lead Pastor

“Hunger Days”

Scriptures: [Psalm 145:8-9](#), [14-21](#) and [Matthew 14:13-21](#) (NRSV)



*Rev. Dr. Leigh Ann Shaw
Lead Pastor*

[Psalm 145:8-9](#)

⁸ The LORD is gracious and merciful,
slow to anger and abounding in steadfast love.

⁹ The LORD is good to all,
and his compassion is over all that he has made.

[Psalm 145:14-21](#)

¹⁴ The LORD upholds all who are falling,
and raises up all who are bowed down.

¹⁵ The eyes of all look to you,
and you give them their food in due season.

¹⁶ You open your hand,
satisfying the desire of every living thing.

¹⁷ The LORD is just in all his ways,
and kind in all his doings.

¹⁸ The LORD is near to all who call on him,
to all who call on him in truth.

¹⁹ He fulfils the desire of all who fear him;
he also hears their cry, and saves them.

²⁰ The LORD watches over all who love him,
but all the wicked he will destroy.

²¹ My mouth will speak the praise of the LORD,
and all flesh will bless his holy name for ever and ever.



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Matthew 14:13-21

¹³ Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns.

¹⁴ When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick.

¹⁵ When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.'

¹⁶ Jesus said to them, 'They need not go away; you give them something to eat.'

¹⁷ They replied, 'We have nothing here but five loaves and two fish.'

¹⁸ And he said, 'Bring them here to me.'

¹⁹ Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds.

²⁰ And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full.

²¹ And those who ate were about five thousand men, besides women and children.[\(top\)](#)