



## Wednesday@Noon

***WEDNESDAY@Noon** is an offering of online communion. We offer words and gestures to thank God for the life, death and resurrection of Christ through the sharing of bread and wine, asking God to nourish us with Christ's body and blood. Because we are separated from each other physically and are unable to give each other the bread and wine, we are unable to follow the forms exactly as tradition has handed them down to us. Thus we will do what we can, asking God for the grace to discern Christ's real presence.*

Blessed be God: Creator, Christ, and Holy Spirit.  
**And blessed be God's kingdom, now and forever. Amen.**

Gracious God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Jesus Christ we pray. **Amen.**

Open our lips, O God,  
**And our mouths shall proclaim your praise.**  
Be joyful, and serve God with gladness,  
**and come before God's presence with a song.**  
Let us enter this sacred moment with thanksgiving,  
**and come into God's presence with praise.**  
God is good; God's mercy is everlasting;  
**and God's faithfulness endures from age to age.**

O God of compassion, whose heart goes out to the hungry and destitute; who takes our lack and transforms it into much: give us the bread that satisfies, the food without price, that our lives may be freed to share your overflowing love; through Jesus Christ, the breaker of bread. **Amen.**

## Three Readings

First Reading: Isaiah 58:1-12

“Shout for all you are worth,  
raise your voice like a trumpet!  
Proclaim to the people their faults,  
tell the house of Leah and Rachel and Jacob their sins!  
They seek me daily,  
they long to know my ways,  
like a nation that wants to act with integrity  
and not ignore the Law of its God.  
They ask me for laws that are just,  
they long for God to draw near.  
Yet they say, ‘Why should we fast  
if you never see it?  
Why do penance  
if you never notice?’  
Because when you fast, it’s business as usual,  
and you oppress all your workers!  
Because when you fast, you quarrel and fight  
and strike the poor with your fist!  
Fasting like yours today  
will never make your voice heard on high!  
Is that the sort of fast that pleases me—  
a day when people humiliate themselves,  
hanging their heads like a reed,  
lying down on sackcloth and ashes?  
Is that what you call fasting,  
a day acceptable to God?  
On the contrary!

This is the sort of fast that pleases me:  
Remove the chains of injustice!  
Undo the ropes of the yoke!

Let those who are oppressed go free,  
and break every yoke you encounter!  
Share your bread with those who are hungry,  
and shelter homeless poor people!  
Clothe those who are naked,  
and don't hide from the needs of your own flesh and blood!  
Do this, and your light will shine like the dawn—  
and your healing will break forth like lightning!  
Your integrity will go before you,  
and the glory of God will be your rearguard.

Cry, and God will answer;  
call, and God will say, 'I am here'—  
provided you remove from your midst  
all oppression, finger pointing, and malicious talk!  
If you give yourself to the hungry  
and satisfy the needs of the afflicted,  
then your light will rise in the darkness,  
and your shadows will become like noon.  
God will always guide you,  
giving relief in desert places.  
God will give strength to your bones  
and you will be like a watered garden,  
like a spring of water  
whose waters never run dry.  
You will rebuild the ancient ruins,  
and build upon age-old foundations.  
You will be called Repairer of Broken Walls,  
and Restorer of Ruined Neighborhoods."

Hear what the Spirit is saying to God's people  
**Thanks be to God.**

Middle Reading: “Job Description” by Rosemerry Wahtola Trommer

My work is to be the student of the buds  
that have been on the birch all winter—  
tight and red, they know when to clench,  
when to wait, when to swell,  
when to burst, when to green.

My work is to open like the scent of juniper  
when stroked by afternoon sun,  
like the gong when rapidly rapped  
into a shining explosion of resonance.

And when I am wall, my work  
is to add hinges and become door.

And when I am lock, my work  
is to find the lost key.

My work is to be baby bird,  
to open my beak and take in  
whatever the world has to feed me  
and then  
learn to fly.

Hear what the Spirit is saying to God’s people  
**Thanks be to God.**

Gospel: Matthew: 5:13-20

Jesus said, “You are the salt of the earth. But what if salt were to lose its flavor? How could you restore it? It would be fit for nothing but to be thrown out and trampled underfoot.

“You are the light of the world. You don’t build a city on a hill, then try to hide it, do you? You don’t light a lamp, then put it under a bushel basket, do you? No, you set it on a stand where it gives light to all in the house. In the same way, your light must shine before others so that they may see your good acts and give praise to your loving God in heaven.

“Don’t think I’ve come to abolish the Law and the Prophets. I have come not to abolish them, but to fulfill them. The truth is, until heaven and earth pass away,

not the smallest letter of the Law, not even the smallest part of a letter, will be done away with until it is all fulfilled. That's why whoever breaks the least significant of these commands and teaches others to do the same will be called the least in the kingdom of heaven. Whoever fulfills and teaches these commands will be called great in the kingdom of heaven.

"I tell you, unless your sense of justice surpasses that of the religious scholars and the Pharisees, you will not enter the kingdom of heaven."

Hear what the Spirit is saying to God's People

**Thanks be to God.**

## The Prayers of the People

The Lord be with you.

**And also with you.**

Let us pray.

I ask your prayers for God's people throughout the world; including members of all religions; the people and leadership of The Episcopal Church; and the community of Trinity. Let us pray for all who seek the beauty of holiness.

*Please feel free to voice the names of those in your prayers*

I ask your prayers for those who are sick, who struggle in poverty or under oppression, and for those who care for them. Let us pray for those in any need or trouble.

*Please feel free to voice the names of those in your prayers*

I ask your prayers for peace; for goodwill among nations; and for the well-being of all people. Let us pray for equity, mutual regard, and peace.

*Please feel free to voice the names of those in your prayers*

I ask your prayers for all who seek to practice their spirituality, that they may find God and follow the path of Life. Let us pray for us all.

*Please feel free to voice the names of those in your prayers*

I ask your prayers for those who have died, and for those who grieve the absent.  
Let us pray for the grieving and the dead.

*Please feel free to voice the names of those in your prayers*

I ask your prayers of gratitude and joy.

*Please feel free to voice the names of those in your prayers*

And now, let us give thanks to God for the abundance of our lives.

**Thanks be to God! Amen.**

## The Peace

The peace of God be always with you.

**And also with you.**

## Offertory

*All members of the online gathering now make any final preparations of their bread and wine, and show their plate and cup to the group.*

## Blessing and Sharing Bread and Wine

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give God thanks and praise.**

Eternal God, in the abundance of your love you have caused all things to be; from dust and spirit you have woven our humanity; in all our wanderings you never cease to call us to fullness of life. **You gave us Jesus, son of Mary, the bread of life broken for the world;** he fed us and feasted with us, he healed us and suffered for us; **his dying and rising have set us free from the poverty of sin and the famine of death.** Therefore, with all whom you have made, cherished and called, with all who hunger for your kingdom and will not rest until all your children are fed, with the broken saints and redeemed sinners of all the ages, we take up the song of your praise:

**Holy, holy, holy Lord,  
God of power and might;  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is the one who comes in the name of the Lord.  
Hosanna in the highest.**

We ask that your Holy Spirit will fall upon us and upon these gifts that they may be to us the body and blood of our lord and brother, Jesus Christ; who, on the night that he was betrayed, gathered with his faltering friends for a meal that tasted of freedom.

Calling them to his table, he took bread, gave thanks, broke it and said: **“This is my body, which is given for you. Do this to remember me.”**

In the same way after supper, he took the cup, saying: **“This cup is the new covenant in my blood. Do this, whenever you drink it, to remember me.”**

Therefore we proclaim him as creation’s host, transforming poverty into plenty in the reckless generosity of love.

**Inspire us with the hope that one day death and greed will be no more and people without number will come from east and west, north and south to share the kingdom meal.** We ask this through Jesus Christ our Lord, by whom and with whom and in whom in the unity of the Holy Spirit all honor and glory are yours, Author of blessings, for ever and ever. **Amen.**

Now, as Christ has taught us, we are bold to say,

**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,  
for ever and ever. Amen.**

\*Jesus revealed a new, personal sense of relationship with God by addressing God as something like “Papa.” Always feel free to use your most meaningful name for God in saying the Lord’s Prayer.

Although Trinity often uses different interpretations of the Lord’s Prayer when we worship, on Wednesdays we use the traditional version to express our trust that we are one with God and all people around the world and throughout history.

*All are invited to break their bread.*

The disciples knew the Lord Jesus in the breaking of the bread.

**Were not our hearts burning within us as we walked along the road?**

*During a moment of quiet, all receive their bread and wine.*

Let us pray.

**Loving God,**

**we give you thanks**

**for restoring us in your image**

**and remembering the body of Christ,**

**which has been broken for the life of the world.**

**Now give us grace to trust that we are**

**a people, forgiven, healed, renewed.**

**Give us the courage to proclaim your love to the world,**

**and to continue in the risen life of Christ our Savior. Amen.**

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things, and the blessing of God, the Holy and undivided Trinity, be with you always. **Amen.**

*This blessing is based on Philippians 4:8*

## Holy Conversation

*The collect at the top of page 2 and the prayer over the bread and wine are adapted from the writing of Steven Shakespeare in his book, Prayers for an Inclusive Church.*

*The cover image is a photo of the floor near the high altar at Trinity, a mosaic created by John LaFarge's studio.*