



## 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 65:1-9

God said, "I was ready to respond, but no one asked; ready to be discovered, but no one hunted for me. I said, 'Here I am, here I am!' to a nation that did not call on my Name. I held out my hand for a whole day to a rebellious people, who went the way of all flesh by following their own whims; a people who continually provoke me to my face, offering sacrifices in gardens, burning incense on brick altars; who lounge in tombs and keep nightlong vigils in secret, who eat the flesh of swine with a broth made of unclean meat. 'Don't come any closer,' they tell people, 'for I am too holy for you.'

People like this are a smoldering fire, smoke in my nostrils daily! Look, I have your inscribed record before me; I will not be silent. And I will pay them back once I settle my accounts with them, for their sins and the sins of their ancestors," says God, "for offering sacrifices on the mountains and defiling me on the hills. I will measure into their laps full payment for their former iniquities."

Thus says God: "Just as there is juice in a cluster of grapes, and the gardener says, 'Don't destroy it, there is a blessing in it,' so will I act for the sake of you who serve me; I will not destroy the whole nation. I will give descendants to Leah and Rachel and Jacob and to Judah heirs who will dwell on my mountains; my chosen ones will occupy the land, and those who serve me will dwell there."

Hear what the Spirit is saying to God's people

**Thanks be to God.**

## Middle Reading: Three quotations from bell hooks

I entered the classroom with the conviction that it was crucial for me and every other student to be an active participant, not a passive consumer...education as the practice of freedom.... education that connects the will to know with the will to become. Learning is a place where paradise can be created.

To be changed by ideas was pure pleasure. But to learn ideas that ran counter to values and beliefs learned at home was to place oneself at risk, to enter the danger zone. Home was the place where I was forced to conform to someone else's image of who and what I should be. School was the place where I could forget that self and, through ideas, reinvent myself.

The classroom, with all its limitations, remains a location of possibility. In that field of possibility we have the opportunity to labor for freedom, to demand of ourselves and our comrades, an openness of mind and heart that allows us to face reality even as we collectively imagine ways to move beyond boundaries, to transgress. This is education as the practice of freedom.

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**Thanks be to God.**

Gospel: Luke 8:26-39

They came to the region of the Gerasenes, which is opposite Galilee. Jesus was stepping from the boat when he was met by a person from the town who was possessed by demons. The demoniac had not worn clothes for a long time, and was homeless, living among the tombs instead.

Seeing Jesus, the individual cried out and fell at his feet, shouting loudly, “What do you want with me, Jesus, Only Begotten of the Most High God? I beg you, don’t torture me!” for Jesus was ordering the unclean spirit to come out of the person. This spirit had seized the demoniac many times in the past, who then needed to be restrained with chains and shackles and kept under guard—yet every time, the possessed person would break the bonds and be driven by the demon into deserted places.

“What is your name?” Jesus asked. “Legion,” was the reply, because many demons had entered the person. And they pleaded with Jesus not to order them to depart into the abyss.

A large herd of pigs was feeding nearby on the hillside. The demons pleaded with Jesus to allow them to enter the swine, and he gave them permission. The demons left the person and entered the pigs, and the herd rushed down the hillside into the lake and drowned.

When the swineherds saw what had happened, they ran away to tell the story in town and throughout the countryside. The local residents came out to see what happened. And as they approached Jesus, they also saw the exorcised person sitting at Jesus’ feet, clothed and of a right mind. And they were afraid. Those who had witnessed it told the others how the possessed one had been made whole. Panic overcame the whole population of the region of the Gerasenes, and they asked Jesus to leave them.

When Jesus had gotten into the boat to leave, the person who had been healed asked to go with him. But Jesus said, “No, go back home and tell everyone what God has done for you.” So the one who had been made whole went off and proclaimed throughout the region what Jesus had accomplished.

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.**

*At the following words, everyone lifts their plate and cup into view.*

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.*