



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: Revelation 7:9-17

After that, I saw before me an immense crowd without number, from every nation, tribe, people and language. They stood in front of the throne and the Lamb, dressed in long white robes and holding palm branches. And they cried out in a loud voice,

“Salvation is of our God, who sits on the throne, and of the Lamb!”

All the angels who were encircling the throne, as well as the elders and the four living creatures, prostrated themselves before the throne. They worshiped God with these words: “Amen! Praise and glory and wisdom and thanksgiving and honor and power and strength be to our God forever and ever! Amen!” Then one of the elders asked me, “These people in white robes—who are they, and where do they come from?” I answered, “You are the one who knows.” Then the elder said to me, “These are the ones who survived the great period of testing; they have washed their robes in the blood of the Lamb and made them white. That’s why they stand before God’s throne and the One they serve day and night in the Temple; the One who sits on the throne will shelter them forever. Never again will they be hungry or thirsty; the sun and its scorching heat will never beat down on them, for the Lamb, who is at the center of the throne, will be their shepherd and will lead them to springs of living water. And God will wipe every last tear from their eyes.”

Hear what the Spirit is saying to God’s people

Thanks be to God.

Middle Reading: Psalm 23

- 1 YHWH, you are my shepherd—
I want nothing more.
- 2 You let me lie down in green meadows;
you lead me beside restful waters:
- 3 you refresh my soul.
You guide me to lush pastures
for the sake of your Name.
- 4 Even if I'm surrounded by shadows of Death,
I fear no danger, for you are with me.
Your rod and your staff—
they give me courage.
- 5 You spread a table for me
in the presence of my enemies,
and you anoint my head with oil—
my cup overflows!
- 6 Only goodness and love will follow me
all the days of my life,
and I will dwell in your house, YHWH,
for days without end.

Hear what the Spirit is saying to God's people

Thanks be to God.

Gospel: John 10:22-30

The time came for Hanukkah, the Feast of the Dedication, in Jerusalem. It was winter, and Jesus was walking in the Temple area, in Solomon's Porch, when the Temple authorities surrounded him and said, "How long are you going to keep us in suspense? If you really are the Messiah, tell us plainly." Jesus replied, "I did tell you, but you don't believe. The work I do in my Abba's name gives witness in my favor, but you don't believe because you're not my sheep. My sheep hear my voice. I know them, and they follow me. I give them eternal life, and they will never be lost. No one will ever snatch them from my hand. Abba God, who gave them to me, is greater than anyone, and no one can steal them from Abba God. For Abba and I are One."

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.