



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: Acts 16:16-34

Once when we were going to prayer, we met a household worker who was possessed by a spirit of divination, and who made a great deal of money for her employers through its fortune telling. She began to follow Paul and the rest of us, shouting, "These are faithful followers of the Most High God, who proclaim to you the way of salvation!" She did this for many days.

Finally one day Paul lost his temper, and turned around and said to the spirit, "In the name of Jesus Christ I command you to leave this woman!" It left her that moment.

When her employers saw that their profitable operation was now hopelessly dead, they seized Paul and Silas and dragged them before the authorities in the public square. They brought them to the chief magistrates and said, "These people are Jews and are disturbing the peace by advocating practices which are unlawful for us Romans to accept or practice."

The crowd joined in the attack on them, and the magistrates stripped them and ordered them to be flogged. They were whipped many times and thrown into prison, and the jailer was told to keep a close watch on them. So, following these instructions, the warden threw them into the innermost cell of the prison and chained their feet to a stake.

About midnight, Paul and Silas were praying and singing hymns to God as the other prisoners listened. Suddenly a severe earthquake shook the place, rocking the prison to its foundation. Immediately all the doors flew open, and everyone's chains were pulled loose. When the jailer woke up and found the doors wide open, he drew a sword and was about to commit suicide, presuming that the prisoners had escaped.

But Paul shouted, "Don't harm yourself! We're all still here."

The jailer called for a light, then rushed in and fell trembling at the feet of Paul and Silas, and, after a brief interval, led them out and asked them, “What must I do to be saved?”

They answered, “Believe in Jesus the Savior, and you will be saved—you and everyone in your household.”

They proceeded to preach the word of God to the jailer and his whole household. At that late hour of the night he took them in and bathed their wounds; then he and the whole household were baptized. He led them up into his house, spread a table before them, and the whole family joyfully celebrated their newfound faith in God.

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: John 17:20-26

Praying for his disciples, Jesus said, "I don't pray for them alone. I pray also for those who will believe in me through their message, that all may be one, as you, Abba, are in me and I in you; I pray that they may be one in us, so that the world may believe that you sent me. I have given them the glory you gave me that they may be one, as we are one—I in them, you in me—that they may be made perfect in unity. Then the world will know that you sent me, and that you loved them as you loved me. Abba, I ask that those you gave me may be here with me, so they can see this glory of mine which is your gift to me, because of the love you had for me before the foundation of the world. Righteous One, the world hasn't known you, but I have; and these people know that you sent me. To them I have revealed your Name, and I will continue to reveal it so that the love you have for me may live in them, just as I may live in them."

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.