



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

Exodus 3:1-15

Moses was tending the flock of his father-in-law Jethro, the priest of Midian. Leading the flock deep into the wilderness, Moses came to Horeb, the mountain of God. The messenger of God appeared to Moses in a blazing fire from the midst of a thornbush. As Moses looked, he said, "The bush is ablaze with fire, and yet it isn't consumed! Let me go over and look at this remarkable sight, and see why the bush doesn't burn up!" When God saw Moses coming to look more closely, God called out to him from the midst of the bush: "Moses! Moses!" Moses answered, "I am here." God said, "Come no closer! Remove the sandals from your feet, for the place where you stand is holy ground!

"I am the God of your ancestors," the voice continued, "the God of Sarah and Abraham, the God of Rebecca and Isaac, the God of Leah and Rachel and Jacob!" Moses hid his face, afraid to look at the Holy One. Then God said, "I have seen the affliction of my people in Egypt; I have heard their cries under those who oppress them; I have felt their sufferings. Now I have come down to rescue them from the hand of Egypt, out of their place of suffering, and bring them to a place that is wide and fertile, a land flowing with milk and honey—the land of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the children of Israel has reached me, and I have watched how the Egyptians are oppressing them. Now, go! I will send you to Pharaoh, to bring my people, the children of Israel, out of Egypt."

But Moses said to God, "Who am I, that I should go to Pharaoh and lead the children of Israel out of Egypt?" God answered, "I will be with you, and this is the sign by which you will know that it is I who have sent you: after you bring my people out of Egypt, you will all worship at this very mountain."

"But," Moses said, "when I go to the children of Israel and say to them, 'The God of your ancestors has sent me to you,' if they ask me, 'What is this god's name?' what am I to tell them?" God replied, "I AM AS I AM. This is what you will tell the Israelites: 'I AM has sent me to you.'"

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

Thanks be to God.

Middle Reading
In Blackwater Woods, by Mary Oliver

Look, the trees
are turning
their own bodies
into pillars
of light,
are giving off the rich
fragrance of cinnamon
and fulfillment,
the long tapers
of cattails
are bursting and floating away over
the blue shoulders
of the ponds,
and every pond,
no matter what its
name is, is
nameless now.
Every year

everything
I have ever learned
in my lifetime
leads back to this: the fires
and the black river of loss
whose other side
is salvation,
whose meaning
none of us will ever know.
To live in this world
you must be able
to do three things:
to love what is mortal;
to hold it
against your bones knowing
your own life depends on it;
and, when the time comes to let it go,
to let it go.

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

Gospel

Luke 13:1-9

On the same occasion, there were people present who told Jesus about some Galileans whose blood Pilate had mixed with their own sacrifices.

Jesus replied, "Do you think these Galileans were the greatest sinners in Galilee just because they suffered this? Not at all! I tell you, you'll all come to the same end unless you change your ways. Or take those eighteen who were killed by a falling tower in Siloam. Do you think they were more guilty than anyone else who has lived in Jerusalem? Certainly not! I tell you, you'll all come to the same end unless you change your ways."

Jesus told this parable: "There was a fig tree growing in a vineyard. The owner came out looking for fruit on it, but didn't find any. The owner said to the vine dresser, look here! For three years now I've come out in search of fruit on this fig tree and have found none. Cut it down. Why should it clutter up the ground?" "In reply, the vine dresser said, 'Please leave it one more year while I hoe around it and fertilize it. If it bears fruit next year, fine; if not, then let it be cut down.'"

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.