



## 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

Genesis 15:1-12, 17-18

The word of God came to Abram in a vision: “Fear not, Abram! I am your shield; I will make your reward very great.” Abram said, “But my Sovereign, my God, what good are these blessings to me, so long as Sarai and I will die in disgrace? My only heir is a foreigner who lives in my household, Eliezer of Damascus. Since you have given me no offspring,” Abram continued, “an attendant in my house will be my heir.” Then the word of God came to Abram and said, “This person will not be your heir. Your heir will be of your own flesh and blood.” Then God took Abram outside and said, “Look up at the sky and count the stars, if you can! As many as that, you will have for descendants.” Abram believed God, and God accounted it to Abram as righteousness.

God then said to Abram, “I am the Lord who brought you from Ur of the Chaldeans to give you this land as a possession.” Abram asked, “Sovereign God, how am I to know that I will possess it?” God answered Abram, “Bring me a heifer, a goat, and a ram, each three years old, and a turtledove, and a young pigeon.” Abram brought all of these, cut them in half, and placed each half opposite the other—except the birds, which he did not cut up. Birds of prey swooped down on the carcasses, but Abram drove them away. As the sun was about to set, a trance fell over Abram, and a deep, terrifying darkness enveloped him.

When the sun had set and it was dark, a smoking brazier and a flaming torch appeared, which passed between the halves of the sacrifices. On that day God made this covenant with Abram: “To your descendants I give this land, from the River of Egypt to the Great River, the Euphrates.”

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

**Thanks be to God.**

Middle Reading

Self-talk, by Rosemerry Wahtola Trommer

Because I know in my body  
the power of spaciousness,  
I command my heart, *Stay open.*  
*Stay open*, I growl,  
as it clenches and hardens  
and granites and steels,  
but my terrified heart  
keeps clenching anyway,  
tighter and smaller and stuck.  
*I said, Stay open,*  
my voice a demand,  
as if with intensity  
I could force a release.  
And the heart curls in,  
intent on survival, like a pill bug,  
like an armadillo, like a heart  
that has learned before  
it is not safe to love.  
And it hurts to be small.  
And it takes so much energy  
to clench, that finally  
it's exhaustion that helps me  
to hear the softer voice  
beneath the command,  
the quiet voice that arrives  
like the slightest of waves, the voice  
that arrives like low morning sun,  
and the voice enters the clench of me  
like gentle rain meeting dry earth,  
and it says, *Of course, you're afraid.*  
*For now it's enough to remember  
the possibility of opening.*

Hear what the Spirit is saying to God's people

**Thanks be to God.**

## Gospel

Luke 13:31-35

Just then, some Pharisees came to Jesus and said, “You need to get out of town, and fast. Herod is trying to kill you.” Jesus replied, “Go tell that fox, ‘Today and tomorrow, I’ll be casting out devils and healing people, and on the third day I’ll reach my goal.’ Even with all that, I’ll need to continue on my journey today, tomorrow and the day after that, since no prophet can be allowed to die anywhere except in Jerusalem.

“O Jerusalem, Jerusalem! You kill the prophets and stone those who are sent to you! How often have I wanted to gather your children together as a mother bird collects her babies under her wings—yet you refuse me! So take note: your house will be left to you desolate. I tell you, you will not see me again until you say, ‘Blessed is the One who comes in the name of our God!’”

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.*