



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 3:12-19

When Peter saw this, he addressed the people as follows: "Why does this surprise you? Why do you stare at us as if we had made this person walk by our own power or holiness? You are Israelites, and it is the God of Sarah and Abraham, Rebecca and Isaac, Leah and Rachel and Jacob, the God of our ancestors, who has glorified Jesus - the same Jesus you handed over and then disowned in the presence of Pilate, after Pilate had decided to release him. You disowned the Holy and Just One and asked instead for the release of a murderer. You put to death the Author of life, whom God raised from the dead - a fact to which we are witnesses. It is the name of Jesus, and faith in it, that has strengthened the limbs of this one whom you see and know well. Such faith has given this beggar perfect health, as all of you can see.

"Yet I know, my sisters and brothers, that you acted out of ignorance, just as your leaders did. God has brought to fulfillment by this means what was announced long ago by the prophets: that the Messiah would suffer. Therefore, reform your lives! Turn to God, that your sins may be wiped away."

Hear what the Spirit is saying to God's people

Thanks be to God.

Middle Reading

“O Taste and See” by Denise Levertov

The world is
not with us enough.

O taste and see

the subway Bible poster said,
meaning The Lord, meaning
if anything all that lives
to the imagination's tongue,

grief, mercy, language,
tangerine, weather, to
breathe them, bite,
savor, chew, swallow, transform
into our flesh our
deaths, crossing the street, plum, quince,
living in the orchard and being

hungry, and plucking
the fruit.

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

Gospel

Luke 24:36-40

While they were still talking about this, Jesus actually stood in their midst and said to them, "Peace be with you." In their panic and fright, they thought they were seeing a ghost. Jesus said to them, "Why are you disturbed? Why do such ideas cross your mind? Look at my hands and my feet; it is I, really. Touch me and see. A ghost doesn't have flesh and bones as I do." After saying this, Jesus showed them the wounds.

They were still incredulous for sheer joy and wonder, so Jesus said to them, "Do you have anything here to eat?" After being given a piece of cooked fish, the savior ate in their presence. Then Jesus said to them, "Remember the words I spoke when I was still with you: everything written about me in the Law of Moses and the Prophets and the psalms had to be fulfilled."

Then Jesus opened their minds to the understanding of the scriptures, saying, "That is why the scriptures say that the Messiah must suffer and rise from the dead on the third day. In the Messiah's name, repentance for the forgiveness of sins will be preached to all nations, beginning at Jerusalem. You are witnesses of all this. Take note: I am sending forth what Abba God has promised to you. Remain here in the city until you are clothed with the power from on high."

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.

It is always right, and a good thing to thank God for creation and for the love with which God made and sustains and redeems all of existence. The last night Jesus gathered with his closest friends, he gave them the promise that he would always be with them, nourishing them as truly as the food and drink that sustain us day by day. **Because of their faithfulness, and the care with which they and the generations who followed have handed on that faith, we know the story of that night, and we too receive that promise.** So we join our voices with saints and angels, across time and space, outside of time and space who forever say,

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.

Gracious God, somehow, it was not enough to make a universe. It seems you needed the joy of sharing it and sharing the process of creativity. So you included us in creation, making us in your image, to love and to create freely, as you do.

Yet, as we are free to love, so we are free to hate, and throughout human history, we have chosen to abandon your way as often as we have followed it. **But you**

have not abandoned us. Instead, you poured yourself into human form, becoming one with us through the life, death and resurrection of Jesus, your son.

To show us the fullness of that offering, on the night before it was completed on the cross, Jesus ate supper with his friends. He took bread, blessed it, broke it, and said, **“Take, eat. This is my Body given for you. Every time you eat bread, do so in remembrance of me.”** After supper, he took the cup of wine, blessed it, gave it to his friends and said, **“Drink this, all of you. This is my blood of the new covenant, shed for you and for all. When ever you drink it, do so in remembrance of me.”**

Now accept our offering of thanks and praise, and send your Holy Spirit to bless us and this bread and wine to be the body and blood of Jesus Christ, your Son our Lord. Give us grace to hope and trust that your Spirit lives in us and we in you, so we may have courage to love the world boldly in your name. Through Jesus Christ, and in the power of the Holy Spirit, who live and reign with you, one God, now and forever.. **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.