



## 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: I Corinthians 12:12-31a

The body is one, even though it has many parts; all the parts—many though they are—comprise a single body. And so it is with Christ. It was by one Spirit that all of us, whether we are Jews or Greeks, slaves or citizens, were baptized into one body. All of us have been given to drink of the one Spirit. And that Body is not one part; it is many.

If the foot should say, “Because I am not a hand, I do not belong to the body,” does that make it any less a part of the body? If the ear should say, “Because I am not an eye, I do not belong to the body,” would that make it any less a part of the body? If the body were all eye, what would happen to our hearing? If it were all ear, what would happen to our sense of smell? Instead of that, God put all the different parts into one body on purpose. If all the parts were alike, where would the body be?

They are, indeed, many different members but one body. The eye cannot say to the hand, “I do not need you,” any more than the head can say to the feet, “I do not need you.” And even those members of the body which seem less important are in fact indispensable. We honor the members we consider less honorable by clothing them with greater care, thus bestowing on the less presentable a propriety which the more presentable do not need. God has so constructed the body as to give greater honor to the lowly members, that there may be no dissension in the body, but that all the members may be concerned for one another. If one member suffers, all the members suffer with it; if one member is honored, all the members share its joy.

You, then, are the body of Christ, and each of you is a member of it. Furthermore, God has set up in the church, first, apostles; second, prophets; third, teachers; then miracle workers, healers, assistants, administrators and those who speak in tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles or have the gift of healing? Do all speak in tongues, or do all have the gift of interpretation of tongues?

Set your hearts on the greater gifts.

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

## Middle Reading

You Can Walk Through Life, by Andrea Gibson

“You can walk through life  
believing everything is a miracle,”  
my therapist said, paraphrasing  
Einstein long ago.

“Or you can walk through life  
believing nothing is a miracle.

Whatcha gonna choose?”

“Everything is a miracle!”

I say these days, but that

wasn't my answer in the past.

Why did I go so long believing

I owed this world my disappointment?

“I hate it here,”

writes every other

person online.

But I love it here.

“I love it here,” I whisper

to the sky at 1am, while

standing on my upstairs porch.

“I love it here,” I whisper

into my doctor's stethoscope,

so she can finally hear my heart.

Hear what the Spirit is saying to God's people

**Thanks be to God.**

## Gospel

Luke 4:14-21

Jesus returned in the power of the Spirit to Galilee, and his reputation spread throughout the region. He was teaching in the Galilean synagogues, and all were loud in their praise. Jesus came to Nazareth, where he had been brought up. Entering the synagogue on the Sabbath, as was his habit, Jesus stood up to do the reading.

When the book of the prophet Isaiah was handed him, he unrolled the scroll and found the passage where it was written: “The Spirit of our God is upon me: because the Most High has anointed me to bring Good News to those who are poor. God has sent me to proclaim liberty to those held captive, recovery of sight to those who are blind, and release to those in prison, to proclaim the year of our God's favor.”

Rolling up the scroll, Jesus gave it back to the attendant and sat down. The eyes of all in the synagogue were fixed on him. Then he said to them, “Today, in your hearing, this scripture passage is fulfilled.”

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.*