



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

Psalm 30

I praise you, O God, because you raised me up
and kept my enemies from gloating over me.
I cried to you for help, O Lord my God, and you healed me.
You brought me back from the realm of the dead, O God;
you spared me from going down into the Pit.
Sing to the Lord, you who love God!
Praise God's holy Name!
God's anger is fleeting,
but God's favor endures forever.
There may be tears during the night,
but joy comes in the morning.
When I presumed I was secure, I boasted,
"I will never be defeated!"
When I stood in your favor, O God,
I stood as firm as a mountain.
But then you hid yourself from me,
and I was filled with terror.
So I called to you,
I pleaded for your help:
"What good will come from my destruction,
from my going to the grave?
Does dust praise you, O God?
Can the dead proclaim your unfailing goodness?
Hear me, O Lord,
and be merciful! Help me, O God!"
Then you changed my despair into a dance
you stripped me of my death shroud
and clothed me with joy.

That's why my heart sings to you,
that's why I can't keep silent.
O Lord, you are my God,
and I will thank you forever!

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

Middle Reading
A Slice of Actual Light, by James Crews

And then one day, life placed
a slice of actual light on your plate
instead of the usual portion of grief
you thought would be your daily meal
for the rest of your time on earth.
You just turned and saw a patch
of winter sun sliding up and down
the wall beside the bed, last gasp
of daylight so inviting, how could you
not reach out and touch the heat
that had slipped through a momentary
crack in the clouds? Now, believe
this will keep happening, these
glimmers gathering to overtake
the long shadow of sorrow for whole
minutes, even hours at a time.

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

Gospel: Mark 5:21-43

When Jesus had crossed again to the other shore in the boat, a large crowd gathered, and he stayed by the lakeside. Then one of the synagogue officials, Jairus by name, came up, and, seeing Jesus, fell down and pleaded earnestly saying, "My little daughter is desperately sick. Come and lay your hands on her to make her better and save her life." Jesus went with him and a large crowd followed, pressing from all sides.

Now there was a woman who had suffered from hemorrhages for twelve years; after long and painful treatment from various doctors, she had spent all she had without getting better. In fact, she was getting worse. She had heard about Jesus, and she came up behind him in the crowd and touched his cloak. "If I can touch even the hem," she had told herself, "I will be well again." Immediately the flow of blood dried up, and she felt in her body that she was healed of her affliction.

Immediately aware that healing power had gone out from him, Jesus turned to the crowd and said, "Who touched my clothes?" The disciples said, "You see how the crowd is pressing you and yet you say, 'Who touched me?'" But Jesus continued to look around to see who had done it. Then the woman came forward, frightened and trembling because she knew what had happened to her, and she fell at Jesus' feet and told him the whole truth.

"My daughter," Jesus said, "your faith has saved you; go in peace and be free of your affliction." While Jesus was still speaking, some people arrived from the house of the synagogue official to say, "Your daughter is dead. Why put the Teacher to any further trouble?" But Jesus overheard the remark and said to the official: "Don't be afraid. Just believe." Jesus allowed no one to follow him except Peter and James and James' brother John. They came to the official's house and Jesus noticed all the commotion, with people weeping and wailing unrestrainedly. Jesus went in and said to them, "Why all this commotion and crying? The child is not dead, but asleep" At this, they began to ridicule him, and he told everyone to leave.

Jesus took the child's mother and father and his own companions and entered the room where the child lay. Taking her hand, he said to her, "Talitha, koum!" which means, "Little girl, get up!" Immediately the girl, who was twelve years old, got up and began to walk about. At this they were overcome with astonishment. Jesus gave the family strict orders not to let anyone know about it, and told them to give the girl something to eat.

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.