



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

Job 23:1-9, 16-17

Then Job replied:

I am still bitter in my complaint—

God's hand is heavy, despite all my groaning.

If only I knew where to find the Almighty,

so I could approach the Judgment Seat!

I would make my case to God,

and expound my best arguments in my defense.

But I would also benefit by hearing the answers,

and get a grip on what is behind all this.

Would God get on a high horse in debating with me?

No, God would give me the chance to state my case!

There an upright person could make such a convincing case

that I would be delivered forever from my Judge.

But if I go east, God isn't there;

if I go west, I find nothing.

When God is working up north, I can see no one;

when God turns south, I don't even catch a glimpse.

The Most High makes my heart sink,

and makes my body shake in terror.

Even so, I'm not silenced by the darkness

nor by the deep gloom that covers my face.

Hear what the Spirit is saying to God's people

Thanks be to God.

Middle Reading

Simple Tools, by Rosemerry Wahtola Trommer

I am so grateful for the rubber spatula,
the way it sits quietly in the drawer
yet is always ready for action—
is game to scrape the walls of the blender
or to fold chocolate chips into cookie dough.
It evens and swirls the frosting on cake
and welcomes the tongue
of a child. In a sharp world,
it knows the value of being blunt;
it knows that to smooth is a gift to the world.
Some people are knives, and
I thank them. Me, I want to belong
to the order of spatulas—those
who blend, who mix, who co-mingle
dissimilars to create a cohesive whole.
I want to spread sweetness, to be a workhorse
for beauty, to stir things up,
to clean things out. I want to be useful,
an instrument of unity, a means, a lever for life.

Hear what the Spirit is saying to God's people

Thanks be to God.

Gospel

Mark 10:17-31

As he was setting out on a journey, someone came running up and asked, “Good Teacher, what must I do to share in everlasting life?” Jesus answered, “Why do you call me good? No one is good but God alone. You know the commandments: No killing. No committing adultery. No stealing. No bearing false witness. No defrauding. Honor your mother and your father.” The other replied, “Teacher, I have kept all these since my childhood.”

Then Jesus looked at the person with love and said, “There is one thing more that you must do. Go and sell what you have and give it to those in need; you will then have treasure in heaven. After that, come and follow me.”

At these words, the inquirer, who owned much property, became crestfallen and went away sadly. Jesus looked around and said to the disciples, “How hard it is for rich people to enter the kingdom of God!” The disciples could only marvel at these words. So Jesus repeated what he had said: “My children, how hard it is to enter the realm of God! It is easier for a camel to pass through the eye of a needle than for a rich person to enter the kingdom of God!”

The disciples were amazed at this and said to one another, “Then who can be saved?” Jesus looked at them and said, “For mortals it is impossible—but not for God. With God all things are possible.”

Peter was moved to say to Jesus, “We have left everything to follow you!” Jesus answered, “The truth is, there is no one who has left home, sisters or brothers, mother or father, children or fields for me and for the sake of the Gospel who won't receive a hundred times as much in this present age—as many homes, brothers, sisters, mothers, fathers, children and property, though not without persecution—and, in the age to come, everlasting life. Many who are first will be last, and the last will be first.”

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.