Wednesday@Noon

*Today, **WEDNESDAY@Noon** becomes a time of communal discernment. We will 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: Zechariah 9:9-12
Rejoice in heart and soul, daughter of Zion! Shout with gladness, daughter of Jerusalem! Look! Your ruler comes to you: victorious and triumphant, humble, riding on a donkey, on a colt, the foal of a donkey. The ruler will banish chariots from Ephraim and horses from Jerusalem; the bow will be banished. The ruler will proclaim peace for the nations; the empire stretching from sea to sea, from the River to the ends of the earth. As for you, due to the blood covenant with me, I am returning your prisoners from their waterless pit. Return to your stronghold, O prisoners of hope! Today I declare that I will give you back double!

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

Middle Reading: Haiku and Tanka for Harriet Tubman, by Sonia Sanchez

1
Picture a woman
riding thunder on
the legs of slavery ...

2
Picture her kissing
our spines saying no to
the eyes of slavery ...

3
Picture her rotating
the earth into a shape
of lives becoming ...

4
Picture her leaning
into the eyes of our
birth clouds ...

Picture this woman
saying no to the constant
yes of slavery ...

6
Picture a woman
jumping rivers her
legs inhaling moons ...

7
Picture her ripe
with seasons of
legs ... running ...

8
Picture her tasting
the secret corners
of woods ...

9
Picture her saying:
You have within you the strength,
the patience, and the passion
to reach for the stars,
to change the world ...

10
Imagine her words:
Every great dream begins
with a dreamer ...

11
Imagine her saying:
I freed a thousand slaves,
could have freed
a thousand more if they
only knew they were slaves ...

12
Imagine her humming:
How many days we got
fore we taste freedom ...

13
Imagine a woman
asking: How many workers
for this freedom quilt ...

14
Picture her saying:
A live runaway could do
great harm by going back
but a dead runaway
could tell no secrets ...

15
Picture the daylight
bringing her to woods
full of birth moons ...

16
Picture John Brown
shaking her hands three times saying:
General Tubman. General Tubman.
General Tubman.

17
Picture her words:
There's two things I got a
right to: death or liberty ...

18
Picture her saying no
to a play called Uncle Tom's Cabin:
I am the real thing ...
19
Picture a Black woman:
could not read or write
trailing freedom refrains ...

20
Picture her face
turning southward walking
down a Southern road ...

21
Picture this woman
freedom bound ... tasting a
people's preserved breath ...

22
Picture this woman
of royalty ... wearing a crown
of morning air ...

23
Picture her walking,
running, reviving
a country's breath ...

24
Picture black voices
leaving behind
lost tongues …

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Gospel Reading: Matthew 11:16-19, 25-30
Jesus said, "What comparison can I make with this generation? They are like children shouting to others as they sit in the marketplace, 'We piped you a tune, but you wouldn't dance. We sang you a dirge, but you wouldn't mourn.' For John came neither eating nor drinking, and they said, 'He is possessed.' The Chosen One comes, eating and drinking, and they say, 'This one is a glutton and a drunkard, a friend of tax collectors and sinners.' Wisdom will be vindicated by her own actions."
Then Jesus prayed, "Abba God, Creator of heaven and earth, to you I offer praise; for what you have hidden from the learned and the clever, you have revealed to the youngest children. Yes, Abba, everything is as you want it to be."
Jesus continued, "Everything has been handed over to me by Abba God. No one knows the Only Begotten except Abba God, and no one knows Abba God except the Only Begotten and those to whom the Only Begotten wants to give that revelation. Come to me, all you who labor and carry heavy burdens, and I will give you rest. as Take my yoke upon your shoulders and learn from me, for I am gentle and humble of heart. Here you will find rest for your souls, for my yoke is easy and my burden is light."

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 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 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 all who seek to practice their spirituality, and live more nearly according to their values. 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

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.

At the following words, everyone lifts their plate and cup into view.

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,
the courage 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.