



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: Exodus 3:1-15

Moses was tending the flock of his father-in-law Jethro, the priest of Midian. Leading the flock deep into the wilderness, Moses came to Horeb, the mountain of God. The messenger of God appeared to Moses in a blazing fire from the midst of a thorn bush. Moses saw that the bush was ablaze with fire, and yet it wasn't consumed. Moses said, "Let me go over and look at this remarkable sight and see why the bush doesn't burn up!"

When God saw Moses coming to look more closely, God called out to him from the midst of the bush: "Moses! Moses!" Moses answered, "I am here." God said, "Come no closer! Remove the sandals from your feet, for the place where you stand is holy ground!

"I am the God of your ancestors," the voice continued, "the God of Sarah and Abraham, the God of Rebecca and Isaac, the God of Leah and Rachel and Jacob!"

Moses hid his face, afraid to look at the Holy One. Then God said, "I have seen the affliction of my people in Egypt; I have heard their cries under those who oppress them; I have felt their sufferings. Now I have come down to rescue them from the hand of Egypt, out of their place of suffering, and bring them to a place that is wide and fertile, a land flowing with milk and honey—the land of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the children of Israel has reached me, and I have watched how the Egyptians are oppressing them. Now, go! I will send you to Pharaoh, to bring my people, the children of Israel, out of Egypt."

But Moses said to God, "Who am I, that I should go to Pharaoh and lead the children of Israel out of Egypt?"

God answered, "I will be with you, and this is the sign by which you will know that it is I who have sent you: after you bring my people out of Egypt, you will all worship at this very mountain."

“But,” Moses said, “when I go to the children of Israel and say to them, ‘The God of your ancestors has sent me to you,’ if they ask me, ‘What is this god’s name?’ what am I to tell them?”

God replied, “I AM AS I AM. This is what you will tell the Israelites: ‘I AM has sent me to you.’”

God spoke further to Moses: “Tell the children of Israel: The ‘I AM,’ the God of your ancestors, the God of Sarah and Abraham, of Rebecca and Isaac, of Leah and Rachel and Jacob, has sent me to you.’ This is my Name forever; this is the name you are to remember for all generations.”

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

Middle Reading: Transformation, by Rosemerry Wahtola Trommer

You need a rainstorm.
—Paula Lepp

I need a rainstorm
on the inside, the kind
that relentlessly pours,
the kind that rearranges
everything, leaves nothing
untouched. I need a deluge
that drowns out any voices
that would offer easy answers.
I need a cloudburst to flood
everything I think I know,
that carries me until I, too, am current.
Have I gotten so dry inside,
so brittle and sure?
Give me a gulley washer,
the kind that scours
and remakes its path as it flows.
I want it, and yet
when I feel the first drops

I scramble for the umbrella,
as if it would do any good.
There it is, petrichor—
earthy fragrance of change.
The big rain will come when it comes.
There will be no stopping it then.

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

Gospel Reading: Matthew 16:21-28

From that time on, Jesus began to explain to the disciples that he must go to Jerusalem, to suffer many things at the hands of the elders, chief priests and religious scholars, and that he must be killed, and on the third day raised to life. Peter took him aside and began to rebuke him. "Never, Rabbi!" he said. "This will never happen to you!"

Jesus turned to Peter and said, "Get yourself behind me, you Satan! You are trying to make me stumble and fall. You're setting your mind not on the things of God, but of mortals."

Then Jesus said to the disciples, "If you wish to come after me, you must deny your very selves, take up the instrument of your own death and begin to follow in my footsteps. "If you would save your life, you will lose it; but if you would lose your life for my sake, you will find it. What profit would you show if you gained the whole world but lost yourself? What can you offer in exchange for your very self? "The Promised One will come in the glory of Abba God accompanied by the angels, and will repay all according to their conduct. The truth is, some of you standing here will not taste death before you see the coming of the Promised One's reign."

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, 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.
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.