



## 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: 17:22-24

This is what Sovereign God says: “I myself will take a shoot from the top of a cedar and plant it. I will break off a tender sprig from its topmost shoots and plant it on a lofty and high mountain. I will plant it on the mountain heights of Israel. It will grow branches, bear fruit and become a splendid cedar. All kinds of birds will nest in it. They will find shelter in the shade of its branches. All the trees of the countryside will know that I am God who stunt tall trees and make low trees grow. I dry up the green tree and I make the dry tree flourish. I, God have spoken, and I will do it.”

Hear what the Spirit is saying to God’s People

**Thanks be to God.**

### Middle Reading: “Please Read” by Mary Ruefle

I am the yellow finch that came to her feeder an hour before she died. I was the last living thing she saw, so my responsibility was great. Yet all I did was eat. Through eight long months of winter the black oiled sunflower seeds had gone untouched—not a single one of my kind or any other kind had approached them. It was too much work. Even if we’d had the strength—which we did not, half-starved as we were—we were not in the mood to crack anything. On the morning of the twenty-second of April she took them away and refilled the feeding tube with sunflower hearts—sheeny niblets whose hard outer husk had been stripped away by some faraway, intricate machine. She went back inside and waited. From my branch I could see her do the things she liked to do—she picked up a towel from off the floor, she filled out a card stopping the mail, she boiled water, she stared into space. She saw me coming. Her face flickered with, if not exactly joy, the ordinary wellspring of life. It’s true there was a sheet of glass between us. But I could see the seeds of her eyes and the upturned corners of her mouth. I ate a heart. I turned my head. She looked at me as if I were the last living thing on earth. And as I was, I kept on eating.

Hear what the Spirit is saying to God’s people

**Thanks be to God.**

## Gospel: 4:26-34

Jesus said further, “The reign of God is like this: a sower scatters seed on the ground, then goes to bed at night and gets up day after day. Through it all the seed sprouts and grows without the sower knowing how it happens. The soil produces a crop by itself - first the blade, then the ear, and finally the ripe wheat in the ear. When the crop is ready, the sower wields the sickle, for the time is right for harvest.” Jesus went on to say, “What comparison can we use for the reign of God? What image will help to present it? It is like a mustard seed which people plant in the soil: it is the smallest of all the earth’s seeds, yet once it is sown, it springs up to become the largest of shrubs, with branches big enough for the birds of the sky to build nests in its shade.” Using many parables like these, Jesus spoke the message to them, as much as they could understand. Everything was spoken in parables, but Jesus explained everything to the disciples later when they were alone.

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*

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.**

*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.*