

WORSHIP & COMMUNION

We invite you into this time of prayerful reflection and communion. As you prepare for the service, grab a piece of bread and cup of drink, find a quiet space without distraction, maybe light some candles or dim your lights a bit and prepare self for this time of worship.

“Feeding”

“God comes to feed us, to fill us, to love us. ‘God pervades the world in the same way as honey in the comb,’ says Tertullian. Abundant beyond our wildest hopes, this bread is everywhere before us, sweet, like honey in our mouths, given to sustain us.”

—Douglass Burton-Christie

Ringing the Trinity

Prelude

“I Love Thee” —Rasbach

Zhaolei Xie

Introit

“Come and Follow Me”

Taylor Hightower

Summoning Prayer

Let us pray:

Come, Lord Jesus,

You too were tired when the day was done
and you met your friends at evening time.

Come, Lord Jesus,

You too enjoyed when nights drew on
and you told your tales at the close of the day.

Come, Lord Jesus,

You kindled faith when lamps were low;
you opened scriptures, broke the bread,
and shed your light as darkness fell.

Come, Lord Jesus,

Meet us here. Amen.

Musical Reflection

“For These Are My Mountains”

Lilia Rodriguez

A Poem for Reflection
Your Belly, by Molly Fleming

I like your belly
and all that it holds:
softness and kindness,
compassion and gold.
The middle of you,
your center, your heart,
your *hey, lossen up!*
—a reminder (in part)—
a signal, a beacon,
your friend through the years,
it's carried so much:
your pain, your fear.
I like your belly
and welcome it here.

Musical Reflection

“What a Friend”

Zhaolei Xie

Prayers for Ourselves and Others

Let us pray:
Let us pray for those who hunger in this land:
whose only kitchen is a soup kitchen,
whose only food is what others don't want,
whose diet depends on luck, not on planning.

Lord, feed your people
using our skills and conscience,
and eradicate from our politics and private lives
the apathy to hunger which comes from overeating.

Let us pray for the hungry in other lands,
where economies burdened by debt,
cannot respond to human need:
or where fields are farmed for our benefit
by low-waged workers courted by starvation.

Lord, feed your people,
even if rulers must cancel debt,
and shareholders lose profit,
or diners restrict their choice

in order that we all be nourished.

Let us pray for the hungry for justice,
who document inequalities,
demonstrate against tyranny,
distinguish between need and greed,
and are often misrepresented or persecuted
in the process.

May their labor not be in vain
and may we be counted in their number.

Let us pray for the hungry and the fed.
So, in the presence of the Bread of Life
who refused food for himself
in order to nourish others, we deepen our devotion. Amen.

Taizé

Hear Our Prayer, O Lord

Hear our prayer, O Lord, hear our prayer, O Lord;

in - cline Thine ear to us, and grant us Thy peace.

WORDS: Psalm 143:1
MUSIC: George Whelpton

WHELPTON
Irregular

A Poem for Reflection
Honey Locust, by Mary Oliver

Who can tell how lovely in June is the
honey locust tree, or why
a tree should be so sweet and live
in this world? Each white blossom
on a dangle of white flowers holds one green seed—
a new life. Also each blossom on a dangle of flowers
holds a flask
of fragrance called *Heaven*, which is never sealed.

The bees circle the tree and dive into it. They are crazy
with gratitude. They are working like farmers. They are as
happy as saints. After a while the flowers begin to
wilt and drop down into the grass. Welcome
shines in the grass.

Every year I gather
handfuls of blossoms and eat of their mealiness; the honey
melts in my mouth, the seeds make me strong,
both when they are crisp and ripe, and even at the end
when their petals have turned dull yellow.

So it is
if the heart has devoted itself to love, there is
not a single inch of emptiness. Gladness gleams
all the way to the grave.

Musical Reflection

“The Parting Glass”

Lilia Rodriguez

Holy Communion

The Peace

Celebrants The angels said it to startled shepherds
and Jesus said it to frightened followers.
And now these words which come from heaven
are shared to make us whole and make us one:

Peace be with you.

Celebrant The table of bread and wine is ready.
It is the table of company with Jesus,
and all who love him.
It is the table of sharing with the poor of the world,
with whom Jesus identified himself.
It is the table of communion with the earth,
in which Christ became incarnate.

Loving God,
through your goodness
we have bread and wine to offer,
which have come forth from the earth
and human hands have made.
May we know your presence
in the sharing,
so that we may know your touch
and presence in all things.

Celebrant We celebrate the life that Jesus has shared
among his community through the centuries,
and shares with us now.
Made one in Christ
and one with each other,
we offer these gifts and with them ourselves.
May they become in your presence
a mark of the beloved community.

Sung Response

This is the Body of Christ

The musical score is written on five staves in a 3/8 time signature with a key signature of one flat (B-flat). The lyrics are: "This is the body of Christ - - bro - ken that we may be whole this cup, as prom - ised by God, true to his word, cra - dles our Lord: food for the good of the soul".

The Thanksgiving
Celebrants

Blessed is our brother Jesus,
who walks with us the road of our world's suffering,
and who is known to us in the breaking of bread.

During the meal, he took bread.
And when he had blessed it, he broke it
and said to his disciples,
"This is my body. It is given for you. Do this to remember me."

Later in the meal, he took a cup of wine;
and after he had given thanks he said,
"In this cup is the new relationship with God made possible
because of my death. Drink it, all of you... to remember me."

So we will do as Jesus did.
 We take this bread and this wine,
 the produce of the earth
 and the work of human hands
 through which Jesus has promised
 to make himself known.

And as he said a prayer before sharing,
 let us follow his example.

The Lord's Prayer

LORD'S PRAYER (HAAS)

Our Fa - ther in heav - en,

7

hal - low - ed be your name. Your king - dom come, your will be done on

11

earth as in heav - en. Give us to - day our dai - ly bread. For -

15

give - - us our sins as we for - give those who sin a - gainst us -

20

- Save us from the time of trial and de - liv - er us from

24

e - vil, for the king - dom, the power, and the glo - ry are yours, now and for -

28

ev - er.

Sharing of the Bread & Wine

Celebrant So come to this table,
you who have much faith
and you who would like to have more;
you who have been here often
and you who have not been for a long time;
you who have tried to follow Jesus,
and you who have failed.
Come, it is Christ who invites us to meet him here.

Celebrant All of you who hunger and thirst
for a better life,
for a deeper faith,
for a better world,
here is the bread of life:
let us together
feed on it with gratitude;
here is the cup of salvation:
let us together
drink from it and believe.

After Communion

Celebrant Let us thank God
for the one to whom we are summoned,
the one by whom we are sent,
whose image we are,
whose flesh we share,
whose love is all.

Sung Benediction

Prayer of Peace (vs 1-3)



1. Peace	be - fore us,	peace	be - hind us,	peace
2. Love	be - fore us,	love	be - hind us,	love
3. Light	be - fore us,	light	be - hind us,	light
4. Christ	be - fore us,	Christ	be - hind us,	Christ
5. Al - le - lu - ia,		al - le - lu - ia,		al - le -
6. Peace	be - fore us,	peace	be - hind us,	peace



un - der our feet.	Peace	with - in us,	peace
un - der our feet.	Love	with - in us,	love
un - der our feet.	Light	with - in us,	light
un - der our feet.	Christ	with - in us,	Christ
lu - ia,	Al - le - lu - ia,		al - le -
un - der our feet.	Peace	with - in us,	peace



o - ver us,	let all a - round us	be	peace.
o - ver us,	let all a - round us	be	love.
o - ver us,	let all a - round us	be	light.
o - ver us,	let all a - round us	be	Christ.
lu - ia,	al - le - lu - ia,		
o - ver us,	let all a - round us	be	peace.