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
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The Old Testament Reading Genesis 18: 1-15

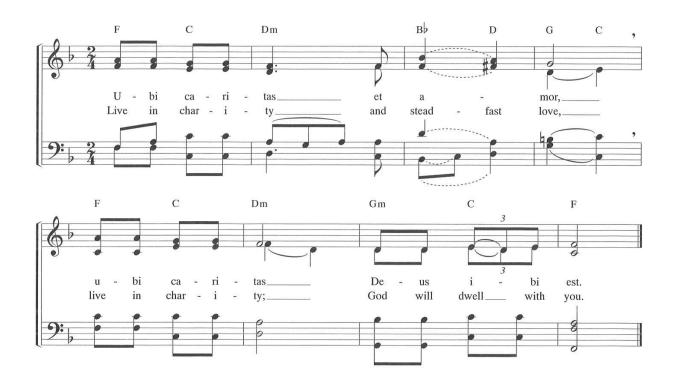
A Reading from the book of Genesis **The New Revised Standard Version**

The Lord appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them, and bowed down to the ground. He said, "My lord, if I find favor with you, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree. Let me bring a little bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant." So they said, "Do as you have said." And Abraham hastened into the tent to Sarah, and said, "Make ready quickly three measures of choice flour, knead it, and make cakes." Abraham ran to the herd, and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. Then he took curds and milk and the calf that he had prepared, and set it before them; and he stood by them under the tree while they ate.

They said to him, "Where is your wife Sarah?" And he said, "There, in the tent." Then one said, "I will surely return to you in due season, and your wife Sarah shall have a son." And Sarah was listening at the tent entrance behind him. Now Abraham and Sarah were old, advanced in age; it had ceased to be with Sarah after the manner of women. So Sarah laughed to herself, saying, "After I have grown old, and my husband is old, shall I have pleasure?" The Lord said to Abraham, "Why did Sarah laugh, and say, 'Shall I indeed bear a child, now that I am old?' Is anything too wonderful for the Lord? At the set time I will return to you, in due season, and Sarah shall have a son." But Sarah denied, saying, "I did not laugh"; for she was afraid. He said, "Oh yes, you did laugh."

Taizé

Live In Charity



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.

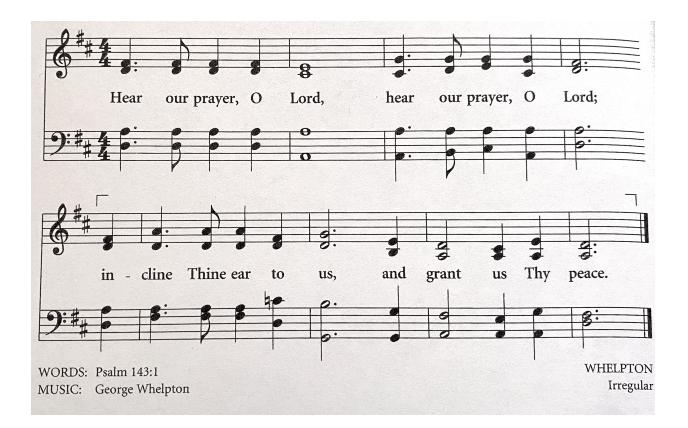
Lord, feed your people, even if rulers must cancel debt, and shareholders lose profit, or diners restrict their choice in order that we all be nourished.

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



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.

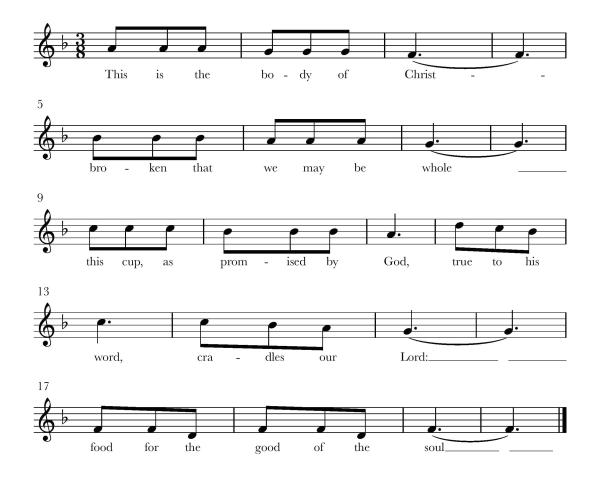
Musical Reflection

"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.



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)

Sharing of the Bread & Wine

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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

