

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 yourself for this time of worship.

People ask me: why do you write about food, and eating and drinking? Why don't you write about the struggle for power and security, and about love, the way the others do? The easiest answer is to say that, like most other humans, I am hungry. —M.F.K. Fisher

Ringing the Trinity

Prelude “Jesus, Keep Me Near the Cross” Zhaolei Xie

Introit “Come to the Feast” Taylor Hightower

Summoning Prayer

Let us pray:

O Lord, Gather us in,
the lost and the lonely, the broken and breaking,
the tired and the aching
who long for the nourishment found at your feast.

Gather us in,
the done and the doubting, the wishing and wondering,
the puzzled and pondering
who long for the company found at your feast.

Gather us in,
the proud and pretentious, the sure and superior,
the never inferior,
who long for the leveling found at your feast.

Gather us in,
the bright and the bustling,
the stirrers, the shakers,
the kind laughter makers
who long for the deeper joys found at your feast.

Gather us in, from corner or limelight, from mansion or campsite,
from fears and obsession, from tears and depression,
from untold excesses, from treasured successes,
to meet, to eat, be given a seat,
be joined to the vine, be offered new wine,
become like the least, be found at the feast.

Gather us in, O Lord. Amen.

The Gospel Reading

Matthew 26: 20-30

A Reading from the book of Matthew
The New Revised Standard Version

When it was evening, he took his place with the twelve; and while they were eating, he said, “Truly I tell you, one of you will betray me.” And they became greatly distressed and began to say to him one after another, “Surely not I, Lord?” He answered, “The one who has dipped his hand into the bowl with me will betray me. The Son of Man goes as it is written of him, but woe to that one by whom the Son of Man is betrayed! It would have been better for that one not to have been born.” Judas, who betrayed him, said, “Surely not I, Rabbi?” He replied, “You have said so.” While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, “Take, eat; this is my body.” Then he took a cup, and after giving thanks he gave it to them, saying, “Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father’s kingdom.” When they had sung the hymn, they went out to the Mount of Olives.

*For the word of God in Scripture, For the word of God among us,
 For the word of God within us, Thanks be to God.*

Taizé

It is Good to Trust

♩ = 58

Bo - num est con - fi - de - re in Do - mi - no,
 It is good to trust in the Lord our God,

bo - num spe - ra - re in Do - mi - no.
 trust and hope in the Lord our God.

Capable Flesh
A Poem by St. Irenaeus

The tender flesh itself
will be found one day
—quite surprisingly—
to be capable of receiving,
and yes, full
capable of embracing
the searing energies of God.
Go figure. Fear not.
For even at its beginning
the humble clay received
God's art, whereby
one part became the eye,
another the ear, and yet
another this impetuous hand.
Therefore, the flesh
is not to be excluded
from the wisdom and the power
that now and ever animates
all things. His life-giving
agency is made perfect,
we are told, in weakness—
made perfect in the flesh.

Musical Reflection

“A Reflection on the Cross”

Zhaolei Xie

Prayers for Ourselves and Others

Let us pray: Lord, lead us into the wilderness that we may meet you in the flame that burns but does not destroy. Help us to put aside our business and stress and to rediscover silence. Help us to shut out the clamoring voices that are around us and inside us, and listen only for your voice.

Lord, teach us to pray. Through prayer, lead us into a deeper communion with you and nurture within us a greater concern for your world.

In silence and prayer, help us to find you and to be found by you, that we might be remade in the likeness of Jesus Christ, in whose name we pray, Amen.

Taizé

Bless The Lord

p $\text{♩} = 76$ Dm G Dm B \flat C F A

Bless the Lord, my soul, and bless God's ho - ly name.

p Dm G Dm B \flat C Dm

Bless the Lord, my soul, who leads me in - to life.

A Hymn by Brian Wren

Good is the flesh that the Word has become, good is the birthing, the milk in the breast, good is the feeding, caressing and rest, good is the body for knowing the world, Good is the flesh that the Word has become.

Good is the body for knowing the world, sensing the sunlight, the tug of the ground, feeling, perceiving, within and around, good is the body from cradle to grave, Good is the flesh that the Word has become.

Good is the body from cradle to grave, growing and aging, arousing, impaired, happy in clothing or lovingly bared, good is the pleasure of God in our flesh. Good is the flesh that the Word has become.

Good is the pleasure of God in our flesh, longing in all, as in Jesus, to dwell, glad of embracing, and tasting and smell, good is the body, for good and for God, Good is the flesh that the Word has become.

Musical Reflection.

“O Love That Will Not Let Me Go”

Ameni Zouehid

Holy Communion

The Peace

Celebrant 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 single system. It features a treble clef, a key signature of one flat (B-flat), and a 3/8 time signature. The lyrics are written below the notes, with hyphens indicating syllables that span across multiple notes. The lyrics are: "This is the bo - dy 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 _____".

This is the bo - dy of Christ - -

5
bro - ken that we may be whole _____

9
this cup, as prom - ised by God, true to his

13
word, cra - dles our Lord: _____

17
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.