

THE NOON SERVICE

Sunday, September 4, 2022

Proper 18, Year C RCL

Artwork by Brianna Kelly



WELCOME

Community responses are in bold.

GATHERING SONG *Please stand.*

“Fear Not the Pain”

**Fear not the pain
Let its weight fall back into the earth
for heavy are the mountains
heavy are the seas**

OPENING PRAYER

THE LESSONS *Please be seated. You can find the readings insert of your bulletin.*

COMMUNITY REFLECTION

Please be seated after the reading. Now, a brief reflection is offered and all are welcome to share. Seek to listen without judgment. Seek to speak with compassionate integrity. Seek to respond (rather than react) to the ideas others have shared and make connections. Seek to be curious and find common threads. Seek to befriend the silence between spoken words. If we disagree: may we disagree gracefully; may we be challenged and yet inspired; may we be uncomfortable and yet awakened; and may the Spirit guide us.

AFFIRMATION of FAITH

We conclude our conversation with a declaration and reminder of who we are together as the body of Christ.

Hear O my people, the Lord our God, the Lord is one.

**Love the Lord your God with all your heart, with all your soul,
with all your mind, and with all your strength.**

This is the first and great commandment.

The second is like it: love your neighbor as yourself.

There is no commandment greater than these.

PRAYERS of the PEOPLE

Officiant: Let us pray for the church and for the world:

Let us be at peace within ourselves.

silence *(inhale/exhale)*

Let us accept that we are profoundly loved and need never be afraid.

silence *(inhale/exhale)*

Let us be aware of the source of being that is common to us all and to all living creatures.

silence *(inhale/exhale)*

Let us be filled with the presence of the great compassion towards ourselves and towards all living beings.

silence *(inhale/exhale)*

Realizing that we are all nourished from the same source of life, may we so live that others be not deprived of air, food, water shelter, or the chance to live.

silence *(inhale/exhale)*

Let us pray that we ourselves cease to be a cause of suffering to one another.

silence *(inhale/exhale)*

With humility let us pray for the establishment of peace in our hearts and on the earth.

silence *(inhale/exhale)*

May God kindle in us the fire of love to bring us alive and give warmth to the world.

silence *(inhale/exhale)*

Officiant: We pray specifically for those in our community who have requested prayer. We pray for [...].

We also invite this community to name anyone they are holding in prayer this week... (silently or aloud).

All: Lead us from death to new life, from falsehood to truth; lead us from despair to hope, from fear to trust; lead us from hate to love, from war to peace. Let peace fill our hearts, our world, our universe. Amen.

CONFESSION and ABSOLUTION

God of Grace,

We do not always recognize our belovedness;

We do not always recognize the belovedness of our neighbor;

We know we harm our relationship with you

And our relationships with each other

With words said and unsaid

With deeds done and undone

We ask for your unreserved forgiveness.

We ask for your unconditional love.

Help us to forgive without reservation.

Help us to love without condition.

In Jesus' name, Amen.

Officiant: First, we are loved, then we love. God loves us and forgives us. Forgive others. Forgive yourself. Shame has no place here.

THE PEACE

In the tradition of our ancient faith, we prepare ourselves for Holy Eucharist by offering peace and reconciliation to our neighbor. You can say "Peace be with you" or something similar.

The Peace of Christ be with you always.

And also with you.

ANNOUNCEMENTS for the COMMUNITY

TIME of OFFERING and SONG

You have so many gifts. As the children parade gifts to the altar, this time is set aside as an opportunity to give yourself, your gifts, your finances, your time, etc. over again to God and to neighbor.

"The Little Church" by Donovan

**If you want your dream to be
build it slow and surely
small beginnings, greater ends
heartfelt work grows purely**

**If you want to live life free
take your time, go slowly**

**do few things but do them well
simple joys are holy**

**day by day, stone by stone
build your secret slowly
day by day, you'll grow too
you'll know heaven's glory**

THE DOXOLOGY *(Please stand to sing the Doxology)*

**Praise God, from whom all blessings flow;
Praise God, all creatures here below;
Praise God above, ye heav'nly host;
Praise (Father/Mother), Son, and Holy Ghost. Amen.**

THE THANKSGIVING

God 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 our thanks and praise.

O Mother of our salvation, You are worthy of blessing and praise, you speak and creation comes to life. You breathe and we are filled with your Spirit. You come with healing in your wings. You loosen the bonds of sickness and let the oppressed go free. You shelter the poor and feed the hungry the bread of life. And when the night is darkest you break upon us like the dawn and your touch makes us rise.

Now we give you thanks that you have shown the greatness of your love by sending your Son Jesus Christ to share our fragile flesh and bear our every burden. He does not turn His face from shame and loss but he suffers with us, the lonely, the sick, the rejected and the dying. By his passion and death, he liberates us from evil and binds up every wound. Therefore, joining with the faithful of every generation, we lift our voices with all creation, as we sing

**Holy, Holy, Holy
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.**

On the night of his arrest, he shared supper with his friends. He blessed bread, broke it, gave it to them and said, "This bread is my body, given for you and all creation making covenant between us. Whenever you eat it, remember me." Then he blessed the wine and said, "This is the cup of life, my blood poured out for all, making a covenant between us. Whenever you drink it, remember me."

All respond: **O God, may we taste your goodness, be embraced by your love, and be engaged in your liberating work. Christ, we pray, give bread to all those who are hungry and hunger for justice to those of who have bread. May we be your hands and feet to bless and mend this world. The bread of God's own life, the cup of salvation.**

THE LORD'S PRAYER

As Jesus taught us, we now pray:

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

INVITATION

This is the table, not of the righteous, but of the poor in spirit. It is made ready for those who love God and who want to love God more. So come, you who have much faith and you who have little, you who have been here often and you who have not been for a long time or ever before, You who have tried to follow and all of us who have failed. These are the gifts of God for the People of God. Christ invites everyone to be known and fed here.

BREAKING of the BREAD

The bread we break is a sharing in the body of Christ.

Though we are many, we are one body because we all share in one bread. *(Please be seated)*

COMMUNION and SONG

All are welcome to this table, for real, we mean everyone. The gifts of God are free and for you. If you wish to receive the bread and wine, please come forward and you will be served. If you do not wish to receive, no problem. Feel free to use this time as you choose in your seat. Gluten free wafers are available-just ask.

“Take Up Your Cross”

**Take up your cross, the Savior said,
if you would my disciple be;
take up your cross with willing heart,
and humbly follow after me.**

**Take up your cross, let not its weight
fill your weak spirit with alarm;
his strength shall bear your spirit up,
and brace your heart, and nerve your arm.**

**Take up your cross, heed not the shame,
and let your foolish heart be still;**

**the Lord for you accepted death
upon a cross, on Calvary’s hill.**

**Take up your cross, then, in his strength,
and calmly every danger brave:
it guides you to abundant life
and leads to victory o’er the grave.**

**Take up your cross, and follow Christ,
nor think till death to lay it down;
for only those who bear the cross
may hope to wear the glorious crown.**

POST-COMMUNION PRAYER *(please stand)*

**All: We end this sacred meal with grace
For the joy and nourishment of food,
The slowed time away from the world
To come into presence with each other
And to sense the subtle lives behind our faces,
The different colors of our voices,
The edges of hungers we keep private,
This circle of love that unites us.
We pray, wise Holy Spirit who keeps us,
To change the structures that make others hunger
And that in such grace we might now go forth
And impart dignity wherever we partake. Amen.**

Adapted from “Grace After Meals” by John O’Donohue

BLESSING

CLOSING SONG *(Please stand.)*

**“Courage, My Friend”
Courage (*courage*)
my friend (*my friend*),
You do not walk alone.
We will (*we will*)
walk with you (*walk with you*),
And sing your spirit home.**

Freedom, Patience, Justice, Vision...

DISMISSAL

Go in peace to love and serve both God and neighbor!
Amen!

Please join us for lunch directly following the service!



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Citations for liturgy available upon request