Bishop, Staff, Vestry 2025

The Rt. Rev. Deon K. Johnson Eleventh Bishop of Missouri

The Rev. Cn. Tamsen E. Whistler Priest-in-Charge The Rev. Elizabeth A. Bowen Deacon

> John R. Hawn Minister of Music Michelle M. Heitman Parish Secretary Ashley Bunton Nursery Attendant

Vestry Phil Jeffery (2026) Senior Warden David Westfall (2026) Junior Warden TBD Clerk Jacob Taylor Treasurer

John Barnard (2026) Lucinda Dennis-Itoka (2026) Richard T. Middleton IV (2026)

> Benisha Brudy (2027) Eleanor McCune (2027) Jamie McCune (2027) Grace Nichols (2027)

Shawn Galbreath (2028) Melissa Galbreath (2028)



6th Sunday after the Epíphany The Holy Eucharíst: Ríte II February 16, 2025 10:15 am

THE SERMON ON THE PLAIN: BLESSINGS AND WOES

Luke 6:17-26

In-Person and Online

TRINITY EPISCOPAL CHURCH

318 S. Duchesne Drive St. Charles, Missouri 63301–1655 (636) 949-0160 www.trinity-stcharles.org trinityepiscopal318@yahoo.com Faith • Compassion • Community

The Episcopal Diocese of Missouri

1210 Locust Street, St. Louis, Missouri 63103 (314)-231-1220 Deep in Faith • Deep in Humanity

Diocesan Vision Statement: A world transformed by God's love, justice, and peace.



We are delighted

that you have joined us today. We are delighted to see you in person! We are delighted to see you online! We invite you to

are delighted to see you in person. We are delighted to see you online! We invite you to participate fully in worship today. If you are here in person, please know that you are invited to receive the Holy Communion.

If you would prefer to receive a blessing, we invite you to do that, as well. If you have difficulty coming forward, we will take the bread, wine, and blessing to you. If you need a gluten-free wafer, please tell the priest as you come forward. (The gluten-free wafers are individually packaged and stored in a separate container from the other blessed wafers.) If you are online, please stay in the "meeting" after worship so that we can chat with you further.

Please come to coffee hour in the Reception Area after worship to share refreshments and conversation. We would love to be able to contact you further.

We invite you to fill out an information sheet on the table at the entrance to the church **or use the QR code above**. To learn more about Trinity Church, or to make an appointment with the Rector, please call the Church Office at 636-949-0160 and leave a message. Thank you so much for being here to-day!

We look forward to hearing your story and getting to know you better.

trinityepiscopal318@yahoo.com

FISH WISH LIST MARCH 2025

Misc. Boxed Potatoes (i.e. scalloped potatoes, au gratin potatoes) Tuna Helper Boxed instant Jello mix Jelly (plastic jars please) Condiments (mayo, mustard, ketchup)





We're also in dire need of children's winter shoes, boots, sox and coats. If you'd like more details, please call FISH at 636-



447-5482. They'll be happy to help.

The February/March/April edition of Forward Day by Day is now available in the reception area, or can be mailed to you. Altar Flowers Today are offered by Judy Hodge In honor of Tydon's 18th

birthday.

10:15 AM Service Participants

Lector Bob Brown Lay Ministers David McCune, Phil Jeffery Server/Crucifer Eric Hayes, Quinto Middleton Torch Bearers Alonzo Middleton, Rowan Taylor Usher Michelle McCune

Organist John R. Hawn, *Minister of Music* Assisting Priest The Rev. Dr. Martin Muhia Celebrant and Preacher The Rev. Canon Tamsen E. Whistler *Priest in Charge.*

Live-Streaming Coordinators Harlan Meyer

NEXT SUNDAY, FEBRUARY 23RD

40th Anniversary of the Ordination of Rev. Whistler.

Reception Between Services and after 10:15 service

The St. Patrick's Day Auction Returns

The Trinity Beloved Group is happy to announce that it will host the St. Patrick's Day auction and lunch for the benefit of Trinity Episcopal Church Operating Fund on Sunday, March 16, 2025.

All things Irish and/or green will be welcomed to put on the auction block. We ask that all items donated for auction be concealed in unmarked gift bags. Some items used for event decoration will be available by silent auction.

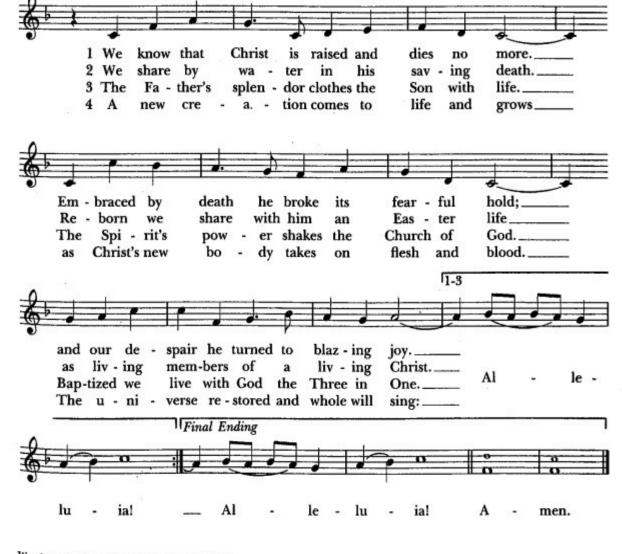
> Please join us for good fun, good food, and good fund-raising on March 16 after the second service

THE SIXTH SUNDAY AFTER EPIPHANY

February 15, 2025 10:15 AM, Rite II

Prelude

Hymn 296 "We know that Christ is raised and dies no more"



Words: John Brownlow Geyer (b. 1932), alt. Music: Engelberg, Charles Villiers Stanford (1852-1924)

The Word of God

Opening Acclamation and Collect for Purity

Celebrant	Blessed be God: Father, Son, and Holy Spirit.
People	And blessed be God's kingdom, now and forever. Amen
Celebrant	Almighty God, to you all hearts are open, all desires known, and f

TelebrantAlmighty 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 Christ our Lord. Amen.

BCP 355

10 10 10 with Alleluia

Engelberg



The Collect of the Day: The Sixth Sunday after the Epiphany

Celebrant	The Lord be with you.
People	And also with you.
Celebrant	Let us pray.

O God, the strength of all who put their trust in you: Mercifully accept our prayers; and because in our weakness we can do nothing good without you, give us the help of your grace, that in keeping your commandments we may please you both in will and deed; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

FIRST READING: Jeremiah 17:5-10

Reader A Reading from Hebrew Scripture. Thus says the Lord: Cursed are those who trust in mere mortals and make mere flesh their strength, whose hearts turn away from the Lord. They shall be like a shrub in the desert, and shall not see when relief comes. They shall live in the parched places of the wilderness, in an uninhabited salt land. Blessed are those who trust in the Lord, whose trust is the Lord. They shall be like a tree planted by water, sending out its roots by the stream. It shall not fear when heat comes, and its leaves shall stay green; in the year of drought it is not anxious, and it does not cease to bear fruit. The heart is devious above all else; it is perversewho can understand it? I the Lord test the mind and search the heart, to give to all according to their ways, according to the fruit of their doings.	
ReaderHear what the Holy Spirit is saying to God's peoplePeopleThanks be to God	
Psalm 1 Beatus vir qui non abiit	BCP 585
 1 Happy are they who have not walked in the counsel of the wicked, * nor lingered in the way of sinners, nor sat in the seats of the scornful! 2 Their delight is in the law of the Lord, * and they meditate on his law day and night. 3 They are like trees planted by streams of water, bearing fruit in due season, with leaves that do not wither; * everything they do shall prosper. 4 It is not so with the wicked; * they are like chaff which the wind blows away. 5 Therefore the wicked shall not stand upright when judgment comes, * nor the sinner in the council of the righteous. 6 For the Lord knows the way of the righteous, * but the way of the wicked is doomed. Glory to the Father, and to the Son, and to the Holy Spirit: 	

As it was in the beginning, is now, and will be for ever. Amen.

The Second Reading: 1 Corinthians 15:12-20

Reader A Reading from the New Testament

Now if Christ is proclaimed as raised from the dead, how can some of you say there is no resurrection of the dead? If there is no resurrection of the dead, then Christ has not been raised; and if Christ has not been raised, then our proclamation has been in vain and your faith has been in vain. We are even found to be misrepresenting God, because we testified of God that he raised Christ--whom he did not raise if it is true that the dead are not raised. For if the dead are not raised, then Christ has not been raised, your faith is futile and you are still in your sins. Then those also who have died in Christ have perished. If for this life only we have hoped in Christ, we are of all people most to be pitied.

But in fact Christ has been raised from the dead, the first fruits of those who have died.

Reader Hear what the Holy Spirit is saying to the Church. People **Thanks be to God**

Hymn WLP 440 "Blessed Jesus, at thy word"

Liebster Jesu



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THE GOSPEL: Luke 6:17-26

Deacon The Holy Gospel of our Lord Jesus Christ, according to Luke.

People Glory to you, Lord Christ.

Jesus came down with the twelve apostles and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea, Jerusalem, and the coast of Tyre and Sidon. They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. And all in the crowd were trying to touch him, for power came out from him and healed all of them.

Then he looked up at his disciples and said:

"Blessed are you who are poor,

for yours is the kingdom of God.

"Blessed are you who are hungry now,

for you will be filled.

"Blessed are you who weep now,

for you will laugh.

"Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice in that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets."

"But woe to you who are rich,

for you have received your consolation.

"Woe to you who are full now,

for you will be hungry.

"Woe to you who are laughing now,

for you will mourn and weep.

"Woe to you when all speak well of you, for that is what their ancestors did to the false prophets."

Deacon The Gospel of the Lord. People **Praise to you, Lord Christ.**

The Sermon

The Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made.
For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man.
For our sake he was crucified under Pontius Pilate; he suffered death and was buried.
On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead, and his kingdom will have no end.
We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead, and the life of the world to come. Amen

The Rev. Canon Tamsen E. Whistler

BCP 358

Prayers of the People, Form III

The Leader and People pray responsively Father, we pray for your holy Catholic Church; *That we all may be one.*

Grant that every member of the Church may truly and humbly serve you; *That your Name may be glorified by all people.*

We pray for all bishops, priests, and deacons; That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world; *That there may be justice and peace on the earth.*

Give us grace to do your will in all that we undertake; *That our works may find favor in your sight.*

Have compassion on those who suffer from any grief or trouble; *That they may be delivered from their distress.*

Give to the departed eternal rest. *Let light perpetual shine upon them.*

We praise you for your saints who have entered into joy; *May we also come to share in your heavenly kingdom*.

Let us pray for our own needs and those of others.

Silence

The People may add their own petitions. The Celebrant adds a concluding Collect

Hasten, O Father, the coming of your kingdom; and grant that we your servants, who now live by faith, may with joy behold your Son at his coming in glorious majesty; even Jesus Christ, our only Mediator and Advocate. **Amen.**

The Confession & Absolution

Leader and People Have mercy upon us, most merciful Father; in your compassion forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life to the honor and glory of your Name; through Jesus Christ our Lord. Amen.

Celebrant

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. *Amen.*

The Peace

CelebrantThe peace of the Lord be always with you.People:And also with you.Then the Ministers and People may greet one another in the name of the Lord.Welcome, Announcements & Blessings

The Holy Communion

The Offertory

Offertory Sentence Offer to God the sacrifice of thanksgiving. Make good your vows to the Most High. Offertory Anthem: "Go Not Far From Me" Niccolo Zingarelli Presentation Hymn 380, Stz. 3 Old 100th Praise God from whom all blessings flow. Praise God all creatures here below. Praise God above, ye heavenly hosts. Praise Father, Son, and Holy Ghost.

BCP 387

BCP 360

BCP 393

The Great Thanksgiving: Eucharistic Prayer C

The Celebrant, whether bishop or priest, faces them and sings or says

Celebrant	The Lord be with you.
People	And also with you.
Celebrant	Lift up your hearts.
People	We lift them to the Lord.
Celebrant	Let us give thanks to the Lord our God.
People	It is right to give God thanks and praise.

Then, facing the Holy Table, the Celebrant proceeds God of all power, Ruler of the Universe, you are worthy of glory and praise. *Glory to you for ever and ever.*

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace. *By his blood, he reconciled us. By his wounds, we are healed.*

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:



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Eucharistic Prayer C, continued from previous page

Then the Celebrant continues

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper, he took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving, **We celebrate his death and resurrection, as we await the day of his coming.**

Lord God of our Fathers: God of Abraham, Isaac, and Jacob; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, be known to us in the breaking of the Bread.

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN**.

And now, as our Savior Christ hath taught us, we are bold to say,

The Lord's Prayer

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.

The Breaking of the Bread

The Celebrant breaks the consecrated Bread. A period of silence is kept. Then may be sung or said

CelebrantChrist our Passover is sacrificed for us;People**Therefore let us keep the feast.**

Celebrant The Gifts of God for the People of God. Take them in remembrance that Christ died for thee, and feed on him in thy hearts by faith, with thanksgiving.

BCP 337

BCP 364



The Hymnal 1982 - #676 Sometimes I feel discouraged

Words: Afro-American spiritual

Music: Balm in Gilead, Afro-American spiritual; acc. David Hurd (b. 1950) Copyright ©1982, David Hurd. All rights reserved. Used with permission.

Communion Hymn 663 "The Lord my God my shepherd is"

Crimmond



Thanksgiving after Communion

BCP 365

Celebrant Let us pray.

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

Thanksgiving for Receiving Spiritual Communion

The Officiating Deacon to those who are watching live-streaming at home, says, Let us pray.

In union, O Christ, with those who have received the Body of Christ, we offer you our praise and thanksgiving.

We present to you our souls and bodies with the desire always to be united to you. And since we cannot now receive you sacramentally, we thank you that you have come spiritually into our hearts. We unite ourselves with you and embrace you with all the love of our souls. Let nothing ever separate you from us. May we live in you, and may you live in us, both in this life and in the life to come. *Amen*.

The Blessing

My friends, life is short, and we do not have much time to gladden the hearts of those who travel with us. So, be swift to love. Make haste to be kind. Open your hearts to those in need. May God's Sun, revealed at his baptism in the Jordan, fill you with the light of love. May God the holy and undivided Trinity bless you with the gifts you need. And, the peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. *Amen.*

Hymn 544 "Jesus shall reign where'er the sun"

Duke Street



Jesus shall reign where'er the sun

The Hymnal 1982, **#544**

The Dismissal (Sending Forth)

BCP 340

Deacon Go into the world. Be of Good Cheer. Hold fast that which is good. Render to no one evil for evil. Support the weak. Honor everyone. Respect the dignity of every human being. Go into the world that together we can be advocates of hope and agents of peace. Go in peace. Go in hope. Go in love. Go in joy. Go.

People Thanks be to God.

Music Permission

Music is reprinted in this bulletin and streamed online under OneLicesnse.net #A-730970

Intercessions, Petitions, and Thanksgivings

We pray for Sean, our Presiding Bishop, and Deon, our Bishop; For Tamsen and Betty, our clergy; for our guest-priest, Martin; for John, Michelle, and Ashley, our staff; for Phil, David, Jacob, John, Lucinda, Richard, Benisha, Eleanor, James, Grace, Shawn, and Melissa, our Vestry; for Harlan, Rich, Avril, Benisha, Patrice, Lucinda, Shawn, and Melissa, for technology on Sundays and weekdays; and for those who sing, read and pray, in person and from home. In our Diocese of Missouri, we pray for the people and ministry of St. Paul's Episcopal Church (1870) in Ironton and Richard, their Vicar. In our companion Diocese of Puerto Rico, we pray for St. Luke's Episcopal Health System (Sistema de Salud Episcopal San Lucas). In the Anglican Communion, we pray for The Church of Bangladesh.

For those in particular need of prayer, especially

Bud Adkins; Jerry Aehle; Connie Akers; Deborah Alessi; Andy Allen; Jaimie Allen; Alyssa; Anne, Becky, Jerry Barnard; Valerie Barr; Denny Bay; Terry Bell; Oli Benet, Jackie Berger; Rich Berger; Breana; Kent Brown; Stephanie Brown; Travis Brown, Ralph Bruns & Family; Jim Burke; Rita Burnde; Deanna Campbell; Anne Chau; Joe Connor; Cather; Nancy & Lorraine Cummings; Marc Daigle; Nancy Dale; Noreen Davis; Jess Dixon; Josh; Emily Drury; Patty Eggers; Bob Fagan; Alison Fambrough; Nancy Feeney; Emery Fisher; Sharon Fisher; Trisha Fitzpatrick; Julie Fuchs; Paige Fuchs; Donna Furrer; Kelsey & Derek Funk; Michael Garman, Jack Gibbs; Sheryl Gibbs; Sue Granger; Susan Goddard; Abigail Gogel; Suzy Gold; Jason Graff; Paul Graue; Carolyn Hackman; Connie Hall; Jackie Halter; Karen Hamby; Kate Hayes; Larry Hewitt; Bob Honeychurch and Sylvia Sweeney; Sherri Hugunin; Paula Jeffery; Janis; Tyler Johnson; Cornelia & Jim Kriegh; Karen Kupka; Del Kuzemchak; Kalisa Krouper; Chloe Lane; Pat Leitsch: the Leyden family; April Lindbergh; Tim Lindley; Doris Lohe; Margaret Lynch; Mary Jo, Marissa, Lee Martin; Brenna Mason; Zoe Matthews; Barbara McKeel; Gale McKiddy; Kenneth Mettlach; Bob Miller; Neil; Jake Neu; Laura Neuman-Howe; John Nichols; Leslie Niebreugge; the Rev. Virginia Noel; Jane Overstreet; Ernie Parente; Hannah, Clay, Cyrus and Ezra Parks; Mary Parrella; Robin Perkins; Barbara Perkins, Rosemary and Hurley Perkins; Phyllis, Fran Pieper; Cindy Pricker; Ellen Ramirez; Christy Henke Ratliff; Ray & Adele; Allie Redmond; Warlene Reed; Robert; the Right Rev. Hayes Rockwell; Lisa Schildknecht; Mike Seaver; Louis Seiler; Judy Shannon; Kurt and Dave Sheets; Tom Shine; Mary Shive; Kathy Smith; Carol Steinhauer; Ann T; Tisha Thornton; David Turk; Melinda Turner; Linda Tyranski; Mary Vogel; Cindy W; Codi Walker; Mary Walsh; Joe Welton; David and the Westfall Family; Mary Willard; Charlotte Williams; Pat Willmering.

For members of our congregation who cannot worship with us regularly, especially

Karen Basanavicius, Pat Gutgesell, Pat Neal, Grace Nichols; Carol Nicholson, Charlotte Williams, Pat Willmering

For those in the armed services, especially

Travis Allen, Brian Barnard, Zachary P. Behlmann, Richard Broseman, Corey Burleigh, Scott Burleigh, Skylar Freeman, Justin Killian, Joshua LeDuc, Corey Ring, Zachary Taylor, James Warren, Joseph Warren, Christopher Westfall, Dustin Wilhelm, Gary Woods

For all first responders, especially Emily Briggs, Jason Graff, Aaron Morgan, Robert Westfall

For all health care providers, especially

Deanna Bowen, RN; Jim Crawford, Hospice Chaplain; Megan Culligan, DNP; Mary Ann Curran, CRNA; Emily (Crain) Green, RN; Christy Henke Ratliff, Hospice Chaplain; Shahla Kuypers, RN; Becky (Lackey) Logel, RN; Julie (Smith) McKenney, RN; Clay McKiddy, DNP; Jessica Middleton, RN; Nancy Noel, MD; Elizabeth Stansbrough (Liz Meyer), DDS; Cindy (Lackey) Waaso, RN; Ekene Onoforo, RN, PhD; Christine Ogawa, BSN; Julius Mensah, BSN

For anyone facing particular hardship, especially

We pray for peace and hope in Palestine and Israel, and an end to the destruction and death in Gaza, Sudan, Ukraine, Russia, and Lebanon. We pray for all people and communities devastated by hurricanes, floods, volcanoes, wildfires, or other natural disasters, especially for those who have lost homes, businesses, schools, houses of worship, and lives; and the those who face danger and loss from ice and snow and lack of heat or shelter. We pray for those who have no home. We pray for all victims of gun violence, for all victims of addiction, epidemic, injustice, pain, hunger, injury, or abuse. We pray for all those who have contemplated, attempted, or died by suicide, and for all those who love and have loved them; for those who struggle with economic and political realities; and for all those whose needs are known to God alone.

For those who have died, especially

Thanksgivings

We give thanks Luke's story of Jesus. We give thanks for the ongoing revelation of Jesus as God's Son in the Epiphany Season. We give thanks for God's presence in all the pain and violence of the world, and we pray for peace, hope, joy, and love to all who suffer for any reason. We give thanks for the gift of technology, providing ways to gather without being in the same physical space—to be together, *together*, and together apart. We give continual thanks for all those who have made a difference in our lives, both in the past and today. We give thanks for the people of Trinity Church; for the gifts they bring to the work God calls us to do in Faith, Compassion, and Community, wherever we are and wherever we go.

Additional Prayers for Birthdays and Lay Eucharistic Visitors

Birthday Prayer

O God, our times are in your hand: Look with favor on your servant/s as they/she/he begin/s another year. Grant that they/she/he may grow in wisdom and grace, and strengthen their/his/her trust in your goodness all their/his/her days; through Jesus Christ our Lord. Amen.

For Eucharistic Visitors

Priest In the name of Trinity Church, I send you, _____, bearing these holy gifts,

that ______ may share with us in the communion of Christ's Body and Blood.

People We, who are many, are one body, because we share in one bread and one cup. Amen