



SUNDAY TABLE SERVICE
SIXTH SUNDAY OF EASTER
Let us sit and watch Songs of Praise together on the ABC and then set the table for our Parish meal.



- **Setting our table for our Sunday lunch service.**

Sometimes we eat, in front of the TV either together or alone; we eat on the run; we eat out in restaurants or even in our car; but today we sit at a table that we have set for our Sunday lunch meal. It is our everyday altar of life-giving food.

As we celebrate this Easter Season let us define the occasion by naming things on our table that bring us joy and which we can share with others in our community.

- **Prayerful and intentional preparation for a meal**



Let us set our meal for this day. Give some thought to the presentation of our meal as a meditation on the importance of the time we are setting aside for worship.

“If you love me keep my commandments.” We can’t really call ourselves Jesus disciples if we don’t listen to his words and make every effort to live by them. To keep these commandments, we need to love one another. This love then leads to having new values and attitudes toward God, towards our neighbours and towards life. Let us be a light to others, love our enemies, give generously, forgive others. What the world needs desperately in these troubling times is **“LOVE”**. That love is to be transformed into actions and such love is a sign for others. Just do one random act of kindness to a stranger. Let me know how you go.



- **opening prayer — consciously drawing together in our mind our Parish community around our table.**

Be still and silent.
 Visualise in your mind, those whom you invited to share with you. Pray:



In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
Here, and throughout the world,
We adore you O Christ, and we bless you,
because by your holy cross you have redeemed the world. Amen
Bless this food, both physical and spiritual.
Bless all who gather at your table, both seen and unseen, In Jesus’ name we pray.
Amen

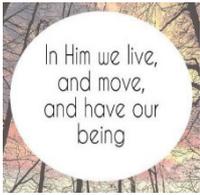


- **Let us read and reflect on our cycle of readings**

A reading from the Acts of the Apostles,
Chapter 17 beginning at Verse 22

¹³ Then Paul stood in front of the Areopagus and said, “Athenians, I see how extremely religious you are in every way. ²³ For as I went through the city and looked carefully at the

objects of your worship, I found among them an altar with the inscription, 'To an unknown god.' What therefore you worship as unknown, this I proclaim to you. ²⁴ The God who made the world and everything in it, he who is Lord of heaven and earth, does not live in shrines made by human hands, ²⁵ nor is he served by human hands, as though he needed anything, since he himself gives to all mortals life and breath and all things. ²⁶ From one ancestor he made all nations to inhabit the whole earth, and he allotted the times of their existence and the boundaries of the places where they would live, ²⁷ so that they would search for God and perhaps grope for him and find him - though indeed he is not far from each one of us. ²⁸ For 'In him we live and move and have our being'; as even some of your own poets have said,



²⁹ Since we are God's offspring, we ought not to think that the deity is like gold, or silver, or stone, an image formed by the art and imagination of mortals. ³⁰ While God has overlooked the times of human ignorance, now he commands all people everywhere to repent, ³¹ because he has fixed a day on which he will have the world judged in righteousness by a man whom he has appointed, and of this he has given assurance to all by raising him from the dead." [NRSV Acts 17:22-31] Hear the word of the Lord, **thanks be to God**

Psalm 66:7-19

- 7 O bless our God, you peoples: and cause his praises to resound,
- 8 Who has held our souls in life: who has not suffered our feet to slip.
- 9 For you have proved us, O God: you have tried us as silver is tried.
- 10 You brought us into the net: you laid sharp torment on our loins.
- 11 You let our enemies ride over our heads, we went through fire and water: but you brought us out into a place of liberty.
- 12 I will come into your house with burnt-offerings: and I will pay you my vows,
- 13 The vows that opened my lips: that my mouth uttered when I was in trouble.
- 14 I will offer you burnt-offerings of fattened beasts, with the sweet smoke of rams: I will sacrifice a bull and the flesh of goats.
- 15 Come then and hear, all you that fear God: and I will tell what he has done for me.
- 16 I called to him with my mouth: and his praise was on my tongue.
- 17 If I had cherished wickedness in my heart: the Lord would not have heard me.
- 18 But God has heard me: he has heeded the voice of my prayer.
- 19 Praise be to God: who has not turned back my prayer, or his steadfast love from me.



A reading from the first letter of Peter, Chapter 3 beginning at Verse 8



⁸ Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind. ⁹ Do not repay evil for evil or abuse for abuse; but, on the contrary, repay with a blessing. It is for this that you were called - that you might inherit a blessing. ¹⁰ For "Those who desire life and desire to see good days, let them keep their tongues from evil and their lips from speaking deceit; ¹¹ let them turn away from evil and do good; let them seek peace and pursue it. ¹² For the eyes of the Lord are on the righteous, and his ears are open to their prayer. But the face of the Lord is against those who do evil."

¹³ Now who will harm you if you are eager to do what is good? ¹⁴ But even if you do suffer for doing what is right, you are blessed. Do not fear what they fear, and do not be intimidated, ¹⁵ but in your hearts sanctify Christ as Lord. Always be ready to make your defence to anyone who demands from you an accounting for the hope that is in you; ¹⁶ yet do it

with gentleness and reverence. Keep your conscience clear, so that, when you are maligned, those who abuse you for your good conduct in Christ may be put to shame. ¹⁷ For it is better to suffer for doing good, if suffering should be God's will, than to suffer for doing evil. ¹⁸ For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, ¹⁹ in which also he went and made a proclamation to the spirits in prison, ²⁰ who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. ²¹ And baptism, which this prefigured, now saves you - not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, ²² who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him. [NRSV 1 Peter 3:8-22]

Hear the word of the Lord, **thanks be to God.**

The Gospel of our Lord Jesus Christ according to John, Chapter 14 beginning at verse 15

Glory to you Lord Jesus Christ.

¹⁵ "If you love me, you will keep my commandments. ¹⁶ And I will ask the Father, and he will give you another Advocate, to be with you forever. ¹⁷ This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.



¹⁸ "I will not leave you orphaned; I am coming to you. ¹⁹ In a little while the world will no longer see me, but you will see me; because I live, you also will live. ²⁰ On that day you will know that I am in my Father, and you in me, and I in you. ²¹ They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them." [NRSV John 14:15-21]

This is the Gospel of the Lord,

praise to you Lord Jesus Christ.

Sentence

'Those who love me will keep my word,' Jesus promises, 'and my Father will love them, and we will come to them and make our home with them.'

• eating reflectively and responding to the passage

Let us now engage in some quiet reflection, or conversation and sharing, responding to the Gospel passage. We may like to write down some key thoughts for further reflection.



Our three readings this morning speak of the Spirit. It is this Spirit that enlivens us, gives us reason for hope, strengthens us, comforts us, guides us and inspires us. That Spirit abides in us and we live in Jesus by the Holy Spirit. "I am in my Father, and you are in me, and I am in you." WOW! What a mind-blowing statement, what a gift, what a privilege. We have this same access to Jesus presence as those disciples who saw him. Through this Holy Spirit he is not some vague memory but, as a life-giving presence that transforms us to make some sense of this troubled world we live in. How has the Holy Spirit changed or helped you? Come Holy Spirit, fill the hearts of the faithful and kindle in them the fire of your love.

• **prayer-time**

Let's now offer our prayer for healing of the world; for those affected by coronavirus; for family; for members of the parish and wider community, for the life and ministry of the Church, for encouragement in our journey of faith.



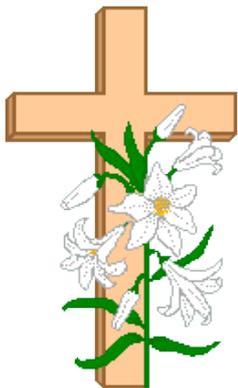
Please pray alongside those in our parish asking for prayer ;Ron & Ann ; Les ; Tristan; Kathy; Mitchell; David ; Pat ;Izabelle ; Peta ; Mariette; Joanne; Peter G, Peter C; Nicholas B; Samantha; Fiona; Brenton; Sue; Brenda; Pat; Brendon, Fr Peter, Fr Percy & Betty, Bp David, Jill, Bill, David H, Petra, Miriam & family, Marjorie; Joyce; Diane; Jean; Mitchell and family; Kathy; Carolyn; Allison; Angela; Susie; Carol; Lucy Ann; Lyn; Ted & Joyce ; Irene; Linda; Jenny P's mother; Tina; Wendy; Chris; Trevor; Liz; Trish; Carole and family, Peter, Lainie, Nicholas and family, *and any others we wish to say either silently or aloud.*

Let us say the Lord's Prayer Together. Our Father

Prayer of the Day

O God,
you have prepared for those who love you
joys beyond our understanding:
pour into our hearts such love for you,
that, loving you above all else,
we may obtain your promises
that exceed all we can desire;
through Jesus Christ our Lord,
who is alive and reigns with you and the Holy Spirit
one God, for ever and ever.
Amen.

Conclude the meal with the following prayer together.



**May the grace of our Lord Jesus Christ,
the love of God and the fellowship of the Holy Spirit
be amongst us and remain with us always.
Amen.**

**Christ is Risen! Alleluia!
He is Risen indeed! Alleluia! Alleluia**

• **intentional connection beyond your home** After our Table Service, make contact via phone, email, letter, Messenger, Skype, Zoom, etc with a person who is on your heart and mind at this time. It might be one of the people you invited to your meal, or a member of your family, or someone who doesn't have family, or a friend,

Let God guide you to the person or people with whom you connect. Contact the person. Start a conversation: 'I was thinking of you.....' Or What did you think of..... in songs of praise etc

