

SUNDAY TABLE SERVICE

SEVENTH 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 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.



“Father the time has come!”



Mission control the countdown for lift off has started.

The disciples are getting their final instructions and we can see that they accepted the teachings of Jesus, they knew of His divine origin and, they believed. They returned to Jerusalem and prayed with their little community as they awaited Pentecost.

We too are just like that community of disciples that prayed together as they await Jesus return. We need community to help us in our witness to God. We need community to encourage, give strength, console and care and remind ourselves of our power in the Holy Spirit; ready to be launched on a mission of teaching and witnessing (preaching) the Gospel to all nations.

- **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 1 beginning at Verse 6

⁶ So when they had come together, they asked him, “Lord, is this the time when you will restore the kingdom to Israel?” ⁷ He replied, “It is not for you to know the times or periods that the Father has set by his own authority. ⁸ But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” ⁹ When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. ¹⁰ While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. ¹¹ They said, “Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw



him go into heaven.”

¹² Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day’s journey away. ¹³ When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James. ¹⁴ All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers. [NRSV Acts 1:6-14]

Hear the word of the Lord,

thanks be to God

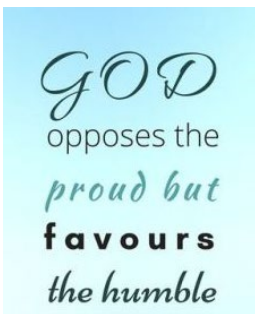
Psalm 68:1-10, 32-35

- 1 God shall arise, and his enemies shall be scattered: those that hate him shall flee before his face.
- 2 As smoke is dispersed, so shall they be dispersed: as wax melts before a fire, so shall the wicked perish at the presence of God.
- 3 But the righteous shall be glad and exult before God: they shall rejoice with gladness.
- 4 O sing to God, sing praises to his name: glorify him that rode through the deserts, him whose name is the Lord, and exult before him.
- 5 He is the father of the fatherless, he upholds the cause of the widow: God in his holy dwelling place.
- 6 He gives the desolate a home to dwell in, and brings the prisoners out into prosperity: but rebels must dwell in a barren land.
- 7 O God, when you went out before your people: when you marched through the wilderness,
- 8 The earth shook, the heavens poured down water: before the God of Sinai, before God, the God of Israel.
- 9 You showered down a generous rain, O God: you prepared the land of your possession when it was weary.
- 10 And there your people settled: in the place that your goodness, O God, had made ready for the poor.
- 32 Sing to God, you kingdoms of the earth: O sing praises to the Lord,
- 33 To him that rides upon the highest heavens, that were from the beginning: who utters his voice, which is a mighty voice.
- 34 Ascribe power to God, whose majesty is over Israel: and his might is in the clouds.
- 35 Terrible is God who comes from his holy place: the God of Israel who gives power and strength to his people. Blessed be God.



**A reading from the first letter of Peter,
Chapter 5 beginning at Verse 1**

¹ Now as an elder myself and a witness of the sufferings of Christ, as well as one who shares in the glory to be revealed, I exhort the elders among you ² to tend the flock of God that is in your charge, exercising the oversight, not under compulsion but willingly, as God would have you do it - not for sordid gain but eagerly. ³ Do not lord it over those in your charge, but be examples to the flock. ⁴ And when the chief shepherd appears, you will win the crown of glory that never fades away. ⁵ In the same way, you who are younger must accept the authority of the elders. And all of you must clothe yourselves with humility in your dealings with one another, for “God opposes the proud, but gives grace to the humble.”



⁶ Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. ⁷ Cast all your anxiety on him, because he cares for you. ⁸ Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. ⁹ Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. ¹⁰ And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. ¹¹ To him be the power forever and ever. Amen.

Final Greetings and Benediction

¹² Through Silvanus, whom I consider a faithful brother, I have written this short letter to encourage you and to testify that this is the true grace of God. Stand fast in it. ¹³ Your sister church in Babylon, chosen together with you, sends you greetings; and so does my son Mark. ¹⁴ Greet one another with a kiss of love. Peace to all of you who are in Christ.

[NRSV 1 Peter 5]

Hear the word of the Lord,

thanks be to God

**The Gospel of our Lord Jesus Christ according to John,
Chapter 17 beginning at verse 1**

Glory to you Lord Jesus Christ.

¹ After Jesus had spoken these words, he looked up to heaven and said, “Father, the hour has come; glorify your Son so that the Son may glorify you, ² since you have given him authority over all people, to give eternal life to all whom you have given him. ³ And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. ⁴ I glorified you on earth by finishing the work that you gave me to do. ⁵ So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

⁶ “I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. ⁷ Now they know that everything you have given me is from you; ⁸ for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. ⁹ I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. ¹⁰ All mine are yours, and yours are mine; and I have been glorified in them. ¹¹ And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one.

[NRSV John 17:1-11]



This is the Gospel of the Lord,

praise to you Lord Jesus Christ.

Sentence

This is eternal life, that we may know you, the only true God, and Jesus Christ whom you have sent.



• 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.

Let us take a moment and reflect on those last words of the Gospel. (verse 11)

Jesus has now gone to the Father but we are still in the world. All Jesus works are in our hands and we are to be his presence in his absence.





5, 4, 3, 2, 1 lift off! We are launched into space alone and are guided by an unseen Mission Control. We **may be** in control of this rocket ship, but **we rely** on Jesus as our Mission Control to guide us and the faith community we keep. We await eagerly that countdown for lift off at Pentecost where we are left in no doubt what our mission is.

How are you preparing for lift off?

• **prayer-time**

Let us 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; Shirley; Lucy Ann; Margaret, Lyn; Ted & Joyce ; Irene; Linda; Jenny P’s mother; Tina; Wendy; Chris; Trevor; Liz; Trish S; Mark K, Carole and family, Peter (husband of the late Joanne) & children Lainie and Nicholas, and John Carroll in hospital following a knee operation.
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, whose Son, Jesus, prayed for his disciples,
and sent them into the world to proclaim the coming of your kingdom:
by your Holy Spirit, hold the Church in unity,
and keep it faithful to your word, so that, breaking bread together,
we may be one with Christ in faith and love and service,
now and for 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

