



SUNDAY TABLE SERVICE
12TH SUNDAY IN ORDINARY TIME
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 together let us define the occasion by adding 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.



Did you know that sin in the Jewish sense is not based on specific wrongdoings; but how humanity measures up to God's righteousness. It is seen more as a debt we owe than a wrong we have done because humanity has lost its way and is not seeking God's will for their lives or for salvation.

Paul says to present yourselves to righteousness for sanctification, and sanctification means God has made you Holy for his service by putting his righteousness within your heart and soul. Therefore, His righteousness cancels the debt of sin we owe. Both David and Abraham knew that it is God that intervenes on our behalf when things seem hopeless. Paul says we are like slaves to sin or the debt we owe to God, until He redeems our debt and makes us servants of His righteousness. Matthew says to welcome this righteousness. What do you think our welcome to God's righteousness would look like?



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 Book of Genesis,

Chapter 22 beginning at Verse 1

¹ After these things God tested Abraham. He said to him, "Abraham!" And he said, "Here I am." ² He said, "Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains that I shall show you." ³ So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac; he cut the wood for the burnt offering, and set out and went to the place in the distance that God had shown him. ⁴ On the third day Abraham looked up and saw the place far away. ⁵ Then Abraham said to his young men, "Stay here with the donkey; the boy and I will go over there; we will worship, and then we will come back to you." ⁶ Abraham took the wood of the burnt offering and laid it on his son Isaac, and he himself carried the fire and the knife. So the two of them walked on together. ⁷ Isaac said to his father Abraham, "Father!" And he said, "Here I am, my son." He said, "The fire and the wood are here, but where is the lamb for a burnt offering?" ⁸ Abraham said, "God himself will provide the lamb for a burnt offering, my son." So the two of them walked on together.

⁹ When they came to the place that God had shown him, Abraham built an altar there and laid the wood in order. He bound his son Isaac, and laid him on the altar, on top of the wood. ¹⁰ Then Abraham reached out his hand and took the knife to kill his son. ¹¹ But the angel of the Lord called to him from heaven, and said, "Abraham, Abraham!" And he said, "Here I am." ¹² He said, "Do not lay your hand on the boy or do anything to him; for now I know that you fear God, since you have not withheld your son, your only son, from me." ¹³ And Abraham looked up and saw a ram, caught in a thicket by its horns. Abraham went and took the ram and offered it up as a burnt offering instead of his son. ¹⁴ So Abraham called that place "The Lord will provide"; as it is said to this day, "On the mount of the Lord it shall be provided." [NRSV Genesis 22:1-14]



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Hear the word of the Lord,

thanks be to God

Psalm 13

- 1 How long, O Lord, will you so utterly forget me:
how long will you hide your face from me?
- 2 How long must I suffer anguish in my soul,
and be so grieved in my heart day and night:
how long shall my enemy triumph over me?
- 3 Look upon me, O Lord my God, and answer me:
lighten my eyes, lest I sleep in death;
- 4 Lest my enemy say 'I have prevailed':
lest my foes exult at my overthrow.
- 5 Yet I put my trust in your unfailing love:
O let my heart rejoice in your salvation.
- 6 And I will make my song to the Lord:
because he deals so bountifully with me.



A reading from the Romans,

Chapter 6 beginning at Verse 12

¹² Therefore, do not let sin exercise dominion in your mortal bodies, to make you obey their passions. ¹³ No longer present your members to sin as instruments of wickedness but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. ¹⁴ For sin will have no dominion over you, since you are not under law but under grace.



¹⁵What then? Should we sin because we are not under law but under grace? By no means! ¹⁶Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? ¹⁷But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, ¹⁸and that you, having been set free from sin, have become slaves of righteousness. ¹⁹I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification.

²⁰When you were slaves of sin, you were free in regard to righteousness. ²¹So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. ²²But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. ²³For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord, [NRSV Romans 6:12-23]

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

The Gospel of our Lord Jesus Christ according to Matthew,
Chapter 10 beginning at verse 40

Glory to you Lord Jesus Christ.

⁴⁰“Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. ⁴¹Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; ⁴²and whoever gives even a cup of cold water to one of these little ones in the name of a disciple - truly I tell you, none of these will lose their reward.” [NRSV Matthew 10:40-42]



This is the Gospel of the Lord, ***praise to you Lord Jesus Christ.***

Sentence

The wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

• 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. Reflect on the words “Slave to sin, slave to righteousness”



To welcome a disciple of Jesus, welcomes Jesus and so welcomes the one who sent Jesus, our Father God. Jesus also included welcoming a prophet or a righteous person or even giving a cup of cold water to the little ones as a disciple of Jesus; in this there is a reward that will be for sure.

I like to think that this reward is the blessing that comes when we see others refreshed, revived and healed both in body and spirit when we reach out to them because of the love of God within our own souls.

It seems like eternal life begins as God’s Righteousness becomes part of our lives, drawing us away further and further from living a death caused by sin. What do you think is the reward Jesus is referring too?

• **prayer-time**

Now let us continue to offer our prayers 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, 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; Carole and family, Peter (husband of the late Joanne) & children Lainie and Nicholas; John Carroll; Pray especially for Fr Percy who has shingles and for Betty *and any others we wish to say either silently or aloud.*

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

Collect of the Day

O God,
your Son has taught us
that those who give a cup of water in his name
will not lose their reward:
open our hearts to all those in need,
and in all things make us obedient to your will,
so that in faith we may receive your gracious gift,
eternal life in Jesus Christ our Lord. **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.***

• **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