



**SUNDAY TABLE SERVICE**  
**12<sup>TH</sup> 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.



Have you ever pulled up a plant and looked at its roots and there is a shrivelled up seed that was originally planted. It has completely died and from it came the whole new living plant. It is a living miracle before our eyes in the natural things of wonder. A tiny seed is buried and who would have thought a completely different thing rises out of the dirt and in itself produces fruit. But that seed had to give up its life in order that the new life could rise out of the darkness and into the light. Paul and Matthew both tell us about dying or surrendering to ourselves and the human corruption that keeps us in darkness. To allow God to germinate a whole new creation within our souls. What is it that you think God is creating in you and how do you think you can allow this new creation to develop and grow and even produce fruit.

***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 21 beginning at Verse 8**

<sup>8</sup> The child grew, and was weaned; and Abraham made a great feast on the day that Isaac was weaned. <sup>9</sup> But Sarah saw the son of Hagar the Egyptian, whom she had borne to Abraham, playing with her son Isaac. <sup>10</sup> So she said to Abraham, "Cast out this slave woman with her son; for the son of this slave woman shall not inherit along with my son Isaac." <sup>11</sup> The matter was very distressing to Abraham on account of his son. <sup>12</sup> But God said to Abraham, "Do not be distressed because of the boy and because of your slave woman; whatever Sarah says to you, do as she tells you, for it is through Isaac that offspring shall be named

for you. <sup>13</sup> As for the son of the slave woman, I will make a nation of him also, because he is your offspring." <sup>14</sup> So Abraham rose early in the morning, and took bread and a skin of water, and gave it to Hagar, putting it on her shoulder, along with the child, and sent her away. And she departed, and wandered about in the wilderness of Beer-sheba.

<sup>15</sup> When the water in the skin was gone, she cast the child under one of the bushes. <sup>16</sup> Then she went and sat down opposite him a good way off, about the distance of a bowshot; for she said, "Do not let me look on the death of the child." And as she sat opposite him, she lifted up her voice and wept. <sup>17</sup> And God heard the voice of the boy; and the angel of God called to Hagar from heaven, and said to her, "What troubles you, Hagar? Do not be afraid; for God has heard the voice of the boy where he is. <sup>18</sup> Come, lift up the boy and hold him fast with your hand, for I will make a great nation of him." <sup>19</sup> Then God opened her eyes and she saw a well of water. She went, and filled the skin with water, and gave the boy a drink. <sup>20</sup> God was with the boy, and he grew up; he lived in the wilderness, and became an expert with the bow. <sup>21</sup> He lived in the wilderness of Paran; and his mother got a wife for him from the land of Egypt. [ Genesis 21:8-21]

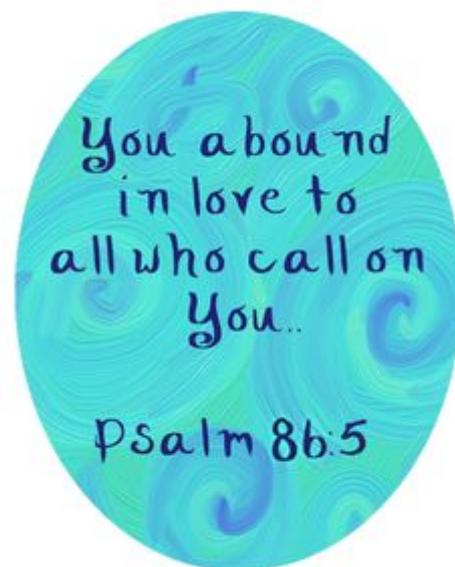


Hear the word of the Lord,

*thanks be to God*

**Psalm 86:1-10, 16-17**

- 1 Incline your ear to me, O God, and answer me:  
for I am poor and in misery.
- 2 Preserve my life, for I am faithful:  
my God, save your servant who trusts in you.
- 3 Be merciful to me, O Lord:  
for I call to you all the day long.
- 4 O make glad the soul of your servant:  
for I put my hope in you, O Lord.
- 5 For you, Lord, are good and forgiving:  
of great and continuing kindness  
to all who call upon you.
- 6 Hear my prayer, O Lord:  
and give heed to the voice of my supplication.
- 7 In the day of my trouble I call upon you:  
for you will surely answer.
- 8 Among the gods there is none like you, O Lord:  
nor are there any deeds like yours.
- 9 All the nations you have made  
shall come and worship before you:  
O Lord, they shall glorify your name.
- 10 For you are great and do marvellous things:  
and you alone are God.
- 16 Turn to me and be merciful,  
give your strength to your servant:  
and save the child of your handmaid.
- 17 Show me some token of your goodness:  
that those who hate me may see it and be ashamed,  
because you, Lord, are my helper and my comforter.

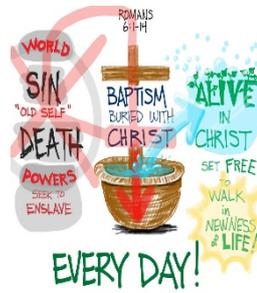


**A reading from the Romans,**  
*Chapter 6 beginning at Verse 1*

<sup>1</sup> What then are we to say? Should we continue in sin in order that grace may abound? <sup>2</sup> By no means! How can we who died to sin go on living in it? <sup>3</sup> Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? <sup>4</sup> Therefore we have been buried with him by baptism into death, so that, just as Christ as raised from the dead by the glory of the Father, so we too might walk in newness of life. <sup>5</sup> For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. <sup>6</sup> We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. <sup>7</sup> For whoever has died is freed from sin. <sup>8</sup> But if we have died with Christ, we believe that we will also live with him. <sup>9</sup> We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. <sup>10</sup> The death he died, he died to sin, once for all; but the life he lives, he lives to God. <sup>11</sup> So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

[NRSV Romans 6:1-11]

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 24**  
***Glory to you Lord Jesus Christ.***

<sup>24</sup> “A disciple is not above the teacher, nor a slave above the master; <sup>25</sup> it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household! <sup>26</sup> “So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. <sup>27</sup> What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. <sup>28</sup> Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. <sup>29</sup> Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father. <sup>30</sup> And even the hairs of your head are all counted. <sup>31</sup> So do not be afraid; you are of more value than many sparrows. <sup>32</sup> “Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; <sup>33</sup> but whoever denies me before others, I also will deny before my Father in heaven.

<sup>34</sup> “Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword. <sup>35</sup> For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; <sup>36</sup> and one’s foes will be members of one’s own household. <sup>37</sup> Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; <sup>38</sup> and whoever does not take up the cross and follow me is not worthy of me. <sup>39</sup> Those who find their life will lose it, and those who lose their life for my sake will find it. NRSV Matthew 10:24-39] This is the Gospel of the Lord, ***praise to you Lord Jesus Christ.***



Sentence

**Those who find their life will lose it, and those who lose their life for Jesus’ sake will find it.**

- ***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 “Identity, new life and acknowledging Christ”



What do these words mean, and how does God bring His new life into us? So, where do we start with this dying and losing one's life and taking up Jesus cross? It all sounds like a very taxing thing, But Jesus is talking about belonging to a new family and a new Kingdom, He is urging those who are His followers to take up a new identity acknowledging Him and denying the corruption the world brings to all his creation. Why dose God make this an ultimatum, if you are not for me, you are against me. If you do not die you will not live. What does being a Christian mean in the light of this?

• **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, 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; Carole and family, Peter (husband of the late Joanne) & children Lainie and Nicholas; John Carroll, 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**

Gracious God,  
we who were baptised into Christ Jesus  
were baptised into his death:  
we pray that, as you raised him from death,  
so by the power of the Holy Spirit  
we may live the new life to your glory,  
knowing ourselves to be dead in sin  
but alive for you in Jesus Christ;  
who lives and reigns with you and the Holy Spirit,  
one God, now and forever. **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