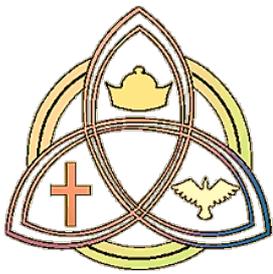


SUNDAY TABLE SERVICE

TRINITY SUNDAY

Let us sit and watch Songs of Praise together on the ABC and then set the table for our Parish meal.



Trinity Sunday



- **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. Reflecting on the Trinity, let us place three candles or perhaps three of something the same in the middle of the table.



Trinity Sunday – When God made a covenant with the Israelites it was so he could dwell among them. God's Spirit taught the Israelites about obeying Him so all other nations could be blessed. Through Jesus, God made a new covenant, to dwell with us always, calling all humanity to be His people. The disciples baptised in the name of the Father, Son and Holy Spirit. This is the Trinity we believe in, not so much with our heads but within our hearts. Jesus Prayed "that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me." He asked the Father to send the Holy Spirit to be with us as well. Now that would be a crowd within our heart if all three were not the one God. When we say God is with us, we are actually expressing the Father, Son and the Holy Spirit are at work in our lives; our baptism acknowledges this fact.



- **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 Exodus,

Chapter 34 beginning at Verse 1

¹ The Lord said to Moses, “Cut two tablets of stone like the former ones, and I will write on the tablets the words that were on the former tablets, which you broke. ² Be ready in the morning, and come up in the morning to Mount Sinai and present yourself there to me, on the top of the mountain. ³ No one shall come up with you, and do not let anyone be seen throughout all the mountain; and do not let flocks or herds graze in front of that mountain.” ⁴ So Moses cut two tablets of stone like the former ones; and he rose early in the morning and went up on Mount Sinai, as the Lord had commanded him, and took in his hand the two tablets of stone.

⁵ The Lord descended in the cloud and stood with him there, and proclaimed the name, “The Lord.” ⁶ The Lord passed before him, and proclaimed, “The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, ⁷ keeping steadfast love for the thousandth generation, forgiving iniquity and transgression and sin, yet by no means clearing the guilty, but visiting the iniquity of the parents upon the children and the children’s children, to the third and the fourth generation.”⁸ And Moses quickly bowed his head toward the earth, and worshiped.

NRSV Exodus 34:1-8]



Hear the word of the Lord,

thanks be to God

Song of the Three 29-34

Blessed are you, the God of our forebears:
worthy to be praised and exalted for ever.

Blessed is your holy and glorious name:
worthy to be praised and exalted for ever.

Blessed are you, glorious in your holy temple:
worthy to be praised and exalted for ever.

Blessed are you who behold the depths:
worthy to be praised and exalted for ever.

Blessed are you on the throne of your kingdom:
worthy to be praised and exalted for ever.

Blessed are you in the heights of heaven:
worthy to be praised and exalted for ever.



A reading from the second letter of Paul to the Corinthians,

Chapter 13 beginning at Verse 11

¹¹ Finally, brothers and sisters, farewell. Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you. ¹² Greet one another with a holy kiss. All the saints greet you.

¹³ The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you. [NRSV 2 Corinthians 13:11-13]

Hear the word of the Lord,

thanks be to God.

DON'T YOU THINK IT'S WEIRD THAT THIS READING IS BASICALLY JUST THE "SINCERELY YOURS" PART OF A LETTER?



YEAH - BUT IT SHOWS THAT THE EARLIEST CHRISTIANS UNDERSTOOD GOD TO BE A COMMUNITY OF THREE PERSONS.



**The Gospel of our Lord Jesus Christ according to Matthew,
Chapter 28 beginning at verse 16 *Glory to you Lord Jesus Christ.***

¹⁶ Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. ¹⁷ When they saw him, they worshiped him; but some doubted. ¹⁸ And Jesus came and said to them,

“All authority in heaven and on earth has been given to me. ¹⁹ Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”

[NRSV Matthew 28:16-20]



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

Sentence

Proclaim the Name: ‘The Lord, the Lord, a God who is merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.’

• *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.



If we love and follow Jesus ways, we have a knowing in our souls that God is with us beyond our understanding. It is the Holy Spirit that is making this knowing real to us and the more we seek God the more real He becomes. This is the essence of our relationship with God; and yes we do gain an understanding of how great our Father is in heaven, but then we realise it is all three, Father, Son and Holy Spirit, that has given us this understanding.

Let us pray that our hearts will always long for this relationship, a relationship that exists because of the love that the Father always has for us.

• *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.



We give thanks for the life work and witness of Bob Edmeades, a member of St Margaret’s Congregation. Pray for his family and friends. May he rest in peace and rise in glory. Amen

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



Almighty Father,
Through Jesus, you made a way to commune with us,
by the Holy Spirit you have revealed your nature.
By this amazing grace we confess our faith in you,
The Triune unity who perfects His work in us.
We give you all the Glory Honour and praise,
We worship your name, you have given us life.
Keep us steadfast in our faith, knowing we are one with you,
Impart your strength against all adversities,
You live and reign within us, 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.



• 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