



**SUNDAY TABLE SERVICE**  
**13th 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.



Wisdom is vindicated by her deeds; I could say, it is as simple as A plus B equals C. Yet Jesus says only the infants see this and not the wise and the intelligent.

Bureaucrats know if they want to slow down a policy all you need to do is overregulate it with rules and laws and legislations until the policy is virtually non-effective. We on the other hand see a policy as simple; as A plus B equals C; but bureaucrats cannot help themselves and add the whole alphabet just to get to the same result, this can be so frustrating to so many. As Christians we too can be bogged down in rules and regulations about who we classify as Christian or how our faith is justified. Eventually, simply reaching out to a tax collector or a foreigner has become a yoke and a burden; when in fact it should be an expression of the Joy we receive from God. It is Jesus' will that we walk easy and lightly through the things of this world, even though we are yoked to our master who tends to us so passionately with gentleness and humility.



What are the things that God puts within our faith that give us Joy and peace within our souls?

***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 24 beginning at Verse 34

<sup>34</sup> So he said, "I am Abraham's servant. <sup>35</sup> The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. <sup>36</sup> And Sarah my master's wife bore a son to my master when she was old; and he has given him all that he has. <sup>37</sup> My master made me swear, saying, 'You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; <sup>38</sup> but you shall go to my father's house, to my kindred, and get a wife for my son.'

<sup>42</sup> "I came today to the spring, and said, 'O Lord, the God of my master Abraham, if now you will only make successful the way I am going! <sup>43</sup> I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, "Please give me a little water from your jar to drink," <sup>44</sup> and who will say to me, "Drink, and I will draw for your camels also" - let her be the woman whom the Lord has appointed for my master's son.'



<sup>45</sup> "Before I had finished speaking in my heart, there was Rebekah coming out with her water jar on her shoulder; and she went down to the spring, and drew. I said to her, 'Please let me drink.' <sup>46</sup> She quickly let down her jar from her shoulder, and said, 'Drink, and I will also water your camels.' So I drank, and she also watered the camels. <sup>47</sup> Then I asked her, 'Whose daughter are you?' She said, 'The daughter of Bethuel, Nahor's son, whom Milcah bore to him.'

So I put the ring on her nose, and the bracelets on her arms. <sup>48</sup> Then I bowed my head and worshiped the Lord, and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son. <sup>49</sup> Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left."

<sup>5</sup> And they called Rebekah, and said to her, "Will you go with this man?" She said, "I will." <sup>59</sup> So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. <sup>60</sup> And they blessed Rebekah and said to her, "May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes."

<sup>61</sup> Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way. <sup>62</sup> Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb.

<sup>63</sup> Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. <sup>64</sup> And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, <sup>65</sup> and said to the servant, "Who is the man over there, walking in the field to meet us?" The servant said, "It is my master."

So she took her veil and covered herself. <sup>66</sup> And the servant told Isaac all the things that he had done. <sup>67</sup> Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death.

[NRSV Genesis 24:34-38, 42-49, 58-67] Hear the word of the Lord,

***thanks be to God***

### Psalm 45:10-17

<sup>10</sup> Hear, O daughter, consider and incline your ear:  
forget your own people and your father's house.

<sup>11</sup> The king desires your beauty:  
he is your lord, therefore bow down before him.

<sup>12</sup> The richest among the people, O daughter of Tyre:  
shall entreat your favour with gifts.

<sup>13</sup> The king's daughter is all glorious within:  
her clothing is embroidered cloth-of-gold.

<sup>14</sup> In robes of many colours she is led to you, O king:  
and, after her, the virgins that are with her.

<sup>15</sup> They are led with gladness and rejoicing:  
they enter the palace of the king.

<sup>16</sup> In place of your fathers you shall have sons:  
and make them princes over all the land.

<sup>17</sup> And I will make known your name to every generation:  
therefore the peoples shall give you praise for ever.



## A reading from the Romans, Chapter 7 beginning at Verse 14

<sup>14</sup> For we know that the law is spiritual; but I am of the flesh, sold into slavery under sin. <sup>15</sup> I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. <sup>16</sup> Now if I do what I do not want, I agree that the law is good. <sup>17</sup> But in fact it is no longer I that do it, but sin that dwells within me. <sup>18</sup> For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. <sup>19</sup> For I do not do the good I want, but the evil I do not want is what I do. <sup>20</sup> Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.



<sup>21</sup> So I find it to be a law that when I want to do what is good, evil lies close at hand. <sup>22</sup> For I delight in the law of God in my inmost self, <sup>23</sup> but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. <sup>24</sup> Wretched man that I am! Who will rescue me from this body of death? <sup>25</sup> Thanks be to God through Jesus Christ our Lord! So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.

[NRSV Romans 7:14-25]

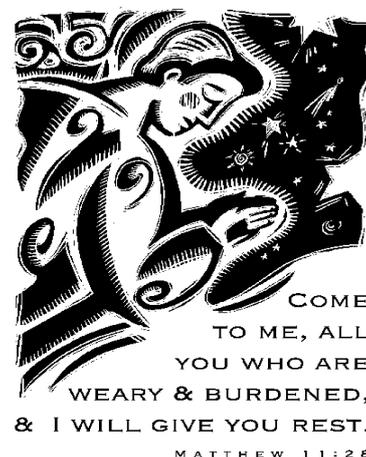
Hear the word of the Lord,

***thanks be to God.***

## The Gospel of our Lord Jesus Christ according to Matthew, Chapter 11 beginning at verse 15

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

<sup>15</sup> Let anyone with ears listen! <sup>16</sup> “But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, <sup>17</sup> ‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’ <sup>18</sup> For John came neither eating nor drinking, and they say, ‘He has a demon’; <sup>19</sup> the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.” <sup>25</sup> At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; <sup>26</sup> yes, Father, for such was your gracious will. <sup>27</sup> All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.



Sentence

**‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest,’ says the Lord. ‘Take my yoke upon you, and learn from me; for I am gentle and humble in heart.’**

- ***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 “Burden and Yoke”

In Paul’s letter to the Romans he seems to be conflicted with the laws that control him. He is speaking about a kind of law like the law of gravity, but not as in a rule or regulation we must follow. Sin is a law that naturally leads people to believe they can do without God. Yet to know God and all his goodness shows us just how inadequate we are in our own strength against sin. Yet Paul proclaims ‘Thanks be to God’, and though our humanity is weak against sin; through God’s spiritual laws and His righteousness, we naturally



hate sin and deeply desire that our hearts be bound to all the wholeness and the goodness that God is. When we see a wrong done in the world we are saying there is another law to abide by. How can we know in our hearts and so live our lives as a result, - "the Goodness of God."?

• **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**

Almighty God,  
your Son Jesus Christ has taught us  
No one knows the Father except the Son  
and anyone to whom the Son chooses to reveal him.  
Help us to hate sin and desire earnestly your goodness within our lives  
led with gladness and rejoicing in your presence,  
To know the joy and freedom of being bound to you through Jesus  
who gave up his life and died for us;  
yet 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