



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.



When we read the parable of the sower, the seeds and the ground the seeds fall on, we like to think, well I am so glad I am not the hard ground; I am like the ploughed ground that has received the word of Jesus. If we were to be deeply honest before God, what do you think he would see. I think God would see the paddock of our souls and there would be all the kinds

of ground Jesus spoke about. Some very nicely ploughed ground, but over in the corner is a big tangle of weeds and right in the middle is a hard patch of ground. That is because we are human and there are parts of our lives that may not be so receptive or have doubts and questions that may make us struggle with understanding Jesus. Ezekiel speaks Gods promise: "I will give you a new heart and put a new spirit in you; I will remove from you, your heart of stone and give you a heart of flesh". What we need to say to God is, Yes, I have parts in me that are complicated please enter into these and soften my heart to receive all your words. This is our lifelong Journey with Jesus that he calls us into. He does the changing in us as we long to be changed into His likeness. If God is the Gardener of our souls what kind of weeding or cultivation has he been doing there?



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



A reading from the Book of Genesis Chapter 25:19-34

19 These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, 20 and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. 21 Isaac prayed to the LORD for his wife, because she was barren; and the LORD granted his prayer, and his wife Rebekah conceived. 22 The children struggled together within her; and she said, "If it is to be this way, why do I live?" So she went to inquire of the LORD. 23 And the LORD said to her, "Two nations are in your womb, and two peoples born of you shall be divided; the one shall be stronger than the other, the elder shall serve the younger."



24 When her time to give birth was at hand, there were twins in her womb. 25 The first came out red, all his body like a hairy mantle; so they named him Esau. 26 Afterward his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them. 27 When the boys

grew up, Esau was a skilful hunter, a man of the field, while Jacob was a quiet man, living in tents. 28 Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob. 29 Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. 30 Esau said to Jacob, "Let me eat some of that red stuff, for I am famished!" (Therefore he was called Edom.) 31 Jacob said, "First sell me your birthright." 32 Esau said, "I am about to die; of what use is a birthright to me?" 33 Jacob said, "Swear to me first." So he swore to him, and sold his birthright to Jacob. 34 Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

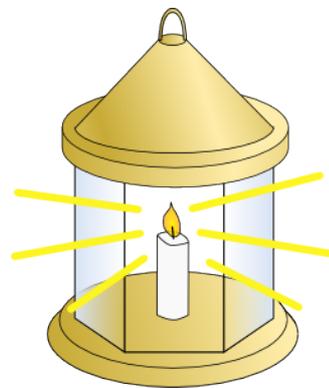
[NRSV Genesis 24:34-38, 42-49, 58-67]

Hear the word of the Lord,

thanks be to God

Psalm 119:105-112

- 105 Your word is a lantern to my feet:
and a light to my path.
- 106 I have vowed and sworn an oath:
to keep your righteous judgements.
- 107 I have been afflicted beyond measure:
Lord, give me life according to your word.
- 108 Accept, O Lord, the freewill offerings of my mouth:
and teach me your judgements.
- 109 I take my life in my hands continually:
yet I do not forget your law.
- 110 The wicked have laid a snare for me:
but I have not strayed from your precepts.
- 111 Your commands are my inheritance for ever:
they are the joy of my heart.
- 112 I have set my heart to fulfil your statutes:
always, even to the end.



A reading from the Romans Chapter 8:1-11

1 There is therefore now no condemnation for those who are in Christ Jesus. 2 For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. 3 For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, 4 so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. 5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the

things of the Spirit. 6 To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. 7 For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law--indeed it cannot, 8 and those who are in the flesh cannot please God.

9 But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. 10 But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. 11 If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Hear the word of the Lord,

thanks be to God.



The Gospel of our Lord Jesus Christ according to Matthew Chapter 13:1-9, 18-23

Glory to you Lord Jesus Christ.

1 That same day Jesus went out of the house and sat beside the sea. 2 Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach.

3 And he told them many things in parables, saying: "Listen! A sower went out to sow.

4 And as he sowed, some seeds fell on the path, and the birds came and ate them up.

5 Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. 6 But when the sun rose, they were scorched; and since they had no root, they withered away. 7 Other seeds fell among thorns, and the thorns grew up and choked them.

8 Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty.

9 Let anyone with ears listen!"

18 "Hear then the parable of the sower. 19 When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. 20 As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; 21 yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away.

22 As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. 23 But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

Praise to you Lord Jesus Christ

Sentence

The words you have spoken are spirit and Life, O Lord, you have the words of eternal life. John 6::63,68

• *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 "Hard ground and weeds"



Let us reflect what it is that entangles us like weeds, that take our focus away from God, or how pride and unforgiveness makes our hearts like hard ground. As Christians God gives us a purpose that is to show forth His amazing nature to a world so very tangled in weeds and hardened by hurt and confusion. In saying we are Christian we are saying to the world we are God's example of a wonderful alternative under a master gardener who breaks down the weeds and hard ground. Paul proclaims the liberty we have in Jesus, no condemnation, life and peace. If we are sick, we feel that there are things wrong inside us like pain or tiredness and physical ailments. When we are given medicine we begin to feel

it working within us, we call this healing. The Spirit of God within our souls is like a healing, God using Roundup on the weeds and ploughing deep to soften hard ground so that His life in us will be fruitful. This is what Paul means when he says the spirit that raised Jesus from the dead dwells in you. Now that is an awesome and powerful thing within us that continues always to make us wholesome in God's hands.



If a well tended paddock is our soul, what do you think a good crop of wheat would look like?

• **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, Jac Bishop; Joan; Joanie; Andrew; 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

Bountiful God, we thank you for planting in us the seed of your word:
by your Holy Spirit, help us to receive it with joy,
and to live according to it,
that we may grow in faith and hope and love;
through Jesus Christ our Lord;
who lives and reigns with you in the unity of the Holy Spirit,
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