



## SUNDAY TABLE SERVICE

Pentecost 12 23<sup>rd</sup> August 2020

watch *Songs of Praise* together on the ABC  
and then set the table for our shared meal.

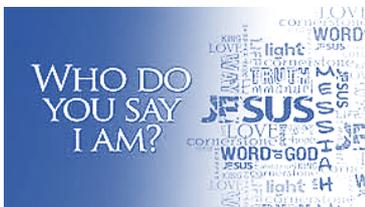


- ***Setting our table for our Sunday lunch service.***

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.



Trying to understand just who Jesus is was not that simple. The disciples struggled to say what they thought. So they went into a default mode. Some people think your John the Baptist or Elijah or Jeremiah or one of those other prophets. Then Jesus asks, but who do you say that I am? Matthew poses this question not just as a narrative but for us to contemplate as well. Peter says, "You are the Messiah, the Son of the living God." That is quite a packed statement. You see Jesus saw straight away that Peter was not speaking from his head, but from His heart. Because God had revealed it deep into His soul. This is where our Heavenly Father speaks to us and it is where we know that Jesus Christ is our Living Saviour.

***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 1 beginning at Verse 8***



<sup>8</sup> Now a new king arose over Egypt, who did not know Joseph. <sup>9</sup> He said to his people, "Look, the Israelite people are more numerous and more powerful than we. <sup>10</sup> Come, let us deal shrewdly with them, or they will increase and, in the event of war, join our enemies and fight against us and escape from the land." <sup>11</sup> Therefore they set taskmasters over them to oppress them with forced labor. They built supply cities, Pithom and Rameses, for Pharaoh. <sup>12</sup> But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites. <sup>13</sup> The Egyptians became

ruthless in imposing tasks on the Israelites, <sup>14</sup> and made their lives bitter with hard service in mortar and brick and in every kind of field labor. They were ruthless in all the tasks that they imposed on them.

<sup>15</sup> The king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah, <sup>16</sup> "When you act as midwives to the Hebrew women, and see them on the birthstool, if it is a boy, kill him; but if it is a girl, she shall live." <sup>17</sup> But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live. <sup>18</sup> So the king of Egypt summoned the midwives and said to them, "Why have you done this, and allowed the boys to live?" <sup>19</sup> The midwives said to Pharaoh, "Because the Hebrew women are not like the Egyptian women; for they are vigorous and give birth before the midwife comes to them." <sup>20</sup> So God dealt well with the midwives; and the people multiplied and became very strong. <sup>21</sup> And because the midwives feared God, he gave them families. <sup>22</sup> Then Pharaoh commanded all his people, "Every boy that is born to the Hebrews you shall throw into the Nile, but you shall let every girl live."



<sup>1</sup> Now a man from the house of Levi went and married a Levite woman. <sup>2</sup> The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him three months. <sup>3</sup> When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. <sup>4</sup> His sister stood at a distance, to see what would happen to him.

<sup>5</sup> The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. <sup>6</sup> When she opened it, she saw the child. He was crying, and she took pity on him. "This must be one of the Hebrews' children," she said. <sup>7</sup> Then his sister said to Pharaoh's daughter, "Shall I go and get you a nurse from the Hebrew women to nurse the child for you?" <sup>8</sup> Pharaoh's daughter said to her, "Yes." So the girl went and called the child's mother. <sup>9</sup> Pharaoh's daughter said to her, "Take this child and nurse it for me, and I will give you your wages." So the woman took the child and nursed it. <sup>10</sup> When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, "because," she said, "I drew him out of the water."

NRSV Exodus 1:8-2:10

Hear the word of the Lord,

***thanks be to God***

### **Psalm 124**

If the Lord had not been on our side, now may Israel say:  
if the Lord had not been on our side, when our enemies rose against us,  
Then they would have swallowed us alive: when their anger was kindled  
against us.

Then the waters would have overwhelmed us, and the torrent gone over  
us:

the raging waters would have gone clean over us.

But praised be the Lord: who has not given us as a prey to their teeth.

We have escaped like a bird from the snare of the fowler: the snare is  
broken, and we have gone free.

Our help is in the name of the Lord: who has made heaven and earth.



*Our soul is escaped as a  
bird out of the snare.*

*Psalm 124:7*

### ***A reading from the Romans, Chapter 12 beginning at Verse 1***

<sup>1</sup> I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. <sup>2</sup> Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God - what is good and acceptable and perfect. <sup>3</sup> For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.



<sup>4</sup> For as in one body we have many members, and not all the members have the same function, <sup>5</sup> so we, who are many, are one body in Christ, and individually we are members one of another. <sup>6</sup> We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; <sup>7</sup> ministry, in ministering; the teacher, in teaching; <sup>8</sup> the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

[NRSV Romans 12:1-8]

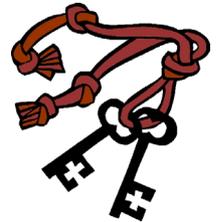
Hear the word of the Lord,

***thanks be to God.***

***The Gospel of our Lord Jesus Christ according to Matthew, Chapter 16 beginning at verse 13***

*Glory to you Lord Jesus Christ.*

<sup>13</sup> Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, “Who do people say that the Son of Man is?” <sup>14</sup> And they said, “Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.” <sup>15</sup> He said to them, “But who do you say that I am?” <sup>16</sup> Simon Peter answered, “You are the Messiah, the Son of the living God.” <sup>17</sup> And Jesus answered him, “Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. <sup>18</sup> And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. <sup>19</sup> I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” <sup>20</sup> Then he sternly ordered the disciples not to tell anyone that he was the Messiah. [NRSV Matthew 16:13-20]



This is the Gospel of the Lord,

*praise to you Lord Jesus Christ.*

***Sentence***

Jesus said to them, ‘Who do you say that I am?’ Simon Peter answered, ‘You are the Messiah, the Son of the living God.’

- ***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.

**Contemplate this statement from Jesus: Who do you say that I am? What does your heart tell you?**



Knowing who our Lord is goes way beyond simply knowing, we are collectively called to join in this knowing together as ‘The Body of Christ.’ If we belong to God and He has made us Holy and acceptable for Him, then together living this life we become something awesomely powerful. One small light in the dark can only do so much but shining together we can light up the world. But lets simply stay local. We are the evidence to the small world we live in that Jesus is the saviour, the Son of the living 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;; Kathy; 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; Bill; David H; Marjorie; Diane; Jean; Mitchell and family; Kathy; Carolyn; Allison; Angela; Carol; Shirley; Lucy Ann; Margaret, Lyn; Ted & Joyce; Irene; Linda; Tina; Wendy; Chris; Trevor; Liz; Tristan & Trish S; Carole and family; Lainie and Nicholas; John Carroll; Jac Bishop, Joan; Joanie; Andrew; Kerrie; Mary, Margaret’s mum, Kate, Lynn *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**

O God, fount of all wisdom,  
in the humble witness of the apostle Peter  
you have shown the foundation of our faith:  
give us the light of your Spirit,  
that, recognising in Jesus of Nazareth  
the Son of the living God,  
we may be living stones  
for the building up of your holy Church;  
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.

