



## SUNDAY TABLE SERVICE

30th August 2020

**Let us 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.



Today we have readings from Genesis, the Psalms, Romans and Matthew. Moses didn't just see the burning bush, he said to himself I must turn aside and see this great thing. It was then that God called him. Do we look for the wonders of God today? Do we see his hand on our lives and on the lives of others and say, I must stop and wonder at how marvellous God is? Just a little while ago Peter calls Jesus the Messiah, the Son of the living God. He saw with the eyes of his soul Just who Jesus is. Now he is looking with his natural eyes and says something that seems sensible but he fails to see that what he says is against the whole reason why Jesus came to be with us. Moses eyes saw God in the burning bush; Jesus says to Peter set your mind on divine things; in other words look for me through the everyday life (the burning bush) and you will find me and I will reveal myself to you.



**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:



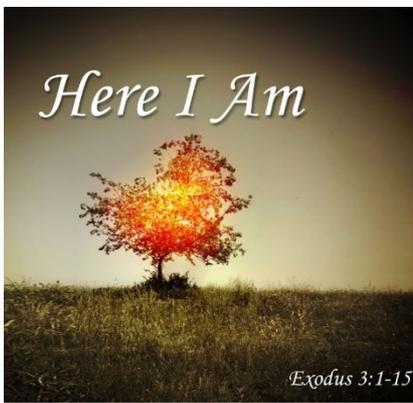
**In the name of the Father, and of the Son, and of the Holy Spirit. Amen.  
Here, and throughout the world,  
We adore you O Christ, and we bless you,  
because by your holy cross you have redeemed the world. Amen**

**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 3 beginning at Verse 1**

1 Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. 2 There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. 3 Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." 4 When the Lord saw that he had turned aside to see, God called to him out of the bush,



“Moses, Moses!” And he said, “Here I am.” 5 Then he said, “Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground.” 6 He said further, “I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.” And Moses hid his face, for he was afraid to look at God. 7 Then the Lord said, “I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, 8 and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. 9

The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. 10 So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.” 11 But Moses said to God, “Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?” 12 He said, “I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain.” 13 But Moses said to God, “If I come to the Israelites and say to them, ‘The God of your ancestors has sent me to you,’ and they ask me, ‘What is his name?’ what shall I say to them?” 14 God said to Moses, “I am who I am.” He said further, “Thus you shall say to the Israelites, ‘I am has sent me to you.’” 15 God also said to Moses, “Thus you shall say to the Israelites, ‘The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you’: This is my name forever, and this my title for all generations. [NRSV Exodus 3:1-15]

***Hear the word of the Lord, thanks be to God***



***Psalm 105:1-6, 23-26***

- 1 O give thanks to the Lord and call upon his name: tell among the peoples what things he has done.
- 2 Sing to him, O sing praises: and be telling of all his marvellous works.
- 3 Exult in his holy name: and let those that seek the Lord be joyful in heart.
- 4 Seek the Lord and his strength: O seek his face continually.
- 5 Call to mind what wonders he has done: his marvellous acts, and the judgements of his mouth,
- 6 O seed of Abraham his servant: O children of Jacob his chosen one.
- 23 Then Israel came into Egypt: and Jacob dwelt in the land of Ham.
- 24 There the Lord made his people fruitful: too numerous for their enemies,
- 25 Whose hearts he turned to hate his people: and to deal deceitfully with his servants.
- 26 Then he sent Moses his servant: And Aaron whom he had chosen.

***A reading from the Romans, Chapter 12 beginning at Verse 9***

9 Let love be genuine; hate what is evil, hold fast to what is good; 10 love one another with mutual affection; outdo one another in showing honor. 11 Do not lag in zeal, be ardent in spirit, serve the Lord. 12 Rejoice in hope, be patient in suffering, persevere in prayer. 13 Contribute to the needs of the saints; extend hospitality to strangers.

14 Bless those who persecute you; bless and do not curse them. 15 Rejoice with those who rejoice, weep with those who weep. 16 Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. 17 Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. 18 If it is possible, so far as it depends on you, live peaceably with all. 19 Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, "Vengeance is mine, I will repay, says the Lord." 20 No, "if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads." 21 Do not be overcome by evil, but overcome evil with good.

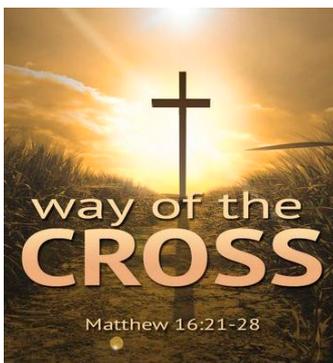


[NRSV Romans 12:9-21] ***Hear the word of the Lord, thanks be to God.***

***The Gospel of our Lord Jesus Christ according to Matthew, Chapter 16 beginning at verse 21***

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

21 From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. 22 And Peter took him aside and began to rebuke him, saying, "God forbid it, Lord! This must never happen to you." 23 But he turned and said to Peter, "Get behind me, Satan! You are a stumbling



block to me; for you are setting your mind not on divine things but on human things." 24 Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me. 25 For those who want to save their life will lose it, and those who lose their life for my sake will find it. 26 For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? 27 "For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. 28 Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom." [NRSV Matthew 16:21-28]

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

***Sentence***

If you want to become a disciple of Jesus, deny yourself, take up your cross and follow him.

- ***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.

**Ponder on these words "I will be with you" and "Let love be genuine" and "trust in the Lord"**

Paul approaches seeing God in a similar way. His is saying that our actions need to be seen through the virtues He gives us, love, grace, forgiveness, compassion and mercy. David in the Psalms 26 says prove me Oh Lord, test my heart and my mind. Both these readings say don't look at the negative things that harm others and hurt yourself, look through them and find the heart of Jesus. Let the Holy Spirit open your eyes to His alternative, an alternative that transforms and heals. Love your enemies, bless where there is cursing, bring harmony and humility where there is connectedness, good instead of evil, forgiveness instead of vengeance. As God's people we can turn the world upside down with His love. It marks us as His people who see through the soul with the eyes of the Spirit, the divine, then we too can see God within the burning bush and hear his voice.

• **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.



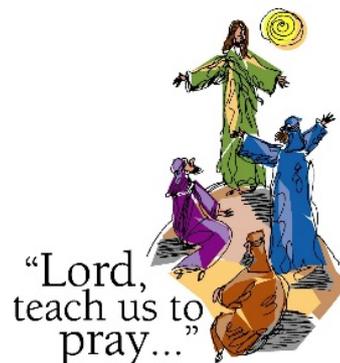
**Please pray alongside those in our parish asking for prayer** ; Ron & Ann; Les;; Kathy; David; Pat ;Izabelle; Peta ; Mariette; Joanne; Peter G, Peter C; Nicholas B; Samantha; Fiona; Brenton; Sue; Brenda; Pat; Brendon; Fr Peter; Fr Percy & Betty; Bp David; Bill; David H; Marjorie; Diane; Jean; Mitchell 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, Colin, *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,  
 whose Son has shown the way of the cross to be the way of life:  
 transform and renew our minds  
 that we may not be conformed to this world  
 but may offer ourselves wholly to you as a living sacrifice  
 through Jesus Christ our Saviour;  
 who lives and reigns with you and the Holy Spirit,  
 one God, now and for 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.

