



SUNDAY TABLE SERVICE
Pentecost 10 - 9th 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.



Last week we saw that after John the Baptist was murdered, Jesus went to a deserted place to be by himself; But 5000 people came to him, and out of his grief he healed the sick and fed them all. When this had happened Jesus once again sought to be by himself to pray, no doubt the pain of loss was still there.



What do you think He may have prayed? “How long Lord, until they see not the man, but the Son of God?” “When will they see with faith and not with their own eyes?” He looked out to the sea and saw that the disciples were in trouble in their boat. Once again, he left his solitude and came to their aid. They saw the storm, they saw a man walking on water, they saw a ghost, and all these things made them terrified. “Do not be afraid”, said Jesus, “it is I.” Still, Peter wanted proof and Jesus said come. It was not until he was in the boat, did they see just who Jesus was and they said, “truly you are the Son of God.”

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***

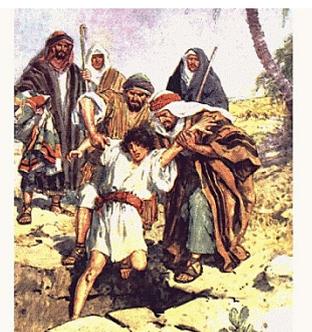


A reading from the Book of Genesis, Chapter 37 beginning at Verse 1

¹Jacob settled in the land where his father had lived as an alien, the land of Canaan. ²This is the story of the family of Jacob. Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bilhah and Zilpah, his father’s wives; and Joseph brought a bad report of them to their father. ³Now Israel loved Joseph more than any other of his children, because he was the son of his old age; and he had made him a long robe with sleeves. ⁴But when his brothers saw that

their father loved him more than all his brothers, they hated him, and could not speak peaceably to him.

¹² Now his brothers went to pasture their father's flock near Shechem. ¹³ And Israel said to Joseph, "Are not your brothers pasturing the flock at Shechem? Come, I will send you to them." He answered, "Here I am." ¹⁴ So he said to him, "Go now, see if it is well with your brothers and with the flock; and bring word back to me." So he sent him from the valley of Hebron. He came to Shechem, ¹⁵ and a man found him wandering in the fields; the man asked him, "What are you seeking?" ¹⁶ "I am seeking my brothers," he said; "tell me, please, where they are pasturing the flock." ¹⁷ The man said, "They have gone away, for I heard them say, 'Let us go to Dothan.'" So Joseph went after his brothers, and found them at Dothan. ¹⁸ They saw him from a distance, and before he came near to them, they conspired to kill him. ¹⁹ They said to one another, "Here comes this dreamer. ²⁰ Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams." ²¹ But when Reuben heard it, he delivered him out of their hands, saying, "Let us not take his life." ²² Reuben said to them, "Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him" - that he might rescue him out of their hand and restore him to his father. ²³ So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; ²⁴ and they took him and threw him into a pit. The pit was empty; there was no water in it. ²⁵ Then they sat down to eat; and looking up they saw a caravan of Ishmaelites coming from Gilead, with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. ²⁶ Then Judah said to his brothers, "What profit is it if we kill our brother and conceal his blood? ²⁷ Come, let us sell him to the Ishmaelites, and not lay our hands on him, for he is our brother, our own flesh." And his brothers agreed. ²⁸ When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt. [NRSV Genesis 37:1-4, 12-28]



Hear the word of the Lord,

thanks be to God

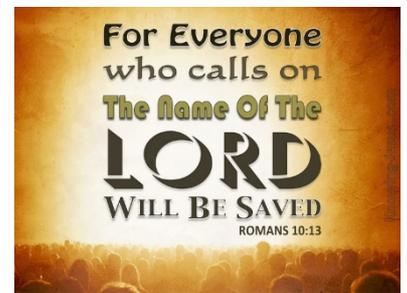


Psalm 105:1-6, 16-22

- 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.
- 16 Then he called down a famine on the land: and destroyed the bread that was their stay.
- 17 But he had sent a man ahead of them: Joseph who was sold into slavery,
- 18 Whose feet they fastened with fetters: and thrust his neck into a hoop of iron.
- 19 Till the time that his words proved true: he was tested by the Lord's command.
- 20 Then the king sent and loosed him: the ruler of nations set him free;
- 21 He made him master of his household: and ruler over all his possessions,
- 22 To rebuke his officers at will: and to teach his counsellors wisdom.

A reading from the Romans, Chapter 10 beginning at Verse 4 ⁴ For Christ is the end of the law so that there may be righteousness for everyone who believes. ⁵ Moses writes concerning the righteousness that comes from the law, that "the person who does these things will live by them." ⁶ But the righteousness that comes from faith says, "Do not say in your heart, 'Who will ascend into heaven?'" (that is, to bring Christ down) ⁷ "or 'Who will descend into the abyss?'" (that is, to bring Christ up from the

dead).⁸ But what does it say? “The word is near you, on your lips and in your heart” (that is, the word of faith that we proclaim);⁹ because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.¹⁰ For one believes with the heart and so is justified, and one confesses with the mouth and so is saved.¹¹ The scripture says, “No one who believes in him will be put to shame.”¹² For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him.¹³ For, “Everyone who calls on the name of the Lord shall be saved.”¹⁴



¹⁴ But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? ¹⁵ And how are they to proclaim him unless they are sent? As it is written, “How beautiful are the feet of those who bring good news! [NRSV Romans 10:4-15] Hear the word of the Lord, ***thanks be to God.***

The Gospel of our Lord Jesus Christ according to Matthew, Chapter 14 beginning at verse 22 *Glory to you Lord Jesus Christ.*

²² Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. ²³ And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, ²⁴ but by this time the boat, battered by the waves, was far from the land, for the wind was against them. ²⁵ And early in the morning he came walking toward them on the sea. ²⁶ But when the disciples saw him walking on the sea, they were terrified, saying, “It is a ghost!” And they cried out in fear. ²⁷ But immediately Jesus spoke to them and said, “Take heart, it is I; do not be afraid.”

²⁸ Peter answered him, “Lord, if it is you, command me to come to you on the water.” ²⁹ He said, “Come.” So Peter got out of the boat, started walking on the water, and came toward Jesus. ³⁰ But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, “Lord, save me!” ³¹ Jesus immediately reached out his hand and caught him, saying to him, “You of little faith, why did you doubt?” ³² When they got into the boat, the wind ceased. ³³ And those in the boat worshiped him, saying, “Truly you are the Son of God.” ³⁴ When they had crossed over, they came to land at Gennesaret. ³⁵ After the people of that place recognized him, they sent word throughout the region and brought all who were sick to him, ³⁶ and begged him that they might touch even the fringe of his cloak; and all who touched it were healed. [NRSV Matthew 14:22-36]



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

Sentence They cried out in fear, but Jesus spoke to them and said, ‘Take heart, it is I; do not be afraid.’

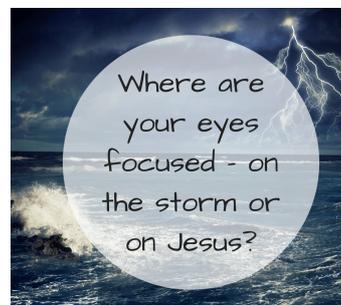
- ***eating reflectively and responding to the passage***

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.

Think on these words, fear and faith.

Sometimes we just wish Jesus would prove himself; to do something to show he is there. Usually it is when we are in times of difficulty. Elijah was pursued by those who wanted to kill him, the disciples were stuck in a sinking boat swamped by stormy waves. All around Elijah were tremendous winds splitting rocks, earthquakes, and fire, but in the end, Elijah heard the Lord in the absolute silence.

Jesus walked right up to the disciples through the breaking waves and only when he got into the boat did the wind stop and they realised The Son of God was sitting with them. God does come to us when we cry out to him. More often than not, He comes in ways we do not expect. More often than not, only when the storm has past, we see his protection and his sovereignty, and we see that the Son of God is sitting in the boat with us.



• **prayer-time**



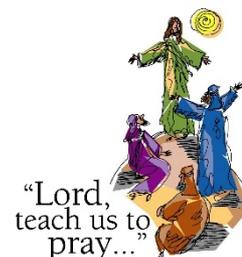
Now let us continue to offer our prayers for healing of the world; for those affected by coronavirus; for family; for members of the parish and wider community, for the life and ministry of the Church, for encouragement in our journey of faith.

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; Kerrie; Jill Ribbons; Mary, Margaret's mum, *and any others we wish to say either silently or aloud.* We give thanks to you for the ongoing recovery of Fr Peter and the success of Carols operation. We give you thanks for the life work and witness of Dr Tom Atherton and Frank Cheeseman and Fr David Keay. We remember their family and friends and ask for your peace and comfort for them as they mourn the loss of a loved one. May they Rest in Peace and Rise in Glory. Amen.

Let us say the Lord's Prayer Together. Our Father

Prayer of the Day

O God, giver of life and health
whose Son Jesus Christ has called us
to hunger and thirst for justice:
refresh us with your grace,
that we may not be weary in well-doing,
for the sake of him who meets all our needs,
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.