



SUNDAY TABLE SERVICE

1st November 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.



TAKE MY YOKE UPON YOU,
AND LEARN OF ME; FOR I AM
MEEK AND LOWLY IN HEART:
AND YE SHALL FIND REST
UNTO YOUR SOULS.
MATTHEW 11:29



This table service takes in 2 Gospels Matthew 23:1-12 and all Saints Day reading Mathew 5: 1-12. Jesus said, Do what they say, but do not do what they do. It is not the church so much that hates a hypocrite but the world looking in. The scribes and Pharisees taught rightly enough from the scriptures, but they made life a chore, and faith in God an unbearable burden to carry. A while back, we looked at Matt. 11:28-30 in this text Jesus said my burden is easy and my yoke is light. Here we see human nature that wrestles between pride of self, giving rise to hierarchy dictating to others what they should do, and serving our Lord with true humility so that others can be built up in their own faith and service to God. Yes, we may have great talents, positions of importance, even wealth and if so, we are called to use these things not selfishly but for the betterment of others and in doing this, humbly offering praise to God when others are transformed because he has used us to do this.

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**



After this I looked, and behold, a great multitude that no one could number,

FROM EVERY NATION, FROM ALL TRIBES
AND
PEOPLES AND LANGUAGES,

standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands...



A reading from the Revelation to John, Chapter 7 beginning at Verse 9

⁹ After this I looked, and there was a great multitude that no one could count, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, robed in white, with palm branches in their hands. ¹⁰ They cried out in a loud voice, saying, "Salvation belongs to our God who is seated on the throne, and to the Lamb!" ¹¹ And all the angels stood around the throne and around the elders and the four living creatures, and they fell on their faces before

the throne and worshiped God, ¹² singing, "Amen! Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever! Amen."

¹³ Then one of the elders addressed me, saying, "Who are these, robed in white, and where have they come from?" ¹⁴ I said to him, "Sir, you are the one that knows." Then he said to me, "These are they who have come out of the great ordeal; they have washed their robes and made them white in the blood of the Lamb. ¹⁵ For this reason they are before the throne of God, and worship him day and night within his temple, and the one who is seated on the throne will shelter them. ¹⁶ They will hunger no more, and thirst no more; the sun will not strike them, nor any scorching heat; ¹⁷ for the Lamb at the center of the throne will be their shepherd, and he will guide them to springs of the water of life, and God will wipe away every tear from their eyes."

[NRSV Revelation 7:9-17]

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

Psalm 34:1-10, 22

1 I will bless the Lord continually:
his praise shall be always in my mouth.
2 Let my soul boast of the Lord:
the humble shall hear it and rejoice.
3 O praise the Lord with me:
let us exalt his name together.
4 For I sought the Lord's help and he answered:
and he freed me from all my fears.
5 Look towards him and be bright with joy:
your faces shall not be ashamed.
6 Here is a wretch who cried, and the Lord heard me:
and saved me from all my troubles.
7 The angel of the Lord encamps round those who fear him:
and delivers them in their need.
8 O taste and see that the Lord is good:
happy are they that hide in him!
9 Fear the Lord, all you his holy ones:
for those who fear him never lack.
10 Lions may suffer want and go hungry:
but those who seek the Lord lack nothing good.
22 The Lord ransoms the lives of his servants:
and none who hide in him will be destroyed.



A reading from the first letter of John, Chapter 3 beginning at Verse 1



¹ See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him. ² Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is. ³ And all who have this hope in him purify themselves, just as he is pure.

[NRSV 1 John 3:1-3]

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

The Gospel of our Lord Jesus Christ according to Matthew, Chapter 5 beginning at verse 1

Glory to you Lord Jesus Christ.

¹“When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. ²Then he began to speak, and taught them, saying:

³“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴“Blessed are those who mourn, for they will be comforted.

⁵“Blessed are the meek, for they will inherit the earth.

⁶“Blessed are those who hunger and thirst for righteousness, for they will be filled.

⁷“Blessed are the merciful, for they will receive mercy.

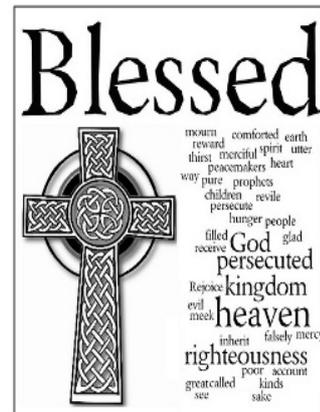
⁸“Blessed are the pure in heart, for they will see God.

⁹“Blessed are the peacemakers, for they will be called children of God.

¹⁰“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

¹¹“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account.

¹² Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you. [NRSV Matthew 5:1-12]



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

Sentence

Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

- **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.

Words to ponder - Blessed are the poor in Spirit - Hunger and thirst for righteousness



Matthew 5:1-12 is Jesus introduction to his sermon on the mount and we can see that he is prescribing attributes for those who belong to His Kingdom. These are the attributes of humility and without them our faith is impaired. At a quick look they seem like a lot to carry. Those who strive for these attributed discover the secret hidden within Jesus words. All these attributes come with rewards of spiritual assurance, literally imparted into us by the Holy Spirit as we ask him to lead us. When putting them to practice we discover a joy like no other, we know a peace beyond our troubles and we can show mercy even when we are hurt by others. God’s grace over our lives becomes a living reality, and we know that we truly belong to God. This is the life that Jesus said is easy and this is the yoke that Jesus says is light. This is the life Jesus longs for us to live because he wants our lives to be so richly blessed as we walk in His grace and Humility.

- **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

David, Ron & Ann; 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; Shirley; Lucy Ann; Margaret, Lyn; Ted & Joyce; Irene; Linda; Tina; Wendy; Chris; Trevor; Liz; Tristan & Trish S; Lainie and Nicholas; John Carroll; Jac Bishop, Joan;

Joanie; Andrew; Kerrie; Carol, Mary, Margaret’s mum, Kate, Lynn, Colin, Cathy, Allison, Les, Liv and Howard recovering from surgery, *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

Eternal God,

neither death nor life can separate us from your love:
grant that we may serve you faithfully here on earth,
and in heaven rejoice with all your saints
who ceaselessly proclaim your glory;
through Jesus Christ our Lord,
who lives and reigns with you and 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.

