



SUNDAY TABLE SERVICE

31st January 2021

**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.

- **Prayerful and intentional preparation for a meal**

As we worship at home today let us define the occasion by adding something special to our table. Give some thought to the presentation of our meal as a meditation on the importance of the time we are setting aside for worship.



In Corinth the culture was to make a God your Lord from the many that were on offer. Some of the Christians were afraid to eat meat because the butchers sold the meat that was sacrificed to other Gods; idols. Paul's problem is, how can he teach the Corinthian Christians to distinguish between the many God's of Man's making and the one true God who has made us and all that exists. Paul is saying there is no need to be afraid of other things that have been given counterfeit powers. Even today, despite the fact that we believe in Jesus as our one Lord, there are some in our congregations who are more weaker in areas of faith than others. Paul's real message here, is that we need to live being considerate of those we fellowship with who struggle in some areas of their faith. Paul explains that somethings in our lives may have affected our faith. In order to help people grow we need to be understanding and only from this vantage point can we help to build up each other's faith.

- **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.

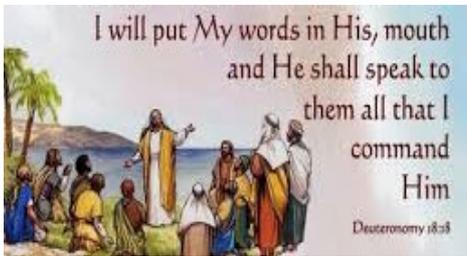
Here, and throughout the world, We adore you O Christ, and we bless you, because by your holy cross you have redeemed the world. Amen

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 book of Deuteronomy, Chapter 18 beginning at Verse 15



¹⁵ The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. ¹⁶ This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: "If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die." ¹⁷ Then the Lord replied to me: "They are right in what they have said. ¹⁸ I will raise up for them a prophet like you

from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. ¹⁹ Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. ²⁰ But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak - that prophet shall die." [NRSV Deuteronomy 18:15-20] Hear the word of the Lord,
thanks be to God

Psalm 111

- 1 O praise the Lord. I will praise the Lord with my whole heart: in the company of the upright and among the congregation.
- 2 The works of the Lord are great: and studied by all who take delight in them.
- 3 His deeds are majestic and glorious: and his righteousness stands for ever.
- 4 His marvellous acts have won him a name to be remembered: the Lord is gracious and merciful.
- 5 He gives food to those that fear him: he remembers his covenant for ever.
- 6 He showed his people the power of his acts: in giving them the heritage of the heathen.
- 7 The works of his hands are faithful and just: and all his commandments are sure;
- 8 They stand firm for ever and ever: they are done in faithfulness and in truth.
- 9 He sent redemption to his people, he ordained his covenant for ever: holy is his name and worthy to be feared.
- 10 The fear of the Lord is the beginning of wisdom, and of good understanding are those that keep his commandments: his praise shall endure for ever.



A reading from the first letter of Paul to the Corinthians, Chapter 8 beginning at Verse 1

¹ Now concerning food sacrificed to idols: we know that "all of us possess knowledge." Knowledge puffs up, but love builds up. ² Anyone who claims to know something does not yet have the necessary knowledge; ³ but anyone who loves God is known by him.

⁴ Hence, as to the eating of food offered to idols, we know that "no idol in the world really exists," and that "there is no God but one." ⁵ Indeed, even though there may be so-called gods in heaven or on earth - as in fact there are many gods and many lords - ⁶ yet for us there is one God,

the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

⁷ It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. ⁸ "Food will not bring us close to God." We are no worse off if we do not eat, and no better off if we do. ⁹ But take care that this liberty of yours does not somehow become a stumbling block to the weak. ¹⁰ For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? ¹¹ So by your knowledge those weak believers for whom Christ died are destroyed. ¹² But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. ¹³ Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of



them to fall. [NRSV 1 Corinthians 8:1-13]

Hear the word of the Lord,

thanks be to God.

The Gospel of our Lord Jesus Christ according to Mark, Chapter 1 beginning at Verse 21

Glory to you Lord Jesus Christ.

²¹ They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. ²² They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. ²³ Just then there was in their synagogue a man with an unclean spirit, ²⁴ and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." ²⁵ But Jesus rebuked him, saying, "Be silent, and come out of him!" ²⁶ And the unclean spirit, convulsing him and crying with a loud voice, came out of him. ²⁷ They were all amazed, and they kept on asking one another, "What is this? A new teaching - with authority! He commands even the unclean spirits, and they obey him." ²⁸ At once his fame began to spread throughout the surrounding region of Galilee.

[NRSV Mark 1:21-28]



This is the Gospel of the Lord,

praise to you Lord Jesus Christ.

Sentence

Jesus went about all the cities and villages, teaching in their synagogues and proclaiming the good news of the kingdom, and curing every disease and every sickness.

- **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.**

Have you come to destroy us? Anyone who loves God is Known by Him!



We can forget that Jesus was God who came to dwell amongst us; we simply see a Human teaching and doing good things. Jesus lived amongst us, yet all things were subject to him, the elements, sicknesses and diseases, death itself and even time and space. Fallen spiritual beings were afraid of Him. They knew Jesus did not simply come to preach and do miracles, they knew He came to set all men free from the power of sin, from the clutches of spiritual destruction. Jesus would break the curse of death that was upon Humanity and in doing so the kingdom of Satan and his fallen angels would be destroyed, they would have no power over those who made Jesus Lord of their lives. The people were amazed at the authority Jesus had, but they were looking at a human and had not realised that Jesus was so much more than this. He is our Lord and Saviour Jesus Christ, who lives and reigns with our Father God and the Holy Spirit, one God, now and for ever. Amen.

- **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.



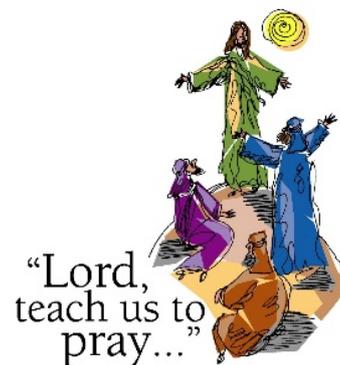
Please pray alongside those in our parish asking for prayer. We continue to pray with, Fr Ted Newing and Joyce, Lynn, David, Ron & Ann; Kathy's Family; Pat ;Izabelle; Peta ; Mariette; Joanne; Peter G, Peter C; Nicholas B; Samantha; Fiona; Brenton; Sue; Brenda; Pat; Brendon; Fr Percy & Betty; Bp David; Bill; David H; Marjorie; Diane; Jean; Mitchell and family; Carolyn; Angela; Carol; Shirley; Lucy Ann; Margaret, Lyn; Irene; Linda; Tina; Wendy; Chris; Trevor; Liz; Tristan & Trish S; Lainie and Nicholas; John Carroll; Jac Bishop, Joan; Joanie; Andrew; Kerrie; Mary, Kate, Colin, Cathy, Carol, Allison, Ann, Jean and Betty *and any others we wish to say either silently or aloud.*

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

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Prayer of the Day

God of compassion,
 you have shown us in Christ
 that your love is never ending:
 enable us both to love you with all our heart
 and to love one another as Christ loved us.
 Grant this through our Lord Jesus Christ,
 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 with others who may be alone and would welcome a call or message from you. Use the time to catch up with your family and friends who are interstate or overseas. Use email or face time or SMS to keep in contact and share with others the promise of a brighter and better future in 2021.

