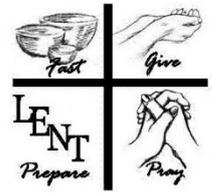




## SUNDAY TABLE SERVICE

21<sup>st</sup> February 2021 First Sunday in Lent  
*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 the beginning of Mark's Gospel, he focuses on Jesus preaching the Good News of God's salvation. In this reading, Mark gives us a nutshell account of Jesus baptism and the Holy Spirit ascending. Then we have the shortest account of Jesus time of temptation in the desert. Significantly in this chapter, Jesus preached the good news of salvation. This is the salvation that comes through His death and resurrection and through our baptism signifying our death with Him and raising to new life in Him. Jesus, though divine He become human and being human Himself he shows us what being human is truly meant to be. God designed humanity to depend on Him this is what salvation brings us to. Recognising our hopelessness, David says in his psalm, "it is He that remembers us for His names sake." And like David we lift up our souls to 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***

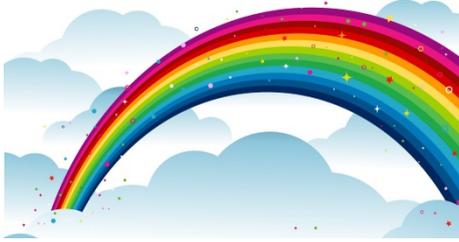
***Bless this food, both physical and spiritual. Bless all who gather at your table, both seen and unseen, In Jesus' name we pray. Amen***

- **Let us read and reflect on our cycle of readings**

**A reading from the book of Genesis, Chapter 9 beginning at Verse 8**

<sup>8</sup>Then God said to Noah and to his sons with him, <sup>9</sup>"As for me, I am establishing my covenant with you and your descendants after you, <sup>10</sup>and with every living creature that is with you, the birds,





the domestic animals, and every animal of the earth with you, as many as came out of the ark. <sup>11</sup> I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." <sup>12</sup> God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future

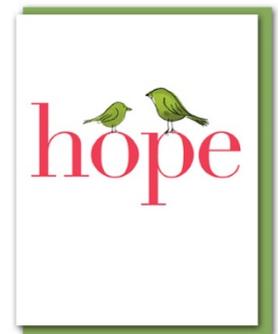
generations: <sup>13</sup> I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. <sup>14</sup> When I bring clouds over the earth and the bow is seen in the clouds, <sup>15</sup> I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. <sup>16</sup> When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." <sup>17</sup> God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth." [NRSV Genesis 9:8-17]

Hear the word of the Lord,

**thanks be to God**

**Psalm 25:1-10**

- <sup>1</sup> In you, O Lord my God, have I put my hope:  
in you have I trusted, let me not be ashamed,  
nor let my enemies triumph over me.
- <sup>2</sup> Let none who wait for you be put to shame:  
but let those that break faith  
be confounded and gain nothing.
- <sup>3</sup> Show me your ways, O Lord:  
and teach me your paths.
- <sup>4</sup> Lead me in the ways of your truth, and teach me:  
for you are the God of my salvation.
- <sup>5</sup> In you have I hoped all the day long:  
because of your goodness, O Lord.
- <sup>6</sup> Call to mind your compassion and your loving-kindness:  
for they are from of old.
- <sup>7</sup> Remember not the sins of my youth,  
nor my transgressions:  
but according to your mercy think on me.
- <sup>8</sup> Good and upright is the Lord:  
therefore will he direct sinners in the way.
- <sup>9</sup> The meek he will guide in the path of justice:  
and teach the humble his ways.
- <sup>10</sup> All the paths of the Lord are faithful and true:  
for those who keep his covenant and his commandments.



**A reading from the first letter of Peter, Chapter 3 beginning at Verse 18**

<sup>18</sup> For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, <sup>19</sup> in which also he went and made a proclamation to the spirits in prison, <sup>20</sup> who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. <sup>21</sup> And baptism, which this prefigured, now saves you

He was put to death  
in the flesh  
but made alive  
in the spirit



- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, <sup>22</sup> who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him. [NRSV 1 Peter 3:18-22]

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 9**

**Glory to you Lord Jesus Christ.**

<sup>9</sup>In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. <sup>10</sup>And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. <sup>11</sup>And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

<sup>12</sup>And the Spirit immediately drove him out into the wilderness. <sup>13</sup>He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

<sup>14</sup>Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, <sup>15</sup>and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news." [NRSV Mark 1:9-15]



This is the Gospel of the Lord,

**praise to you Lord Jesus Christ.**

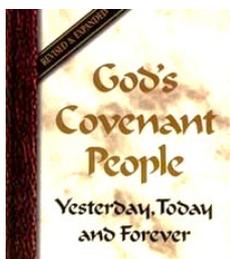
Sentence

**The time is fulfilled, and the kingdom of God has come near;  
repent, and believe in the good news.**

- **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.**

**I establish my covenant with you. Lead me in your truth.**

Peter 3:22 accounts Jesus ascension to heaven. Jesus came into the mess of our humanity and took that mess upon himself, the emotional wounds, the broken hearts and the lost souls. As God's Son He takes upon Himself all that humanity is, all its beauty and its ugliness. He ascends and takes his humanity to the heart of God. Jesus voice is a human voice in heaven and humanity is not pretty or perfect, but God hears us because of Jesus and in this we are embraced where healing and transformation begins. When David lifts His soul to God he knows he is giving God an imperfect gift and the most precious gift he has; in this act he trusts that God will give him everything a soul needs to thrive. To be revived, strengthened, and find true liberty that transcends the drudgery of life. This awesome God who made us, then came to be among us, He empowered us through the cross, to Be his Sons and Daughters; this is his covenant, this is His promise in real-time action.



- **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 give thanks for the life work and witness of Fr Percy Leske, who passed away peacefully earlier this week. Pray for his family and his wife Betty . Give thanks for the continued healing of Fr Ted Newing and continue to pray with 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**  
 .....

**Prayer of the Day**

God of the new and eternal covenant,  
 as the forty days of the great flood  
 swept away the world's corruption  
 and watered new beginnings of righteousness and life:  
 grant to us, who are washed clean and born again  
 in the saving flood of baptism, the wellspring of your grace,  
 that your gift of new life may flourish once again;  
 through Jesus Christ our Redeemer,  
 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 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 your phone or email or face time or SMS to keep in contact and share with others the promise of a brighter and better future in 2021.

