

- **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 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 give some thought to the presentation of our meal, let our table reflect the importance of the season of lent, a time of reflection, prayer and fasting.



If you were to plant just one bean seed, from that seed would come a vine and from that vine would be many bean pods with many more bean seeds. From those beans you could feed a family in many ways. So, when Jesus said he would die, He was going to die so that His life could be transplanted in us; we become His spiritual produce because of the cross. Then we can bring the nourishment of Christ to others; to bring healing and to bless. This comes because we live an invitation of faith to allow God's Spirit to implant His DNA in us. This is why Jesus says whoever serves me, my Father will honour. Paul says as we mature in this knowledge, we will be able to distinguish good from evil;

something that is not always that easy. The truth is when we reflect upon our journey of faith we see how much we have grown. We realise how much God has matured us, perhaps even enabling us to teach others of God's law's of love and grace because it is as if they are written on our hearts.

- **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 prophet Jeremiah, Chapter 31 beginning at Verse 31**

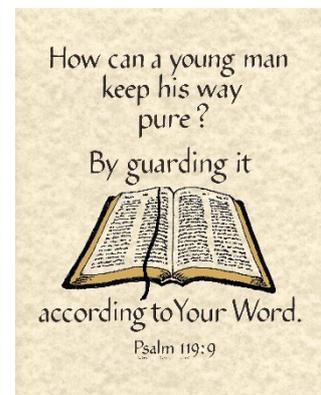
31 The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. 32 It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt - a covenant that they broke, though I was their husband, says the Lord. 33 But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. 34 No longer shall they teach one another, or say to each other, "Know the Lord," for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more. [NRSV Jeremiah 31:31-34]



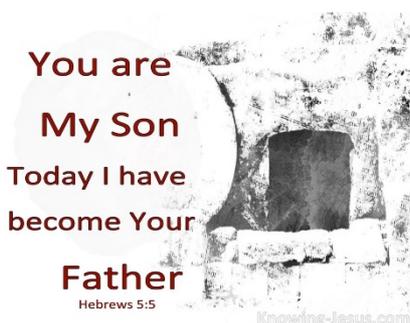
Hear the word of the Lord, **thanks be to God**

### Psalm 119:9-16

9 How shall the young keep their path pure: unless they hold to your word?  
 10 I have sought you with my whole heart: let me not stray from your commandments.  
 11 I have treasured your words in my heart: that I might not sin against you.  
 12 Blessed are you, Lord God: O teach me your statutes.  
 13 With my lips I have been telling: all the judgements of your mouth;  
 14 And I find more joy in the way of your commands: than in all manner of riches.  
 15 I will meditate on your precepts: and give heed to your ways;  
 16 For my delight is wholly in your statutes: and I will not forget your word.



### A reading from the letter to the Hebrews, Chapter 5 beginning at Verse 5



5 So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, "You are my Son, today I have begotten you"; 6 as he says also in another place, "You are a priest forever, according to the order of Melchizedek." 7 In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. 8 Although he was a Son, he learned

obedience through what he suffered; 9 and having been made perfect, he became the source of eternal salvation for all who obey him, 10 having been designated by God a high priest according to the order of Melchizedek. 11 About this we have much to say that is hard to explain, since you have become dull in understanding. 12 For though by this time you ought to be teachers, you need someone to teach you again the basic elements of the oracles of God. You need milk, not solid food; 13 for everyone who lives on milk, being still an infant, is unskilled in the word of righteousness. 14 But solid food is for the mature, for those whose faculties have been trained by practice to distinguish good from evil. [NRSV Hebrews 5:5-14]

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

**The Gospel of our Lord Jesus Christ according to John, Chapter 12 beginning at Verse 20  
Glory to you Lord Jesus Christ.**

20 Now among those who went up to worship at the festival were some Greeks. 21 They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." 22 Philip went and told Andrew; then Andrew and Philip went and told Jesus. 23 Jesus answered them, "The hour has come for the Son of Man to be glorified. 24 Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. 25 Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. 26 Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.

27 "Now my soul is troubled. And what should I say - 'Father, save me from this hour'? No, it is for this reason that I have come to this hour. 28 Father, glorify your name." Then a voice came from heaven, "I have glorified it, and I will glorify it again." 29 The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him." 30 Jesus answered, "This voice has come for your sake, not for mine. 31 Now is the judgment of this world; now the ruler of this world will be driven out. 32 And I, when I am lifted up from the earth, will draw all people to myself." 33 He said this to indicate the kind of death he was to die.

[NRSV John 12:20-33]

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



**Sentence**

*'This is the covenant I will make with them,' says the Lord God: 'I will put my law within them, and I will write it on their hearts; and I will be their God and they shall be my people.'*

**Sentence**

*The Son of Man must be lifted up,  
that whoever believes in him may have eternal life.*

- **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.**

***With my whole heart I seek you; do not let me stray from your commandments.  
where I am, there will my servant be also.***

Jesus makes it very clear and Paul affirms this in Hebrews; that God's mission was that Jesus came to us in flesh to die for us, "he became the source of eternal salvation to those who obey Him." The key to our salvation is in our obedience to Jesus. When you were first given a sewing machine, you believed it could make clothing. Then in faith you sat at the controls and began learning how to sew. To sew well, you needed to obey your instructor and the instructions. Then you produced clothing for others and they were blessed and honoured your work. As Christians we first believe, then we live out our faith in obedience, learning from the bible and from the Holy Spirit speaking to our hearts. God honoured Jesus' obedience even unto death which we benefited greatly from. He honours our obedience by inscribing love letters on our hearts.



- **prayer-time** Now let us continue to offer our prayers for healing of the world; for those affected by coronavirus; for the continued rollout of the vaccine, 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.*** . John McCluskey ,

Jo and Dolores, Joyce, Fr Ted Newing ,and Peter Lynn, David, Ron & Ann; Pat Izabelle; Peta ; Mariette; Joanne; Peter G, Peter C; Nicholas B; Samantha; Fiona; Brenton; Sue; Brenda; Pat; Brendon; 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**

O God, our Redeemer,  
 in our weakness we have failed  
 to be your messengers of forgiveness and hope:  
 renew us by your Holy Spirit,  
 that we may follow your commands  
 and proclaim your reign of love;  
 through Jesus Christ our Lord,  
 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 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 as we move towards Easter, the resurrection and promise of Eternal Life.

