



## SUNDAY TABLE SERVICE

### TRINITY SUNDAY

*Let us sit and watch Songs of Praise together on the ABC and then set the table for our Parish meal.*



- **Setting our table for our Sunday lunch service.**

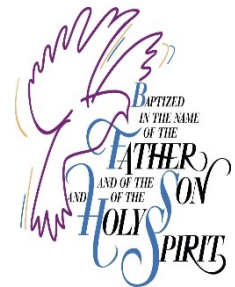
Sometimes we eat, in front of the TV either together or alone; we eat on the run; we eat out in restaurants or even in our car; but today we sit at a table that we have set for our Sunday lunch meal. It is our everyday altar of life-giving food.



Today is Trinity Sunday, let us decorate our table to reflect the occasion. Set your table and prepare your meal as a meditation on the importance of the time you are setting aside for worship. If you are celebrating this meal without people physically present, please be aware that **God Is With You.**

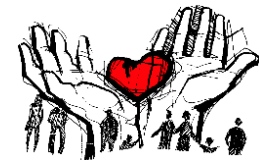
#### **Believe in God's Salvation.**

Have you started something, thinking you are doing a good job, only to realise that what you were doing was meant to be something else? When Jesus said to Nicodemus you must be born again, He was saying to Nicodemus that all His learning had not got him any closer to God. Jesus quoted a verse from Ezekiel 36:26 and said you must be born of water and of spirit. Nicodemus knew very well what He meant because He was the 'Teacher of all Israel' and knew the scriptures very well. This meant that to see the kingdom of God was not about all the learning He did, which was good, but he had to let God do the work within his soul. God is the only one who can wash us clean, and He makes our hearts of stone into new hearts because He puts His Spirit within us.



- **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 Isaiah, Chapter 6 beginning at Verse 1**

<sup>1</sup> In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple. <sup>2</sup> Seraphs were in attendance above him; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew. <sup>3</sup> And one called to another and said: 'Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory.'

<sup>4</sup> The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke. <sup>5</sup> And I said: 'Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the Lord of hosts!' <sup>6</sup> Then one of the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs.

<sup>7</sup> The seraph touched my mouth with it and said: 'Now that this has touched your lips, your guilt has departed and your sin is blotted out.' <sup>8</sup> Then I heard the voice of the Lord saying, 'Whom shall I send, and who will go for us?' And I said, 'Here am I; send me!' **Isaiah 6:1-8**  
Hear the word of the Lord, **thanks be to God**



### Psalm 29

- <sup>1</sup> Ascribe to the Lord, you powers of heaven:  
ascribe to the Lord glory and might.
- <sup>2</sup> Ascribe to the Lord the honour due to his name:  
O worship the Lord in the beauty of his holiness.
- <sup>3</sup> The voice of the Lord is upon the waters: the God of glory thunders,  
the Lord upon the great waters.
- <sup>4</sup> The voice of the Lord is mighty in operation:  
the voice of the Lord is a glorious voice.
- <sup>5</sup> The voice of the Lord breaks the cedar-trees:  
the Lord breaks in pieces the cedars of Lebanon.
- <sup>6</sup> He makes them skip like a calf:  
Lebanon and Sirion like a young wild ox.
- <sup>7</sup> The voice of the Lord divides the lightning-flash: the voice of the Lord whirls the sands of  
the desert, the Lord whirls the desert of Kadesh.
- <sup>8</sup> The voice of the Lord rends the terebinth trees,  
and strips bare the forests: in his temple all cry 'Glory.'
- <sup>9</sup> The Lord sits enthroned above the water-flood:  
the Lord sits enthroned as a king for ever.
- <sup>10</sup> The Lord will give strength to his people:  
the Lord will give to his people the blessing of peace.



### A reading from the letter of Paul to the Romans, Chapter 8 beginning at Verse 12



<sup>12</sup> So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh - <sup>13</sup> for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. <sup>14</sup> For all who are led by the Spirit of God are children of God. <sup>15</sup> For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, 'Abba! Father!' <sup>16</sup> it is that very Spirit bearing witness with our spirit that we are children of God, <sup>17</sup> and if children, then heirs, heirs of God and joint heirs with Christ - if, in fact, we suffer with him so that we may also be glorified with him. [NRSV Romans 8:12-17] Hear the word of the Lord, **thanks be to God.**

# The Gospel of our Lord Jesus Christ according to John, Chapter 3 beginning at verse 1

## Glory to you Lord Jesus Christ.

<sup>1</sup> Now there was a Pharisee named Nicodemus, a leader of the Jews. <sup>2</sup> He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' <sup>3</sup> Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' <sup>4</sup> Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' <sup>5</sup> Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. <sup>6</sup> What is born of the flesh is flesh, and what is born of the Spirit is spirit.' <sup>7</sup> Do not be astonished that I said to you, "You must be born from above." <sup>8</sup> The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' <sup>9</sup> Nicodemus said to him, 'How can these things be?' <sup>10</sup> Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things? <sup>11</sup> 'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. <sup>12</sup> If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? <sup>13</sup> No one has ascended into heaven except the one who descended from heaven, the Son of Man. <sup>14</sup> And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. <sup>15</sup> 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. <sup>16</sup> 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. [NRSV John 3:1-17]



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

**Sentence; Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory.**

• **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.

**Do not be astonished that I said to you, 'You must be born from above.'**

**For all who are led by the Spirit of God are children of God.**

For  
God  
so loved the world,  
that He gave His only begotten Son,  
that  
whosoever  
believeth in  
Him should  
not perish,  
but have  
everlasting  
life.  
JOHN 3:16

We look to John 3:16 as the mark of salvation, but Jesus was talking to Nicodemus and what he was telling Him is that He did not believe v12. Nicodemus believed in the earthy efforts, all the work he did, studying and teaching the Torah, following to the strictest measure the laws of his religion would make him righteous for God's approval. In John 3:15-17 Jesus states three times to believe in Him. Though following God's laws and studying are good, Jesus was trying to tell Nicodemus that believing in Him, God's only begotten son, is the foundation we need, because salvation comes through Him alone.

• **spending time together in prayer**

Now let us continue to offer our prayers for healing of the world; for family, members of the parish and wider community, for the life and ministry of the Church, for encouragement in our journey of faith. We give thanks for the life, work and witness of Aileen Treagus, a long time member of St Nicholas and a foundation member of Seaford Ecumenical Mission, We pray for her family and friends. May she Rest in Peace and Rise in Glory. **Amen.**



We pray alongside those in our parish asking for prayer. Kym, Bob, Colin, Joy, Betty, Izabelle; Peta ; Mariette; Joanne; Peter G, Peter C; Samantha; Fiona; Brenton; Sue; Pat; Brendon; Bill; David H; Diane; Jean; Mitchell and family; Carolyn; Allison; Brenda, Angela; Carol; Shirley; Lucy Ann; Margaret, Lyn; Irene; Linda; Tina; Wendy; Chris; Trevor; Liz; Tristan & Trish S; Carole and family; Peter, Eleni and Nicholas; Jac Bishop, Joanie; Andrew; Kerrie; Fr Roger Hilton: David Jones; Claire; Jean; Dan Thomas; Peter K; Trish; Claire; Fr John, Fr Graham & Catherine, & Blair *and any others you may wish to remember.*

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



**Prayer of the Day**

O blessed Trinity,  
in whom we know the Maker of all things,  
seen and unseen,  
the Saviour of all, both near and far:  
by your Spirit enable us so to worship your divine majesty,  
that with all the company of heaven  
we may magnify your glorious name, saying,  
Holy, holy, holy.  
Glory to you, O Lord most high. **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 spend some time reaching out to others, a member of your family, or someone who does not have family, or a friend, someone in your community 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, Let God guide you to the person or persons with whom you should connect. Contact them. Start a conversation: 'I was thinking of you.....' Or What did you think of.....

