

SUNDAY TABLE SERVICE

Sunday 20th June 2021

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.



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.**

IN TIMES OF TRIAL.

Have you been in a dire situation and felt like no one realised the trouble you were in? Have you felt like you are on your own and wondered whether God cared or even understood? Life is not easy at times. When we face trauma, sickness, or stressful situations life can seem dark and stormy and at any moment we could be overwhelmed with waves of doubt and fear. Would the boat have sunk with the disciples while Jesus was sleeping in it? Living with Christ in our lives is a bit like climbing into His boat, BUT, God never promised a pleasure cruise. He did say, He would never leave us nor forsake us. He is our hope in times of trial, and He will be our light in the tunnel, even when the tunnel has no light at the end.



- **opening prayer — consciously drawing together in our mind our Parish community around our table.**



Be still and silent.

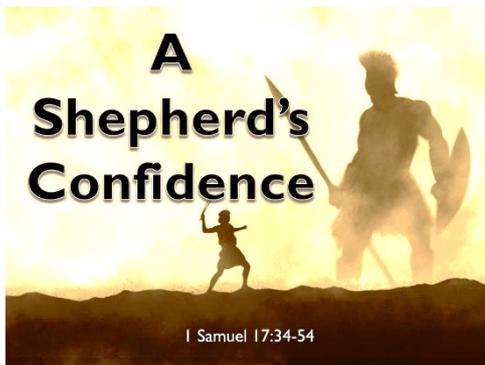
Visualise in your mind, those whom you invited to share with you. Pray:

**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 first book of Samuel Chapter 17 33-49 David said to Saul, "Let no one's heart fail because of him; your servant will go and fight with this Philistine." Saul said to David, "You are not able to go against this Philistine to fight with him; for you are just a boy, and he has been a warrior from his youth." But David said to Saul, "Your servant used to keep sheep for his father; and whenever a lion or a bear came, and took a lamb from the flock, I went after it and struck it down, rescuing the lamb from its mouth; and if it turned against me, I would catch it by the jaw, strike it down, and kill it. Your servant has killed both lions and bears; and this uncircumcised Philistine shall

be like one of them, since he has defied the armies of the living God." David said, "The Lord, who saved me from the paw of the lion and from the paw of the bear, will save me from the hand of this



Philistine." So Saul said to David, "Go, and may the Lord be with you!" Saul clothed David with his armour; he put a bronze helmet on his head and clothed him with a coat of mail. David strapped Saul's sword over the armour, and he tried in vain to walk, for he was not used to them. Then David said to Saul, "I cannot walk with these; for I am not used to them." So David removed them. Then he took his staff in his hand, and chose five smooth stones from the wadi, and put them in his shepherd's bag, in the pouch; his sling was in his hand, and he drew near to the Philistine. The Philistine came on and drew

near to David, with his shield-bearer in front of him. When the Philistine looked and saw David, he disdained him, for he was only a youth, ruddy and handsome in appearance. The Philistine said to David, "Am I a dog, that you come to me with sticks?" And the Philistine cursed David by his gods. The Philistine said to David, "Come to me, and I will give your flesh to the birds of the air and to the wild animals of the field." But David said to the Philistine, "You come to me with sword and spear and javelin; but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. This very day the Lord will deliver you into my hand, and I will strike you down and cut off your head; and I will give the dead bodies of the Philistine army this very day to the birds of the air and to the wild animals of the earth, so that all the earth may know that there is a God in Israel, and that all this assembly may know that the Lord does not save by sword and spear; for the battle is the Lord's and he will give you into our hand." When the Philistine drew nearer to meet David, David ran quickly toward the battle line to meet the Philistine. David put his hand in his bag, took out a stone, slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell face down on the ground.

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

Psalm 9:9-20

⁹The Lord is a stronghold for the oppressed, a stronghold in times of trouble.

¹⁰And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you.

¹¹Sing praises to the Lord, who dwells in Zion. Declare his deeds among the peoples.

¹²For he who avenges blood is mindful of them; he does not forget the cry of the afflicted.

¹³Be gracious to me, O Lord. See what I suffer from those who hate me; you are the one who lifts me up from the gates of death,

¹⁴so that I may recount all your praises, and, in the gates of daughter Zion, rejoice in your deliverance.

¹⁵The nations have sunk in the pit that they made; in the net that they hid has their own foot been caught.

¹⁶The Lord has made himself known, he has executed judgment; the wicked are snared in the work of their own hands.

¹⁷The wicked shall depart to Sheol, all the nations that forget God.

¹⁸For the needy shall not always be forgotten, nor the hope of the poor perish forever.

¹⁹Rise up, O Lord! Do not let mortals prevail; let the nations be judged before you.



²⁰Put them in fear, O Lord; let the nations know that they are only human.

A reading from the second letter of St Paul to the Corinthians Chapter 6 1-13

As we work together with him, we urge you also not to accept the grace of God in vain. For he says, "At an acceptable time I have listened to you, and on a day of salvation I have helped you." See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labours, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honour and dishonour, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything. We have spoken frankly to you Corinthians; our heart is wide open to you. There is no restriction in our affections, but only in yours. In return—I speak as to children—open wide your hearts also.

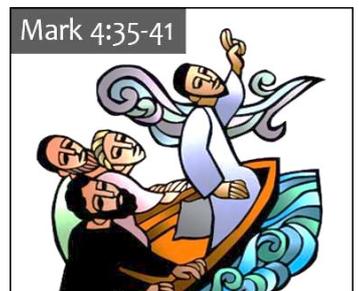


*Hear the word of the Lord. **thanks be to God.***

The Gospel of our Lord Jesus Christ according to Mark. Chapter 4 verses 35-41

Glory to you, Lord Jesus Christ

On that day, when evening had come, Jesus said to them, "Let us go across to the other side." And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care that we are perishing?" He woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. He said to them, "Why are you afraid? Have you still no faith?" And they were filled with great awe and said to one another, "Who then is this, that even the wind and the sea obey him?"



For the Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Sentence

Who then is this, that even the wind and the sea obey him? Mark 4:41

• 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.



Why are you afraid?

The Lord is a stronghold for the oppressed, a stronghold in times of trouble.

Paul talks about the trials and tribulations he and others went through in the work of the Lord. Their suffering and pain was great even to be feeling sorrowful. Yet in all their suffering they had a great assurance. David did not face Goliath without first facing trials himself. He fought very dangerous

wild creatures and had to overcome them. Only then did he have the confidence to face a giant problem. When He became King He had to face bigger problems than Goliath. In our journey as Christians as we trust Jesus in our smaller trials, we learn to trust Him even when we do not feel safe. Then when the giants come to try to oppress us; we too can have the confidence that our Father will most certainly lead us through the darkest times of our lives.

• **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 work worship and witness of Heather Feagan , sister to Fr Ted Newing, and we ask that those mourning her passing be aware that the light of Christ eternally shines and brings much hope. May she rest in peace and rise in glory.

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 , Joanie; Andrew; Kerrie;. Fr Roger: David ; Claire; Jean; Dan; Peter K; Trish; Claire; Fr John; Fr Graham & Catherine; Blair; Ann; Leslie; Marion and family; Felicity and Jack ;and any others we wish to remember.

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



Prayer of the Day

O God our defender, storms rage about us and cause us to be afraid: rescue your people from despair, deliver your sons and daughters from fear, and preserve us from all unbelief; through Jesus Christ our Lord, who lives and reigns with you in 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 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: How have you been keeping, What about this cold weather or I was thinking of you and decided to call...

