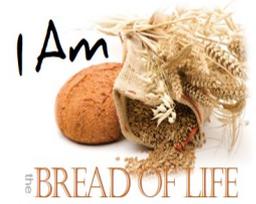




## SUNDAY TABLE SERVICE

15<sup>th</sup> August 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.



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. If you are celebrating this meal without people physically present, please be aware that **God Is With You.**

### **John 6, Eat and Drink of Me.**

This is the third week we have looked at Jesus words "I am the bread of life." But Jesus seems to get a bit icky in this part of the gospel, and it is not about the eucharist. He says, for my flesh is real food and my blood is real drink. Just taking this reading as it is, can seem a bit weird. That is why we need to take in all of Chapter 6. If we back track two, weeks, two things stand out when Jesus said I am the bread of life, in v35 he said whoever comes to me will not go hungry and whoever believes in me will not go thirsty. Partaking in Jesus is partaking in His life and in doing so, his life empowers our lives. Just like when a loving couple decide to become one; one meaning that you share each other's lives. With Jesus, He gives us a whole new dimension as we come to him he comes to us, as we believe in Him He imparts His Spirit in us. He is using a metaphor that literally says He is our spiritual sustenance.



**Bread of Life**  
*Food for the body...Nurture for the soul*

- **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***

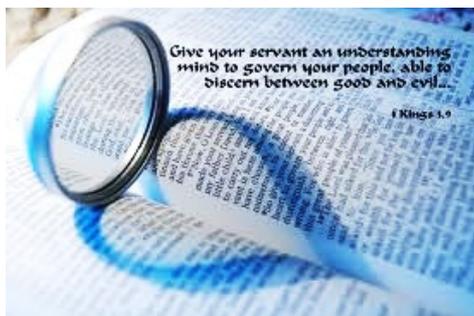
- **Let us read and reflect on our cycle of readings**



### **A reading from the first book of Kings, Chapter 2 beginning at Verse 10**

<sup>10</sup> Then David slept with his ancestors, and was buried in the city of David. <sup>11</sup> The time that David reigned over Israel was forty years; he reigned seven years in Hebron, and thirty-three years in Jerusalem. <sup>12</sup> So Solomon sat on the throne of his father David; and his kingdom was

firmly established. <sup>3</sup> Solomon loved the Lord, walking in the statutes of his father David; only, he sacrificed and offered incense at the high places. <sup>4</sup> The king went to Gibeon to sacrifice there, for that was the principal high place; Solomon used to offer a thousand burnt offerings on that altar. <sup>5</sup> At Gibeon the Lord appeared to Solomon in a dream by night; and God said, "Ask what I should give you." <sup>6</sup> And Solomon said, "You have shown great and steadfast love to your servant my father David, because he walked before you in faithfulness, in righteousness, and in uprightness of heart toward you; and you have kept for him this great and steadfast love, and have given him a son to sit on his throne today. <sup>7</sup> And now, O Lord my God, you have made your servant king in place of my father David, although I am only a little child; I do not know how to go out or come in. <sup>8</sup> And your servant is in the midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. <sup>9</sup> Give your servant therefore an understanding



mind to govern your people, able to discern between good and evil; for who can govern this your great people?"<sup>10</sup> It pleased the Lord that Solomon had asked this. <sup>11</sup> God said to him, "Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked for yourself understanding to discern what is right, <sup>12</sup> I now do according to your word. Indeed I give you a wise and discerning mind; no one like you has been before you and no one like you

shall arise after you. <sup>13</sup> I give you also what you have not asked, both riches and honour all your life; no other king shall compare with you. <sup>14</sup> If you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen your life."

[NRSV 1 Kings 2.10–12; 3.3–14] Hear the word of the Lord,

**thanks be to God**

### **Psalm 111 [Page 343 APBA]**

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.

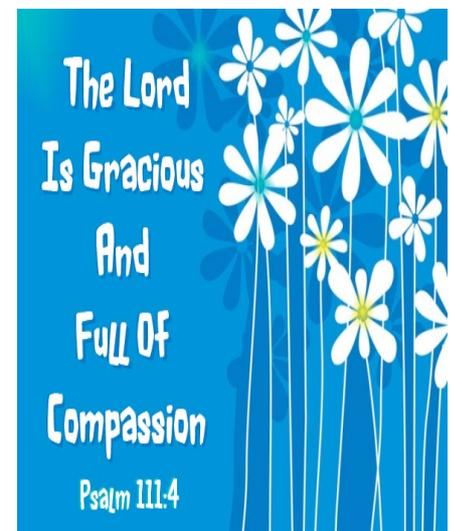
6 He showed his people the power of his acts:  
in giving them the heritage of the heathen.

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 letter of Paul to the Ephesians Chapter 5 beginning at Verse 11**

<sup>11</sup> Take no part in the unfruitful works of darkness, but instead expose them. <sup>12</sup> For it is shameful even to mention what such people do secretly; <sup>13</sup> but everything exposed by the light

becomes visible, <sup>14</sup> for everything that becomes visible is light. Therefore it says,

“Sleeper, awake! Rise from the dead,  
and Christ will shine on you.”

<sup>15</sup> Be careful then how you live, not as unwise people but as wise, <sup>16</sup> making the most of the time, because the days are evil. <sup>17</sup> So do not be foolish, but understand what the will of the Lord is. <sup>18</sup> Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, <sup>19</sup> as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, <sup>20</sup> giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ. [NRSV Ephesians 5.11–21  
Hear the word of the Lord, **thanks be to God.**



### **The Gospel of our Lord Jesus Christ according to John, Chapter 6 beginning at verse 51 Glory to you Lord Jesus Christ.**

<sup>51</sup> I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.”

<sup>52</sup> The Jews then disputed among themselves, saying, “How can this man give us his flesh to eat?” <sup>53</sup> So Jesus said to them, “Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. <sup>54</sup> Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; <sup>55</sup> for my flesh is true food and my blood is true drink. <sup>56</sup> Those who eat my flesh and drink my blood abide in me, and I in them. <sup>57</sup> Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. <sup>58</sup> This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever.” [NRSV John 6.51–58]



This is the Gospel of the Lord,

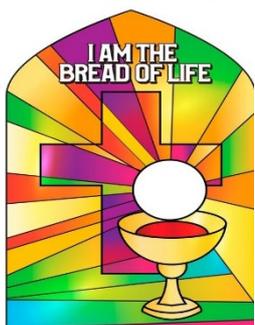
**praise to you Lord Jesus Christ.**

### **Sentence**

**Jesus said, ‘Those who eat my flesh and drink my blood abide in me, and I in them.’**

**.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.**

**He provides food for those who fear (honour) Him. But the one who eats this bread lives forever**



Mathew says the same thing, but in a different way. It is in the ‘Sermon on the Mount’ 5:6; Blessed are those who hunger and thirst for righteousness for they will be filled. This righteousness is God and to be filled is, to be filled with His Spirit in our lives. Never again shall we be hungry or thirsty because The Spirit of Christ is the true Sustenance our souls need. Paul tells the Ephesians, do not get drink with wine, but be filled with the Spirit. Meaning that the Spirit of God will give us the strength we need. We could put John Chapter 6 into these four things Come to Christ, Believe on Christ, partake in His life, be filled with His Spirit. John repeats this in simple words in Rev 3:20 If anyone hears my voice and opens the door, I will come in and sup with them and they with me.

- **prayer-time** Now let us continue to offer our prayers for healing of the world; for those affected by coronavirus, especially those in NSW for whom the current situation gives rise to

many ongoing challenges; 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.

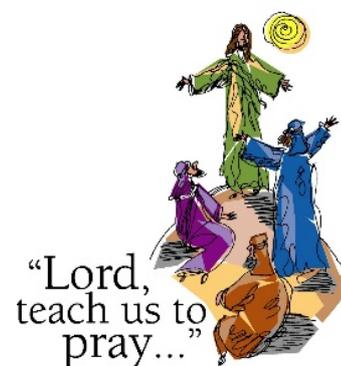
**Please pray alongside those in our parish asking for prayer.** Joannie, Miriam, Matthew, Izabelle; Peta; Mariette; Joanne; Peter G, Peter C; Samantha; Fiona; Brenton; Sue; Pat; Brendon; Bill; David H; Jean T; Diane; Jean; Carolyn; Allison; Brenda, Angela; Carol; Shirley; Lucy Ann; Margaret, Lyn; Irene; Linda; Tina; Wendy; Chris; Trevor; Liz; Tristan & Trish S; Carole and family; Peter, Eleni and Nicholas; Jac Bishop, Andrew; Kerrie; Fr Roger Hilton; David Jones; Claire; Jean N; Dan Thomas; Peter K; Trish; Claire; Fr John; Fr Graham & Catherine; & Blair; Aileen; Ann; Leslie Rogan; Marion McCall and family; Stephen, Bill, Eileen Cook; Tessa; Demetri; Yvonne Scrutton; Kym and Bob *and any others we wish to remember.*



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

**Prayer of the Day**

Everliving God,  
your Son, Jesus Christ, gave himself as living bread for the life of the world: give us such a knowledge of his presence that we may be strengthened and sustained by his risen life to serve you continually; through Jesus Christ our Lord, who lives and reigns with you in unity with 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 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...

