



SUNDAY TABLE SERVICE

22nd 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.**

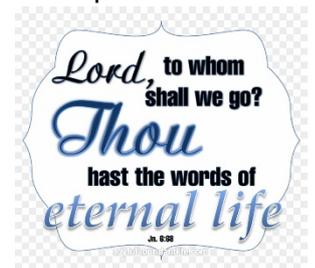
Sometimes we eat, in front of the TV either together or alone; we eat on the run; we eat out in restaurants or even in our car; but today we sit at a table that we have set for our Sunday lunch meal. It is our everyday altar of life-giving food.



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.**

HOW DO WE COME TO JESUS?

In the beginning of John 6, people followed Jesus simply for the miracles, and he tells them that they are putting their faith in these things and not him. This is why he uses the metaphor that we all need Him as our food and drink because nothing else will satisfy us. What upsets those following Jesus is that their faith is in the wrong place. What was difficult for them to believe was that Jesus wonderful miracles were not the answer, that they needed to come to him to obey his teaching and believe what he was saying. Their sight was on miracles and their ears were not listening to His words. So many left. His closest Disciples who trusted Jesus implicitly said, if we leave you to whom can we go? You have the words of eternal life.



- **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 8 beginning at Verse 22

Then Solomon stood before the altar of the Lord in the presence of all the assembly of Israel, and spread out his hands to heaven. He said, "O Lord, God of Israel, there is no God like you in heaven above or on earth beneath, keeping covenant and steadfast love for your servants who walk before you with all their heart, the covenant that you kept for your servant my father David as you declared to him; you promised with your mouth and have this day fulfilled with your hand. Therefore, O Lord, God of Israel, keep for your servant my father David that which you promised him, saying, 'There shall never fail you a successor before me



to sit on the throne of Israel, if only your children look to their way, to walk before me as you have walked before me.' Therefore, O God of Israel, let your word be confirmed, which you promised to your servant my father David. "But will God indeed dwell on the earth? Even heaven and the highest heaven cannot contain you, much less this house that I have built! Regard your servant's prayer and his plea, O Lord my God, heeding the cry and the prayer that your servant prays to you today; that your eyes may be open night and day toward this house, the place of which you said, 'My name shall be there,' that you may heed the prayer that your servant prays toward this place. Hear the plea of your servant and of your people Israel when they pray toward this place; O hear in heaven your dwelling place; heed and forgive. "Likewise when a foreigner, who is not of your people Israel, comes from a distant land because of your name—for they shall hear of your great name, your mighty hand, and your outstretched arm—when a foreigner comes and prays toward



this house, then hear in heaven your dwelling place, and do according to all that the foreigner calls to you, so that all the peoples of the earth may know your name and fear you, as do your people Israel, and so that they may know that your name has been invoked on this house that I have built.

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

Psalm 84 [Page 310 APBA]

- 1 How lovely is your dwelling-place: O Lord God of hosts!
- 2 My soul has a desire and longing to enter the courts of the Lord:
my heart and my flesh rejoice in the living God.
- 3 The sparrow has found her a home, and the swallow a nest where she may lay her young:
even your altar, O Lord of hosts, my King and my God.
- 4 Blessed are those who dwell in your house:
they will always be praising you.
- 5 Blessed are those whose strength is in you:
in whose heart are the highways to Zion;
- 6 Who, going through the valley of dryness, find there a spring from
which to drink: till the autumn rain shall clothe it with blessings.
- 7 They go from strength to strength: they appear, every one of them,
before the God of gods in Zion.
- 8 O Lord God of hosts, hear my prayer: give ear, O God of Jacob.
- 9 Behold, O God, him who reigns over us:
and look upon the face of your anointed.
- 10 One day in your courts is better than a thousand:
I would rather stand at the threshold of the house of my God
than dwell in the tents of ungodliness.
- 11 For the Lord God is a light and a shield, the Lord gives favour and honour:
and no good thing will he withhold from those who walk in innocence.
- 12 O Lord God of hosts: blessed are those who put their trust in you.



A reading from the letter of Paul to the Ephesians

Chapter 6 beginning at Verse 10

¹⁰ Finally, be strong in the Lord and in the strength of his power. ¹¹ Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. ¹² For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. ¹³ Therefore take up the whole armour of God, so that you may be able to withstand on

that evil day, and having done everything, to stand firm. ¹⁴ Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. ¹⁵ As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. ¹⁶ With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation, and the sword of the Spirit, which is the word of God. ¹⁸ Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. ¹⁹ Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

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 56
Glory to you Lord Jesus Christ.**

⁵⁶ Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷ Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸ 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." ⁵⁹ He said these things while he was teaching in the synagogue at Capernaum. ⁶⁰ When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" ⁶¹ But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? ⁶² Then what if you were to see the Son of Man ascending to where he was before? ⁶³ It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. ⁶⁴ But among you there are some who do not believe." For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. ⁶⁵ And he said, "For this reason I have told you that no one can come to me unless it is granted by the Father." ⁶⁶ Because of this many of his disciples turned back and no longer went about with him. ⁶⁷ So Jesus asked the twelve, "Do you also wish to go away?" ⁶⁸ Simon Peter answered him, "Lord, to whom can we go? You have the words of eternal life. ⁶⁹ We have come to believe and know that you are the Holy One of God." .This is the Gospel of the Lord, **praise to you Lord Jesus Christ.**



Sentence

Jesus said, 'It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and 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.

We have come to believe and know that you are the Holy One of God. Pray in the Spirit at all times in every prayer and supplication.



We speak so easily about coming to Jesus, but how is this possible? In the Ephesians reading, it talks about putting on the Armour of God. The belt of truth, the breastplate of righteousness, the shoes of the Gospel, the shield of faith, the helmet of salvation, and the sword of the spirit. Did you know every part of this armour is a part of who Jesus is? When in our hearts we long to be close to God answers this prayer by enabling us to put on Jesus as

the armour in our lives. This kind of prayer is what the Spirit gives us beyond words and more like a yearning to be. This is the coming to Jesus in which we partake of Him and He becomes part of us.

- **prayer-time** Now let us continue to offer our prayers for healing of the world; for those affected by coronavirus, especially those in NSW and Victoria, 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, Kym and Bob, Howard, Izabelle; Peta; Mariette; Joanne; Peter G, Peter C; Samantha; Fiona; Brenton; Sue; Pat; Brendon; Bill; David H; 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, Joanie; Andrew; Kerrie;. David J; Claire; Jean; Dan Thomas; Trish; Claire; Fr Graham & Catherine; & Blair; Aileen; Ann; Leslie Rogan; Marion McCall and family; Stephen, Bill, Eileen Cook; Tessa; Demetri; Yvonne Scrutton; Sylvia; Gabrielle *and any others we wish to remember.*



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

Prayer of the Day

Everliving God,
by whose Spirit the whole body of the Church
is governed and sanctified:
hear the prayers we offer for all your faithful people,
that in the ministry to which you have called them
each may serve you in holiness and truth;
through our Lord and Saviour Jesus Christ,
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 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...

