



## SUNDAY TABLE SERVICE

29<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 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.**

### **From our hearts we hear and do the will of God.**

In this Gospel, what Jesus is saying is very deep. But first, what if you prepared all day for a very special meal and everyone around the table just gobbled it up without any show of appreciation? It is our Father in heaven's immense grace and joy to give us His life by the word of truth, Jesus Himself. Do we come to church and come to the Lords

table just out of human tradition with teaching only from human precepts as doctrine, or do we come with our hearts clinging to God in true thankfulness, knowing that only He can be the light in our lives, filling us with himself and the hope we hold for all eternity.



- **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 Song of Songs 2 8-13**

The voice of my beloved! Look, he comes, leaping upon the mountains, bounding over the hills. 9My beloved is like a gazelle or a young stag. Look, there he stands behind our wall, gazing in at the windows, looking through the lattice. 10My beloved speaks and says to me: "Arise, my love, my fair one, and come away; 11for now the winter is past, the rain is over and gone. 12The flowers

"See! The winter is past;  
the rains are over  
and gone."

Song of Solomon 2:11

<http://www.melissapartlow.com/blogpost.com>



appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land. 13The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away.

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

### Psalm 45 1 -2 6 -9

- 1 My heart overflows with a goodly theme;  
I address my verses to the king; my tongue is like the pen of a ready scribe.
- 2 You are the most handsome of men;  
grace is poured upon your lips; therefore God has blessed you forever.
- 6 Your throne, O God, endures forever and ever.  
Your royal scepter is a scepter of equity;
- 7 you love righteousness and hate wickedness. Therefore God, your  
God, has anointed you with the oil of gladness beyond your  
companions;
- 8 your robes are all fragrant with myrrh and aloes and cassia.  
From ivory palaces stringed instruments make you glad;
- 9 daughters of kings are among your ladies of honour;  
at your right hand stands the queen in gold of Ophir.



### A reading from the letter of St James.1 17-27 (Good News Bible)



Every good gift and every perfect present comes from heaven; it comes down from God, the Creator of the heavenly lights, who does not change or cause darkness by turning. By his own will he brought us into being through the word of truth, so that we should have first place among all his creatures. Remember this, my dear friends! Everyone must be quick to listen, but slow to speak and slow to become angry. Human anger does not achieve God's righteous purpose. So get rid of every filthy habit and all wicked conduct. Submit to God and accept the word that he plants in your hearts, which is able to save you. Do not deceive yourselves by just listening to his word;

instead, put it into practice. If you listen to the word, but do not put it into practice you are like people who look in a mirror and see themselves as they are. They take a good look at themselves and then go away and at once forget what they look like. But if you look closely into the perfect law that sets people free, and keep on paying attention to it and do not simply listen and then forget it, but put it into practice - you will be blessed by God in what you do. Do any of you think you are religious? If you do not control your tongue, your religion is worthless and you deceive yourself. What God the Father considers to be pure and genuine religion is this: to take care of orphans and widows in their suffering and to keep oneself from being corrupted by the world. Hear the word of the Lord. **thanks be to God.**

### The Gospel of our Lord Jesus Christ according to Mark. 7 1-6 14-23

#### Glory to you, Lord Jesus Christ

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of

cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" He said to them, "Isaiah prophesied rightly about you hypocrites, as it is written,

'This people honours me with their lips, but their hearts are far from me; in vain do they worship



me, teaching human precepts as doctrines.' You abandon the commandment of God and hold to human tradition." Then he called the crowd again and said to them, "Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile." When he had left the crowd and entered the house, his disciples asked him about the parable. He said to them, "Then do you also fail to understand? Do you not see that whatever goes into a person from outside cannot defile,

since it enters, not the heart but the stomach, and goes out into the sewer?" (Thus he declared all foods clean.) And he said, "It is what comes out of a person that defiles. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person."

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

### **Sentence**

*Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change*

***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.***

**This people honours me with their lips, but their hearts are far from me.**

**Being not hearers who forget, but doers who act -they will be blessed in their doing**

The Gospel talks about all the evil things that come from a wicked heart, the sin is in the heart, the wickedness is the outcome. This is why it is so important to live continuing to invite God to be the in the centre of our hearts. When we live like this, His Holy Spirit guides our hearts, and then it is our souls that hear Him and want His goodness to be evident and so the outcome is our desire to do His will. In this way our hearts are not deceived in following only religion, tradition or vain human doctrines. If we tell God our hearts are open to feed from him, then He will do the work within our souls so that no one can gloat we have achieved our own salvation. Then all that we do in faith comes from the heart inspired by God himself.



- **prayer-time** Now let us continue to offer our prayers for healing of the world; remembering especially the peoples of Afghanistan; all who seek refugee in far off places; all who suffer from the result of war; for those affected by coronavirus, especially those in NSW and Victoria 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.*

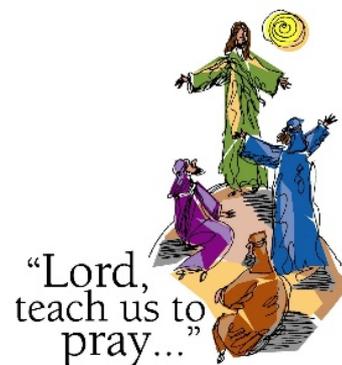


**Let us say the Lord's Prayer Together. Our Father**  
 .....

**Prayer of the Day**

Cleanse our conscience, O Lord,  
 and enlighten our hearts  
 through the daily presence of your  
 Son Jesus Christ, that when he comes in glory  
 to be our judge we may be found undefiled  
 and acceptable in his sight;  
 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...

