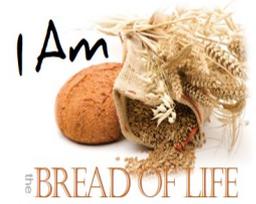




SUNDAY TABLE SERVICE

8th 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.**

Whoever believes has eternal life; is it that simple? That question is one we all struggle with. Has someone waved the cost of something, simply to bless you? At times our immediate reaction is to insist that we pay at least something. In our faith we can so easily fall into believing our salvation comes because we are doing something to earn God's favour and grace. Some people dedicate their lives working for God and others simply believe having the eucharist will do this. Jesus said it is the Father who has drawn you, it is the Father we hear and learn from. When we seek God, it is God who leads us to Jesus. It is Jesus' life within us that gives us his eternal life and fills us with His Spirit. The cost is to simply believe and accept the enormity of what He has done for 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***

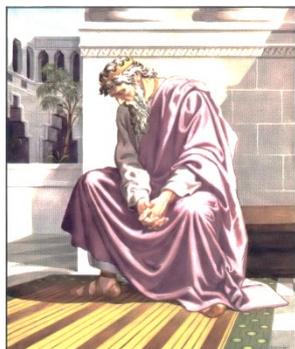
Bless this food, both physical and spiritual. Bless all who gather at your table, both seen and unseen, In Jesus' name we pray. Amen

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



A reading from the second book of Samuel, Chapter 18 beginning at Verse 5

⁵ The king ordered Joab and Abishai and Ittai, saying, "Deal gently for my sake with the young man Absalom." And all the people heard when the king gave orders to all the commanders concerning Absalom. ⁶ So the army went out into the field against Israel; and the battle was fought in the forest of Ephraim. ⁷ The men of Israel were defeated there by the servants of David, and the



slaughter there was great on that day, twenty thousand men. ⁸ The battle spread over the face of all the country; and the forest claimed more victims that day than the sword. ⁹ Absalom happened to meet the servants of David. Absalom was riding on his mule, and the mule went under the thick branches of a great oak. His head caught fast in the oak, and he was left hanging between heaven and earth, while the mule that was under him went on. ¹⁴ Joab said, "I will not waste time like this with you." He took three spears in his hand, and thrust them into the heart of Absalom, while he was still alive in the oak. ³¹ Then the Cushite came; and the Cushite said, "Good tidings for my lord the king! For the LORD has vindicated you this day, delivering you from the power of all who rose up against you." ³² The king said to the Cushite, "Is it well with the young man Absalom?" The Cushite answered, "May the enemies of my lord the king, and all who rise up to do you harm, be like that young man." ³³ The king was deeply moved, and went up to the chamber over the gate, and wept; and as he went, he said, "O my son Absalom, my son, my son Absalom! Would I had died instead of you, O Absalom, my son, my son!"

[NRSV 2 Samuel 18.5–9, 14, 31–33]

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

Psalm 130

- 1 Out of the depths have I called to you, O Lord:
Lord, hear my voice;
- 2 O let your ears consider well:
the voice of my supplication.
- 3 If you, Lord, should note what we do wrong:
who then, O Lord, could stand?
- 4 But there is forgiveness with you:
so that you shall be feared.
- 5 I wait for the Lord, my soul waits for him:
and in his word is my hope.
- 6 My soul looks for the Lord: more than watchmen for the
morning,
more, I say, than watchmen for the morning.
- 7 O Israel, trust in the Lord, for with the Lord there is mercy:
and with him is ample redemption.
He will redeem Israel: from the multitude of their sins.

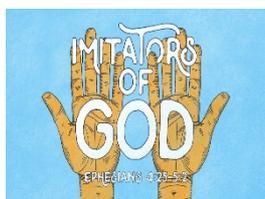


A reading from the letter of Paul to the Ephesians ***Chapter 4 beginning at Verse 25***

²⁵ So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. ²⁶ Be angry but do not sin; do not let the sun go down on your anger, ²⁷ and do not make room for the devil. ²⁸ Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. ²⁹ Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. ³⁰ And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. ³¹ Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, ³² and be kind to one

another, tender-hearted, forgiving one another, as God in Christ has forgiven you. ⁵ ¹ Therefore be imitators of God, as beloved children, ² and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. [NRSV Ephesians 4 25–5.2]

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 35
Glory to you Lord Jesus Christ.**

³⁵ Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

⁴¹ Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." ⁴² They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven?'" ⁴³ Jesus answered them, "Do not complain among yourselves. ⁴⁴ No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. ⁴⁵ It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. ⁴⁶ Not that anyone has seen the Father except the one who is from God; he has seen the Father. ⁴⁷ Very truly, I tell you, whoever believes has eternal life. ⁴⁸ I am the bread of life. ⁴⁹ Your ancestors ate the manna in the wilderness, and they died. ⁵⁰ This is the bread that comes down from heaven, so that one may eat of it and not die. ⁵¹ 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."
[NRSV John 6.35, 41–51]

*I am
the Bread
of Life*
John 6:35



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

Sentence

Be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us.

- ***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.***

Oh Absalom my son, would I have died instead of you.

Live in love, as Christ loved us and gave himself up for us.

Believing does not absolve us from our accountability, believing develops life and this life develops the desire to want to always be like Christ, putting on His nature. We live in this world of His love just as Christ loved us and lives for us, so we pass on His grace to others. It's just like the delightful smell and flavour of freshly baked bread and sharing this with others. This is the kind of belief in God that is as the sweetest fragrance that God draws into himself. It is indeed His joy to see. It is not a repayment, but our offering of thanks for all he has done for us because God continually refills our hearts and souls with His Spirit. This is the bread of life that is our daily sustenance. This is Jesus.



- ***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

Prayer of the Day

Grant, O Lord,
that we may see in you the fulfilment of all our need,
and may turn from every false satisfaction
to feed on the true and living bread that you have given us in 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...

