



SUNDAY TABLE SERVICE

5th September 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**.

Faith and Action Go Hand in Hand

Have you ever done something that is publicly good, and for a while people come up to you and say, Well done, congratulations, you are wonderful? It is easy praise our friends. When someone who is not as popular does what seems to be a simple act of kindness, this could have taken them real effort; but do we see the heart or do we see the action and simply measure the person by their action. This Gospel reading seems awesome, Jesus is doing many miracles and the people are praising the actions, "He has done everything well. Yet this Gospel is difficult, The Syrophenician woman seemed to be annoying Jesus; Yet it was Jesus that saw the faith in her heart and answered her plea. The people wanted action but Jesus wanted faith.



- **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 book of Proverbs, Chapter 22 beginning at Verse 1

¹ A good name is to be chosen rather than great riches, and favour is better than silver or gold. ² The rich and the poor have this in common: the Lord is the maker of them all. ⁸ Whoever sows injustice will reap calamity, and the rod of anger will fail. ⁹ Those who are generous are blessed, for they share their bread with the poor. ²² Do not rob the poor because they are poor, or



crush the afflicted at the gate; ²³ for the Lord pleads their cause and despoils of life those who despoil them.

Hear the word of the Lord,

thanks be to God

Psalm 125 .

1 Those who put their trust in the Lord shall be as Mount Zion: which cannot be shaken, but endures for ever.

2 As the mountains stand about Jerusalem, so stands the Lord about his people: from this time forward for evermore.

3 For the sceptre of wickedness shall have no sway over the land apportioned to the righteous: lest the righteous set their hands to do evil.

4 Do good, O Lord, to those who are good: to those that are upright in heart.

5 As for those who turn aside to crooked ways, let the Lord lead them away with the evildoers: and in Israel let there be peace.



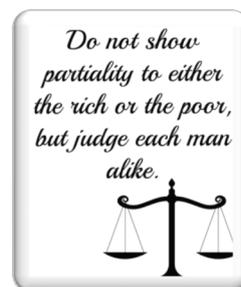
A reading from the letter of James Chapter 2 beginning at Verse 1

¹ My brothers and sisters, do you with your acts of favouritism really believe in our glorious Lord Jesus Christ? ² For if a person with gold rings and in fine clothes comes into your assembly, and if a poor person in dirty clothes also comes in, ³ and if you take notice of the one wearing the fine clothes and say, 'Have a seat here, please', while to the one who is poor you say, 'Stand there', or, 'Sit at my feet', ⁴ have you not made distinctions among yourselves, and become judges with evil thoughts? ⁵ Listen, my beloved brothers and sisters. Has not God chosen the poor in the world to be rich in faith and to be heirs of the kingdom that he has promised to those who love him? ⁶ But you have dishonoured the poor. Is it not the rich who oppress you? Is it not they who drag you into court? ⁷ Is it not they who blaspheme the excellent name that was invoked over you?

⁸ You do well if you really fulfil the royal law according to the scripture, 'You shall love your neighbour as yourself.' ⁹ But if you show partiality, you commit sin and are convicted by the law as transgressors. ¹⁰ For whoever keeps the whole law but fails in one point has become accountable for all of it.

¹⁴ What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? ¹⁵ If a brother or sister is naked and lacks daily food, ¹⁶ and one of you says to them, 'Go in peace; keep warm and eat your fill', and yet you do not supply their bodily needs, what is the good of that? ¹⁷ So faith by itself, if it has no works, is dead. Hear the word of the Lord,

thanks be to God.



The Gospel of our Lord Jesus Christ according to Mark, Chapter 7 beginning at verse 24

Glory to you Lord Jesus Christ.

²⁴ From there he set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, ²⁵ but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his

feet. ²⁶ Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. ²⁷ He said to her, 'Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs.' ²⁸ But she answered him, 'Sir, even the dogs under the table eat the children's crumbs.' ²⁹ Then he said to her, 'For saying that, you may go - the demon has



left your daughter.' ³⁰ So she went home, found the child lying on the bed, and the demon gone.

³¹ Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. ³² They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. ³³ He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. ³⁴ Then looking up to heaven, he sighed and said to him, 'Ephphatha', that is, 'Be opened.' ³⁵ And immediately his ears were opened, his tongue was released, and he spoke plainly. ³⁶ Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. ³⁷ They were astounded beyond measure, saying, 'He has done everything well; he even makes the deaf to hear and the mute to speak.'

This is the Gospel of the Lord,

praise to you Lord Jesus Christ.

Sentence *So speak and so act as those who are to be judged by the law of liberty*

.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.

Those who are generous are blessed, for they share their bread with the poor. Do good, O LORD, to those who are good, and to those who are upright in their hearts.

In James it says, "faith by itself, if it has no works is dead." If we turn this around, then works without faith is also dead. We have to ask ourselves, is what I am doing, in believing, that through this God is glorified or is it only the works that are glorified? To anyone who shows mercy, then mercy triumphs over judgment. What is in our hearts will be displayed in our actions. If we are in love with God then God will be seen in what and how we do things. Sure, people will praise us for our kindness and mercy, but they will thank God we have come in their hour of need.



- ***prayer-time*** Now let us continue to offer our prayers for healing of the world; remembering especially the peoples of Afghanistan; all who seek refuge 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. We give thanks for the life work and witness of Sylvia Fowler and pray for her family and friends. We pray for all fathers, and father figures around the world as they guide and support their families with love and care. We continue to pray alongside, 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;



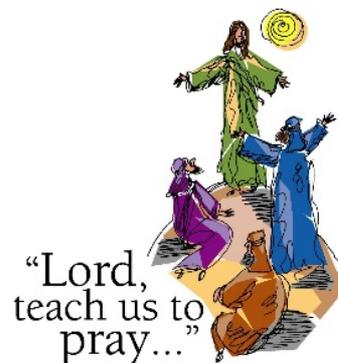
Carole and family; Peter, Eleni and Nicholas; Jac Bishop, Joanie; Andrew; Kerrie;. David J; Claire; Jean; Dan Thomas; Trish; Claire; Fr Graham & Catherine; & Blair; Aileen; Ann; Leslie Rogan; Marion McCall and family; Stephen, Bill, Eileen Cook; Tessa; Demetri; Yvonne Scrutton; Gabrielle *and any others we wish to remember.*

Let us say the Lord's Prayer Together.

Our Father

Prayer of the Day

Almighty and everlasting God,
increase our faith, hope and love,
and, that we may receive all your promise,
make us love what you command;
through Jesus Christ our Lord;
who lives and reigns with you in the unity of 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...

