



SUNDAY TABLE SERVICE

19th December 2021 Third Sunday in Advent

*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.

Today is the Fourth Sunday in Advent, a time for reflection, preparation and anticipation of the coming of Jesus. Often Advent is a time of prayer, fasting and giving. So, as we worship at home today let us define the occasion by adding something special to our table, acknowledging 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.**



THE INTERVENTION OF GOD WITHIN US

In the Hebrews reading it is clear that God does not desire our sacrifices and offerings.; If not, then what does God want from us? Just before the last supper, Jesus says to His Disciples, If you love and obey me I will send the Spirit of truth to dwell within you. Zechariah, Joseph and Mary were all visited by God's messenger, they were people who served and loved their God. Mary said these words, "I am your servant Lord." She could not do anything to fulfill God's promise to her except to say whatever you do in my life I will accept. We too are called by God to be His living dwelling place here on earth; what is your prayer?

Prayer



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.***

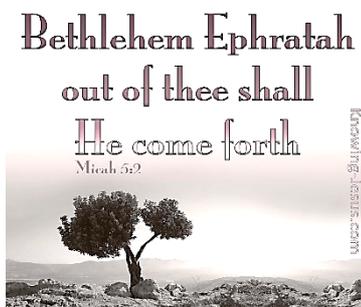


***Here, and throughout the world, We adore you O Christ, and we
bless you, because by your holy cross you have redeemed the
world. Amen***

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 Micah, Chapter 5 beginning at Verse 2



² But you, O Bethlehem of Ephrathah, who are one of the little clans of Judah, from you shall come forth for me one who is to rule in Israel, whose origin is from of old, from ancient days.

³ Therefore he shall give them up until the time when she who is in labour has brought forth; then the rest of his kindred shall return to the people of Israel.

⁴ And he shall stand and feed his flock in the strength of the Lord, in the majesty of the name of the Lord his God.

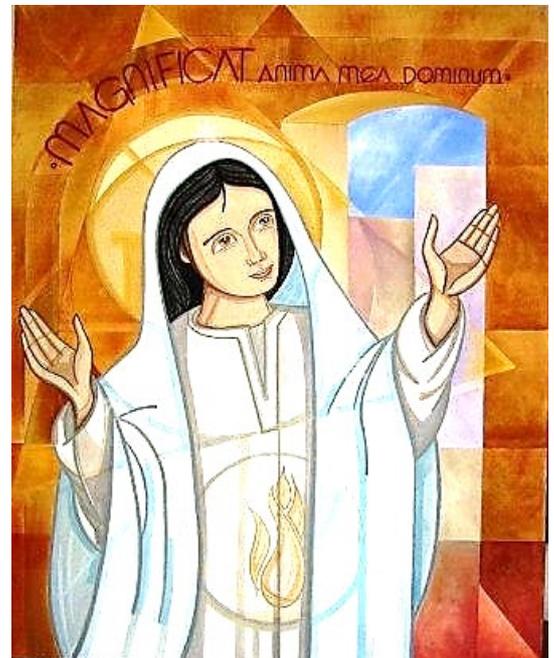
And they shall live secure, for now he shall be great to the ends of the earth; ⁵ and he shall be the one of peace.

If the Assyrians come into our land and tread upon our soil, we will raise against them seven shepherds and eight installed as rulers.

[NRSV Micah 5.2–5a] Hear the word of the Lord, **thanks be to God**

Psalm: Song of Mary [page 425 APBA]

My soul proclaims the greatness of the Lord:
my spirit rejoices in God my Saviour,
Who has looked with favour on his lowly servant:
from this day all generations will call me blessed.
The Almighty has done great things for me:
and holy is his name.
God has mercy on those who fear him:
from generation to generation.
The Lord has shown strength with his arm:
and scattered the proud in their conceit,
Casting down the mighty from their thrones:
and lifting up the lowly.
God has filled the hungry with good things:
and sent the rich away empty.
He has come to the aid of his servant Israel:
to remember the promise of mercy,
The promise made to our forebears:
to Abraham and his children for ever.



A reading from the letter of Paul to the Hebrews, Chapter 10 beginning at Verse 5

⁵ Consequently, when Christ came into the world, he said,

"Sacrifices and offerings you have not desired, but a body you have prepared for me;

⁶ in burnt offerings and sin offerings you have taken no pleasure.

⁷ Then I said, 'See, God, I have come to do your will, O God' (in the scroll of the book it is written of me)."

⁸ When he said above, "You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings" (these are offered according to the law), ⁹ then he added, "See, I have come to do your will." He abolishes the first in order to establish the second. ¹⁰ And it

is by God's will that we have been sanctified through the offering of the body of Jesus Christ once for all. [NRSV Hebrews 10.5–10]Hear the word of the Lord, **thanks be to God.**



**The Gospel of our Lord Jesus Christ according to Luke, Chapter 1 beginning at verse 39
Glory to you Lord Jesus Christ.**

³⁹ In those days Mary set out and went with haste to a Judean town in the hill country, ⁴⁰ where she entered the house of Zechariah and greeted Elizabeth. ⁴¹ When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit ⁴² and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. ⁴³ And why has this happened to me, that the mother of my Lord comes to me? ⁴⁴ For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. ⁴⁵ And blessed is she who believed that there would be^[a] a fulfillment of what was spoken to her by the Lord." [NRSV Luke 1.39-45]



This is the Gospel of the Lord,

praise to you Lord Jesus Christ.

Sentence

Blessed is she who believed that there would be a fulfilment of what was spoken to her by the Lord.

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.

**Then He added, "See I have come to do your will."
And Elizabeth was filled with the Spirit**



When Mary met Elizabeth they both had this knowing that they had been incredibly blessed by God. Even their unborn babies did too. To know that we too are blessed by God is an awesome thing to share with others. For whatever reason, these two women physically could not conceive, except by God's intervention. We too are the fulfilment of God's promise that we can conceive His Spirit, He makes us His dwelling place. All the sacrifices and offerings can not achieve this, but a compassionate heart for God opens our souls to be absorbed by His Spirit. He gives us new birth within our souls. The consequences of the birth of these two women's children, brought about our Spiritual new birth. Do you have a song in your soul like Mary?

Please pray alongside those in our parish asking for prayer. We continue to pray alongside, Ted & Joyce and Miriam; Ann W, Ruth , Lynn , Joannie, Matthew, Kym and Bob, Izabelle; Peta; Mariette; Joanne; Peter G, Peter C; Samantha; Fiona; Brenton; Sue; Pat; Brendon; Bill; David H; Diane; Jean; Carolyn; Allison; 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;



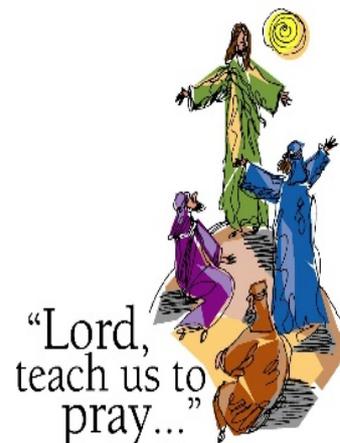
Kerrie; David Jones; Claire; Jean; Dan Thomas; Trish; Claire; Fr Graham & Catherine; & Blair; Aileen; Ann; Tom & Nick; Stephen, Bill, Eileen Cook; Tessa; Yvonne Scrutton; Sylvia; Gabrielle, Brenda; Judith; Gabrielle; and *any others we wish to remember.*

Let us say the Lord's Prayer Together.

Our Father

Prayer of the Day

Gracious God,
whose eternal Word took flesh among us
when Mary placed her life at the service of your will:
prepare our hearts for his coming again
and keep us steadfast in hope,
that we may be ready for the coming of his kingdom;
for his sake, who live and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**



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. 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 changing weather or hope you are keeping well, or I was just thinking of you and decided to call

