

THE
Lord
IS MY
Strength
AND MY
Song

Sunday 19th June 2022 TABLE SERVICE
Let us sit and watch Songs of Praise together on the ABC and then set the table for our Parish meal.



Prayerful and intentional preparation for a meal



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.**

United in Love The world of humanity is as diverse as the stars in the sky. From our shape to our colour or from our personalities to the philosophies that make up our thinking. There is one thing we all share that is the same and that is we were all made in the image of God. We are made to love, and love is the action that creates. It makes God's world the way He has designed it. Our faith in God accepts that He is love and this love is what unifies us into His family.



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

A reading from the first book of Kings, Chapter 19 beginning at Verse 1

19 Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. ² Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me, and more also, if I do not make your life like the life of one of them by this time tomorrow." ³ Then he was afraid; he got up and fled for his life, and came to Beer-sheba, which belongs to Judah; he left his servant there. ⁴ But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O LORD, take away my life, for I am no better than my ancestors." ⁵ Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." ⁶ He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. ⁷ The angel of the LORD came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." ⁸ He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God. ⁹ At that place he came to a cave, and spent the night there. Then the word of the LORD came to him, saying, "What are you doing here, Elijah?" ¹⁰ He answered, "I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." ¹¹ He said, "Go out and stand on the mountain before the LORD, for the LORD is about to pass by." Now there



was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; ¹² and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence. ¹³ When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, "What are you doing here, Elijah?" ¹⁴ He answered, "I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." ¹⁵ Then the LORD said to him, "Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazeal as king over Aram. [NRSV 1 Kings 19.1–4 (5–7) 8–15a]

Hear the word of the Lord,

thanks be to God

Psalm 42

- 1 As a deer longs for the running brooks: so longs my soul for you, O God.
- 2 My soul is thirsty for God, thirsty for the living God: when shall I come and see his face?
- 3 My tears have been my food day and night: while they ask me all day long 'Where now is your God?'
- 4 As I pour out my soul by myself, I remember this: how I went to the house of the Mighty One, into the temple of God,
- 5 To the shouts and songs of thanksgiving: a multitude keeping high festival.
- 6 Why are you so full of heaviness, my soul: and why so unquiet within me?
- 7 O put your trust in God: for I will praise him yet, who is my deliverer and my God.
- 8 My soul is heavy within me: therefore I will remember you from the land of Jordan, from Mizar among the hills of Hermon.
- 9 Deep calls to deep in the roar of your waters: all your waves and breakers have gone over me.
- 10 Surely the Lord will grant his loving mercy in the day-time: and in the night his song will be with me, a prayer to the God of my life.
- 11 I will say to God, my rock, 'Why have you forgotten me: why must I go like a mourner because the enemy oppresses me?'
- 12 Like a sword through my bones, my enemies have mocked me: while they ask me all day long 'Where now is your God?'
- 13 Why are you so full of heaviness, my soul: and why so unquiet within me?
- 14 O put your trust in God: for I will praise him yet, who is my deliverer and my God.



Psalm 43

- 1 Give judgement for me, O God, take up my cause against an ungodly people: deliver me from the deceitful and unjust.
- 2 For you are God my refuge—why have you turned me away: why must I go like a mourner because the enemy oppresses me?
- 3 O send out your light and your truth and let them lead me: let them guide me to your holy hill and to your dwelling.
- 4 Then I shall go to the altar of God, to God my joy and my delight: and to the harp I shall sing your praises, O God, my God.
- 5 Why are you so full of heaviness, my soul: and why so unquiet within me?
- 6 O put your trust in God: for I will praise him yet, who is my deliverer and my God.



A reading from the second letter of Paul to the Galatians, Chapter 3 beginning at Verse 10

¹⁰ For all who rely on the works of the law are under a curse; for it is written, "Cursed is everyone who does not observe and obey all the things written in the book of the law." ¹¹ Now it is evident that no one is justified before God by the law; for "The one who is righteous will live by faith."^l ¹² But the law does not rest on faith; on the contrary, "Whoever does the works of the law^l will live by them." ¹³ Christ redeemed us from the curse of the law by becoming a curse for us—for it is written, "Cursed is everyone who hangs on a tree"— ¹⁴ in order that in Christ Jesus the blessing of Abraham might come to the Gentiles, so that we might receive the promise of the Spirit through faith. ²³ Now before faith came, we were imprisoned and guarded under the law until faith would be revealed. ²⁴ Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. ²⁵ But now that faith has come, we are no longer subject to a disciplinarian, ²⁶ for in Christ Jesus you are all children of God through faith. ²⁷ As many of you as were baptized into Christ have clothed yourselves with Christ. ²⁸ There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. ²⁹ And if you belong to Christ, then you are Abraham's offspring, heirs according to the promise. [NRSV Galatians 3.10–14, 23–29] Hear the word of the Lord, **thanks be to God.**

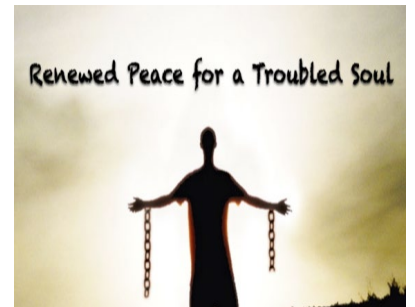


The Gospel of our Lord Jesus Christ according to Luke, Chapter 3 beginning at verse 20

Glory to you Lord Jesus Christ.

⁶ Then they arrived at the country of the Gerasenes, which is opposite Galilee. ²⁷ As he stepped out on land, a man of the city who had demons met him. For a long time he had worn no clothes, and he did not live in a house but in the tombs. ²⁸ When he saw Jesus, he fell down before him and shouted at the top of his voice, "What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me"— ²⁹ for Jesus had commanded the unclean spirit to come out of the man. (For many times it had seized him; he was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the demon into the wilds.) ³⁰ Jesus then asked him, "What is your name?" He said, "Legion"; for many demons had entered him. ³¹ They begged him not to order them to go back into the abyss. ³² Now there on the hillside a large herd of swine was feeding; and the demons begged Jesus to let them enter these. So he gave them permission. ³³ Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned. ³⁴ When the swineherds saw what had happened, they ran off and told it in the city and in the country. ³⁵ Then people came out to see what had happened, and when they came to Jesus, they found the man from whom the demons had gone sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. ³⁶ Those who had seen it told them how the one who had been possessed by demons had been healed. ³⁷ Then all the people of the surrounding country of the Gerasenes asked Jesus to leave them; for they were seized with great fear. So he got into the boat and returned. ³⁸ The man from whom the demons had gone begged that he might be with him; but Jesus sent him away, saying, ³⁹ "Return to your home, and declare how much God has done for you." So he went away, proclaiming throughout the city how much Jesus had done for him. [NRSV Luke 8.26–39] This is the Gospel of the Lord,

praise to you Lord Jesus Christ.



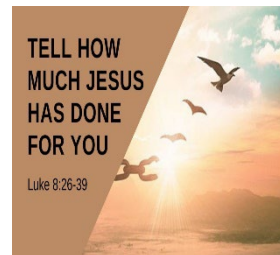
Sentence

God anointed Jesus of Nazareth with the Holy Spirit and with power; and he went about doing good and healing all who were oppressed by the devil, for God was with him.

Let us now engage in some quiet reflection, or conversation and sharing, responding to the passages of scripture.. We may like to write down some key thoughts for further reflection.

**For you are the God in whom I take refuge
Declare how much God has done for you.**

God’s love also heals us from wounds in our soul, He invites us to invite Him to be in the middle of our pain or trouble. When Jesus set free the man from demons, the man wanted to stay as close to Jesus as possible. Was Jesus harsh to say, “Go back to your home and show them that you are free.” His healing must have been a shock to the whole community. Living God’s love transforms our lives this in itself is the testimony we carry to our own communities.



prayer-time



Now let us continue to offer our prayers and thanksgiving. We pray for healing of the world; Lord we ask for peace for those who need peace, reconciliation for those who need reconciliation and comfort for all who don't know what tomorrow will bring, we ask for you to be with all our brothers and sisters in Ukraine – especially the children, as the crisis in that region continues to deteriorate. We continue to pray for those in our parish asking for prayer. John, Mary, Elizabeth, Catherine Cooling , Melissa and Sam, Robby A , Anne, Joanie, Lynn, Miriam, Ruth, Malcolm N, Jean N, Jo and John Mc, Father Ted and Joyce, Betty, Joy, David Mitchell family, Pat, Carolyn, Allison, Angela, Carol, Lucy Ann, Jean, Nathan, Peter, Alex, Kym and Bob. Jac Bishop: Eileen Cook; Yvonne Scrutton; Brenda, and any others we wish to remember.....

Let us say the Lord’s Prayer Together.

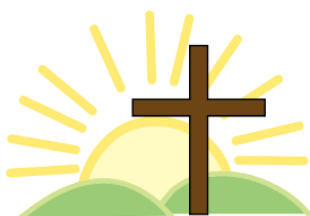
Our Father

Prayer for Sunday

Pour out upon us, O God,
the power and wisdom of your Spirit,
so that we, who have been baptised into Christ
and made your children through faith,
may know your Son’s power to heal,
and, being made one in him,
may overcome all barriers that divide us;
through our Lord Jesus Christ,
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, take the time to contact other people you know, especially those on their own or separated from family and friends. Start a conversation: How have you been keeping, what about this changing weather or hope you are keeping well, I was as just thinking of you and decided to call. Let God guide you to the person or persons with whom you should connect.

