



Sunday 21st August 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.**



HE CALLED HER TO COME AND SHE DID A homeless man was sitting outside a church crying. People going in invited him to come in with them and he refused. Finally, one man stopped and asked why he did not go in. The man said, he was not good enough. Three things happened the day that woman was healed, first Jesus saw her in her suffering, secondly, He called her to come to Him and finally, she came and received His healing. Life's trials can be very wounding, even leave us with a sense of failure. The consequences can leave us feeling crippled over with deep burdens. Heaviness and self-condemnation can make us feel so inadequate, not good enough. We hoped for a life of comfort and joy, but like sand it slips away through our fingers.



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 Jeremiah Chapter. 1 verses :4-10

The word of the Lord came to Jeremiah saying, Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations." Then I said, "Ah, Lord God! Truly I do not know how to speak, for I am only a boy." But the Lord said to me, "Do not say, 'I am only a boy'; for you shall go to all to whom I send you, and you shall speak whatever I command you. Do not be afraid of them, for I am with you to deliver you, says the Lord." Then the Lord put out his hand and touched my mouth; and the Lord said to me, "Now I have put my words in your mouth. See, today I appoint you over nations and over kingdoms, to pluck up and to pull down, to destroy and to overthrow, to build and to plant. Hear the word of the Lord. **thanks be to God.**

"Before I formed you in the womb, I knew you, before you were born I set you apart."
-Jeremiah 1:5



Psalm 71 verses 1- 6



Be to me a rock of refuge, a strong fortress, to save me...

- 1 In you, O LORD, I take refuge; let me never be put to shame.
- 2 In your righteousness deliver me and rescue me; incline your ear to me and save me.
- 3 Be to me a rock of refuge, a strong fortress, to save me, for you are my rock and my fortress.
- 4 Rescue me, O my God, from the hand of the wicked, from the grasp of the unjust and cruel.
- 5 For you, O Lord, are my hope, my trust, O LORD, from my youth.
- 6 Upon you I have leaned from my birth;

A reading from the letter of Paul to the Hebrews Chapter 12 18-29

You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, "If even an animal touches the mountain, it shall be stoned to death." Indeed, so terrifying was the sight that Moses said, "I tremble with fear.") But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel. See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth; but now he has promised, "Yet once more I will shake not only the earth but also the heaven." This phrase, "Yet once more," indicates the removal of what is shaken—that is, created things—so that what cannot be shaken may remain. Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.



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

The Gospel of our Lord Jesus Christ according to Luke 13 10-17

Glory to you Lord Jesus Christ



Jesus was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the

synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing. The Gospel of the Lord Praise to you Lord Jesus Christ.

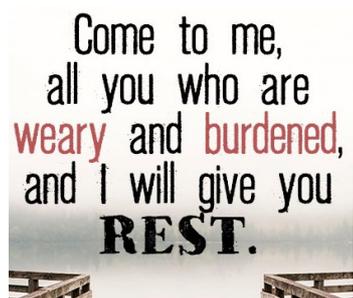
For the Gospel of the Lord **Praise to you Lord Jesus Christ**

Sentence You, O Lord, are my hope, my trust from my youth. Upon you have I leaned since my birth. Psalm 71.5-6

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.

When Jesus saw her, He called her to Him

Before I formed you in the womb I knew you;



Come to me,
all you who are
weary and burdened,
and I will give you
REST.

Jesus is still with us today by His Spirit, He sees the pain, the yoke of heaviness that burdens us. And He says come unto me all you who are weak and heavy laden. Come with your pain and troubles because I suffered for them. I will give you rest, trade sorrow for my joy, anxiety for my peace and what you think is only ashes left, I'll give you the beauty of my Spirit.

Can coming to Jesus really do this?

We may not see or feel anything today, but as we keep coming to Him our tomorrows grow with assurance that He is there with His hands on our lives. Wounds take time to heal but God's love and the love of His people is His best healing balm.

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 pray for all those in any form of distress because of the natural disasters around the world due to floods, fire and storm.



We continue to pray alongside those in our parish asking for prayer: Miriam, Takoohi, Susan and Frank, Mary and Margaret, 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 Pentecost 11

O God, the Judge of all,
through the saving blood of your Son
you have brought us to the heavenly Jerusalem
and given us a kingdom which cannot be shaken:
fill us with reverence and awe in your presence,
that in thanksgiving we and all your Church
may offer you acceptable worship;
through Jesus Christ our Lord,
who lives to intercede for us,
now and for ever. Amen



Conclude the meal with the following prayer



***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 think about other people you know, especially those on their own, in ill health, grieving or missing family and friends. You can do this in prayer or by contacting them and starting a conversation: How have you been keeping?, what about this changing weather?, hope you are keeping warm and well or, I was as just thinking of you and decided to call.
Let God guide you to the person or persons with whom you need to connect with.

