



SUNDAY TABLE SERVICE 6th August 2023

**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

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.**



Have you ever done something and before too long others have picked up on it. Today on the internet they call it viral. We take just one little step of faith but we never know what will happen. One step is all it needs. A step of kindness, or compassion, and hearts are healed. Maybe a step towards forgiveness or reconciliation and walls come tumbling down. Jesus teaches us that this is a powerful thing, and those who have tried know it.



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.

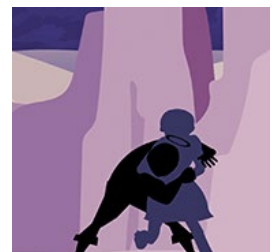
Bless all who gather at your table, both seen and unseen, In Jesus' name we pray.

Amen

Let us read and reflect on our cycle of readings.

A reading from the book of Genesis. Chapter 32, verses 22-31

Jacob got up, took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, 'Let me go, for the day is breaking.' But Jacob said, 'I will not let you go, unless you



bless me.' So he said to him, 'What is your name?' And he said, 'Jacob.' Then the man said, 'You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed.' Then Jacob asked him, 'Please tell me your name.' But he said, 'Why is it that you ask my name?' And there he blessed him. So Jacob called the place Peniel, saying, 'For I have seen God face to face, and yet my life is preserved.' The sun rose upon him as he passed Penuel, limping because of his hip.

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

Psalm 17, verses 1-7, 16

1 Hear my just cause O Lord give heed to my cry:
listen to my prayer that comes from no lying lips.

**2 Let judgement for me come forth from your presence:
and let your eyes discern the right.**

3 Though you search my heart and visit me in the night-time:
though you try me by fire you will find no wickedness in me.

**4 My mouth does not transgress like the mouth of others:
for I have kept the word of your lips.**

5 My steps have held firm in the way of your commands:
and my feet have not stumbled from your paths.

**6 I call upon you O God for you will surely answer:
incline your ear to me and hear my words.**

7 Show me the wonders of your steadfast love
O saviour of those who come to you for refuge:
who by your right hand deliver them from those that rise up against them.

**16 And I also shall see your face because my cause is just:
when I awake and see you as you are I shall be satisfied.**



A reading from the letter of Paul to the Romans. Chapter 9, verses 1-8

I am speaking the truth in Christ. I am not lying; my conscience confirms it by the Holy Spirit. I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the



covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen. It is not as though the word of God had failed. For not all Israelites truly belong to Israel, and not all of Abraham's children are his true descendants; but "It is through Isaac that descendants shall

be named for you." This means that it is not the children of the flesh who are the children of God, but the children of the promise are counted as descendants.

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

The Gospel of our Lord Jesus Christ according to Matthew

Chapter 14, verses 13-21

Glory to you Lord Jesus Christ

When Jesus heard that Herod had beheaded John the Baptist, he withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from

the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' Jesus said to them, 'They need not go away; you give them something to eat.' They replied, 'We have nothing here but five loaves and two fish.'



And he said, 'Bring them here to me.' Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

The Gospel of the Lord **Praise to you Lord Jesus Christ.**

Sentence

The Lord is near to all who call on him in truth. He fulfils the desire of all that fear him, hears their cry, and saves them. Psalm 145.18-19

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.

The LORD is good to all, and his compassion is over all that he has made. He saw a great crowd and He had compassion.



One little boy gave away his lunch to help out. The point in this reading is that Jesus had compassion for the people and someone took a tiny step to meet that compassion. The disciples even questioned it. The rest is recorded in history. We never know until we try, and try with the right motives. God does and will enter into the gift we bring. It is not up to us to dictate what happens next, but

what happens next always grows; because this is what blessings do.

prayer-time Now let us continue to offer our prayers for healing of the world; especially for those affected by natural disasters, war and conflict; 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.



We pray for all those who have been affected by the recent disasters, both natural and those inflicted by others. Those suffering from the heat waves across Europe and USA, For the families of the ADF personnel who died in the recent helicopter crash. We pray for healing and comfort for those who are injured, and for grace to surround those who grieve.

We continue to pray for those in our parish asking for prayer Melissa and family., Georgia (Sunaras Mum). Pat V David, Brenda, Joanie, Allison, Pat F, Jo , Jan, Joy I, Ann W, , Takoohi, Leanne, Daniella, Joyce and Ted, Mary R, Jac Bishop; Eileen Cook; Yvonne Scrutton; Brenda; Ted & Joyce; Catherine Cooling; Ursula Pridham; Trish McD; Barbara Webber; Tom Arnold; Nicholas & Ben; Sue & Frank Thomas; Gordon Russell; Emily and her family; Trish Simon; Christina and any others we wish to remember, either silently or aloud.

Let us say the Lord's Prayer Together. Our Father

Prayer of the Day

O God,
giver of life and health,
whose Son Jesus Christ has called us
to hunger and thirst for justice:
refresh us with your grace,
that we may not be weary in well-doing,
for the sake of him who meets all our needs,
Jesus Christ our Saviour; 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 the Table Service, take the time to contact other people you know, especially those on their own or separated from family and friends. Make sure they are well, or see if they would appreciate a visit. Let the Holy Spirit guide you to the person or persons with whom you should connect. Pray for them. Contact them. Start a conversation. How have you been keeping, what about this changing weather or hope you are keeping well, was just thinking of you and decided to call.

