



## SUNDAY TABLE SERVICE 19<sup>th</sup> November 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.**



What would you think if someone had a business sewing beautiful clothing. Then they were given a sewing machine that can make the difficult work easier and improve their profits. However, they wouldn't use it because they didn't want to make the effort to learn how too? We can be a bit like this with our own lives. Faith is a gift from God and He even shows us how our trust in Him to grow and be strengthened. It takes faithfulness and some discipline, and as we learn what trusting God is all about we realise how spiritually beneficial it becomes to us and to others.



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 Judges Chapter 4 verses 1-10

The Israelites again did what was evil in the sight of the Lord, after Ehud died. So the Lord sold them into the hand of King Jabin of Canaan, who reigned in Hazor; the commander of his army was Sisera, who lived in Harosheth-hagoiim. Then the Israelites cried out to the Lord for help; for he had nine hundred chariots of iron, and had oppressed the Israelites cruelly twenty years. At that time Deborah, a prophetess, wife of Lodebar, was sitting under a palm tree between Ramah and Bethel in the hill country of Ephraim; and the Israelites came up to her for judgment. She sent and summoned Barak son of Abinoam from Kedesh in Naphtali, and said to him, "The Lord, the God of Israel, commands you, 'Go, take position at Mount Tabor, bringing ten thousand from the tribe of Naphtali and

## DEBORAH THE JUDGE



the tribe of Zebulun. I will draw out Sisera, the general of Jabin's army, to meet you by the Wadi Kishon with his chariots and his troops; and I will give him into your hand." Barak said to her, "If you will go with me, I will go; but if you will not go with me, I will not go." And she said, "I will surely go with you; nevertheless, the road on which you are going will not lead to your glory, for the Lord will sell Sisera into the hand of a woman." Then Deborah got up and went with Barak to Kedesh. Barak summoned Zebulun and Naphtali to Kedesh; and ten thousand warriors went up behind him; and Deborah went up with him.

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

### Psalm 123 — **A.P.B.A. page 361**

1 To you I lift up my eyes:

you who are enthroned in the heavens.

2 As the eyes of servants look to the hand of their master:  
or as the eyes of a maid toward the hand of her mistress,

3 So our eyes look to the Lord our God:  
until he show us his mercy.

4 Have mercy upon us O Lord have mercy upon us:  
for we have had our fill of derision.

5 Our souls overflow with the mockery of those at ease:  
and with the contempt of the proud.



A reading from the First Letter to the Thessalonians Chapter 5 verses 1-11

Now concerning the times and the seasons, brothers and sisters, you do not need to have anything written to you. For you yourselves know very well that the day of the Lord will come like a thief in the night. When they say, "There is peace and security," then sudden destruction will come upon them, as labour pains come upon a pregnant woman, and there will be no escape! But you,



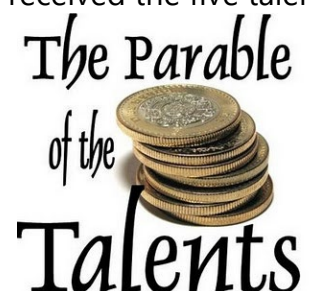
beloved, are not in darkness, for that day to surprise you a thief; for you are all children of light and children of the day; we are not of the night or of darkness. So then let us not fall asleep as others do, but let us keep awake and be sober; for those who sleep, sleep at night, and those who are drunk get drunk at night. But since we belong to the day, let us be sober, and put on the breastplate of faith and love, and for a helmet the hope of salvation. For God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him. Therefore encourage one another and build up each other, as indeed you are doing.

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

The Gospel of our Lord Jesus Christ according to Matthew Chapter 25 verses 14-30

Glory to you Lord Jesus Christ

Jesus spoke this parable to his disciples: "For it is as if a man, going on a journey, summoned his slaves and entrusted his property to them; to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. The one who had received the five talents went off at once and traded with them, and made five more talents. In the same way, the one who had the two talents made two more talents. But the one who had received the one talent went off and dug a hole in the ground and hid his master's money. After a long time the master of those slaves came and settled accounts with them. Then the one who had received the five talents came forward, bringing five more talents, saying,



'Master, you handed over to me five talents; see, I have made five more talents.' His master said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.' And the one with the two talents also came forward, saying, 'Master, you handed over to me two talents; see, I have made two more talents.' His master said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.'

Then the one who had received the one talent also came forward, saying, 'Master, I knew that you were a harsh man, reaping where you did not sow, and gathering where you did not scatter seed; so I was afraid, and I went and hid your talent in the ground. Here you have what is yours.' But his master replied, 'You wicked and lazy slave! You knew, did you, that I reap where I did not sow, and gather where I did not scatter? Then you ought to have invested my money with the bankers, and on my return I would have received what was my own with interest. So take the talent from him, and give it to the one with the ten talents. For to all those who have, more will be given, and they will have an abundance; but from those who have nothing, even what they have will be taken away. As for this worthless slave, throw him into the outer darkness, where there will be weeping and gnashing of teeth.'

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

**Sentence** God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ. Therefore encourage one another and build up each other. I Thessalonians 5.9,11

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.

**Encourage one another and build up each other.**

**His master replied, Well done, good and faithful servant!**



We live out our journey of salvation, a growing awareness that God wishes to impart His Spirit into the persons we are. Each of us is different, but all of us can apply the measure of faith God has give us. We do this to magnify the wonder of God through our lives. He actually implies that He is here for the taking and to use Him for the benefit of all. When we do, our own lives begin to change and that change opens our eyes to see the spiritual wealth and welfare He wants us to live in. He puts into our natural human nature a way to profit Spiritually. God values our faithfulness in what He has given us more than talents themselves.

**prayer-time** Now let us continue to offer our prayers and thanksgiving. We pray for healing of the world; We pray for all those affected by the terrible violence in Israel and Gaza and the ongoing suffering of all those affected. Bring restraint to both sides that they may renew efforts to work together to find a peaceful solution. 🙏 God of peace, be with all those who live in fear and danger. Heal those wounded by hate and conflict. Teach us to love our enemies and live together with understanding and compassion. Amen.



We pray 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 continue to pray alongside those in our parish asking for prayer, Colin, Allison at home awaiting residential care, Pat Foord, recovering in hospital from a fall, Georgia (Sunaras Mum). Pat V David, Brenda, Joanie, Jo Jan, Joy I, Leanne, Daniella, Joyce and Ted,

Mary R, Jac Bishop; Eileen Cook; Yvonne Scrutton; Brenda; 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**

Everlasting God,  
before the earth was formed,  
and even after it shall cease to be, you are God.  
Break into our short span of life  
and show us those things that are eternal,  
that we may serve your purpose in all we do;  
through Jesus Christ our Lord,  
who lives and reigns with you in unity with 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, who maybe unwell, or recovering. Ask how they are 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 lovely spring weather, are you OK, or hope you are keeping well, was just thinking of you and decided to call. ....

