



SUNDAY TABLE SERVICE 5th 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.**



Have you ever heard someone say, "well God told me." It kind of sounds like an excuse to do what you like. The Pharisees were like religious leaders in our day. They can teach very sound doctrine and theology. Then get caught in a trap of imposing rules and regulations to earn God's favour. This is the trap of most religions and cults, so many rules to learn and just maybe God will like you. It's a life of bondage and burden laced with condemnation. God made us human; he knows we need Him. He teaches us love and forgiveness. How to live out His grace and mercy. These are His lessons imparted deep in our souls, not our heads.



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 prophet Joshua 3:7-17

The Lord said to Joshua, "This day I will begin to exalt you in the sight of all Israel, so that they may know that I will be with you as I was with Moses. You are the one who shall command the priests who bear the ark of the covenant, 'When you come to the edge of the waters of the Jordan, you shall stand still in the



Jordan.'" Joshua then said to the Israelites, "Draw near and hear the words of the Lord your God." Joshua said, "By this you shall know that among you is the living God who without fail will drive out from before you the Canaanites, Hittites, Hivites, Perizzites, Girgashites, Amorites, and Jebusites: the ark of the covenant of the Lord of all the earth is going to pass before you into the Jordan. So now select twelve men

from the tribes of Israel, one from each tribe. When the soles of the feet of the priests who bear the ark of the Lord, the Lord of all the earth, rest in the waters of the Jordan, the waters of the Jordan flowing from above shall be cut off; they shall stand in a single heap.” When the people set out from their tents to cross over the Jordan, the priests bearing the ark of the covenant were in front of the people. Now the Jordan overflows all its banks throughout the time of harvest. So when those who bore the ark had come to the Jordan, and the feet of the priests bearing the ark were dipped in the edge of the water, the waters flowing from above stood still, rising up in a single heap far off at Adam, the city that is beside Zarethan, while those flowing toward the sea of the Arabah, the Dead Sea, were wholly cut off. Then the people crossed over opposite Jericho. While all Israel were crossing over on dry ground, the priests who bore the ark of the covenant of the Lord stood on dry ground in the middle of the Jordan, until the entire nation finished crossing over the Jordan.

Hear the word of the Lord. Thanks be to God

Psalms 107:1-7, 33-37 — A.P.B.A. page 337

1 O give thanks to the Lord for he is good:

for his loving mercy is for ever.

2 Let the Lord’s redeemed say so:

whom he has redeemed from the hand of the enemy,

3 And gathered in from every land,

from the east and from the west:

from the north and from the south.

4 Some went astray in the wilderness and in the desert:

and found no path to an inhabited city;

5 They were hungry and thirsty:

and their heart fainted within them.

6 Then they cried to the Lord in their distress:

and he took them out of their trouble.

7 He led them by the right path:

till they came to an inhabited city.

33 He turns the rivers into desert:

and springs of water into thirsty ground.

34 He makes of a fruitful land a salty waste:

because its inhabitants are evil.

35 He turns the wilderness into a pool of water:

and parched ground into flowing springs.

36 And there he settles the hungry:

and they build a city to live in.

37 They sow fields and plant vineyards:

which give them fruitful harvest.

Give thanks
TO THE LORD,
FOR HE IS GOOD:
HIS LOVE ENDURES
forever
PSALM 107:1

A reading from the First Letter to the Thessalonians 3 5-13

For this reason, when I could bear it no longer, I sent to find out about your faith; I was afraid that somehow the tempter had tempted you and that our labour had been in vain. But Timothy has just now come to us from you, and has brought us the good news of your faith and love. He has told us also that you always remember us kindly and long to see us – just as we long to see you. For this reason, brothers and sisters, during all our distress and persecution we have been encouraged about you through your faith. For we now live, if you continue to stand firm in the Lord. How can we thank God enough for you in return for all the joy that we feel before our God because of you? Night and day we pray most earnestly that we may see you face to face and restore whatever is lacking in your faith. Now may our God and Father himself and our Lord Jesus direct our way to you. And may the Lord make you increase and abound in love for one another and for all, just as we abound in love for you. And may he so strengthen your hearts in holiness that you may be blameless

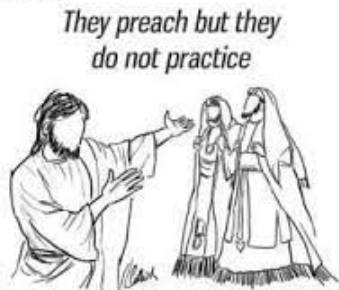
*Live in
peace with
each other.*
1 Thessalonians 5:13

before our God and Father at the coming of our Lord Jesus with all his saints. Hear the word of the Lord. Thanks be to God.

The Gospel of our Lord Jesus Christ according to Matthew 23 1-12a

Glory to you Lord Jesus Christ

Then Jesus said to the crowds and to his disciples, "The scribes and the Pharisees sit on Moses' seat; therefore, do whatever they teach you and follow it; but do not do as they do, for they do not practice what they teach. They tie up heavy burdens, hard to bear, and lay them on the shoulders of others; but they themselves are unwilling to lift a finger to move them. They do all their deeds to be seen by others; for they make their phylacteries broad and their fringes long. They love to have the place of honour at banquets and the best seats in the synagogues, and to be greeted with respect in the marketplaces, and to have people call them rabbi. But you are not to be called rabbi, for you have one teacher, and you are all students. And call no one your father on earth, for you have one Father – the one in heaven. Nor are you to be called instructors, for you have one instructor, the Messiah. The greatest among you will be your servant. All who exalt themselves will be humbled, and all who humble themselves will be exalted.



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

Sentence The greatest among you will be your servant. All who exalt themselves will be humbled, and all who humble themselves will be exalted. Matthew 22.11-12

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 have one teacher, and you are all students.
O send out your light and your truth; let them lead me.**

Being taught something is good. We can learn in many ways. How then do we know for sure that God is teaching us something?

What God shows us flows from His virtue which speaks into our souls. It is beneficial for us and others because there is always His grace and mercy. It's how we can discern that the actions of others are from God as well. Then there is an innate thing, that then makes us desire to know God more and more. We know in our spirit the rightness of what we are learning. The wider context of reading the bible confirms this. This is what the disciples were experiencing and writing down. If we look at the bible this way, it makes sense as to God's work in our own lives.



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 that has broken out in Israel and Gaza over the last few weeks. 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, Joyce in hospital, 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

Creator God,
you have filled the world with beauty:
open our eyes to behold your gracious hand in all your works,
that, rejoicing in your whole creation,
we may learn to serve you with gladness,
for the sake of him through whom all things were made,
your Son Jesus Christ our Lord,
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, 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.

