



- **Setting our table for our Sunday lunch service.**

Sometimes we eat, in front of the TV either together or alone; we eat on the run; we eat out in 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.

- **Prayerful and intentional preparation for a meal**

As we celebrate 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.



Have you ever noticed that a good teacher is often one who has a passion for their subject. Often they are even involved with the subject. In this reading Jesus teaching stood out against the teaching of the scribes. Not only was he a profound authority on the subject, it became obvious that He was the subject. People even said His teaching was New, meaning that he was able to bring relevance to His teaching others didn't. He was showing others how to understand God's way in a way that they could grasp and apply. This was new to them.



**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**

- **Let us read and reflect on our cycle of readings**

### **A reading from the Book Deuteronomy Chapter 18 verses 15-20**

The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: "If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die." Then the Lord replied to me: "They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to



Speak in my name a word that I have not commanded the prophet to speak — that prophet shall die.”  
Hear the word of the Lord. **Thanks be to God.**

### **Psalm 111 — A.P.B.A. Page 343**

1 O praise the Lord. I will praise the Lord with my whole heart:  
in the company of the upright and among the congregation.  
2 The works of the Lord are great:  
and studied by all who take delight in them.  
3 His deeds are majestic and glorious:  
and his righteousness stands for ever.  
4 His marvellous acts have won him a name to be remembered:  
the Lord is gracious and merciful.  
5 He gives food to those that fear him:  
he remembers his covenant for ever.  
6 He showed his people the power of his acts: in giving’  
them the heritage of the heathen.  
7 The works of his hands are faithful and just:  
and all his commandments are sure;  
8 They stand firm for ever and ever:  
they are done in faithfulness and in truth.  
9 He sent redemption to his people,  
he ordained his covenant for ever:  
holy is his name and worthy to be feared.  
10 The fear of the Lord is the beginning of wisdom  
and of good understanding are those that keep his commandments:  
his praise shall endure for ever.



### **A reading from the First Letter to the Corinthians 8 1-13**

Now concerning food sacrificed to idols: we know that “all of us possess knowledge.” Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him. Hence, as to the eating of food offered to idols, we know that “no idol in the world really exists,” and that “there is no God but one.” Indeed, even though there may be so-called gods in heaven or on earth — as in fact there are many gods and many Lords — yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist. It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. “Food will not bring us close to God.” We are no worse off if we do not eat, and no

better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin



against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Hear the word of the Lord.

**Thanks be to God.**

## The Gospel of our Lord Jesus Christ according to Mark 1:21-28

### Glory to you Lord Jesus Christ.

Jesus and his followers went to Capernaum; and when the sabbath came, Jesus entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching — with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee.



The Gospel of the Lord.

**Praise to you Lord Jesus Christ.**

### Sentence

Jesus went about all the cities and villages, teaching in their synagogues and proclaiming the good news of the kingdom, and curing every disease and every sickness. Mat 9.38

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

**They kept on asking one another, "What is this? A new teaching--with authority!  
A good understanding and a teachable heart are possessed by all those who do the will of the LORD;**

The church is called to be as relevant as Jesus. In being relevant, it means living that same authority. Living this kind of authority means truly knowing that we are sanctioned by God to be His people, His ambassadors. It is a knowing that this comes from the soul more than the head.

The impartation of His Spirit into our lives seals this authority. To be co-heirs of God's authority with Jesus sounds all to wonderful. Yet all God needs from us is our hearts desire to follow Him. Then He will open the way.

God Will  
*always*  
make a way.

Now let us continue to offer our prayers and thanksgiving. We pray for healing of the world; Lord, we ask for peace in these nations and throughout the world.

Please protect all those who are vulnerable to the effects of war and displacement from their homes. Please give those in authority the patience, humility, wisdom and endurance to persevere in bringing about positive solutions for their nations. 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, Jean N Brendas family Colin, Allison, Pat Foord, , Georgia (Sunaras Mum). Pat V David, Brenda, Joanie, Jo Jan, Joy I, Leanne, Daniella, Joyce and Ted, Mary R, Jac Bishop; Eileen Cook; Yvonne S; C 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.



“Lord,  
teach us to  
pray...”



***Let us say the Lord's Prayer Together.***

***Our Father .....***

**Prayer of the Day**

**G**od of compassion  
you have shown us in Christ  
that your love is never ending:  
enable us both to love you with all our heart  
and to love one another as Christ loved us.  
Grant this through our Lord Jesus Christ,  
who lives and reigns with you and 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, make contact with others who may be alone or missing seeing their families and loved ones. Use the time to catch up with your family and friends who are interstate or overseas. Use email or face time or SMS even write a note or two, to keep in contact Let God guide you to the person or persons with whom you should connect. Contact them. Start a conversation and share with others the Joy of knowing Jesus and his promise of a brighter and better future in 2024, if we follow Him. Emmanuel - God is with us.

