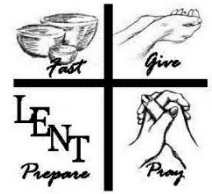




SUNDAY TABLE SERVICE

18th February 2024 First Sunday in Lent
*Let us watch Songs of Praise together on the ABC
and then set the table for our shared meal.*

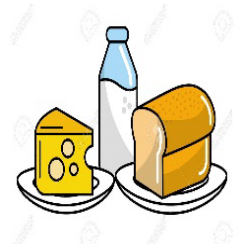


- **Setting our table for our Sunday lunch service.**

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

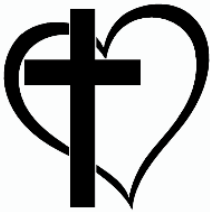
- **Prayerful and intentional preparation for a meal**

Let us prepare our table with thanksgiving and prayer as we begin the Lenten Season, 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.**

Love



Mark shares with us about Jesus baptism and His time in the wilderness. John the Baptist is put in goal. Jesus takes over John's work calling people to repent and announcing that the time is fulfilled, and the Kingdom of God is near. 1 Peter explains that our baptism is our act of appeal to God for His goodness in us. In Psalm 25 David appeals to God to lead us in what is right and true by his mercy and love. To lead us from sin, teaching us His way which is the way of salvation. Genesis tells us that God keeps His promises with us and all creation.

- **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 of Genesis, Chapter 9 beginning at Verse 8

⁸Then God said to Noah and to his sons with him, ⁹"As for me, I am establishing my covenant with you and your descendants after you, ¹⁰and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. ¹¹I



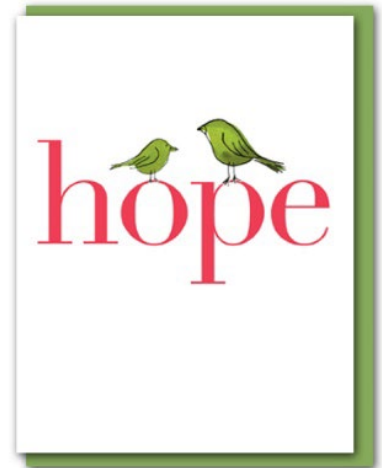
establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." ¹² God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: ¹³ I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. ¹⁴ When I bring clouds over the earth and the bow is seen in the clouds, ¹⁵ I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. ¹⁶ When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." ¹⁷ God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth." [NRSV Genesis 9:8-17]

Hear the word of the Lord,

thanks be to God

Psalm 25:1-10

- ¹ In you, O Lord my God, have I put my hope: in you have I trusted, let me not be ashamed, nor let my enemies triumph over me.
- ² Let none who wait for you be put to shame: but let those that break faith be confounded and gain nothing.
- ³ Show me your ways, O Lord: and teach me your paths.
- ⁴ Lead me in the ways of your truth, and teach me: for you are the God of my salvation.
- ⁵ In you have I hoped all the day long: because of your goodness, O Lord.
- ⁶ Call to mind your compassion and your loving-kindness: for they are from of old.
- ⁷ Remember not the sins of my youth, nor my transgressions: but according to your mercy think on me.
- ⁸ Good and upright is the Lord: therefore will he direct sinners in the way.
- ⁹ The meek he will guide in the path of justice: and teach the humble his ways.
- ¹⁰ All the paths of the Lord are faithful and true: for those who keep his covenant and his commandments.



A reading from the first letter of Peter, Chapter 3 beginning at Verse 18

¹⁸ For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, ¹⁹ in which also he went and made a proclamation to the spirits in prison, ²⁰ who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. ²¹ And baptism, which this prefigured, now saves you - not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, ²² who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him. [NRSV 1 Peter 3:18-22]

He was put to death
in the flesh
but made alive
in the spirit



1 Peter 3:18

Hear the word of the Lord,

thanks be to God.

The Gospel of our Lord Jesus Christ according to Mark, Chapter 1 beginning at Verse 9

Glory to you Lord Jesus Christ.

⁹In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. ¹⁰And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. ¹¹And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

¹²And the Spirit immediately drove him out into the wilderness. ¹³He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

¹⁴Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, ¹⁵and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news." [NRSV Mark 1:9-15]



This is the Gospel of the Lord,

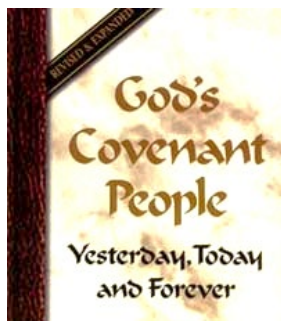
praise to you Lord Jesus Christ.

Sentence

**The time is fulfilled, and the kingdom of God has come near;
repent, and believe in the good news.**

- ***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.***

**I will remember my covenant that is between me and you and every living creature.
For Christ also suffered for sins once for all.**



Everything about repentance and the salvation of Jesus is all about what God does for us. We can do little but for the desire to have this hope in our souls. With this hope we take positive action. This ignites an assurance within our souls that we belong in God's kingdom. Through Jesus God removes the power of sin that makes life a burden. He takes us and leads us into His goodness and compassion and love. He keeps His promises that our souls belong in Him and He in us.

prayer-time 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 .

Protect all those who are vulnerable to the effects of war and displacement from their homes. 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 Betty Leske, Kathryn and Keiran, Ruth, 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;

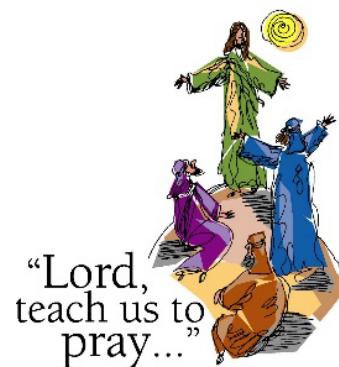
Yvonne S; Ursula Pridham; Trish McD; Barbara Webber; Tom Arnold; Nicholas & Ben; Sue & Frank Thomas; Gordon Russell; Emily and her family; Trish Simon; Christina and any others we wish to remember, either silently or aloud.

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

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Prayer of the Day

God of the new and eternal covenant,
as the forty days of the great flood
swept away the world's corruption
and watered new beginnings of righteousness and life:
grant to us, who are washed clean and born again
in the saving flood of baptism, the wellspring of your grace,
that your gift of new life may flourish once again;
through Jesus Christ our Redeemer,
who lives and reigns with you in the unity of 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 and would welcome a call or message from you. Use the time to catch up with your family and friends who are interstate or overseas. Use your phone or email or face time or SMS, write letters or notes - 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 if we follow Him. Emmanuel - God is with us.

