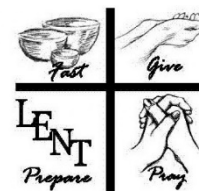


SUNDAY TABLE SERVICE

10th March 2024 Mothering Sunday
*Let us watch Songs of Praise together on the ABC
and then set the table for our shared meal.*

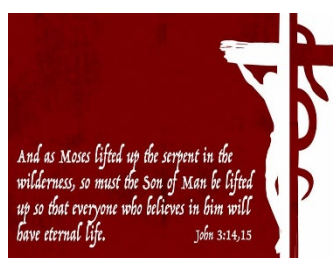


- **Setting our table for our Sunday lunch service.**

Sometimes we eat, in front of the TV either together or alone; we eat on the run; we eat out in 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 worship at home today let us give some thought to the presentation of our meal, let our table reflect the importance of the season of lent, a time of reflection, prayer and fasting.



The foundation of salvation has nothing to do about how good we can be. It is everything about God's love for us and simply accepting this unconditional love. It sounds too easy doesn't it?

In this reading Jesus is talking theological jargon to the greatest religious jewish teacher of the time. Jesus uses Nicodemus's language to explain salvation. Not the quick fix kind that is tied up in rules, but the kind that makes life worth living simply by trusting. The kind that engulfs our souls, and outlasts our mortal frames. So He tells Nicodemus about His impending death. The snake lifted up story, Nicodemus knew it all to well; but its meaning he now knew even more. It spelt out redemption and forgiveness and God's love for humanity. God reaching us, beyond our own attempts to save ourselves.

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

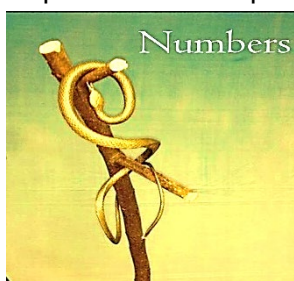


Bless this food, both physical and spiritual. Bless all who gather at your table, both seen and unseen, In Jesus' name we pray. Amen

Let us read and reflect on our cycle of readings

A reading from the book of Numbers, Chapter 21 beginning at Verse 4

From Mount Hor they set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. ⁵ The people spoke against God and against Moses, "Why



have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." ⁶ Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. ⁷ The people came to Moses and said, "We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us." So Moses prayed for the

people. ⁸ And the Lord said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." ⁹ So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

Hear the word of the Lord,

thanks be to God

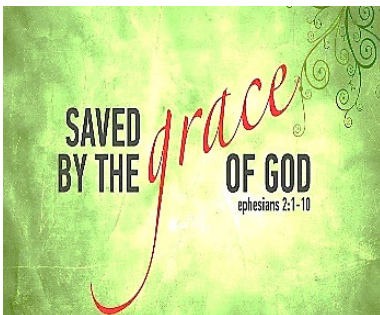
Psalm 107:1-3,17-22

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.
¹⁷ Fools were far gone in transgression:
and because of their sins were afflicted.
¹⁸ They sickened at any food:
and had come to the gates of death.
¹⁹ Then they cried to the Lord in their distress:
and he took them out of their trouble.
²⁰ He sent his word and healed them:
and saved their life from the Pit.
²¹ Let them thank the Lord for his goodness:
and for the wonders that he does
for the children of Adam;
²² Let them offer sacrifices of thanksgiving:
and tell what he has done with shouts of joy.



A reading from the letter of Paul to the Ephesians, Chapter 2 beginning at Verse 1

¹ You were dead through the trespasses and sins ² in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. ³ All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. ⁴ But God, who is rich in mercy, out of the great love with which he loved us ⁵ even when we were dead through our trespasses, made us alive together with Christ - by grace you have been saved - ⁶ and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷ so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. ⁸ For by grace you have been saved through faith, and this is not your own doing; it is the gift of God - ⁹ not the result of works, so that no one may boast. ¹⁰ For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.



Hear the word of the Lord,

thanks be to God.

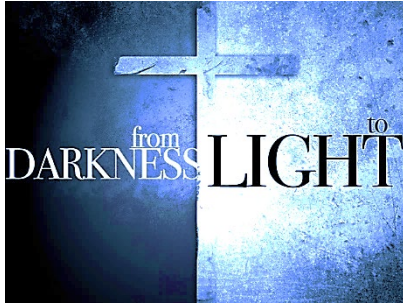
The Gospel of our Lord Jesus Christ according to John, Chapter 3 beginning at Verse 14

Glory to you Lord Jesus Christ.

¹⁴ And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, ¹⁵ that whoever believes in him may have eternal life.

¹⁶ "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

¹⁷ "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. ¹⁸ Those who



believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. ¹⁹ And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. ²⁰ For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. ²¹ But those who do what is true come to the



light, so that it may be clearly seen that their deeds have been done in God."

This is the Gospel of the Lord,

praise to you Lord Jesus Christ.

Sentence

For God so loved the world that he gave his only Son .that whoever believes in him should not perish but have eternal life. John 3:16

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.

**For God did not send his Son into the world.
Whoever lives by the truth comes into the light.**

Jesus made it very clear to Nicodemus. As the Hebrews looked to the snake raised up on a staff in the desert for their healing; so Jesus would bring healing to those who look to Him. By looking, the meaning really is about putting our trust in what He has done and what He brings to our souls. This is a belief not so much in the theology, but in how God reaches us in a deep and Spiritual way. A spiritual healing that opens us up to a way of living that is liberating for our souls. This is the " God so loved" that Jesus mentions.



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 all nations throughout the world . We pray for all those suffering from the effects of natural disasters, floods, fire and storms. 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 to conflict. 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, Gweneth, Jo and Ginne ,Joyce and Ted Matthew, Ann , 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, 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

Everlasting God
 we live and move and have our being,
 you have made us for yourself,
 and our hearts are restless until they find their rest in you:
 give us purity of heart and strength of purpose,
 that no selfish passion may hinder us
 from knowing your will,
 no weakness prevent us from doing it;
 that in your light we may see light,
 and in your service find perfect freedom;
 through Jesus Christ our Lord,
 who lives and reigns with you and the Holy Spirit,
 one God, now and for ever. Amen.



in whom



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.

