

SUNDAY TABLE SERVICE

24th March 2024 Palm 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 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. As we celebrate Palm Sunday let us define the occasion by decorating our table with a variety of leaves and/or palm fronds from our garden.



Have you believed something and then realised you had got it so very wrong. Palm Sunday is a bit like that. Jesus rode a donkey into Jerusalem. Traditionally when a king conquered a nation he rode a donkey into the city to tell the people he would not harm them but bring them peace. Many from Jerusalem believed that Jesus was their deliver from the Romans and peace would come at last. They came out and lined the streets rejoicing and praising God. Jesus brought the same message God has always brought Israel for over two thousand generations and through so many prophets, and they missed it. His message has never changed; if you love and obey me then you will have peace even if there is trouble. When their peace did not come, they killed Jesus..

- **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**

Old Testament Reading: Isaiah 50.4-9a

The Lord God has given me the tongue of a teacher, that I may know how to sustain the weary with a word. Morning by morning he wakens— wakens my ear to listen as those who are taught. The Lord God has opened my ear, and I was not rebellious, I did not turn backward. I gave my back to those who struck me, and my cheeks to those who pulled out the beard; I did not hide my face from insult and spitting. The Lord God helps me; therefore I have not been disgraced; therefore I have set my face like flint, and I know that I shall not be put to shame.

This is the word of the Lord **Thanks be to God**



Psalm 31.9-18

9 Have mercy upon me, O LORD, for I am in trouble::

my eyes wastes away for grief, my throat also and my inward parts.

10 For my life wears out in sorrow, and my years with sighing:

my strength fails me in my affliction and my bones are consumed.

11 I am become the scorn of all my enemies:

and my neighbours wag their heads in derision.

12 I am a thing of horror to my friends: and those that see me in the street shrink from me.

13 I am forgotten like a dead man out of mind: I have become like a broken vessel.

14 For I hear the whispering of many: and fear is on every side.

15 While they plot together against me: and scheme to take away my life.

16 But in you Lord have I put my trust: I have said 'You are my God.'

17 All my days are in your hand: O deliver me from the power of my enemies and from my persecutors.

18 Make your face to shine upon your servant: and save me for your mercies sake.



New Testament Reading: Philippians 2.5-11



Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death—even death on a cross. Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee

should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

This is the word of the Lord **Thanks be to God**

Gospel: Mark 15:1-19 Glory to you Lord Jesus Christ

15As soon as it was morning, the chief priests held a consultation with the elders and scribes and the whole council. They bound Jesus, led him away, and handed him over to Pilate. ²Pilate asked him, "Are you the King of the Jews?" He answered him, "You say so." ³Then the chief priests accused him of many things. ⁴Pilate asked him again, "Have you no answer? See how many charges they bring against you." ⁵But Jesus made no further reply, so that Pilate was amazed.

⁶Now at the festival he used to release a prisoner for them, anyone for whom they asked. ⁷Now a man called Barabbas was in prison with the rebels who had committed murder during the insurrection. ⁸So the crowd came and began to ask Pilate to do for them according to his custom. ⁹Then he answered them, "Do you want me to release for you the King of the Jews?" ¹⁰For he realized that it was out of jealousy that the chief priests had handed him over. ¹¹But the chief priests stirred up the crowd to have him release Barabbas for them instead. ¹²Pilate spoke to them again, "Then what do you wish me to do with the man you call the King of the Jews?" ¹³They shouted back, "Crucify him!" ¹⁴Pilate asked them, "Why, what evil has he done?" But they shouted all the more, "Crucify him!" ¹⁵So Pilate, wishing to satisfy the crowd, released Barabbas for them; and after flogging Jesus, he handed him over to be crucified.



¹⁶Then the soldiers led him into the courtyard of the palace (that is, the governor's headquarters); and they called together the whole cohort. ¹⁷And they clothed him in a purple cloak; and after twisting some thorns into a crown, they put it on him. ¹⁸And they began saluting him, "Hail, King of the Jews!" ¹⁹They struck his

head with a reed, spat upon him, and knelt down in homage to him. ²⁰After mocking him, they stripped him of the purple cloak and put his own clothes on him. Then they led him out to crucify him.

²¹They compelled a passer-by, who was coming in from the country, to carry his cross; it was Simon of Cyrene, the father of Alexander and Rufus. ²²Then they brought Jesus to the place called Golgotha (which means the place of a skull). ²³And they offered him wine mixed with myrrh; but he did not take it. ²⁴And they crucified him, and divided his clothes among them, casting lots to decide what each should take.

²⁵It was nine o'clock in the morning when they crucified him. ²⁶The inscription of the charge against him read, "The King of the Jews." ²⁷And with him they crucified two bandits, one on his right and one on his left. ²⁹Those who passed by derided him, shaking their heads and saying, "Aha! You who would destroy the temple and build it in three days, ³⁰save yourself, and come down from the cross!" ³¹In the same way the chief priests, along with the scribes, were also mocking him among themselves and saying, "He saved others; he cannot save himself. ³²Let the Messiah, the King of Israel, come down from the cross now, so that we may see and believe." Those who were crucified with him also taunted him.

³³When it was noon, darkness came over the whole land until three in the afternoon. ³⁴At three o'clock Jesus cried out with a loud voice, "Eloi, Eloi, lema sabachthani?" which means, "My God, my God, why have you forsaken me?" ³⁵When some of the bystanders heard it, they said, "Listen, he is calling for Elijah." ³⁶And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, "Wait, let us see whether Elijah will come to take him down." ³⁷Then Jesus gave a loud cry and breathed his last. ³⁸And the curtain of the temple was torn in two, from top to bottom. ³⁹Now when the centurion, who stood facing him, saw that in this way he breathed his last, he said, "Truly this man was God's Son!"



For the gospel of the Lord **Praise to you Lord Jesus Christ**

Sentence

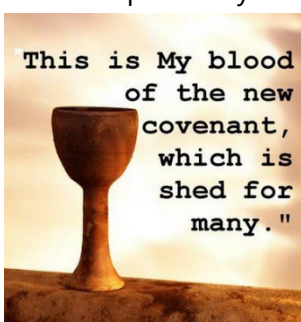
At the name of Jesus, every knee shall bend, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

- **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.**

With my whole heart I seek you; do not let me stray from your commandments. where I am, there will my servant be also.

"This is My blood of the covenant, which is poured out for many."
He humbled Himself and became obedient to death—even death on a cross.

Jesus shared his last Passover meal with the disciples just before his arrest. In the Jewish marriage tradition, a Father would hand his son a cup of wine. The son, in turn, would offer it to his future wife and say, "This cup I offer you." In effect he was saying, "I love you and I offer you



my life." If she drank of the cup she was accepting His life and giving Him her life. In the Passover feast the last cup to be drunk from was called the cup of salvation. It was with this cup Jesus said, "This is my blood of the new covenant." He was saying, "I give you my life, will you give me yours." Then He literally did give His life for us. Now every time we have communion, we are renewing our love vow to God and in effect we are saying, "I accept your gift, and I give you my life in return. The sacramental power is not in the Priests prayer, but in the moment when both vows come together to create the most incredible covenantal love relationship.

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, Wendy, 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

- **Prayer of the Day**

God of all,
 you gave your only-begotten Son
 to take the form of a servant,
 and to be obedient even to death on a cross:
 give us the same mind that was in Christ Jesus that,
 sharing in his humility,
 we may come to be with him in his glory,
 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 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 you do not regularly see. 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 good news of Jesus as we move towards Easter, the resurrection and promise of Eternal Life. Share with others the Joy of knowing Jesus and his promise of a brighter and better future if we follow Him.

