



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 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 Easter Sunday let us define the occasion by decorating our table with a variety of bright flowers or Easter eggs and/or a medium size stone (symbolising the stone that has been rolled away and new life, Set your meal for this day. And give some thought to the presentation of your meal as a meditation on the importance of the time you are setting aside for worship. Make it pleasing to your eye. If you are celebrating this meal without people physically present, please be aware that **God Is With You.**



At Easter day Christians make a proclamation that Jesus has risen from the dead. We weren't there 2000+ years ago. We read the biblical accounts and in historical records. This however, does not give us a knowledge that these facts presented are true. It does however, point us in the direction of exploration. If the facts are true then there must be consequences. So what are they and how can we know for sure. Jesus prayed just before his betrayal, "As You, Father, are in Me, and I am in You. May they also be in Us." This speaks of a spiritual knowledge, it speaks of faith.



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 Acts of the Apostles 10:34-43

Then Peter began to speak to them: "I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ — he is Lord of all. That message spread throughout Judea, beginning in Galilee after the baptism that John announced: how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him. We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all



the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. He commanded us to preach to the people to testify that he is the one ordained by God as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.”

Hear the word of the Lord. **Thanks be to God.**

Psalm 118: 1-2, 14-24 — A.P.B.A. Page 347

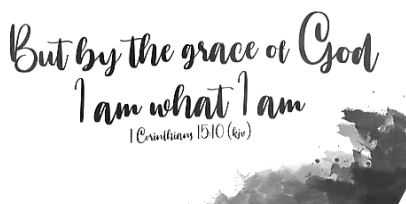
1 O give thanks to the Lord, for he is good: his mercy endures for ever.
2 Let Israel now proclaim: that his mercy endures for ever.
14 The Lord is my strength and my song: and has become my salvation.
15 The sounds of joy and deliverance: are in the tents of the righteous.
16 The right hand of the Lord does mighty things: the right hand of the Lord raises up.
17 I shall not die but live: and proclaim the works of the Lord.
18 The Lord has disciplined me hard:
but he has not given me over to death.
19 Open me the gates of righteousness:
and I will enter and give thanks to the Lord.
20 This is the gate of the Lord: the righteous shall enter it.
21 I will praise you for you answered me: and have become my salvation.
22 The stone that the builders rejected: has become the head of the corner:.
23 This is the Lord’s doing: and it is marvellous in our eyes.
24 This is the day that the Lord has made: let us rejoice and be glad in it.



A reading from the First Letter to the Corinthians 15 1:11

I would remind you, brothers and sisters, of the good news that I proclaimed to you, which you in turn received, in which also you stand, through which also you are being saved, if you hold firmly to the message that I proclaimed to you — unless you have come to believe in vain. For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures, and that he was buried, and that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brothers and sisters at one time, most of whom are still alive, though some have died. Then he appeared to James, then to all the apostles. Last of all, as to one untimely born, he appeared also to me. For I am the least of the apostles, unfit to be called an

apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace toward me has not been in vain. On the contrary, I worked harder than any of them — though it was not I, but the grace of God that is with me. Whether then it was I or they, so we proclaim and so you have come to believe.



Hear the word of the Lord. **Thanks be to God**

The Gospel of our Lord Jesus Christ according to John Chapter 20 verses 1-18

Glory to you Lord Jesus Christ

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, “They have taken the Lord out of the tomb, and we do not know where they have laid him.” Then Peter and the other disciple set out and went toward the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus’ head, not lying with the linen

wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes. But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, "Woman, why are you weeping?" She said to them, "They have taken away my Lord, and I do not know where they have laid him." When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni!" (which means Teacher). Jesus said to her, "Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, 'I am ascending to my Father and your Father, to my God and your God.'" Mary Magdalene went and announced to the disciples, "I have seen the Lord"; and she told them that he had said these things to her.



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

Sentence

This is the day that the Lord has made; let us rejoice and be glad in it.
; Psalm 118.24

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.

**God raised him on the third day and allowed him to appear,
Thank you that you have answered me and have become my salvation.**

The author in Hebrews wrote, now faith is confidence in what we hope for and assurance about what we do not see. So, what generates this confidence, this assurance? Something in faith must be real or all we are doing is a religion of our own making. Paul answers it this way, the Spirit of Him that raised Christ from the dead dwells in you. If such a power like that is in you, it would certainly have some kind of substance. So, by faith we accept that God Himself wants to affect change in us for the better. So, we open our hearts and lives for the Spirit of Christ to have His way. Then the facts must speak for themselves. Is it any wonder that after Christians salute each other with the words "He is risen," that the heart felt response is "He is risen indeed."•



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 peace to the world, help us to live anew. Send your Spirit to guide each our step, to build rather than to destroy, to love rather than to hate, to live rather than to die. In Jesus' name, through the victory of his resurrection, we pray. Amen.



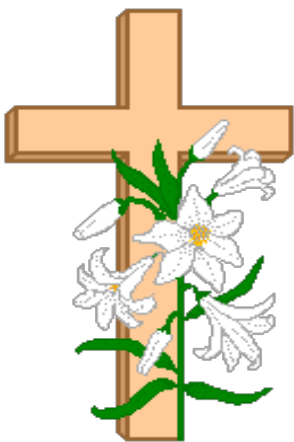


We pray for family; for members of the parish and wider community, for the life and ministry of the Church, for encouragement in our journey of faith. We continue to pray alongside those in our parish asking for prayer, Wendy, Gweneth, Jo and Ginne, Joyce and Ted Matthew, Ann, Kathryn and Keiran, Ruth, 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**

Brightness of God's glory,
whom death could not conquer nor the tomb imprison:
as you have shared our frailty in human flesh,
help us to share your immortality in the Spirit:
let no shadow of the grave terrify us,
and no fear of darkness turn our hearts from you
Reveal yourself to us this day and all our days,
as the first and the Last the Living One,
our immortal Saviour and Lord.
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.***

***Christ is Risen! Alleluia!
He is Risen indeed! Alleluia! Alleluia!***

Intentional connection beyond your home

Take time over the Easter Break to 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. 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, the resurrection and promise of Eternal Life. Share with others the Joy of knowing Jesus, the hope of Easter, the resurrection and promise of Eternal Life. Showing others that there is a brighter and better future if we only follow Him.

