



SUNDAY TABLE SERVICE

TRINITY SUNDAY

Let us sit and watch Songs of Praise together on the ABC and then set the table for our Parish 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.



TODAY is Trinity Sunday, a time to reflect on the wonder and glory of our God, as the Father Son and Holy Spirit, Let us decorate our table to reflect the occasion. Set you table and prepare you meal as a meditation on the importance of the time you are setting aside for worship. If you are celebrating this meal without people physically present, please be aware that **God Is With You.**

The reading in John 3 is one of the most profound conversations in the Gospels. Jesus is speaking to Nicodemus. He was the teacher of all Rabbi teachers. Jesus uses Nicodemus's style of language to converse with him. He spoke about two significant changes in a person's life. The first, Nicodemus understood. Baptism in water was a Jewish ritual of ceremonial cleansing before presenting an offering to God. It demonstrated not only a purification of the body but a renewal or rebirth of the soul.



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 prophet Isaiah Chapter 6.1-8

In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple. Seraphs were in attendance above him; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew. And one called to another and said: "Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory." The pivots on the thresholds shook at the voices of those

who called, and the house filled with smoke. And I said: "Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the Lord of hosts!" Then one of the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs. The seraph touched my mouth with it and said: "Now that this has touched your lips, your guilt has departed and your sin is blotted out." Then I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" And I said, "Here am I; send me!"

Here I Am.
Send Me.

Isaiah 6:1-8



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

Psalm 29 — A.P.B.A. Page 248

1 Ascribe to the Lord, you powers of heaven:
ascribe to the Lord glory and might.

2 Ascribe to the Lord the honour due to his name:
O worship the Lord in the beauty of his holiness.

3 The voice of the Lord is upon the waters:
the God of glory thunders, the Lord upon the great waters.

4 The voice of the Lord is mighty in operation:
the voice of the Lord is a glorious voice.

5 The voice of the Lord breaks the cedar-trees:
the Lord breaks in pieces the cedars of Lebanon.

6 He makes them skip like a calf:
Lebanon and Sirion like a young wild ox.

7 The voice of the Lord divides the lightning-flash:
the voice of the Lord whirls the sands of the desert
the Lord whirls the desert of Kadesh.

8 The voice of the Lord rends the terebinth trees,
and strips bare the forests: in his temple all cry 'Glory'.

9 The Lord sits enthroned above the water-flood:
the Lord sits enthroned as a king for ever.

10 The Lord will give strength to his people:
the Lord will give his people the blessing of peace.

THE LORD
GIVES STRENGTH
to His people
THE LORD BLESSES
His people with
PEACE
PSALM 29:11

A reading from the Letter to the Romans Chapter 8 12-17

So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh — for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, "Abba! Father!" it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ — if, in fact, we suffer with him so that we may also be glorified with him.
Hear the word of the Lord. **Thanks be to God.**

For those who
are led by the
Spirit of God
are the
children
of God.

-Romans 8:14



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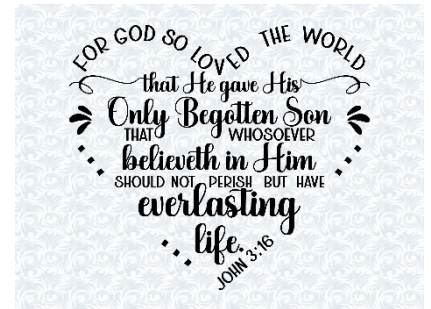
The Gospel of our Lord Jesus Christ according to John Chapter 3 1-17

Glory to you Lord Jesus Christ

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no

one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’

The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things? “Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. “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. “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.



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

Sentence

Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory.

Isaiah 6.3

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.

No one can enter the kingdom of God without being born of water and Spirit. It is that very Spirit bearing witness with our spirit that we are children of God,

Now Jesus offers a concept of baptism new to Nicodemus, a new birth in the Spirit. He stresses that one baptism is a human submission of cleansing before God. But the Spiritual baptism is from God Himself, who cleanses us from the corruption of sin. By the Spirit we are born from above. Only through Jesus who took our sin on the cross can we live a renewed life. We are no longer restrained by physical limitations. Our spiritual life is made clean, rebirthed by God Himself. He gave us Jesus so we could give ourselves to Him. Now we can present ourselves as a worthy offering to God, a heart and soul He chooses to dwell within.



prayer-time Now let us continue to offer our prayers for those in need, those looking for peace and reconciliation. Lord, we ask for peace in all nations throughout the world . Our world is full of hurting people and nations torn apart by war and violence. Please protect, comfort, and heal children and women and men who face unspeakable loss and profound emotional and physical challenges. Unite us in pursuing a world where all can thrive in Your peace, mercy, and abundance guide us in our efforts to help bring relief to these troubled regions. 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, We give thanks for the life work and witness of Mary Ray, who passed away peacefully last week. We pray for God's grace to comfort her family and friends as they come to terms with their loss. May she rest in peace and rise in glory. Wendy, Gweneth, Jo and Ginne, Joyce and Ted, Matthew, Ann, Kathryn and Keiran, Ruth, Jean N, Brenda's 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

O blessed Trinity,
in whom we know the Maker of all things,
seen and unseen, the Saviour of all, both near and far:
by your Spirit enable us so to worship your divine majesty,
that with all the company of heaven
we may magnify your glorious name, saying,
holy, holy, holy. Glory to you, O Lord most high.
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 spend some time reaching out to others, a member of your family, or someone who does not have family, or a friend, someone in your community who may be alone and would welcome a call or message from you. Let God guide you to the person or persons with whom you should connect. Contact them. Start a conversation: 'I was thinking of you.....' Or 'What did you think of.....'

