



SUNDAY TABLE SERVICE

Sunday 2nd June 2024

*Let us sit and watch Songs of Praise
together on the ABC*



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 celebrate today let us 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.**

~~Rules~~
~~Religion~~
Relationship

Getting stuck in the way of doing something is in every culture. Would we risk criticism to break custom if it meant doing something good.?

We see in this reading that Jesus challenges us not to get all stuck up in religious ritual. -where it even restricts us to step out of tradition to right a wrong or to help another. Christians are not meant to be slaves to religion

but slaves to a Lord of infinite compassion. The translation of the word slave is correct here. It speaks of surrendering all we are to be endowed with the authority and likeness of a loving master. A Master who's love and grace, virtues and mercies are also ours to share. These things are what is referred to as His light in our lives.

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 first book of Samuel Chapter 3 1-10

Now the boy Samuel was ministering to the Lord under Eli. The word of the Lord was rare in those days; visions were not widespread. At that time Eli, whose eyesight had begun to grow dim so that he could not see, was lying down in his room; the lamp of God had not yet gone out, and Samuel was lying down in the temple of the Lord, where the ark of God was. Then the Lord called, "Samuel!"

Samuel!" and he said, "Here I am!" and ran to Eli, and said, "Here I am, for you called me." But he said, "I did not call; lie down again." So he went and lay down. The Lord called again, "Samuel!" Samuel got up and went to Eli, and said, "Here I am, for you called me." But he said, "I did not call, my son; lie down again." Now Samuel did not yet know the Lord, and the word of the Lord had not yet been revealed to him. The Lord called Samuel again, a third time. And he got up and went to Eli, and said, "Here I am, for you called me." Then Eli perceived that the Lord was calling the boy. Therefore Eli said to Samuel, "Go, lie down; and if he calls you, you shall say, 'Speak, Lord, for your servant is listening.'" So Samuel went and lay down in his place. Now the Lord came and stood there, calling as before, "Samuel! Samuel!" And Samuel said, "Speak, for your servant is listening."



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

Psalm 139: 1-6, 13-18 — A.P.B.A. Page 370

1 O Lord you have searched me out and known me:
you know when I sit or when I stand,
you comprehend my thoughts long before.

2 You discern my path and the places where I rest:
you are acquainted with all my ways.

3 For there is not a word on my tongue:
but you Lord know it altogether.

4 You have encompassed me behind and before:
and have laid your hand upon me.

5 Such knowledge is too wonderful for me:
so high that I cannot endure it.

6 Where shall I go from your spirit:
or where shall I flee from your presence?

13 I will praise you for you are to be feared:
fearful are your acts and wonderful your works.

14 You knew my soul, and my bones were not hidden from you:
when I was formed in secret. and woven in the depths of the earth.

15 Your eyes saw my limbs when they were yet imperfect:
and in your book were all my members written.

16 Day by day they were fashioned: and not one was late in growing.

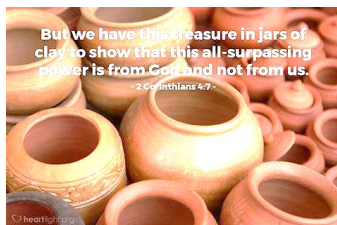
17 How deep are your thoughts to me O God: and how great is the sum of them!

18 Were I to count them, they are more in number than the sand:
were I to come to the end, I would still be with you.



A reading from the Second Letter to the Corinthians Chapter 4 5-12

What we preach is not ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of God's glory displayed in the face of Christ. But we have this



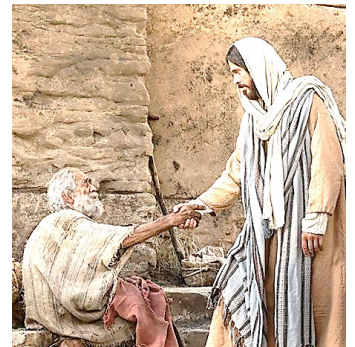
treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. For we

who are alive are always being given over to death for Jesus' sake, so that his life may also be revealed in our mortal body. So then, death is at work in us, but life is at work in you.

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

The Gospel of our Lord Jesus Christ according to Mark Chapter 2 verse 23 to Chapter 3 v 6 Glory to you Lord Jesus Christ.

One sabbath he was going through the cornfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, 'Look, why are they doing what is not lawful on the sabbath?' And he said to them, 'Have you never read what David did when he and his companions were hungry and in need of food? He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.' Then he said to them, 'The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath.' Again he entered the synagogue, and a man was there who had a withered hand. They watched him to see whether he would cure him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, 'Come forward.' Then he said to them, 'Is it lawful to do good or to do harm on the sabbath, to save life or to kill?' But they were silent. He looked around at them with anger; he was grieved at their hardness of heart and said to the man, 'Stretch out your hand.' He stretched it out, and his hand was restored. The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.



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

Sentence We have found the Messiah: Jesus Christ, the Son of God, the king of Israel! John 1.41,49

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.

Ps V1. LORD, you have searched me and known me.

Cor V6. Let light shine out of darkness, who has shone in our hearts.



Imagine this, we are like jars of clay compared to our God's amazing light. Yet He gives us this light to shine out His love. Not only shine, but in shining we know that whatever happens, good or bad, God's presence is with us. We have this confidence that is not of our own doing. Yet it is His assurance constantly knowing that whatever trials we face our Father is with us. This then is the spiritual peace we can have and live out. Therefore we literally are the visible evidence that Jesus is alive and will come to all who call on him.

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, Margaret, 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; 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

Eternal God,
whose Son, Jesus Christ, is now exalted as Lord of all,
and pours out his gifts upon the Church:
grant it that unity which only your Spirit can give,
keep us in the bond of peace,
and bring all creation to worship before your throne;
through Jesus Christ our Redeemer,
who lives and reigns with you in the unity of 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 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.....

