



SUNDAY TABLE SERVICE

Sunday 9th 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.**



People blame God for all kinds of things. In the end it comes down to what choices they make that lead to consequences good or bad.

.The readings are heavy duty this week. The Israelites want to trade in God for a King. They basically tell Samuel to tell God to hang the consequences. How mistaken they were, for centuries they would suffer. Then in the Gospel reading, Jesus family turns up in Capernaum to see Jesus. He has been saying and doing stuff that has the religious leaders extremely angry with him. His own Mum, Brothers and Sisters think he's going nuts. Then Jesus points to those around Him and says whoever dose God's will, these are my Family.

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 8 v 4-11 16-20

Then all the elders of Israel gathered together and came to Samuel at Ramah, and said to him, "You are old and your sons do not follow in your ways; appoint for us, then, a king to govern us, like other nations." But the thing displeased Samuel when they said, "Give us a king to govern us." Samuel prayed to the Lord, and the Lord said to Samuel,

“Listen to the voice of the people in all that they say to you; for they have not rejected you, but they have rejected me from being king over them. Just as they have done to me, from the day I brought them up out of Egypt to this day, forsaking me and serving other gods, so also they are doing to you. Now then, listen to their voice; only—you shall solemnly warn them, and show them the ways of the king who shall reign over them.” So Samuel reported all the words of the Lord to the people who were asking him for a king. He said, “These will be the ways of the king who will reign over you: he will take your sons and appoint them to his chariots and to be his horsemen, and to run before his chariots. He will take your male and female slaves, and the best of your cattle and donkeys, and put them to his work. He will take one-tenth of your flocks, and you shall be his slaves. And in that day you will cry out because of your king, whom you have chosen for yourselves; but the Lord will not answer you in that day.”

But the people refused to listen to the voice of Samuel; they said, “No! but we are determined to have a king over us, so that we also may be like other nations, and that our king may govern us and go out before us and fight our battles.”

Samuel said to the people, ‘Come, let us go to Gilgal and there renew the kingship.’ So all the people went to Gilgal, and there they made Saul king before the Lord in Gilgal. There they sacrificed offerings of well-being before the Lord, and there Saul and all the Israelites rejoiced greatly.

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

Psalms 138 – A.P.B.A. page 369

1 I will give you thanks, O Lord, with my whole heart:
even before the gods will I sing your praises.

2 I will bow down toward your holy temple
and give thanks to your name:
because of your faithfulness and your loving-kindness,
for you have made your name and your word
supreme over all things.

3 At a time when I called to you, you gave me answer:
and put new strength with in my soul.

4 All the kings of the earth shall praise you O Lord:
for they have heard the words of your mouth;

5 And they shall sing of the ways of the Lord:
that the glory of the Lord is great.

6 For though the Lord is exalted he looks upon the lowly:
and he comprehends the proud from afar.

7 Though I walk in the midst of danger
yet will you preserve my life:
you will stretch out your hand against the fury of my
enemies and your right hand shall save me.

8 The Lord will complete his purpose for me:
your loving-kindness O Lord endures for ever;
do not forsake the work of your own hands.

A reading from the second letter of Paul to the Corinthians Chapter 4 13- 5-1

Just as we have the same spirit of faith that is in accordance with scripture—“I believed, and so I spoke”—we also believe, and so we speak, because we know that the one who raised the Lord Jesus will raise us also with Jesus, and will bring us with you into his presence. Yes,

everything is for your sake, so that grace, as it extends to more and more people, may increase thanksgiving, to the glory of God. So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day. For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure, because we look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal.

For we know that if the earthly tent we live in is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. Hear the word of the Lord. Thanks be to God.

The Gospel of our Lord Jesus Christ according to Mark 3:20-35

Glory to you Lord Jesus Christ

The crowd came together again, so that they could not even eat. When his family heard it, they went out to restrain him, for people were saying, "He has gone out of his mind." And the scribes who came down from Jerusalem said, "He has Beelzebul, and by the ruler of the demons he casts out demons." And he called them to him, and spoke to them in parables, "How can Satan cast out Satan? If a kingdom is divided against itself, that kingdom cannot stand. And if a house is divided against itself, that house will not be able to stand. And if Satan has risen up against himself and is divided, he cannot stand, but his end has come. But no one can enter a strong man's house and plunder his property without first tying up the strong man; then indeed the house can be plundered. "Truly I tell you, people will be forgiven for their sins and whatever blasphemies they utter; but whoever blasphemes against the Holy Spirit can never have forgiveness, but is guilty of an eternal sin"— for they had said, "He has an unclean spirit." Then his mother and his brothers came; and standing outside, they sent to him and called him. A crowd was sitting around him; and they said to him, "Your mother and your brothers and sisters are outside, asking for you." And he replied, "Who are my mother and my brothers?" And looking at those who sat around him, he said, "Here are my mother and my brothers! Whoever does the will of God is my brother and sister and mother."

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

Sentence

[Here are my mother and my brothers!] Whoever does the will of God is my brother and my sister and my mother. Mark 3:34-35

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.

Sam. v7 but they have rejected me from being king over them.

Mark v5 if a hose is divided against itself, that house cannot stand.

From the time the Israelites had a king, things spiralled down hill for them. Eventually their nation would split in two. Ultimately, they were taken into captivity by the Babylonians and the Assyrians. The Israelites are God's chosen people, His family. They turned their back on Him for what they thought was a better way. Often people blame God for our own self-inflicted ways. This is why Jesus made this statement, whoever dose God's will are his family. Nobody said following God would be easy, but the consequences of doing so is rewarded with a freedom and security. It brings a peace and assurance beyond fear and conflict, beyond the bondage of condemnation and worthlessness. In following God's way, He adopts us into His awesome family.

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, Glenda, Deryn, 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

Almighty God,
give us such a vision of your purpose,
and such an assurance of your love and power,
that we may ever hold fast the hope
which is in Jesus Christ our Lord;
who lives and reign with you in the unity of the Holy Spirit,
one God, for ever and 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.....

