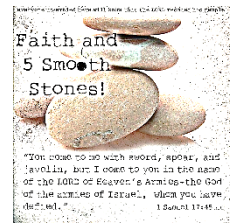




# SUNDAY TABLE SERVICE

## Sunday 23<sup>rd</sup> 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.**

When someone says have faith in something, what they are really saying is don't forget what has been and can be achieved. It is amazing how quickly people give up.

We have all heard the story of David and Goliath. How David slew the giant Goliath with a stone from a sling. David was the youngest son of Jesse. Jesse basically used him as a servant. Here we

## **FAITH FEAR**

see that God used a young man's faith who everyone else thought was foolish and weak. Goliath is killed, the Philistines are routed, and the rest is history. Next, Jesus is asleep in a boat and the disciples are battling to keep the boat afloat in a vicious storm. They wake him up and he calms the wind and sea.

### **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 17 v 32-49

David said to Saul, "Let no one's heart fail because of him; your servant will go and fight with this Philistine." Saul said to David, "You are not able to go against this Philistine to fight with him; for



you are just a boy, and he has been a warrior from his youth." But David said to Saul, "Your servant used to keep sheep for his father; and whenever a lion or a bear came, and took a lamb from the flock, I went after it and struck it down, rescuing the lamb from its mouth; and if it turned against me, I would catch it by the jaw, strike it down, and kill it. Your servant has killed both

lions and bears; and this uncircumcised Philistine shall be like one of them, since he has defied the armies of the living God." David said, "The Lord, who saved me from the paw of the lion and from the paw of the bear, will save me from the hand of this Philistine." So Saul said to David, "Go, and may the Lord be with you!" Saul clothed David with his armour; he put a bronze helmet on his head and clothed him with a coat of mail. David strapped Saul's sword over the armour, and he tried in vain to walk, for he was not used to them. Then David said to Saul, "I cannot walk with these; for I am not used to them." So David removed them. Then he took his staff in his hand, and chose five smooth stones from the wadi, and put them in his shepherd's bag, in the pouch; his sling was in his hand, and he drew near to the Philistine. The Philistine came on and drew near to David, with his shield-bearer in front of him. When the Philistine looked and saw David, he disdained him, for he was only a youth, ruddy and handsome in appearance. The Philistine said to David, "Am I a dog, that you come to me with sticks?" And the Philistine cursed David by his gods. The Philistine said to David, "Come to me, and I will give your flesh to the birds of the air and to the wild animals of the field." But David said to the Philistine, "You come to me with sword and spear and javelin; but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. This very day the Lord deliver you into my hand, and I will strike you down and cut off your head; and I will give the dead bodies of the Philistine army this very day to the birds of the air and to the wild animals of the earth, so that all the earth may know that there is a God in Israel, and that all this assembly may know that the Lord does not save by sword and spear; for the battle is the Lord's and he will give you into our hand." When the Philistine drew nearer to meet David, David ran quickly toward the battle line to meet the Philistine. David put his hand in his bag, took out a stone, slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell face down on the ground.



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

Psalm 9:9-20 — A.P.B.A. Page 230

9 The Lord is a strong tower to those that are oppressed:  
he is a tower of strength in time of need.

10 All who heed your name will trust in you:  
for you have never forsaken those that seek you.

11 O sing praises to the Lord who dwells in Zion:  
tell among the peoples what great things he has done.

12 For he that avenges blood has remembered the poor:  
he has not forgotten their cry.

13 The Lord has been merciful toward me,  
he saw what I suffered from my foes:  
he raised me up again from the gates of death,

14 That I might tell all your praises in the gates of Zion:  
that I might rejoice in your deliverance.

15 The nations have sunk into the pit they dug for others:  
in the very snare they laid is their foot taken;

16 The Lord has declared himself and upheld the right:  
the wicked are trapped in the work of their own hands.

17 The wicked shall be given over to death: and all the nations that forget God.

18 For the needy shall not always be forgotten: nor shall the hope of the poor perish for ever.

19 Arise Lord let no human power prevail: let the nations be judged before you.

20 Put them in fear O Lord: and let the nations know they are but human.

## The Lord is a refuge for the oppressed,

a stronghold in  
times of trouble.

Those who know your  
name trust in you,  
for you, Lord, have  
never forsaken  
those who seek you.

-Psalm 9:9-10



A reading from the second letter to the Corinthians Chapter 6 1-13

As we work together with him, we urge you also not to accept the grace of God in vain. For he says, "At an acceptable time I have listened to you, and on a day of salvation I have helped you." See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labours, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honour and dishonour, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see — we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything. We have spoken frankly to you Corinthians; our heart is wide open to you. There is no restriction in our affections, but only in yours. In return — I speak as to children — open wide your hearts also.

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

The Gospel of our Lord Jesus Christ according to Mark Chapter 4 v 35-41

Glory to you Lord Jesus Christ

On that day, when evening had come, he said to them, "Let us go across to the other side." And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care that we are perishing?" He woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. He said to them, "Why are you afraid? Have you still no faith?" And they were filled with great awe and said to one another, "Who then is this, that even the wind and the sea obey him?"

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



### **Sentence**

Who then is this, that even the wind and the sea obey him?

Mark 4.41

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.

**Mark v 40 He said to them, "Why are you afraid? Have you still no faith?"**

**Sam v 45 You come to me with sword and spear and javelin; but I come to you in the name of the LORD.**

**Ps v1 The LORD is a stronghold for the oppressed, a stronghold in times of trouble.**

We all have battles before us, some seem overwhelming. The Israelite soldiers and the disciples both forgot who they had with them; despite all the past victories and miracles they had seen. Faith is not something we can conjure up like a super power. Faith is as simple as remembering that God is on our side. Then holding on to this as we go through the battles in life and the storms

that come against us. Then we can walk past the giants of despair, the mountains of hopelessness and the raging storms knowing that even in our darkest tunnels the Lord is always with us.

**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**

O God our defender,  
storms rage about us and cause us to be afraid:  
rescue your people from despair,  
deliver your sons and daughters from fear,  
and preserve us all from unbelief;  
through Jesus Christ our Lord,  
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 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.....

