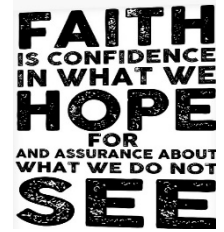




# SUNDAY TABLE SERVICE

## Sunday 30<sup>th</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.**



Mark tells a story of a woman who touched Jesus' cloak and was healed. There is more to this than meets the eye. The woman was classed unclean because of her haemorrhaging. She made a 'make or break' decision against the social expectations. She went into the crowd full of shame and brokenness with only one hope, to come behind Jesus and touch his cloak.

She knew of Jesus and her faith was part superstition. Yet from that very touch she came to know Jesus for who he really was. Not only did He heal her but in exposing her in the crowd they knew instantly that she was whole again. No longer to be looked down upon, she enters into the peace of Christ.

### **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 second book of Samuel Chapter 1 v 1 17-27

After the death of Saul, when David had returned from defeating the Amalekites, David remained two days in Ziklag. David intoned this lamentation over Saul and his son Jonathan. (He ordered that The Song of the Bow be taught to the people of Judah; it is written in the Book of Jashar.) He said: Your glory, O Israel, lies slain upon your high places!

How the mighty have fallen! Tell it not in Gath, proclaim it not in the streets of Ashkelon; or the daughters of the Philistines will rejoice, the daughters of the uncircumcised will exult. You

mountains of Gilboa, let there be no dew or rain upon you, nor bounteous fields! For there the shield of the might was defiled, the shield of Saul, anointed with oil no more. From the blood of the slain, from the fat of the mighty, the bow of Jonathan did not turn back, nor the sword of Saul return empty. Saul and Jonathan, beloved and lovely! In life and in death they were not divided; they were swifter than eagles, they were stronger than lions. O daughters of Israel, weep over Saul, who clothed you with crimson, in luxury, who put ornaments of gold on your apparel. How the mighty have fallen in the midst of the battle! Jonathan lies slain upon your high places. I am distressed for you, my brother Jonathan; greatly beloved were you to me; your love to me was wonderful, passing the love of women. How the mighty have fallen, and the weapons of war perished!

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

Psalm 130 — A.P.B.A. Page 364

1 Out of the depths have I called to you O Lord:

Lord hear my voice;

2 O let your ears consider well:

the voice of my supplication.

3 If you Lord should note what we do wrong:

who then O Lord could stand?

4 But there is forgiveness with you:

so that you shall be feared.

5 I wait for the Lord my soul waits for him:

and in his word is my hope.

6 My soul looks for the Lord:

more than watchmen for the morning,

more I say than watchmen for the morning.

7 O Israel trust in the Lord for with the Lord there is mercy;

and with him is ample redemption.

8 He will redeem Israel:

from the multitude of their sins.



A reading from the second letter to the Corinthians Chapter 8 v 7-15



Now as you excel in everything— in faith, in speech, in knowledge, in utmost eagerness, and in our love for you — so we want you to excel also in this generous undertaking. I do not say this as a command, but I am testing the genuineness of your love against the earnestness of others. For you know the generous act of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that by his poverty you might become rich. And in

this matter I am giving my advice: it is appropriate for you who began last year not only to do something but even to desire to do something — now finish doing it, so that your eagerness may be matched by completing it according to your means. For if the eagerness is there, the gift is acceptable according to what one has — not according to what one does not have. I do not mean that there should be relief for others and pressure on you, but it is a question of a fair balance between your present abundance and their need, so that their abundance may be for your need, in order that there may be a fair balance. As it is written, "The one who had much did not have too much, and the one who had little did not have too little."

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

The Gospel of our Lord Jesus Christ according to Mark Chapter 5 21-43

Glory to you Lord Jesus Christ



When Jesus had crossed again in the boat to the other side, a great crowd gathered around him ; and he was by the sea. Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet and begged him repeatedly, "My little daughter is at the point of death. Come and lay your hands on

her , so that she may be made well, and live." So he went with him. And a large crowd followed him and pressed in on him. Now there was a woman who had been suffering from haemorrhages for twelve years. She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. She had heard about Jesus, and came up behind him in the crowd and touched his cloak, for she said, "If I but touch his clothes, I will be made well." Immediately her haemorrhage stopped; and she felt in her body that she was healed of her disease. Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, "Who touched my clothes?" And his disciples said to him, "You see the crowd pressing in on you; how can you say, 'Who touched me?'" He looked all around to see who had done it. But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. He said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease." While he was still speaking, some people came from the leader's house to say , "Your daughter is dead. Why trouble the teacher any further?" But overhearing what they said, Jesus said to the leader of the synagogue, "Do not fear, only believe." He allowed no one to follow him except Peter, James, and John, the brother of James. When they came to the house of the leader of the synagogue, he saw a commotion, people weeping and wailing loudly. When he had entered, he said to them, "Why do you make a commotion and weep? The child is not dead but sleeping." And they laughed at him . Then he put them all outside, and took the child's father and mother and those who were with him, and went in where the child was. He took her by the hand and said to her, "Talitha cum," which means, " Little girl, get up!" And immediately the girl got up and began to walk about (she was twelve years of age). At this they were overcome with amazement. He strictly ordered them that no one should know this, and told them to give her something to eat. The Gospel of the Lord. Praise to you Lord Jesus Christ



### **Sentence**

The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness.

Lamentations 3.22-23

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.

**Jesus turned about in the crowd and said, "Who touched my clothes?"**

**"Daughter, your faith has made you well; go in peace, and be healed**

Faith doesn't have to be articulate, it can be down right messy at times. God hears our desperate cries, even if our prayers are more like groans. He meets where our faith is at. He doesn't need pretty words because he feels what our hearts are feeling. Jesus felt the woman heart when she touched his cloak. Her faith drew from the life within Jesus. She was made whole both physically and spiritually. This life is His gift to all of us, even if we feel unworthy. All it takes is to reach out our hand of faith, no matter how feeble, to draw from Jesus life and enter into His peace.

**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 Christ for whom we search,  
our help when help has failed:  
give us courage to expose our need  
and ask to be made whole,  
that, being touched by you,  
we may be raised to new life  
in the power of your name. 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.....

