



# SUNDAY TABLE SERVICE

## Sunday 7<sup>th</sup> July 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.**



In the Gospels Jesus teaches about living in a kingdom that is both tangible and Spiritual. A world that finds the positive in the midst of all that is negative. This means living in an authority that affects change and transformation for the better. An authority where everything that represents God's sovereignty can be expressed through our own lives. Though we live in this world we now belong to another simply by embracing all that Jesus is. Something St Paul found out the hard way.

### **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.**

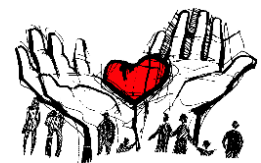
**Here, and throughout the world,**

**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 5 verses 1-5 10

All the tribes of Israel came to David at Hebron, and said, 'Look, we are your bone and flesh. For some time, while Saul was king over us, it was you who led out Israel and brought it in. The Lord said to you: It is you who shall be shepherd of my people Israel, you who shall be ruler over Israel.' So all the elders of Israel came to the king at Hebron; and King David made a covenant with them at Hebron before the Lord, and they anointed David king over Israel. David was thirty years old when he began to reign, and he reigned forty years. At Hebron he reigned over Judah seven years and six months; and at Jerusalem he reigned over all Israel and Judah thirty-three years. David occupied the stronghold, and named it the city of David. David built the



city all around from the Millo inward. And David became greater and greater, for the Lord, the God of hosts, was with him. Hear the word of the Lord. Thanks be to God.

Psalms 48 — A.P.B.A. Page 270

1 Great is the Lord and greatly to be praised: in the city of our God.

2 High and beautiful is his holy hill: it is the joy of all the earth.

3 On Mount Zion where godhead truly dwells stands the city of the Great King:

God is well known in her palaces as a sure defence.

4 For the kings of the earth assembled:

they gathered together and came on;

5 They saw they were struck dumb:

they were astonished and fled in terror.

6 Trembling took hold on them and anguish:

as on a woman in her travail;

7 Like the breath of the east wind: that shatters the ships of Tarshish.

8 As we have heard so we have seen in the city of the Lord of hosts:  
in the city of our God, which God has established for ever.

9 We have called to mind your loving-kindness O God:  
in the midst of your temple.

10 As your name is great O God so also is your praise:  
even to the ends of the earth.

11 Your right hand is full of victory let Zion's hill rejoice:  
let the daughter's of Judah be glad be cause of your judgements.

12 Walk about Zion go round about her, and count all her towers:  
consider well her ramparts pass through her palaces.

13 That you may tell those who come after that such is God:  
our God for ever and ever and he will guide us eternally.



A reading from the second letter to the Corinthians Chapter 12 verses 2-10

I know a person in Christ who fourteen years ago was caught up to the third heaven — whether in the body or out of the body I do not know; God knows. And I know that such a person — whether in the body or out of the body I do not know; God knows — was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given me in the flesh,

a messenger of Satan to torment me, to keep me from being too elated.

Three times I appealed to the Lord about this, that it would leave me, but he said to me, 'My grace is sufficient for you, for power is made perfect in weakness.' So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.



Hear the word of the Lord. Thanks be to God

The Gospel of our Lord Jesus Christ according to Mark Chapter 6 verses 1-13

Glory to you Lord Jesus Christ

Jesus went to his hometown, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, 'Where did this man get all

this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?' And they took offence at him. Then Jesus said to them, 'Prophets are not without honour, except in their hometown, and among their own kin, and in their own house.' And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief. Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, 'Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them.' So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.



The Gospel of the Lord Praise to you Lord Jesus Christ

### **Sentence**

Of Jesus many said, 'What is this wisdom that has been given to him? What deeds of power are being done by his hands?'. Mark 6.2

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.

**Corr. v6. If I wish to boast, I will not be a fool, for I will be speaking the truth.**

**Ps. 14. God, our God forever and ever. He will be our guide forever.**

Paul was a man passionate for God and his religion. When Christianity began to spread he sought out their leaders to kill them. He found his world came crashing to the ground, blinded by the laws he followed. Suddenly he comes face to face with Jesus, more so His authority. In this he finds he has been fighting against God Himself. He discovers a world turned upside down to the one he knows. A world that invites us all to live in, where a new way to love conquers hatred and death and all that corrupts. From then on he writes about how we can live in this world; the kingdom that Jesus spoke about. His letters form more than half the New Testament Bible.



**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 .

In the face of war and conflict and hatred, we pray for seeds of new life and peace, especially in Israel and Gaza, between Russia and Ukraine and amongst the countries across Africa where there is conflict. We pray for God's help to, day by day, scatter seeds of love and peace in a troubled world and amongst troubled people. 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, Takoohi , Allison, Glenda, Deryn, Margaret, Wendy, Gweneth, Jo and Ginne ,Joyce and Ted Matthew, Ann , Kathryn and Keiran, Ruth, Jean N, Brendas family, Colin, 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 Lord our God,  
you are always more ready to bestow  
your good gifts upon us  
than we are to seek them;  
and more willing to give than we desire or deserve:  
in our every need,  
grant us the first and best of all your gifts,  
the Spirit who makes us your children.  
We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns 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.....

