



***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 good things are celebrated or if difficult things are pointed out people can still become embittered. Holding an offence against someone is a literal choice.



When King David danced in the street, Michal chose to despise him. When John the Baptist criticised King Herod and Herodias they chose to hold a grudge, goaded him and ultimately had him executed. The light in people can inadvertently show darkness in others. They can choose to resent something that is good and wholesome. Alternatively, they can acknowledge a need have a new kind of freedom in their souls.

***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 6 1-5 12b-19**

David gathered all the chosen men of Israel, thirty thousand. David and all the people with him set out and went from Baale-judah, to bring up from there the ark of God, which is called by the name of the Lord of hosts who is enthroned on the cherubim. They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart with the ark of God; and Ahio went in front of the ark. David and all the house of Israel were dancing before the Lord with all their might, with songs and lyres and harps and tambourines and castanets and cymbals. So David went and brought up the ark of God from the house of Obededom to the city of David with rejoicing; and when those who bore the ark of the Lord had gone six paces, he sacrificed an ox and a fatling. David danced before the Lord with all his might; David was girded with a linen ephod. So David and all the house of Israel

brought up the ark of the Lord with shouting, and with the sound of the trumpet. As the ark of the Lord came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the Lord; and she despised him in her heart. They brought in the ark of the Lord, and set it in its place, inside the tent that David had pitched for it; and David offered burnt offerings and offerings of well-being before the Lord. When David had finished offering the burnt offerings and the offerings of well-being, he blessed the people in the name of the Lord of hosts, and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes. Hear the word of the Lord. Thanks be to God.



### **Psalm 24 — A.P.B.A. Page 244**

- 1 The earth is the Lord's and all that is in it:  
the compass of the world and those who dwell therein.
- 2 For he has founded it upon the seas:  
and established it upon the waters.
- 3 Who shall ascend the hill of the Lord:  
or who shall stand in his holy place?
- 4 Those who have clean hands and a pure heart:  
who have not set their soul upon idols, nor sworn their oath to a lie.
- 5 They shall receive blessings from the Lord:  
and recompense from the God of their salvation.
- 6 Of such a kind as this are those who seek him:  
those who seek your face, O God of Jacob.
- 7 Lift up your heads, O you gates,  
and be lifted up, you everlasting doors:  
and the King of glory shall come in.
- 8 Who is the King of glory?:  
the Lord, strong and mighty, the Lord mighty in battle.
- 9 Lift up your heads, O you gates,  
and be lifted up, you everlasting doors:  
and the King of glory shall come in.
- 10 Who is the King of glory?:  
the Lord of hosts, he is the King of glory.



### **A reading from the letter to the Ephesians Chapter 1 v 1-14**

Paul, an apostle of Christ Jesus by the will of God, To the saints who are in Ephesus and are faithful in Christ Jesus: Grace to you and peace from God our Father and the Lord Jesus Christ. Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his

glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory. Hear the word of the Lord. Thanks be to God



## **The Gospel of our Lord Jesus Christ according to Mark Chapter 6 v 14-29 Glory to you Lord Jesus Christ**

King Herod heard of it, for Jesus' name had become known. Some were saying, "John the baptiser has been raised from the dead; and for this reason these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it, he said, "John, whom I beheaded, has been raised." For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will give it." And he solemnly swore to her, "Whatever you ask me, I will give you, even half of my kingdom." She went out and said to her mother, "What should I ask for?" She replied, "The head of John the baptiser." Immediately she rushed back to the king and requested, "I want you to give me at once the head of John the Baptist on a platter." The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb. The Gospel of the Lord. **Praise to you Lord Jesus Christ.**



### **Sentence**

Who shall stand in the Lord's holy place? Those who have clean hands and pure hearts, who do not lift up their hands to what is false. Psalm 24.3-4

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 6:19 Herodias nursed a grudge against John and wanted to kill him.**

**Ephesians 1:13 When you believed, you were marked in him with a seal, the promised Holy Spirit.**



In the Ephesians reading it speaks of a freedom that comes from redemption. In other words, someone else paid the price for the darkness in our souls replacing it with light. Not only this but leads us into a new kind of hope. It's a light that lifts from us the burdens that trouble our hearts. It puts a new Spirit in our souls that leads us in ways free of conflict and condemnation. God Himself makes a new covenant with us through Jesus, so beautiful our hearts cannot help but dance.

**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, David, 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**

Eternal God,  
open our eyes to see your hand at work  
in the splendour of creation  
and in the beauty of human life.  
Help us to cherish the gifts that surround us,  
to share our blessings with our sisters and brothers,  
and to experience the joy of life in your presence;  
through Jesus Christ our Lord,  
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.....