



SUNDAY TABLE SERVICE

Sunday 21st 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.**



How we see others can speak volumes of the state of our own heart.

Have you ever escaped for a break only to find a whole new lot of demands to fulfil when you get there? It can be very frustrating. Sometimes how we handle situations can make or break us. This is exactly what Jesus and the disciples found themselves in. Under demand from so many, they escaped to a remote place for rest. Somehow the people found out and chased then there not even bringing food with them. The disciples wanted to send the people off, but Jesus chose compassion.

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 7 v 1-14a

When the king was settled in his house, and the Lord had given him rest from all his enemies around him, the king said to the prophet Nathan, "See now, I am living in a house of cedar, but the ark of God stays in a tent." Nathan said to the king, "Go, do all that you have in mind; for the Lord is with you." But that same night the word of the Lord came to Nathan: Go and tell my servant David: Thus says the Lord: Are you the one to build me a house to live in? I have not lived in a house since the day I brought up the people of Israel from Egypt to this day, but I have been moving about in a tent and a tabernacle. Wherever I have moved about among all the people of Israel, did I ever speak a word with any of the tribal leaders of Israel, whom I commanded to shepherd my people

I took you from the sheepfold, from following the sheep



to be ruler over My people over Israel.

Israel, saying, "Why have you not built me a house of cedar?" Now therefore thus you shall say to my servant David: Thus says the Lord of hosts: I took you from the pasture, from following the sheep to be prince over my people Israel; and I have been with you wherever you went, and have cut off all your enemies from before you; and I will make for you a great name, like the name of the great ones of the earth. And I will appoint a place for my people Israel and will plant them, so that they may live in their own place, and be disturbed no more; and evildoers shall afflict them no more, as formerly, from the time that I appointed judges over my people Israel; and I will give you rest from all your enemies. Moreover the Lord declares to you that the Lord will make you a house. When your days are fulfilled and you lie down with your ancestors, I will raise up your offspring after you, who shall come forth from your body, and I will establish his kingdom. He shall build a house for my name, and I will establish the throne of his kingdom forever. I will be a father to him, and he shall be a son to me.

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

Psalm 89:21-38 A.P.B.A. Page 316

'I have found my servant David: and anointed him with my holy oil.

'My hand shall uphold him: and my arm shall strengthen him.

'No enemy shall deceive him: nor shall the wicked hurt him.

'I will crush his adversaries before him:

and strike down those that hate him.

'My faithfulness and loving-kindness shall be with him:

and through my head shall be lifted high.

'I will set the hand of his dominion upon the Western Sea:

and his right hand shall stretch to the streams of Mesopotamia.

'He will call to me "You are my Father: my God and the Rock of my salvation."

'I will make him my first-born son:

and highest among the kings of the earth. will ever maintain my loving kindness toward him:

and my covenant with him shall stand firm.

'I will establish his line for ever: and his throne like the days of heaven.

'If his children forsake my law: and will not walk in my judgements;

'If they profane my statutes: and do not keep my commandments,

'Then I will punish their rebellion with the rod:

and their iniquity with blows.

'But I will not cause my loving-kindness to cease from him:

nor will I betray my faithfulness.

'I will not profane my covenant: or alter what has passed from my lips.

'Once and for all I have sworn by my holiness: I will not prove false to David.

'His posterity shall endure for ever: and his throne be as the sun before me;

'Like the moon that is established for ever: and stands in the heavens for ever more.'



A reading from the letter to the Ephesians Chapter 2 v 11-22

Remember that at one time you Gentiles by birth, called "the uncircumcision" by those who are called "the circumcision" — a physical circumcision made in the flesh by human hands — remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances,

that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling place for God.

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

The Gospel of our Lord Jesus Christ according to Mark Chapter 6 v 30-34 53-56 Glory to you Lord Jesus Christ.

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognised them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.



When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognised him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the marketplaces, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

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

Sentence

'My sheep hear my voice,' says the Lord. 'I know them and they follow me; and I give them eternal life.' John 10.27,28

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 6:34 He had compassion for them, because they were like sheep without a shepherd.
Eph 2:22 You are built together spiritually into a dwelling place for God.



Jesus saw the people in a different light. The disciples had concern, but not compassion. Concern sees the problem, compassion sees the need. Jesus had the capacity to meet the need and so he did. After this, Jesus found his quiet place and took time out to pray. We too have a choice, to relieve the needs of others or to turn them away. Sometimes meeting needs takes faith. It is not about the deed, but the consequences of meeting that need. In doing so it can keep on speaking of the love of God, perhaps for many years on.

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, We give thanks for the life work and ministry of Allison Hann, member of St Nicholas Seaford, For the friends and family of Allison as they grieve her passing. Nicole, David, Takoohi , 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,
author of our life and end of our pilgrimage:
guide us by your word and Spirit
amid all perils and temptations,
that we may not wander from your way,
but may run our course in safety
until we come to our eternal rest in you;
through the grace of Jesus Christ our Lord,
who lives and reigns with you and 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.....

