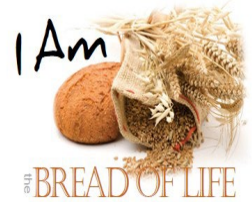




SUNDAY TABLE SERVICE

Sunday 18th August 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.**



Has someone done something for you out of grace that cost them. At times we think we should pay them back somehow. But if we were to do this it would neutralise the blessing it was meant to be. Jesus says to eat his flesh and drink his blood for everlasting nourishment. It speaks of accepting the grace that is given to us through Jesus. This consumption metaphor, was just as hard for the disciples to grasp as it is for us now. They were still thinking they had to earn God's grace somehow. Jesus is literally speaking of his death and our salvation. Then, how His spirit enters into us giving us all we need to be His people. Every aspect of this grace holds the fact that it is all in God's hands to make things happen, not ours.

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.**

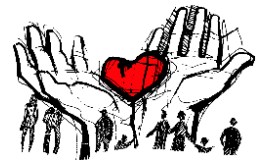
Here, and throughout the world,

**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 Kings Chapter 2 v 10-12 Chapter 3 v 3- 14

David slept with his ancestors, and was buried in the city of David. The time that David reigned over Israel was forty years; he reigned seven years in Hebron, and thirty-three years in Jerusalem. So Solomon sat on the throne of his father David; and his kingdom was firmly established.

Solomon loved the Lord, walking in the statutes of his father David; only, he sacrificed and offered incense at the high places. The king went to Gibeon to sacrifice there, for that was the principal high place; Solomon used to offer a thousand burnt offerings on that altar. At Gibeon the Lord

appeared to Solomon in a dream by night; and God said, "Ask what I should give you." And Solomon said, "You have shown great and steadfast love to your servant my father David, because he walked before you in faithfulness, in righteousness, and in uprightness of heart toward you; and you have kept for him this great and steadfast love, and have given him a son to sit on his throne today. And now, O Lord my God, you have made your servant king in place of my father David, although I am only a little child; I do not know how to go out or come in. And your servant is in the



midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. Give your servant therefore an understanding mind to govern your people, able to discern between good and evil; for who can govern this your great people?" It pleased the Lord that Solomon had asked this. God said to him, "Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked for yourself understanding to discern what is right, I now do

according to your word. Indeed I give you a wise and discerning mind; no one like you has been before you and no one like you shall arise after you. I give you also what you have not asked, both riches and honour all your life; no other king shall compare with you. If you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen your life."

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

Psalms 111 —

1 O praise the Lord. I will praise the Lord with my whole heart:
in the company of the upright and among the congregation.

2 The works of the Lord are great:
and studied by all who take delight in them.

3 His deeds are majestic and glorious:
and his righteousness stands for ever.

4 His marvellous acts have won him a name to be remembered:
the Lord is gracious and merciful.

5 He gives food to those that fear him:
he remembers his covenant for ever.

6 He showed his people the power of his acts:
in giving them the heritage of the heathen.

7 The works of his hands are faithful and just:
and all his commandments are sure;

8 They stand firm for ever and ever:
they are done in faithfulness and in truth.

9 He sent redemption to his people, he ordained his covenant for ever:
holy is his name and worthy to be feared.

10 The fear of the Lord is the beginning of wisdom,
and of good understanding are those that keep his commandments:
his praise shall endure for ever.



A reading from the letter to the Ephesians Chapter 5 v 11-21

Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says, "Sleeper, awake! Rise from the dead, and Christ will shine on you." Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish. but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as

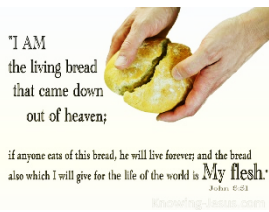


you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ. Be subject to one another out of reverence for Christ.
Hear the word of the Lord. Thanks be to God.

The Gospel of our Lord Jesus Christ according to John Chapter 6 v 51-58a

Glory to you Lord Jesus Christ

Jesus said to the crowd, "I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh." The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise



them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."

The Gospel of the Lord Praise to you Lord Jesus Christ

Sentence

Jesus said, 'Those who eat my flesh and drink my blood abide in me, and I in them.' John 6.56

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.

John 6:58 Not like that which the ancestors ate, and they died.

John 6:57 I live because of the Father, so whoever eats me will live because of me.

The danger we have is that we fall into trying to earn all that Jesus has done for us with our own efforts. Instead God asks us to trust Him and then see the evidence for itself. The disciples were still struggling with letting go and letting God. It's the same with us today. We are continually trying to earn brownie points, when God says the work has been done. Therefore the communion table is a celebration of faith in all that God has given us. Then to eat Jesus flesh and to drink his blood speaks of a picture of our heavenly nourishment, not a physical one, that aids us in how we live out our lives for God.



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 . May we put our trust in the power of good to overcome evil and the power of love to overcome hatred. We pray for the vision to see and the faith to believe in a world emancipated from violence, a new world where fear shall no longer lead persons to commit injustice, nor selfishness ,make them bring suffering to others.. Please pour out your blessings on all who are in need And help us all to find your peace that passes Understanding. 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, For the friends and family of Allison as they grieve her passing. Jean, 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

Everliving God, your Son,
Jesus Christ, gave himself as living bread for the life of the world:
give us such a knowledge of his presence
that we may be strengthened and sustained by his risen life
to serve you continually;
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.....

