



# SUNDAY TABLE SERVICE

## Sunday 1<sup>st</sup> September 2024

*Let us sit and watch Songs of Praise  
together on the ABC*



"But be doers of the word,  
and not hearers only,  
deceiving yourselves."

James 1:22

### ***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.**



We often look at injustice like, lies, theft, infidelity and say this is sin. On one level it is, but these things are the consequences of what motivates sin into action. Jesus makes this very evident. The things we hold in our heart produces the person that we are and the actions displayed. Envy, greed, lust, ingratitude and so on are the real seeds of sin. If we devour these things then the evidence is displayed in how we live our lives. Our humanity is hobbled against holiness because sin has a way of constantly dragging us down.

### ***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***

Song of Solomon Chapter 2:8-13 New International Version

8 Listen! My beloved! Look! Here he comes,

leaping across the mountains, bounding over the hills.

9 My beloved is like a gazelle or a young stag. Look! There he stands behind our wall,

gazing through the windows, peering through the lattice.

10 My beloved spoke and said to me, "Arise, my darling,  
my beautiful one, come with me.

11 See! The winter is past; the rains are over and gone.

12 Flowers appear on the earth; the season of singing has come,  
the cooing of doves is heard in our land.



13 The fig tree forms its early fruit; the blossoming vines spread their fragrance.  
Arise, come, my darling; my beautiful one, come with me."

Word of the Lord, **thanks be to God**

Psalms 45:1-2 6-9 New International Version

A wedding song.

1 My heart is stirred by a noble theme as I recite my verses for the king;  
my tongue is the pen of a skillful writer.

2 You are the most excellent of men and your lips have been  
anointed with grace, since God has blessed you forever.

6 Your throne, O God, will last for ever and ever;  
a scepter of justice will be the scepter of your kingdom.

7 You love righteousness and hate wickedness;  
therefore God, your God, has set you above your companions  
by anointing you with the oil of joy.

8 All your robes are fragrant with myrrh and aloes and cassia;  
from palaces adorned with ivory  
the music of the strings makes you glad.

9 Daughters of kings are among your honoured women;  
at your right hand is the royal bride in gold of Ophir.



James Chapter 1:17-27 New International Version

17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. 18 He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created. 19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires. 21 Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you. 22 Do not merely listen to the word, and so deceive yourselves. Do what it says. 23 Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror 24 and, after looking at himself, goes away and immediately forgets what he looks like. 25 But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

26 Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. 27 Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

Word of the Lord, **thanks be to God**

The gospel according to Mark Chapter 7:1-8 14-23 New International Version

**Glory to you Lord Jesus Christ**

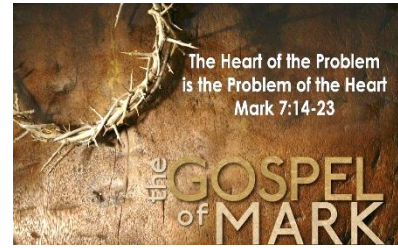
That Which Defiles

7 The Pharisees and some of the teachers of the law who had come from Jerusalem gathered around Jesus 2 and saw some of his disciples eating food with hands that were defiled, that is, unwashed. 3 (The Pharisees and all the Jews do not eat unless they give their hands a ceremonial washing, holding to the tradition of the elders. 4 When they come from the marketplace they do not eat unless they wash. And they observe many other traditions, such as the washing of cups,



pitchers and kettles. 5 So the Pharisees and teachers of the law asked Jesus, "Why don't your disciples live according to the tradition of the elders instead of eating their food with defiled hands?" 6 He replied, "Isaiah was right when he prophesied about you hypocrites; as it is written:

"These people honour me with their lips,  
but their hearts are far from me.  
7 They worship me in vain;  
their teachings are merely human rules.'



8 You have let go of the commands of God and are holding on to human traditions."  
14 Again Jesus called the crowd to him and said, "Listen to me, everyone, and understand this. 15 Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them." 21 For it is from within, out of a person's heart, that evil thoughts come—sexual immorality, theft, murder, 22 adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. 23 All these evils come from inside and defile a person."

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

### Sentence

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change James 1.17

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 7:23. All these evil things come from within, and they defile a person.**

**James 1:17 Every perfect gift is from above, coming down from the Father of lights.**



Jesus explains that humanity is fighting an uphill battle for lasting goodness. To often this is reduced to rules and regulations so that evil doesn't reign. When people invite God to take over, then Jesus' nature, the things of His Spirit begin to transform us. Kindness, generosity, patience forbearance begin to be a part of our nature. These and more are the facets of God's love that override the seeds of sin; and without a rule book: That is if we keep our hearts open for His Spirit to make us like Him. This is what God calls His salvation, and why Jesus had to break sins curse on the cross.

**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 .

Lord God, In a world torn asunder by division, we humbly beseech You to instill in our hearts the wisdom to bridge the gaps that separate us. Help us see the common thread that unites all humanity, transcending the boundaries of race, religion, and ideology. Grant us the strength to stand as peacemakers, to sow seeds of understanding and empathy, and to mend the frayed fabric of our global community. May the light of peace shine brightly in our souls, dispelling the darkness of discord. We thank You for Your guidance on this path to unity. 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 Ebony seriously ill in hospital (Peter and Heather's daughter in law) 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**

Cleanse our consciences, O Lord,  
and enlighten our hearts  
Through the daily presence of your Son Jesus Christ,  
that when he comes in glory to be our judge  
we may be found undefiled and acceptable in his sight;  
who lives and reigns with you and the Holy Spirit,  
one God, now and for 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.....

