



SUNDAY TABLE SERVICE

Sunday 28th 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.**



Faith at times is a journey of trusting that God will intervene in our lives.

Sometimes we can get into quite a pickle. There doesn't seem to be a way out. At times the problem can be entirely coincidental. At other times we have put ourselves into a jam. What we do to sort out the mess can lead to extended consequences, either for good or we go down a spiral of one disaster after the next. King David chose to cover up his infidelity, but one mess after the next led to deeper pain and suffering. Not only to himself but to others as well.

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 11 v 1-15

In the spring of the year, the time when kings go out to battle, David sent Joab with his officers and all Israel with him; they ravaged the Ammonites, and besieged Rabbah. But David remained at Jerusalem. It happened, late one afternoon, when David rose from his couch and was walking



about on the roof of the king's house, that he saw from the roof a woman bathing; the woman was very beautiful. David sent someone to inquire about the woman. It was reported, "This is Bathsheba daughter of Eliam, the wife of Uriah the Hittite." So David sent messengers to get her, and she came to him, and he lay with her. (Now she was purifying herself

after her period.) Then she returned to her house. The woman conceived; and she sent and told David, "I am pregnant."

So David sent word to Joab, "Send me Uriah the Hittite." And Joab sent Uriah to David. When Uriah came to him, David asked how Joab and the people fared, and how the war was going. Then David said to Uriah, "Go down to your house, and wash your feet." Uriah went out of the king's house, and there followed him a present from the king. But Uriah slept at the entrance of the king's house with all the servants of his Lord, and did not go down to his house. When they told David, "Uriah did not go down to his house," David said to Uriah, "You have just come from a journey. Why did you not go down to your house?" Uriah said to David, "The ark and Israel and Judah remain in booths; and my Lord Joab and the servants of my Lord are camping in the open field; shall I then go to my house, to eat and to drink, and to lie with my wife? As you live, and as your soul lives, I will not do such a thing." Then David said to Uriah, "Remain here today also, and tomorrow I will send you back." So Uriah remained in Jerusalem that day. On the next day, David invited him to eat and drink in his presence and made him drunk; and in the evening he went out to lie on his couch with the servants of his Lord, but he did not go down to his house. In the morning David wrote a letter to Joab, and sent it by the hand of Uriah. In the letter he wrote, "Set Uriah in the forefront of the hardest fighting, and then draw back from him, so that he may be struck down and die." Hear the word of the Lord. **Thanks be to God.**

Psalm 14 — A.P.B.A. Page 233

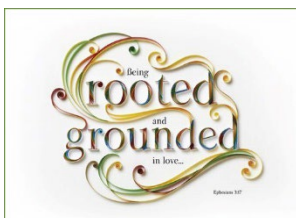
Fools have said in their hearts 'There is no God':
they have all become vile and abominable in their doings there is not one that does good.
The Lord looked down from heaven upon the children of Adam:
to see if there were any who would act wisely and seek after God.
But they have all turned out of the way they have all alike become corrupt:
there is none that does good no not one.
Are all the evildoers devoid of understanding:
who eat up my people as they eat bread
and do not pray to the Lord?
They shall be struck with terror:
for God is with the company of the righteous.
Though they frustrate the poor in their hopes:
surely the Lord is their refuge.
O that deliverance for Israel might come forth from Zion:
when the Lord turns again the fortunes of his people
then shall Jacob rejoice and Israel be glad.

THE FOOL HAS SAID IN HIS HEART,
"THERE IS NO GOD."



A reading from the letter to the Ephesians Chapter 3 v 14-21

I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.



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

The Gospel of our Lord Jesus Christ according to John Chapter 6 v 1-21

Glory to you Lord Jesus Christ

Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets.



When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world." When Jesus realised that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself. When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. The sea became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

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

Sentence

'I am the living bread that came down from heaven,' says the Lord. 'Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.' John 6.51

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 6:5 Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do.

Eph 3:20 Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine.



Jesus popularity meant that he was often followed by crowds. He couldn't get a break. Even when He tried to find seclusion the mob still came. The Disciples too, were perplexed as to what to do. Jesus Himself was the solution. He taught the Disciples to trust Him with the impossible. Later caught in a row boat in a storm they forgot what Jesus had done before and panicked. God will give us lessons to trust in Him and not ourselves. Faith is remembering that God has the answers even if we've made the mess.

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. 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

Gracious God,
you have placed within the hearts of all your children
a longing for your word and a hunger for your truth:
grant that, believing in the one whom you have sent,
we may know him to be the true bread of heaven
and the food of eternal life, Jesus Christ our Lord,
to whom with you and the Holy Spirit
be glory and honour 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.....

