



SUNDAY TABLE SERVICE

Sunday 4th August 2024

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



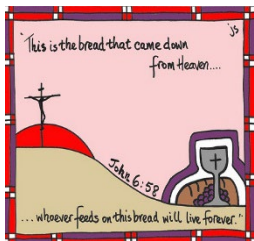
Setting our table for our Sunday lunch service.

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.**



Jesus compares himself to bread. A bread that sustains life. The problem is like those He was talking to we misunderstand Him and think this is something like chomping on his leg. I'm am being facetious. But Jesus had a hard time getting people to differentiate between the spiritual and the physical. The bread He was talking about is who He is, which nourishes our soul. He is God's gift to us and if we partake in Him, the bread of heaven, we are filled up with the fullness of God.

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 verse 26 to Chapter 12 verse 13a

When the wife of Uriah heard that her husband was dead, she made lamentation for him. When the mourning was over, David sent and brought her to his house, and she became his wife, and bore him a son. But the thing that David had done displeased the Lord, and the Lord sent Nathan to David. He came to him, and said to him, "There were two men in a certain city, the one rich and the other poor. The rich man had very many flocks and herds; but the poor man had nothing but one little ewe lamb, which he had bought. He brought it up, and it grew up with him and with his children; it used to eat of his meagre fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. Now there came a traveller to the rich man, and he was loath to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man's lamb, and prepared that for the guest who had come to him." Then David's anger was



greatly kindled against the man. He said to Nathan, "As the Lord lives, the man who has done this deserves to die; he shall restore the lamb fourfold, because he did this thing, and because he had no pity."

Nathan said to David, "You are the man! Thus says the Lord, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul; I gave you your master's house, and your

master's wives into your bosom, and gave you the house of Israel and of Judah; and if that had been too little, I would have added as much more. Why have you despised the word of the Lord, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword, and have taken his wife to be your wife, and have killed him with the sword of the Ammonites. Now therefore the sword shall never depart from your house, for you have despised me, and have taken the wife of Uriah the Hittite to be your wife. Thus says the Lord: I will raise up trouble against you from within your own house; and I will take your wives before your eyes, and give them to your neighbour, and he shall lie with your wives in the sight of this very sun. For you did it secretly; but I will do this thing before all Israel, and before the sun." David said to Nathan, "I have sinned against the Lord." Hear the word of the Lord. **Thanks be to God.**

Psalm 51:1-12 — A.P.B.A. Page 274

Have mercy on me, O God, in your enduring goodness:

according to the fullness of your compassion blot out my offences.

Wash me thoroughly from my wickedness: and cleanse me from my sin.

For I acknowledge my rebellion: and my sin is ever before me.

Against you only have I sinned and done what is evil in your eyes:

so you will be just in your sentence and blameless in your judging.

Surely in wickedness I was brought to birth: and in sin my mother conceived me.

You that desire truth in the inward parts: O teach me wisdom in the secret places of the heart.

Purge me with hyssop and I shall be clean: wash me and I shall be whiter than snow.

Make me hear of joy and gladness:

let the bones which you have broken rejoice.

Hide your face from my sins:

and blot out all my iniquities.

Create in me a clean heart O God;

and renew a right spirit with in me.

Do not cast me out from your presence:

do not take your holy spirit from me.

O give me the gladness of your help again:

and support me with a willing spirit.



A reading from the letter to the Ephesians Chapter 4 verses 1-16

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people." (When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and



teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery by their craftiness in deceitful scheming. But speaking the truth in love, we must

grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

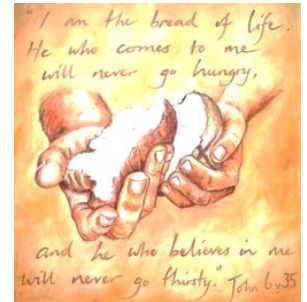
Hear the word of the Lord. **Thanks be to God!**

The Gospel of our Lord Jesus Christ according to John Chapter 6 verses 24-35

Glory to you Lord Jesus Christ

When the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always." Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

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



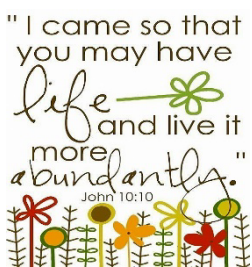
Sentence

Why do you spend your money for that which is not bread, and you labour for that which does not satisfy? Eat what is good, and delight yourselves in rich food. Isaiah 55.2

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 6:33 For the bread of God, ... from heaven,.....gives life to the world."

Psalms 51:10 Create in me a clean heart, O God.



King David got it. That without God's help we remain separated from Him. With His Spirit in us we are sustained in all the goodness He is. Jesus gives us the reason for living. Not only living but this new life comes from Him. David also wrote in the 23rd psalm you lay a banquet before me my cup overflows. God did not want us to scrounge for crumbs under the table, he wanted us to be full of His goodness and in excess at that. He came so that we could have life. He lives in us like good bread that fills us up. Only with Him our Spiritual hunger is satisfied.

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

Living God,
whose Son Jesus fed the hungry with the bread of his life
and the word of his kingdom:
renew your people with your heavenly grace,
and in all our weakness
sustain us with your true and living bread,
Jesus Christ our Lord;
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.....

