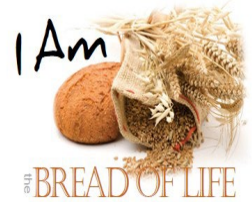




SUNDAY TABLE SERVICE

Sunday 11th August 2024

*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 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.**



Many people baulk on Christian faith because Jesus calls on us to eat of his flesh. Different Christians religions still contend over what that means. But lets not get bogged down in complicated doctrine. In every aspect of faith where Jesus used a physical metaphor, through this, He emphasised a Spiritual life. Through His humanity he took on himself all that harbours spiritual death. Therefore, through His divinity we gain a spiritual life worth living.

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

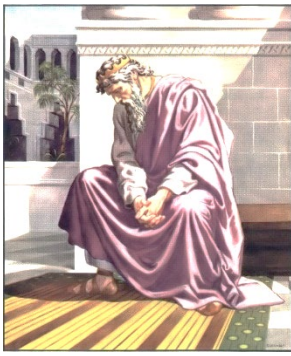


Let us read and reflect on our cycle of readings

A reading from the second book of Samuel Chapter 18 5-9, 14, 31-33

The king ordered Joab and Abishai and Ittai, saying, "Deal gently for my sake with the young man Absalom." And all the people heard when the king gave orders to all the commanders concerning Absalom. So the army went out into the field against Israel; and the battle was fought in the forest of Ephraim. The men of Israel were defeated there by the servants of David, and the slaughter there was great on that day, twenty thousand men. The battle spread over the face of all the country; and the forest claimed more victims that day than the sword. Absalom happened to meet the servants of David. Absalom was riding on his mule, and the mule went under the thick branches of a great oak. His head caught fast in the oak, and he was left hanging between heaven

and earth, while the mule that was under him went on. Joab said, "I will not waste time like this with you." He took three spears in his hand, and thrust them into the heart of Absalom, while he was still alive in the oak. Then the Cushite came; and the Cushite said, "Good tidings for my Lord the king! For the Lord has vindicated you this day, delivering you from the power of all who rose up against you." The king said to the Cushite, "Is it well with the young man Absalom?" The Cushite answered, "May the enemies of my Lord the king, and all who rise up to do you harm, be like that young man." The king was deeply moved, and went up to the chamber over the gate, and wept; and as he went, he said, "O my son Absalom, my son, my son Absalom! Would I had died instead of you, O Absalom, my son, my son!"



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

Psalm 130 — A.P.B.A. Page 364

Out of the depths have I called to you O Lord:

Lord hear my voice;

O let your ears consider well:

the voice of my supplication.

If you Lord should note what we do wrong:

who then O Lord could stand?

But there is forgiveness with you:

so that you shall be feared.

I wait for the Lord my soul waits for him:

and in his word is my hope.

My soul looks for the Lord:

more than watchmen for the morning,

more I say than watchmen for the morning.

O Israel trust in the Lord for with the Lord there is mercy;

and with him is ample redemption.

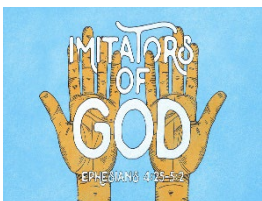
He will redeem Israel:

from the multitude of their sins.



A reading from the letter to the Ephesians . 4:25-5:2

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you



were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

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

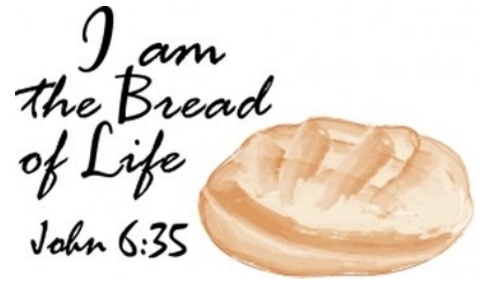
The Gospel of our Lord Jesus Christ according to John 6:35, 41-51

Glory to you Lord Jesus Christ

Jesus said to the crowd, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven?'"

Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. 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 Gospel of the Lord Praise to you Lord Jesus Christ.

Sentence

Be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us. Ephesians 5.1-2

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 6:35 Whoever comes to me shall never be hungry.

John 6:51 The bread that I give for the life of the world, is my flesh.

We see in John 6, Jesus connects Himself as bread from heaven. In v51 when He connects bread and flesh He is speaking about His death on the cross. He, the bread of life must first be broken physically. This death broke the curse of death upon us so that we can enter into this Spiritual life with God. This is why in communion we symbolically break the bread. We eat the bread which symbolically reminds us of the new spiritual sustenance we enter into when we believe. To know this for real comes when we come to Christ as our bread of life. And that bread is offered once for all at anytime.



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

Grant, O Lord,
that we may see in you the fulfilment of all our need,
and may turn from every false satisfaction
to feed on the true and living bread
that you have given us in Jesus Christ;
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.....

