



Sitting down,
Jesus called the Twelve
and said, "Anyone
who wants to be first
must be the very last,
and the servant of all."
Mark 9:35

SUNDAY TABLE SERVICE

Sunday 22nd September 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.**



As Christians we advocate for peace, through forgiveness, gratitude, kindness, impartially, gentleness, being merciful and with consideration. All these lead to doing good with sincerity, compassion and love.

Peace has no boundaries
and unlimited
opportunities



Most times where there is conflict, it is because people are not willing to be understanding; there is jealousy and selfish ambition; Or they chose to hold offence. Relationships break down as belligerence raises its ugly head. It is a human world and God's Church seeks peace but struggles against unspiritual wicked disorder.

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 Book of Proverbs Chapter 31 v 10-31

A capable wife who can find? She is far more precious than jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life. She seeks wool and flax, and works with willing hands. She is like the ships of the merchant, she brings her food from far away. She rises while it is still night and provides food for her household and tasks for her servant-girls. She considers a field and buys it; with the fruit of her hands she plants a vineyard. She girds herself with strength, and makes her arms strong. She perceives that her merchandise is profitable. Her lamp does not go out at night. She puts her hands to the distaff, and her hands hold the spindle. She opens her hand to the poor, and reaches out her hands to the



needy. She is not afraid for her household when it snows, for all her household are clothed in crimson. She makes herself coverings; her clothing is fine linen and purple. Her husband is known in the city gates, taking his seat among the elders of the land. She weaves fine linen garments and sells them; she supplies the merchant with sashes. Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household, and does not eat the bread of

idleness. Her children rise up and call her happy; her husband too, and he praises her: "Many women have done excellently, but you surpass them all." Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised. Give her a share in the fruit of her hands, and let her works praise her in the city gates.

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

Psalm 1 — A.P.B.A. Page 224

1 Blessed are they who have not walked in the counsel of the ungodly: nor followed the way of sinners, nor taken their seat amongst the scornful.

2 But their delight is in the law of the Lord: and on that law will they ponder day and night.

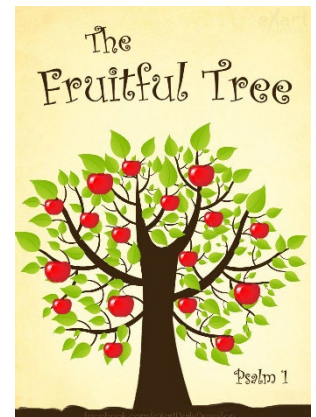
3 They are like trees planted beside streams of water: that yield their fruit in due season.

4 Their leaves also shall not wither: and look, whatever they do, it shall prosper.

5 As for the ungodly, it is not so with them: they are like the chaff which the wind scatters.

6 Therefore the ungodly shall not stand up at the judgement: nor sinners in the congregation of the righteous.

7 For the Lord cares for the way of the righteous: but the way of the ungodly shall perish.

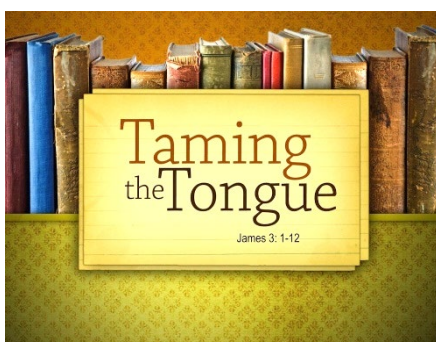


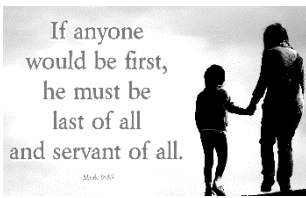
A reading from the letter of James Chapter 3 v 1-12

Not many of you should become teachers, my brothers and sisters, for you know that we who teach will be judged with greater strictness. For all of us make many mistakes. Anyone who makes no mistakes in speaking is perfect, able to keep the whole body in check with a bridle. If we put bits into the mouths of horses to make them obey us, we guide their whole bodies. Or look at ships: though they are so large that it takes strong winds to drive them, yet they are guided by a very small rudder wherever the will of the pilot directs. So also the tongue is a small member, yet it boasts of great exploits. How great a forest is set ablaze by a small fire! And the tongue is a fire. The tongue is placed among our members as a world of iniquity; it stains the whole body, sets on fire the cycle of nature, and is itself set on fire by hell. For every species of beast and bird, of reptile and sea creature, can be tamed and has been tamed by the human species, but no one can tame

the tongue — a restless evil, full of deadly poison. With it we bless the Lord and Father, and with it we curse those who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers and sisters, this ought not to be so. Does a spring pour forth from the same opening both fresh and brackish water? Can a fig tree, my brothers and sisters, yield olives, or a grapevine figs? No more can salt water yield fresh.

Hear the word of the Lord. Thanks be to God





The Gospel of our Lord Jesus Christ according to Mark Chapter 9 30-37

Glory to you Lord Jesus Christ After leaving the mountain Jesus and his disciples passed through Galilee. He did not want anyone to know it; for he was teaching his disciples, saying to them, "The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again." But they did not understand what he was saying and were afraid to ask him. Then they came to Capernaum; and when he was in the house he asked them, "What were you arguing about on the way?" But they were silent, for on the way they had argued with one another who was the greatest. He sat down, called the twelve, and said to them, "Whoever wants to be first must be last of all and servant of all." Then he took a little child and put it among them; and taking it in his arms, he said to them, "Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me." The Gospel of the Lord **Praise to you Lord Jesus Christ.**



Sentence Whoever wants to be first must be last of all and servant of all. Mark 9.35

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.

James 3:13 Who is wise and understanding among you? Let him show it ... by deeds done in the humility that comes from wisdom.

Mark 9:37 Whoever welcomes one of these little children in My name welcomes Me.

Jesus faced the same thing when His disciples argued amongst themselves who would be the greatest. Jesus puts them straight, in God's economy His greatest are those who are happy to serve, even the children. These people get the greatest joy in that what they do when blessing others. What is important to them is helping others find peace and joy, healing and hope. It doesn't matter to them if they are the church janitor or hold an office, recognised or not. They seek only that God can use them in touching souls. Their ambition in doing so is to see that God's amazing grace, to all, is glorified in others. These are the people in which great faith emanates from. They trust in God's nature, His Spirit, to be who they are.

prayer-time Now let us continue to offer our prayers for those in need, those looking for peace and reconciliation.

Lord Jesus Christ, You are the true King of peace. In You alone is found freedom.

Please free our world from conflict. Bring unity to troubled nations.

Let Your glorious peace reign in every heart. Dispel all darkness and evil.

Protect the dignity of every human life. Replace hatred with Your love.

Give wisdom to world leaders. Free them from selfish ambition. Eliminate all violence and war.

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 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) Pat, Jean, Nicole, David, Takooi, Glenda, Deryn, Margaret, Wendy, Gweneth, Jo and Ginne, Joyce and Ted, Matthew, Ann, Kathryn and Keiran, Ruth, Jean N, Brendas family, Colin, 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

God and Father of us all,
you have taught us through your Son that the last shall be first,
and have made a little child the measure of your kingdom:
give us the wisdom from above,
so that we may understand that in your sight
the one who serves is the greatest of all.
We ask this 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.....

