



# SUNDAY TABLE SERVICE

## Sunday 8<sup>th</sup> September 2024

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

The generous will themselves  
be blessed, for they share  
their food with the poor.



Proverbs 22:9

### **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.**



Sometimes its not comfortable when someone come into church unkept and in dirty cloths, perhaps not even washed. Yet in Jesus' economy it is often the poor in life who are rich in faith. Yet it is easy to shun those that don't meet our idea of acceptability. Jesus often went where people were most deprived of privileges. People shunned by society and treated as nonentities. Some of these people became His most dedicated disciples. If we chose to judge others by appearances we open ourselves up to be judged as well. We need to look beyond the stigmas and into the souls as Jesus did.



### **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.**

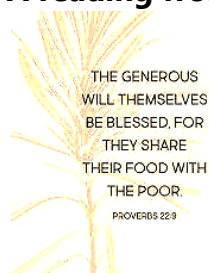
**Bless all who gather at your table, both seen and unseen,**

**In Jesus' name we pray. Amen**



### **Let us read and reflect on our cycle of readings**

#### **A reading from the Book of Proverbs Chapter 22 verses 1-2 8-9 22-23**



A good name is to be chosen rather than great riches, and favour is better than silver or gold.

The rich and the poor have this in common: the Lord is the maker of them all. Whoever sows injustice will reap calamity, and the rod of anger will fail.

Those who are generous are blessed, for they share their bread with the poor. Do not rob the poor because they are poor, or crush the afflicted at the gate; for the Lord pleads their cause and despoils of life those who despoil them.

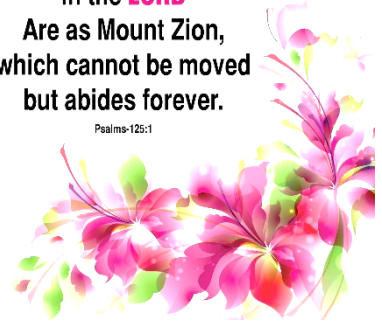
Hear the word of the Lord. Thanks be to God.

### **Psalm 125 — A.P.B.A. Page 361**

1 Those who put their trust in the Lord shall be as Mount Zion: which cannot be shaken but endures for ever.  
2 As the mountains stand about Jerusalem so stands the Lord about his people: from this time forward for ever more.  
3 Do good O Lord to those who are good: to those that are upright in heart.  
5 As for those who turn aside to crooked ways let the Lord lead them away with the evil doers: and in Israel let there be peace.

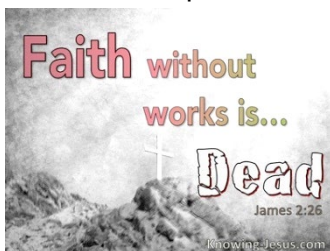
Those who trust  
in the **LORD**  
Are as Mount Zion,  
which cannot be moved  
but abides forever.

Psalm 125:1



### **A reading from the letter of James Chapter 2 v 1-10 14-17**

My brothers and sisters, do you with your acts of favouritism really believe in our glorious Lord Jesus Christ? For if a person with gold rings and in fine clothes comes into your assembly, and if a poor person in dirty clothes also comes in, and if you take notice of the one wearing the fine clothes and say, "Have a seat here, please," while to the one who is poor you say, "Stand there," or, "Sit at my feet," have you not made distinctions among yourselves, and become judges with evil thoughts? Listen, my beloved brothers and sisters. Has not God chosen the poor in the world to be rich in faith and to be heirs of the kingdom that he has promised to those who love him? But you have dishonoured the poor. Is it not the rich who oppress you? Is it not they who drag you into court? Is it not they who blaspheme the excellent name that was invoked over you? You do well if you really fulfil the royal law according to the scripture, "You shall love your neighbour as yourself." But if you show partiality, you commit sin and are convicted by the law as transgressors. For whoever keeps the whole law but fails in one point has become accountable for all of it.



What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, "Go in peace; keep warm and eat your fill," and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead.

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

### **The Gospel of our Lord Jesus Christ according to Mark Chapter 7 v 24-37**

Glory to you Lord Jesus Christ

Jesus set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. He said to her, "Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs." But she answered him, "Sir, even the dogs under the table eat the children's crumbs." Then he said to her, For saying that, you may go — the demon has left your daughter. Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue.

Then looking up to heaven, he sighed and said to him, "Ephphatha," that is, "Be opened." And immediately his ears were opened, his tongue was released, and he spoke plainly. Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. They were astounded beyond measure, saying, "He has done everything well; he even makes the deaf to hear and the mute to speak."



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

**Sentence**

So speak and so act as those who are to be judged by the law of liberty.

James 2.13

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 2:3 Have you not shown particularly among yourselves.**

**Matthew 15:28 Woman you have great faith.**



Jesus was met by a Samaritan woman who needed her daughter delivered. Here He displays the bias of those religious people around her. Her beliefs and culture were not seen as truly Jewish. Yet, she displays a faith in God that is pure and uncomplicated. In healing her daughter Jesus points out the gravity of her faith. In doing so He displayed the grace of God to all who would believe in Him. Belief can be easy with affluence but faith can be shallow. So it is that if we are blessed with much, may our hearts remain merciful in generosity and hospitality.

**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 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.....

