



# SUNDAY TABLE SERVICE

## Sunday 13<sup>th</sup> October 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.**



Have there been times where you feel in all lifes troubles that God is distant or not even there. You are not alone. Both Job and David expessed these feelings, feelings that are just as real to us today. Yet both these guys knew that somehow God was in control. They held a hope inside what seemed hopeless. Easy faith where there is no trouble is a shallow faith. When you meet people who have come through traumatic situations, yet they still have hope, there is resilience and integrity in their faith. They seem realer and have a strength we too can hold onto. They seem to be more patient and forgiving, discern easier, and loving deeper.

### ***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 Job 23:1-9, 16-17**

Job said: "Today also my complaint is bitter; his hand is heavy despite my groaning. Oh, that I knew where I might find him, that I might come even to his dwelling! I would lay my case before him, and fill my mouth with arguments. I would learn what he would answer me, and understand what he would say to me. Would he contend with me in the greatness of his power?



Where  
is  
God?  
Job 23:1-9

No; but he would give heed to me. There an upright person could reason with him, and I should be acquitted forever by my judge. "If I go forward, he is not there; or backward, I cannot perceive him; on the left he hides, and I cannot behold him; I turn to the right, but I cannot see him. God has made my heart faint; the Almighty has terrified me; If only I could vanish in darkness, and thick darkness would cover my face! Hear the word of the Lord

### **Psalm 22:1-15 — A.P.B.A. Page 241**

- 1 My God my God why have you forsaken me:  
why are you so far from helping me and from the words of my groaning?
- 2 My God I cry to you day by day but you do not answer:  
and by night also I take no rest.
- 3 But you continue holy:  
you that are the praise of Israel.
- 4 In you our forbears trusted:  
they trusted and you delivered them;
- 5 To you they cried and they were saved:  
they put their trust in you and were not confounded.
- 6 But as for me I am a worm and no man:  
the scorn of all and despised by the people.
- 7 Those that see me laugh me to scorn:  
they shoot out their lips at me and wag their heads saying,
- 8 'He trusted in the Lord let him deliver him:  
let him deliver him if he delights in him.'
- 9 But you are he that took me out of the womb:  
that brought me to lie at peace on my mother's breast.
- 10 On you have I been cast since my birth:  
you are my God even from my mother's womb.
- 11 O go not from me for trouble is hard at hand:  
and there is none to help.
- 12 Many oxen surround me: fat bulls of Bashan close me in on every side.
- 13 They gape wide their mouths at me: like lions that roar and rend.
- 14 I am poured out like water, and all my bones are out of joint:  
my heart within my breast is like melting wax.
- 15 My mouth is dried up like a potsherd: and my tongue clings to my gums.



### **A reading from the letter to the Hebrews Heb. 4:12-16**

The word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account. Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathise with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need. Hear the word of the Lord.

Let us then with  
CONFIDENCE  
draw near  
to the  
throne of  
grace  
that we  
may receive  
mercy & find  
grace  
to help  
in time  
of need.  
hebrews 4:16

## The Gospel of our Lord Jesus Christ according to Mark Mk. 10:17-31

Glory to you Lord Jesus Christ

As he was setting out on a journey, a man ran up and knelt before Jesus, and asked him, "Good Teacher, what must I do to inherit eternal life?" Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments: 'You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honour your father and mother.'" He said to him, "Teacher, I have kept all these since my youth." Jesus, looking at him, loved him and said, "You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me." When he heard this, he was shocked and went away grieving, for he had many possessions. Then Jesus looked around and said to his disciples, "How hard it will be for those who have wealth to enter the kingdom of God!" And the disciples were perplexed at these words. But Jesus said to them again, "Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God." They were greatly astounded and said to one another, "Then who can be saved?" Jesus looked at them and said, "For mortals it is impossible, but not for God; for God all things are possible." Peter began to say to him, "Look, we have left everything and followed you." Jesus said, "Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, who will not receive a hundredfold now in this age — houses, brothers and sisters, mothers and children, and fields with persecutions — and in the age to come eternal life. But many who are first will be last, and the last will be first." The Gospel of the Lord Praise to you Lord Jesus Christ.



### Sentence

In you our forbears trusted: There is no one who has left house or brothers or sisters or mother or father or children or fields, for Jesus' sake, who will not receive a hundredfold now in this age, with persecutions, and in the age to come eternal life. Mark 10.29-30

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.

### Psalm 22:1 Why are you so far away from helping me?

#### Mark 10:26b. With God, all things are possible.

In the Gospel reading Jesus tells this rich guy three facts. No one is good compared to God. If you want an everlasting relationship with God get rid of what is more important to you than Him. What



Jesus is implying is that our salvation is God's business we can not save our selves by any works of goodness. Then our response to His salvation is works of goodness. When we realise that our faith is not our own, but is built in us by God. Then we can begin to trust in Him even in the hard times, even when we cannot see or feel His presence. This is a faith that will carry us through whatever life dishes out. A faith that starts by trusting that God is in control whatever happens.

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

We pray for all those suffering from the effects of natural disasters especially the hurricanes in USA. We pray for all those affected by conflicts and victims of violence; all who seek refuge in far off places; all who suffer from the result of 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 now in rehab on her healing journey (Peter and Heather’s daughter in law) Deryn awaiting surgery, Pat, Jean, Nicole, David, Takoohi , Glenda, 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, Jac Bishop; Eileen Cook; 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**

Merciful God, in your Son you call not the righteous but sinners to repentance: draw us away from the easy road that leads to destruction, and guide us into paths that lead to life abundant, that in seeking your truth, and obeying your will, we may know the joy of being a disciple of Jesus our Saviour; 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.....

