



# **SUNDAY TABLE SERVICE**

## **Sunday 22<sup>nd</sup> December 2024**

### **Fourth Sunday in Advent**

*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. Give some thought to the presentation of our meal as a meditation on the importance of the time we are setting aside for worship...



As we celebrate on this, the Fourth Sunday in Advent, let us define the occasion by adding something special to our table that will remind us of God's love for us as we await the birth of his Son Jesus. If you are celebrating this meal alone please be aware that **God Is With You.**

Have you received incredible good news. Something that cannot be contained. You just have to share it. In Luke we see the palpable joy of Mary and Elizabeth as they greet each other. Both to have babies in miraculous circumstances. They are both filled with the Holy Spirit as they discussed their circumstances even Elizabeth's baby responds in Spirit and joy of Mary's arrival. Hope and revived faith is spilling over in their hearts. They share of the possibilities yet to come, knowing that they are at the threshold of a whole new world God is making. It's exciting, it's almost beyond comprehension and it's full of anticipation.



#### ***. 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 prophet Micah 5 2-5a**

You, O Bethlehem of Ephrathah, who are one of the little clans of Judah, from you



shall come forth for me one who is to rule in Israel, whose origin is from of old, from ancient days. Therefore he shall give them up until the time when she who is in labour has brought forth; then the rest of his kindred shall return to the people of Israel. And he shall stand and feed his flock in the strength of the Lord, in the majesty of the name of the Lord his God. And they shall live secure, for now he shall be great to the ends of the earth; and he

shall be the one of peace.

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

### **For the Psalm — Song of Mary — A.P.B.A. page 31**

My soul proclaims the greatness of the Lord:

my spirit rejoices in God my Saviour;

who has looked with favour on his lowly servant: f

rom this day all generations will call me blessed;

the Almighty has done great things for me:

and holy is his name.

God has mercy on those who fear him:

from generation to generation.

The Lord has shown strength with his arm:

and scattered the proud in their conceit.

Casting down the mighty from their thrones:

and lifting up the lowly.

God filled the hungry with good things:

and sent the rich away empty.

He has come to the aid of his servant Israel:

to remember the promise of mercy,

the promise made to our forebears:

to Abraham and his children for ever.



### **A reading from the letter to the Hebrews 10 5-10**

When Christ came into the world, he said, "Sacrifices and offerings you have not desired, but a body you have prepared for me; in burnt offerings and sin offerings

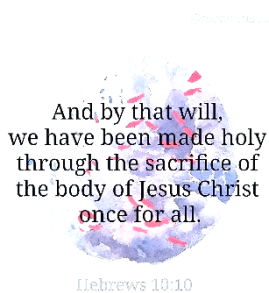
you have taken no pleasure. Then I said, 'See, God, I have come to do your will, O God' (in the scroll of the book it is written of me)." When he said above, "You have neither desired nor taken

pleasure in sacrifices and offerings and burnt offerings and sin offerings" (these are offered according to the law), then he added, "See, I have come to do your will." He abolishes the first

in order to establish the second. And it is by God's will that we

have been sanctified through the offering of the body of Jesus Christ once for all.

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



### **The Gospel of our Lord Jesus Christ according to Luke 1 39-45**

## Glory to you Lord Jesus Christ

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her by the Lord."



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

### Sentence

*Blessed is she who believed that there would be a fulfilment of what was spoken to her by the Lord. Luke 1.45*

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.

**Luke 1:45 Blessed is she who believed there would be a fulfilment of what was spoken.**

**Luke 1:50 Indeed his mercy is for those who fear Him from generation to generation.**

For both these women, everything they shared would come to pass. Though it would cost them dearly in grief and pain. These boys born would pave the way, fulfilling prophesy of God's work to reunite us with Him. One boy would foretell of the coming Messiah calling people to turn to God. The other was to be the catalyst of humanities restoration with God. John would be beheaded and Jesus crucified. If you were Mary or Elizabeth facing the death of either man would you scream at God that He stuffed up? God's ways may seem incomprehensible, but His ways always work out. And today we live it, thus the meaning of salvation



**prayer-time** 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 offer our prayers for those in need, those looking for peace and reconciliation.

Father God, we pray for our world today. We pray for peace hope and joy to abound. Surround with your Grace all those who are caught up in the wars and conflicts, are affected by natural disasters: floods, droughts and forest fires. are struggling with poverty and the global food crisis.

Heavenly Father, as once again we prepare for Christmas, help us to find time in our busy lives for quiet thought and prayer, that we may reflect upon the wonder of your love and allow the story of the Saviour's birth to penetrate our hearts and minds. So may our joy

be deeper, our worship more real, and our lives worthier of all that you have done for us through the coming of your Son, Jesus Christ our Lord.



We pray alongside those in our parish asking for prayer, Patrusca, Lorraine, Rachel ( Bill \* & Margarets daughter), Steve (Fr Dennis and Mary son), Ebony (Peter and Heather's daughter in law) Deryn recovering from surgery, Pat, Jean, Nicole, David, Takoohi , Glenda, Margaret, Wendy, Gweneth, Jo and Ginne ,Joyce and Ted, Matthew, Ann , Kathryn and Keiran, Ruth, Jean N, Colin , Georgia (Sunaras Mum). Pat V, Brenda, Joanie, Jo, Jan, Joy I, Jac Bishop; Eileen Cook; Ursula Pridham; Barbara Webber; Tom Arnold; Nicholas & Ben; Sue & Frank Gordon; 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**

Gracious God,  
you have visited your people and redeemed us in your Son:  
as we prepare to celebrate his birth,  
make our hearts leap for joy at the sound of your word,  
and move us by your spirit to bless your wonderful works.  
We ask this through him whose coming is certain,  
whose Day draws near,  
your Son, our Lord Jesus Christ,  
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.....

