



## SUNDAY TABLE SERVICE

23rd February 2025

*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 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, let us define the occasion by adding something special to our table. If you are celebrating this meal alone please be aware that **God Is With You.**



What if there was a way to settle an argument without conflict. If someone wrongs us or denigrates us undeserved or unprovoked, we all too often want retribution. Jesus solution was radical, when one strikes you or takes from you what isn't theirs, return their harassment with kindness. Their expectation is for retaliation, not a response of forgiveness to invite peace. This does not excuse bad behaviour, but puts conviction on the aggressor that there is a better way.

### ***. 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.**

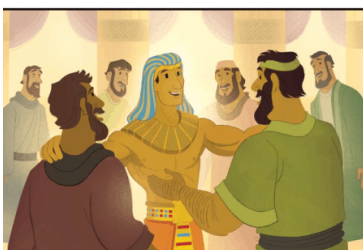
**Bless all who gather at your table, both seen and unseen,**

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



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

A reading from the Book of Genesis 45 3-11 15



Joseph said to his brothers, "I am Joseph. Is my father still alive?" But his brothers could not answer him, so dismayed were they at his presence. Then Joseph said to his brothers, "Come closer to me." And they came closer. He said, "I am your brother, Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are

five more years in which there will be neither plowing nor harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and Lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, 'Thus says your son

Joseph, God has made me Lord of all Egypt; come down to me, do not delay. You shall settle in the land of Goshen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. I will provide for you there — since there are five more years of famine to come — so that you and your household, and all that you have, will not come to poverty.'

And he kissed all his brothers and wept upon them; and after that his brothers talked with him. Hear the word of the Lord. Thanks be to God.

Psalms 37:1-11, 40-41 — A.P.B.A. page 258

1. Do not vie with the wicked: or envy those that do wrong;
2. For they will soon wither like the grass: and fade away like the green leaf.
3. Trust in the Lord and do good:  
and you shall dwell in the land and feed in safe pastures.
4. Let the Lord be your delight: and he will grant you your heart's desire.
5. Commit your way to the Lord: trust him and he will act.
6. He will make your righteousness shine as clear as the light:  
and your innocence as the noonday.
7. Be still before the Lord and wait patiently for him:  
do not be vexed when someone prospers  
when they put their evil purposes to work.
8. Let go of anger and abandon wrath:  
let not envy move you to do evil.
9. For the wicked shall be cut down:  
but those who wait for the Lord shall possess the land.
- 10 In a little while the ungodly shall be no more:  
you will look for them in their place but they will not be found.
- 11 But the meek shall possess the land: and enjoy the abundance of peace.
- 12 Deliverance for the righteous shall come from the Lord:  
he is their strength in time of trouble.
- 13 The Lord will help them and deliver them:  
he will save them from the ungodly and deliver them because they come to him for refuge.



A reading from the First Letter to the Corinthians 15 35-50



But someone will ask, "How are the dead raised? With what kind of body do they come?" Fool! What you sow does not come to life unless it dies. And as for what you sow, you do not sow the body that is to be, but a bare seed, perhaps of wheat or of some other grain. But God gives it a body as he has chosen, and to each kind of seed its own body. Not all flesh is alike, but there is one flesh for human beings, another for animals, another for birds, and another for fish. There are both heavenly bodies and earthly bodies, but the glory of the heavenly

is one thing, and that of the earthly is another. There is one glory of the sun, and another glory of the moon, and another glory of the stars; indeed, star differs from star in glory. So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonor, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a physical body, it is raised a spiritual body. If there is a physical body, there is also a spiritual body. Thus it is written, "The first man, Adam, became a living being"; the last Adam became a life-giving spirit. But it is not the spiritual that is first, but the physical, and then the spiritual. The first man was from the earth, a man of dust; the second man is from heaven. As was the man of dust, so are those who are of the dust; and as is the man of heaven, so are those who are of heaven. Just as we have borne

the image of the man of dust, we will also bear the image of the man of heaven. What I am saying, brothers and sisters, is this: flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable.

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

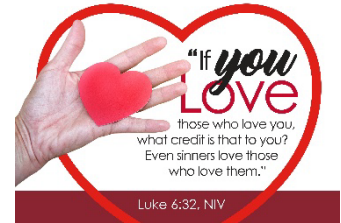
The Gospel of our Lord Jesus Christ according to Luke 6:27-38

Glory to you Lord Jesus Christ

Jesus said to his disciples: "I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to

others as you would have them do to you. "If you love those who love you, what credit is that to you? For even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful. "Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back."

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



### Sentence

*Love your enemies, do good, and lend, expecting nothing in return. You will be children of the Most High; for he is kind to the ungrateful and the wicked.*

Luke 6:35

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.

**But I say .... bless those who curse you; pray for those who mistreat you.**

**Be children of the Most High, for he himself is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful.**



As Christians we are not simply church goers. We choose to allow Christ to lead us into living and behaving radically different than complying to standard social expectations. Not so we can big note ourselves, but so we can humbly be influencers and advocates that there is a better way to life and living. A life that brings peace and healing, hope and love. This better way is because Christ is very much alive and this is revealed as fact when we invite Him to lead us.

**prayer-time 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.

Father God, we pray for our world today. For all those recovering from natural disasters, war, famine and loss we pray for safe shelters and provision and protection for those



affected and for those still in the path of danger. We give thanks for the ongoing peace in Gaza and pray for those being returned to their families.

We pray alongside those in our parish asking for prayer, Cathy M, Pratibha K, Jeanette B, Lynn H, Barbara A, Jo M, Barbara W , Sue Mc, Griselda, Patrusca, Lorraine, Rachel ( Bill \*& Margarets daughter), Steve, Ebony, Jean T, Nicole, David, Takoochi , Glenda, Margaret, Wendy, Gweneth, Jo and Ginne ,Joyce and Ted, Matthew, Ann , Kathryn and Keiran, Ruth, Jean N, Colin , Georgia, Pat V, Brenda, Joanie, Jo, Jan, Joy I, Jac B; Eileen, Ursula P, Tom A, Nicholas & Ben; Sue & Frank G, Emily and her family; Trish S, Christina and any others we wish to remember, either silently or aloud.

***Let us say the Lord's Prayer Together. Our Father***

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**Prayer of the Day**

God of compassion,  
keep before us the love you have revealed in your Son,  
who prayed even for his enemies.  
In our words and deeds  
help us to be like him, through whom we pray,  
Jesus Christ our Lord and Saviour. 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 them know of the hope God gives them as they journey through the year: a time of new beginnings with the promise of God's unconditional love and blessing for us all.

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.....

