



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.

Let us prepare our table with thanksgiving and prayer as we begin the Lenten Season, 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.**



Satan's 3 temptations of Jesus in the wilderness all begin with "if." This implies that He knew Jesus had a choice. He appealed to Jesus humanity. Through His divinity Jesus was completely connected to the will of His Father in heaven. His answers to Satan were based on His trust in God. Each temptation was based on self-centredness that says, you don't need God, you can do it yourself. Humanity has been accepting that concept for eons and is still in a mess. Jesus didn't have to prove Himself to anyone.



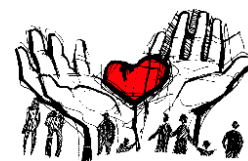
. opening prayer — consciously drawing together in our mind our Parish community around our table.

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 Deuteronomy 26 1-11

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and

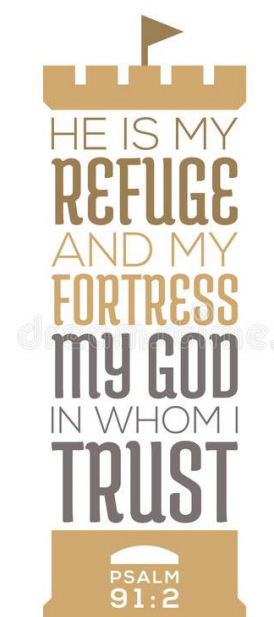


sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

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

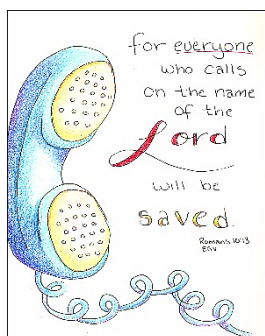
Psalms 91:1-2, 9-16 — A.P.B.A. page 319

1 Those who dwell in the shelter of the Most High:
who abide under the shadow of the Almighty.
2 They will say to the Lord 'You are my refuge and my stronghold:
my God in whom I trust.'
9 The Lord himself is your refuge:
you have made the Most High your stronghold.
10 Therefore no harm will befall you:
nor will any scourge come near your tent.
11 For he will command his angels: to keep you in all your ways.
12 They will bear you up in their hands:
lest you dash your foot against a stone.
13 You will tread on the lion and the adder:
the young lion and the serpent you will trample under foot.
14 'You have set your love upon me,' says the Lord, '
and therefore I will deliver you:
I will lift you out of danger because you have known my name.
15 'When you call upon me I will answer you:
I will be with you in trouble I will rescue you and bring you to honour.
16 'With long life I will satisfy you: and fill you with my salvation.'



A reading from the Letter to the Romans 10.4-13

For Christ is the end of the law so that there may be righteousness for everyone who believes. Moses writes concerning the righteousness that comes from the law, that "the person who does these things will live by them." But the righteousness that comes from faith says, "Do not say in your heart, Who will ascend into heaven?" (that is, to bring Christ down) "or 'Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? "The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."



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

The Gospel of our Lord Jesus Christ according to Luke 4:1-15

Glory to you Lord Jesus Christ

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time. Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone.

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



Sentence

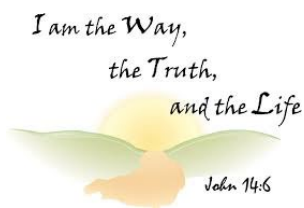
Worship the Lord your God, and serve only him. Luke 4

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 4:3 The devil said to him, "If you are the Son of God,"

Psalms 9:20. The LORD, "My refuge and my fortress; my God, in whom I trust."

Each answer Jesus gave to Satan are foundations for our own spiritual integrity. It is God who nourishes us, it is He who protects us and we live in submission in His kingdom under His reign. These three things are our foundation for life. These things speak of our trust in a very real power beyond our humanity. Yet they sustain us for life and living. It is why Jesus has the right to say, "I am the way, the truth and the life. Only following Him, we see how real this is. The choice is still ours."



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.



Dear God, we lift up to You, all those in the path of Cyclone Alfred. We ask for Your protection to be with them during these turbulent times. Surround them with Your love and grace, keeping them safe from harm and destruction. May they come together in unity, supporting one another through challenges. Help them to be a light in the darkness, showing kindness and compassion to those in need. We pray for healing and restoration for their communities, trusting in Your power to bring peace and protection to all in times of trouble. Amen.

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, Takoohi, 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

O saving God,
who led your people through the wilderness
and brought them to the promised land:
so guide us that, following our Saviour,
we may walk through the wilderness of this world
and be brought to the glory of the world which is to come;
through your Son, Jesus Christ our Lord,
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 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.....

