

Let us sit and watch Songs of Praise together on the ABC and then set the table for our Parish meal.

# Christ is Risen! Alleluia! He is Risen indeed! Alleluia! Alleluia!

### Prayerful and intentional preparation for a meal

As we celebrate Easter Sunday let us define the occasion by decorating our table with a variety of bright flowers or Easter eggs and/or a medium size stone (symbolising the stone that has been rolled away and new life,) Set your meal for this day. And give some thought to the presentation of your meal as a meditation on the importance of the time you are setting aside for worship. Make it pleasing to your eye.



If you are celebrating this meal without people physically present, please be aware that **God Is With You.** 

#### **JESUS IS ALIVE**

At Easter we say' "He is risen, He is risen indeed." But why do we proclaim "indeed?"

It implies that we surely know for a fact that Jesus rose from the dead. But this fact is not simply historical. We say "indeed" because we know it to be true in our hearts. Its not hard to know this. When we choose to follow Christ a perceptible change happens. God exchanges our corrupted nature with His nature. This is our primary influence. We become less as He becomes more. We experience a new sense of relief, peace and freedom.

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.

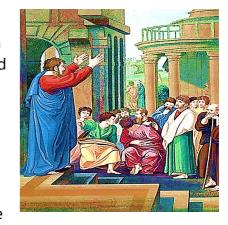
Here, and throughout the world, We adore you O Christ, and we bless you, because by your holy cross you have redeemed the world. Amen

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 Acts of the Apostles, Chapter 10 beginning at Verse 34
Then Peter began to speak to them: "I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ - he is Lord of all. That message

spread throughout Judea, beginning in Galilee after the baptism that John announced: 38 how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him. We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the



one ordained by God as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.

Hear the word of the Lord, thanks be to God

Psalm 118:1-2, 14-24

1 O give thanks to the Lord, for he is good: that his mercy endures for ever.

2 Let Israel now proclaim: that his mercy endures for ever.

14 The Lord is my strength and my song: and has become my salvation.

15 The sounds of joy and deliverance: are in the tents of the righteous.

16 The right hand of the Lord does mighty things: the right hand of the Lord raises up.

17 I shall not die but live: and proclaim the works of the Lord.

18 The Lord has disciplined me hard: but he has not given me over to death.

19 Open me the gates of righteousness: and I will enter and give thanks to the Lord.

20 This is the gate of the Lord: the righteous shall enter it.

21 I will praise you, for you answered me: and have become my salvation.

22 The stone that the builders rejected: has become the head of the corner.

23 This is the Lord's doing: and it is marvellous in our eyes.

24 This is the day that the Lord has made: let us rejoice and be glad in it.

A reading from the first letter of Paul to the Corinthians, Chapter 15 beginning at Verse 19

If for this life only we have hoped in Christ, we are of all people most to be pitied. But in fact Christ has been raised from the dead, the first fruits of those who have died. For since death came through a human being, the resurrection of the dead has also come through a human being; for as all die in Adam, so all will be made alive in Christ. But each in his own order: Christ the first fruits, then at his coming those who belong to Christ. Then comes the end, when he hands over the kingdom to God the Father, after he has destroyed every ruler and every authority and power. For he must reign until he has put all his enemies under his feet. The last enemy to be destroyed is death.



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

The Gospel of our Lord Jesus Christ according to John 20 1-18

### Glory to you, Lord Jesus Christ

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the



other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." Then Peter and the other disciple set out



and went toward the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from

the dead. Then the disciples returned to their homes. But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, "Woman, why are you weeping?" She said to them, "They have taken away my Lord, and I do not know where they have laid him." When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni!" (which means Teacher). Jesus said to her, "Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, 'I am ascending to my Father and your Father, to my God and your God." Mary Magdalene went and announced to the disciples, "I have seen the Lord"; and she told them that he had said these things to her

For the Gospel of the Lord. **Praise to you, Lord Jesus Christ**.

### Sentence The Lord has risen indeed, alleluia!

Let us now engage in some quiet reflection, or conversation and sharing, responding to the passages of scripture.. We may like to write down some key thoughts for further reflection.

## 1 Corinthians 10:40, God raised him on the third day. Psalm 118:15, There are glad songs of victory in the tents of the righteous.



When we say "He is risen indeed," we are saying Jesus is alive. We do not know how the change happens, but we have an assurance in our hearts that Jesus is living by the Holy Spirit in our souls. We come to God knowing we need Him and accepting what Jesus has done for us. [This is referred to as repentance]. This is when we have an assurance that we belong to God. [Known as forgiveness]. St Paul says this new life we grow into is our resurrection with Jesus. All this is the gateway of our journey in Salvation. In the knowledge of this, we cannot hold back, but say:

"He is Risen, He is risen indeed."

### prayer-time

Now let us continue to offer our prayers for healing of the world; God of peace and justice, who changes the hardened heart and breaks the power of violence,

We pray for our world, remembering especially the ongoing conflicts in Ukraine, Africa and the Middle East, Gaza, we pray for a ceasefire and for peace in all areas of conflict and war.

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, Fr Ted and family, Heather C, Neville B, Jo, Mary and family, Lisa W, Jan Y, Michael, Andrew, Jo, Colin C, Cathy M, Pratibha K, Jeanette B, Lynn H, Barbara A, Jo M, Barbara W, Sue Mc, Griselda, Patrusca, Lorraine, Rachel, Steve, Ebony, Jean T, Nicole, David, Takoohi, Glenda, Margaret, Wendy, Gweneth, Jo and Ginne, 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 .....** 

### **Prayer for Easter Day**

God of glory, fill your Church with the power that flows from Christ's resurrection, that, in the midst of this sinful world, it may signal the beginning of a renewed humanity, raised to new life with Christ; who lives and reigns with you and 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.

### Christ is Risen! Alleluia! He is Risen indeed! Alleluia! Alleluia!

### • Intentional connection beyond your home

After our Table Service, take the time to contact other people you know, especially those on their own or separated from family and friends. Wish them the blessings of Easter and share with them the Joy of the Resurrection, Let God guide you to the person or persons with whom



you should connect. Contact them. Start a conversation: Happy Easter!, How have you been keeping, what about this changing weather or hope you are keeping well, was just thinking of you and decided to call. ...........