



- **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 worship during 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**.

The Mary in this reading was Lazarus' sister. She used an expensive oil to anoint Jesus' feet. Mary's sister Martha was the one that said to Jesus "You are the Christ the son of the living God." John 11:27. They both said if you were here Lazarus would not have died. Mary and Martha were Jesus followers who actually understood who Jesus was and why he came. Mary was also someone who listened to every word Jesus said. Luke 10:39. It was no wonder that she also understood that he would die for our redemption.



- **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 Isaiah, Chapter 43 beginning at Verse 16**

<sup>16</sup> Thus says the Lord, who makes a way in the sea, a path in the mighty waters,

<sup>17</sup> who brings out chariot and horse army and warrior; they lie down, they cannot rise, they are extinguished, quenched like a wick:

<sup>18</sup> Do not remember the former things, or consider the things of old.

<sup>19</sup> I am about to do a new thing; now it springs forth, do you not perceive it?



- I will make a way in the wilderness and rivers in the desert.
- <sup>20</sup> The wild animals will honor me, the jackals and the ostriches;  
for I give water in the wilderness, rivers in the desert,  
to give drink to my chosen people,
- <sup>2</sup> the people whom I formed for myself so that they might declare my praise.  
Hear the word of the Lord, ***thanks be to God***

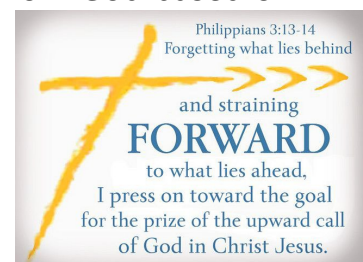
## Psalm 126

- 1 When the Lord turned again the fortunes of Zion:  
then were we like those restored to life.
- 2 Then was our mouth filled with laughter:  
and our tongue with singing.
- 3 Then said they among the heathen:  
'The Lord has done great things for them.'
- 4 Truly the Lord has done great things for us:  
and therefore we rejoiced.
- 5 Turn again our fortunes, O Lord:  
as the streams return to the dry south.
- 6 Those who sow in tears:  
shall reap with songs of joy.
- 7 They that go out weeping, bearing the seed:  
shall come again in gladness,  
bringing their sheaves with them.



## A reading from the letter to the Philippians, Chapter 3 beginning at Verse 3

<sup>3</sup> For it is we who are the circumcision, who worship in the Spirit of God and boast in Christ Jesus and have no confidence in the flesh— <sup>4</sup> even though I, too, have reason for confidence in the flesh. If anyone else has reason to be confident in the flesh, I have more: <sup>5</sup> circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; <sup>6</sup> as to zeal, a persecutor of the church; as to righteousness under the law, blameless. <sup>7</sup> Yet whatever gains I had, these I have come to regard as loss because of Christ. <sup>8</sup> More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ <sup>9</sup> and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. <sup>10</sup> I want to know Christ<sup>[c]</sup> and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, <sup>11</sup> if somehow I may attain the resurrection from the dead. <sup>12</sup> Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. <sup>13</sup> Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, <sup>14</sup> I press on toward the goal for the prize of the heavenly<sup>[c]</sup> call of God in Christ Jesus.



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

**The Gospel of our Lord Jesus Christ according to John, Chapter 12 beginning at Verse 1  
Glory to you Lord Jesus Christ.**



**12** Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. <sup>2</sup> There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. <sup>3</sup> Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. <sup>4</sup> But Judas Iscariot, one of his disciples (the one who was about to betray him), said, <sup>5</sup> "Why was this perfume not sold for three hundred denarii and the money given to the poor?" <sup>6</sup> (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) <sup>7</sup> Jesus said, "Leave her alone. She bought it so that she might keep it for the day of my burial. <sup>8</sup> You always have the poor with you, but you do not always have me." This is the Gospel of the Lord, ***praise to you Lord Jesus Christ.***

Sentence

**Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves.**

*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.*

John 12:7 She bought it so that she might keep it for the day of my burial.

John 12:3b. The house was filled with the fragrance of the perfume.



Anointing with nard was twofold. Kings were anointed and bodies were prepared for burial with nard. Mary wipes Jesus feet with her hair. In Jesus time a woman's hair was her glory. Here Mary uses the most precious thing of her own person, not a towel. She prepares Jesus for the suffering he is to undertake. Disregarding her own wealth and privilege she pre-empted Jesus washing the Disciples feet. She too humbles her self, taking on the role of a servant. We take a leaf from Mary's story to honour Jesus putting all else aside. Through Him, He has made us a pleasing aroma to God. 2 Cor 2:15.

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

We remember all those recovering from the storm and floods in Queensland and NSW and give thanks for all those assisting in the recovery and rebuild in those areas.

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, Neville B, Mary and family, Lisa W, Jan Y, Michael, Andrew, Jo, Colin 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 ,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 .....***

***Prayer for Lent 5***

O God,  
the Redeemer of all who trust in you:  
heed the cry of your people,  
and deliver us from the bondage of sin,  
that we may serve you in perfect freedom  
and rejoice in your unfailing love;  
through Jesus Christ our Saviour,  
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.***

- ***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. Let God guide you to the person or persons with whom you should connect. Contact them. Start a conversation: How have you been keeping, what about this changing weather or hope you are keeping well, or I was just thinking of you and decided to call. ....

