



SUNDAY TABLE SERVICE 1st February 2026
Let us watch Songs of Praise together
on the ABC and then set the table
for our shared meal.

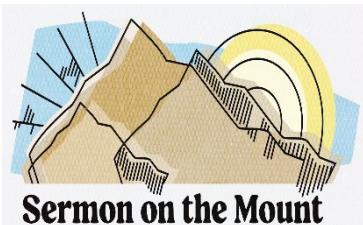


Setting our table for our Sunday lunch service.

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.



As we worship at home today let us prepare our tables with thanksgiving and prayer adding those special gifts or items to remind us of God's precious gift to mankind. If you are celebrating this meal without people physically present, please be aware that **God Is With You.**



Sermon on the Mount

In the **"Sermon on the Mount"** we are given a kind of code for peace and contentment in life. Even though suffering and trouble is all around us.

The Beatitudes are Jesus' way of explaining what happens when we live by His principles. But to unlock the full meaning we need to take each point he gives and find the connections throughout the whole of the Gospel to look for what Jesus means by peace, or belonging to his kingdom. The more we search the more "aah haa" moments come to light and the more we understand what trusting in Jesus truly means.

.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**

A reading from the prophet Micah Chapter 6, verses 1-8

Hear what the Lord says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel. "O my people, what have I done to you? In what have I wearied you? Answer me! For I

brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gil-gal, that you may know the saving acts of the Lord." "With what shall I come before the Lord, and bow myself before God on high?



Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

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

Psalm 15

1 Lord who may abide in your tabernacle:
or who may dwell upon your holy hill?

2 Whoever leads an uncorrupt life and does the thing which is right:
who speaks the truth from the heart and has not slandered with the tongue

3 Who has done no evil to a friend:

nor vented abuse against a neighbour;

4 In whose eyes the worthless have no honour:
but who makes much of those that fear the Lord;

5 Whoever has sworn to a neighbour:
and will not go back on that oath;

6 Who has not put money to usury:
nor taken a bribe against the innocent.

7 Whoever does these things:
shall never be overthrown.



A reading from the First Letter to the Corinthians Chapter 1, verses 18-31

FOR THE
MESSAGE OF
THE CROSS IS
FOOLISHNESS
TO THOSE WHO
ARE PERISHING,
BUT TO US WHO
ARE BEING
SAVED IT IS THE
POWER OF GOD.
- 1 CORINTHIANS 1:18



The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the

foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many

were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Lord."

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

The Gospel of our Lord Jesus Christ according to Matthew Chapter 5 verses 1-12

Glory to you Lord Jesus Christ

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven" "Blessed are those who mourn, for they will be comforted. "Blessed are the meek, for they will inherit the earth.

"Blessed are those who hunger and thirst for righteousness, for they will be filled. "Blessed are the merciful, for they will receive mercy.

"Blessed are the pure in heart, for they will see God. "Blessed are the peacemakers, for they will be called children of God. "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. "Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

For the Gospel of the Lord. **Praise to you**



Sentence: What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? Micah 6.8

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.

Then he began to speak, and taught them.

God chose what is weak in the world to shame the strong.

Our walk in faith is unusual by the world's standards. Some might say weak or foolish. The world sees strength in indignation and retaliation. Jesus speaks a Gospel of humility and forgiveness, but to truly apply these gifts, one needs a different kind of wisdom and strength that comes from the Spirit of Christ. It is the peace makers and those who know God's righteousness that bring healing and hope. Matthew implies through the words of Jesus, that it is those who hunger and thirst for these things who are God's Children

Prayer-time Now let us continue to offer our prayers 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 , for healing of the world; for those affected by natural disasters, war and conflict; Grant safety to those under evacuation orders; bring relief to affected areas and protect both life and property; Give strength to all those working to rescue the stranded and to help all in need. And may our response to their suffering be generous and bring you praise. in Jesus' name we pray, Amen. We pray for peace in our region and in the wider world. Enable leaders to come together for the common good , not individual greed. Give strength to those who oppose injustice and disunity, and work towards peace and safety for all.

Please pray alongside those in our parish asking for prayer.

We continue to pray alongside those in our parish asking for prayer Jan, :Joy I, Ann W, Pat V, Takoohi, Wendy, Leanne, Daniella, Joyce and Ted, Mary R, John , Melissa and Sam, Robby A , Anne, Joanie, Lynn, Ruth, Malcolm N, Jean N, John Mc, Betty, Joy, David Mitchell family, Pat, Carolyn, Allison, Angela, Carol, Lucy Ann, Jean, Nathan, Peter, Alex, Kym and Bob Jac Bishop: Eileen Cook; Yvonne Scrutton; Brenda; Catherine Cooling; Ursula Pridham; Trish McD; Barbara Webber; Tom Arnold, Nicholas & Ben; Sue & Frank Thomas; Gordon Russell; Emily and her family; and any others we wish to remember.....



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

Prayer of the Day

Living God,
in Christ you make all things new:
transform the poverty of our nature by the riches of your grace,
and in the renewal of our lives make known your glory;
through Jesus Christ our Lord,
who is alive 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, make contact with family and friends who may be alone or who you may not have talked with for a while.. Let God guide you to the person or persons with whom you should connect. Contact them. Start a conversation: How have you been keeping, or hope you are keeping well, or I was just thinking of you and decided to call.

