



SUNDAY TABLE SERVICE 1st March 2026

Second Sunday in Lent

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

LENT
Pray + Fast + Give

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.**



What if knowing God is not enough? Nicodemus was the teacher of teachers in all Israel. He was the greatest theologian of his time. Jesus told him that he has forgotten to invite God to action. If all we do is to understand God from our own efforts we are just scratching the surface. Jesus tells Nicodemus he needs to be born from above. Meaning that he needs to let God reveal to him who He is; and He give the 'how' answer. This is the work of the Spirit who works in His own ways birthing the spiritual life that we need that makes us alive in God forever.

***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 book of Genesis 12: 1-4a

Now the Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make

Leave your
country and
go to the land
which I will show you.
Genesis 12:1



your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the Lord had told him.

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

Psalm 121 — A.P.B.A. Page 360

I lift up my eyes to the hills: but where shall I find help?

My help comes from the Lord: who has made heaven and earth.

He will not suffer your foot to stumble:

and he who watches over you will not sleep.

Be sure he who has charge of Israel: will neither slumber nor sleep.

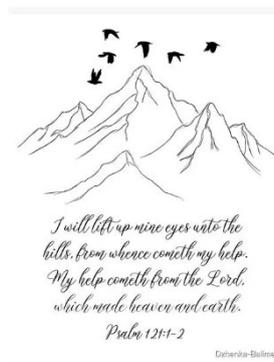
The Lord him self is your keeper:

the Lord is your defence upon your right hand;

The sun shall not strike you by day: nor shall the moon by night.

The Lord will defend you from all evil: it is he who will guard your life.

The Lord will defend your going out and your coming in: from this time forward for evermore.



A reading from the Letter to the Romans 4:1-5,13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if

CHOOSE
TO LIVE BY



Faith

Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") — in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

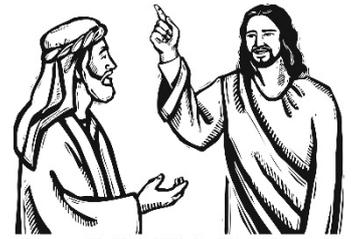
Hear the word of the Lord. Thanks be to God.

The Gospel of our Lord Jesus Christ according to John 3:1-17

Glory to you Lord Jesus Christ

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time

into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."



Jesus Talks With Nicodemus

Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? "Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

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

Sentence:

God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. John 3. 16

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.

God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.



What if salvation has nothing to do with how good we are? This whole Gospel reading puts into context that it is God in heaven, His Spirit rebirthing us that leads us to salvation. And salvation means taking Jesus at his word, believe in Him and trusting that He earned our salvation, not us, and this is where we need to start. Without

being transformed from above all our efforts are worthless. The Israelites looked to the serpent on the staff and did not die, so it is, that we need to look to Gods transforming grace through Jesus, inviting the Holy Spirit and His way to lead us into an everlasting life with him.

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; We pray for those affected by the fires and flooding in various parts of Australia. 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 :Ann W, Joy I, David B, Cathy, Jo, Lorraine, Sue, Margaret P, Trish S Kay & Chris DeVries Lynn H, Jean T, Sue and family, Stephen, Anne, Ken, Neville B, Lisa W, Jan Y, Michael, Andrew, Colin C, Pratibha K, Jeanette B, Barbara A, Jo M, Sue Mc, Griselda, Patrusca, Lorraine, Rachel, Steve, Ebony, Nicole, David, Takoohi , Glenda, Margaret, Wendy, Gweneth, Jo and Ginne , Matthew, Kathryn and Keiran, Ruth, Jean N, Georgia, Pat V, Brenda, Joanie, Jan, Jac B; Eileen, Ursula P, Nicholas & Ben; Sue & Frank G, Emily and her family; Christina and any others we wish to remember, either silently or aloud



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

Prayer of the Day

God of mercy,
You are full of tenderness and compassion,
slow to anger, rich in mercy,
and always ready to forgive:
grant us grace to renounce all evil and to cling to Christ,
that in every way we may prove to be your loving children;
through Jesus Christ our Lord,
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, 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.

