



SUNDAY TABLE SERVICE 8th February 2026

Epiphany 5

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



**Be these.
Matthew 5 :13-16**

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.**

OUR LIGHT IS HIS LIGHT



Have you ever thought, what is our light and what is our salt? It is no good trying to be an illumination if we do not know the light's source. It's no good trying to be salty if we don't know what enhances the flavour. We cannot shine or have saltiness if we are not abiding in our heavenly Father's light and having his flavour in our hearts. The further away from his nature we are the less we shine and His flavour becomes bland in our lives. It is His light that illuminates our good works.

***.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:

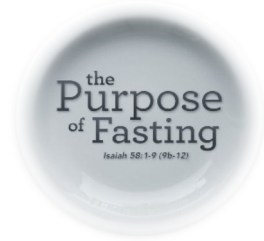
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**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 Isaiah Chapter 58, verses 1-9a

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practised righteousness and did not forsake the ordinance of their God; they ask of me righteous judgments, they delight to draw near to God. "Why do we fast, but you do not see? Why humble ourselves, but you do not notice?" Look, you serve your own interest on your fast day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard



on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sack-cloth and ashes? Will you call this a fast, a day acceptable to the Lord? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am. Hear the word of the Lord. **Thanks be to God.**

Psalm 112

O praise the Lord. Blessed are they that fear the Lord:
and greatly delight in his commandments.

**Their children shall be mighty in the land:
an upright race who will be blessed.**

Riches and plenty shall be in their house:
and their righteousness shall stand for ever.

**Light arises in darkness for the upright:
gracious and merciful are the righteous.**

It goes well with those who act generously and lend:
who guide their affairs with justice.

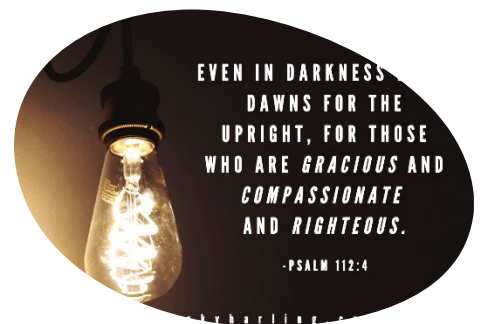
**Surely they shall never be moved:
the righteous shall be held in everlasting remembrance.**

They will not fear bad tidings:
their hearts are steadfast trusting in the Lord.

**Their hearts are confident and will not fear:
they will see the downfall of their enemies.**

They give freely to the poor:
their righteousness stands for ever, their head is up lifted in glory.

**The wicked shall see it and be angry:
they shall gnash their teeth and consume away;
and the hope of the wicked shall fail.**



A reading from the First Letter to the Corinthians Chapter 2:1-13

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God. Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, "What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him" — these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's



except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

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

The Gospel of our Lord Jesus Christ according to Matthew Chapter 5 verses 13-20

Glory to you Lord Jesus Christ

Jesus said to his disciples, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. "You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. "Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.



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

Sentence:

Let your light shine before others, so that they may see your good works and give glory to your Father in heaven. Matthew 5.16

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.

Let your light shine before others.

I am the light of the world, says the Lord;

the one who follows me will have the light of life.



The Pharisees had 613 laws to follow and then many more rules to manage how to following the laws. The righteousness Jesus speaks about is our obedience from a heartfelt love for Him. We see this in His words from verses in Matthew Chapter 5, 21- 48. It is in fact how we draw near to God. This creates a twofold effect, in drawing near to God we reflect His light and permeate His flavour throughout the world. Therefore we become more righteous than the Pharisees because our righteousness is His righteousness; our light and salt.

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 especially for those affected by the fires in Deep Creek and the community around Cape Gervis. Grant safety to those under evacuation orders; bring relief to affected areas and protect both life and property; Give strength to the fire fighters and volunteers and keep them safe from harm, 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

Faithful God,
you have appointed us your witnesses,
to be a light that shines in the world:
let us not hide the bright hope you have given us,
but tell everyone your love, revealed in Jesus Christ the Lord,
who lives and reigns with you in the unity of 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.

