

Sunday 17th May 2026 - Ascension

SUNDAY TABLE SERVICE

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!

Prayerful and intentional preparation for a meal

As we continue to celebrate the resurrection of Jesus let us define the occasion by decorating our table with a variety of things that represent new beginnings, new ways and growth. If you are celebrating this meal without people physically present, please be aware that **God Is With You.**



In Luke's Gospel it highlights Jesus' ascension into heaven.

In the last Gospel reading He says He is leaving them. Talk about making a grand exit; but it establishes the point well and truly that Jesus is now with our Father in heaven. What was written about Jesus in the ancient Scriptures are now making sense to the Disciples. Better still, we are all destined to play a part in

God's plan to break the curse of sin over the world. To demonstrate that our lives are worth living and living for Him. The Disciples wait in Jerusalem where they will be spiritually equipped.

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 for Acts Chapter 1 verses 1-11



1 In my former book, Theophilus, I wrote about all that Jesus began to do and to teach **2** until the day he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles he had chosen. **3** After his suffering, he presented himself to them and gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God. **4** On one occasion, while he was eating with them, he gave them this command: "Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about. **5** John baptized with water, but in a few days you will be baptized with the Holy Spirit." **6** Then they

gathered around him and asked him, "Lord, are you at this time going to restore the kingdom to Israel?"⁷ He said to them: "It is not for you to know the times or dates the Father has set by his own authority."⁸ But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."⁹ After he said this, he was taken up before their very eyes, and a cloud hid him from their sight.¹⁰ They were looking intently up into the sky as he was going, when suddenly two men dressed in white stood beside them.¹¹ "Men of Galilee," they said, "why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven. Hear the word of the Lord. **Thanks be to God.**

Psalm 47

- ¹ Clap your hands, all you nations;
shout to God with cries of joy.
- ² For the Lord Most High is awesome, the
great King over all the earth.
- ³ He subdued nations under us,
peoples under our feet.
- ⁴ He chose our inheritance for us,
the pride of Jacob, whom he loved.
- ⁵ God has ascended amid shouts of joy,
the Lord amid the sounding of trumpets.
- ⁶ Sing praises to God, sing praises;
sing praises to our King, sing praises.
- ⁷ For God is the King of all the earth;
sing to him a psalm of praise.
- ⁸ God reigns over the nations;
God is seated on his holy throne.
- ⁹ The nobles of the nations assemble
as the people of the God of Abraham,
for the kings of the earth belong to God; he is
greatly exalted.



Second Reading

A reading from Ephesians Chapter 1 verses 15-23



15 For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, 16 I have not stopped giving thanks for you, remembering you in my prayers. 17 I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. 18 I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, 19 and his

incomparably great power for us who believe. That power is the same as the mighty strength

20 he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, 21 far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. 22 And God placed all things under his feet and appointed him to be head over everything for the church, 23 which is his body, the fullness of him who fills everything in every way.

Hear the word of the Lord.

Thanks be to God.

The Gospel of our Lord Jesus Christ according to Matthew Chapter 28, verses 16-20 **Glory to you Lord Jesus Christ**



16 Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. 17 When they saw him, they worshiped him; but some doubted. 18 Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. 19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

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

Sentence

'Go and make disciples of all nations,' Jesus commands; 'I am with you always, to the close of the age. Matthew 28.19-20

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.

I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high."

You will receive power when the Holy Spirit has come upon you; and you will be my witnesses



The point is, if we do anything in our own strength it is simply a religion of good works, thwart with human weakness. The promise of the Father is that He will empower us. He gives us the motivation with a spiritual desire to want to fulfill His calling on our hearts. To show God's love to a wounded world, a love that turns hearts from ways that cause harm. This is what it means when Jesus talks about repentance and salvation. A spiritual healing that opens our souls to knowing God for real. What God does in our lives by His Spirit is the witness we are to the world.

prayer-time Now let us continue to offer our prayers for healing of the world; especially for those affected by natural disasters, war and conflict; 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 continue to pray for a peaceful resolution to the escalating conflict in the Middle East Lebanon and Ukraine. We pray for ceasing of all conflicts to begin and be maintained.

.We continue to pray for those in our parish asking for prayer Morgan, Rev Beck and family, Jo and family, Trish, Suzi, Nicole, Richard and family, Rachel, :Ann W, Joy I, David B, Cathy, Lorraine, Sue, Margaret P, Kay & Chris DeVries Lynn H, Jean T, Sue and family, Stephen, Anne, Ken, Neville B, Lisa W, Jan Y, Michael, Andrew, Pratibha K, Jeanette B, Barbara A, Jo M, Sue Mc, Griselda, Patrusca, 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 for Ascension Day

Eternal God,
by raising Jesus from the dead
you proclaimed his victory,
and by his ascension,
you declared him Lord of all:
lift up our hearts to heaven,
where he lives 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.***

***Christ is Risen! Alleluia!
He is Risen indeed! Alleluia! Alleluia!***

Intentional connection beyond your home

After the Table Service, take the time to contact other people you know, especially those on their own or not able to get about easily. Make sure they are well, or see if they would appreciate a visit. 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, was just thinking of you and decided to call.

