



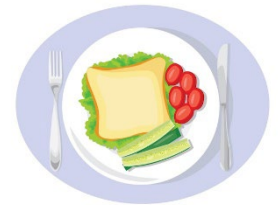
TRINITY SUNDAY 31st May 2026
SUNDAY TABLE SERVICE
Let us sit and watch Songs of Praise together
on the ABC and then set the table for our
Parish meal.



Prayerful and intentional preparation for a meal

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 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**.



IT'S ALL GOD'S WORK.

The readings today are about the trinity. Meaning God, Jesus and the Holy Spirit. The three in one. Theologically scholars have argued what this looks like and tried to explain how the trinity relates to us. The problem here is that we try to put God in an understandable box.



In Isaiah it says, His thoughts are not ours and neither are His ways, that being said God is beyond our mental comprehension. This is why Jesus implores us to submit to the Father allowing Him to work in us and through us. Its a Spiritual thing, working in our humanity, not a human thing working out how to manage God in our lives.

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.

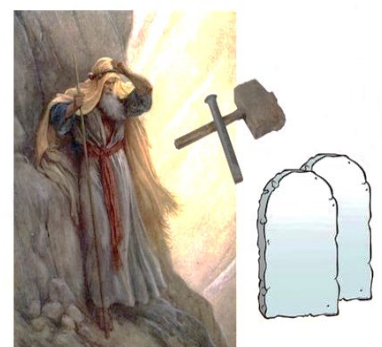
Here, and throughout the world, We adore you O Christ, and we bless you, because by your holy cross you have redeemed the world. Amen

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 Book of Exodus Chapter 34, verses 1-8

The Lord said to Moses, "Cut two tablets of stone like the former ones, and I will write on the tablets the words that were on the former tablets, which you broke. Be ready in the morning and come up in the morning to Mount Sinai and present yourself there to me, on the top of the mountain. No one shall come up with you, and do not let anyone be seen throughout all



the mountain; and do not let flocks or herds graze in front of that mountain." So, Moses cut two tablets of stone like the former ones; and he rose early in the morning and went up on Mount Sinai, as the Lord had commanded him, and took in his hand the two tablets of stone. The Lord descended in the cloud and stood with him there, and proclaimed the name, "The Lord." The Lord passed before him, and proclaimed, "The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for the thousandth generation, forgiving iniquity and transgression and sin, yet by no means clearing the guilty, but visiting the iniquity of the parents upon the children and the children's children, to the third and the fourth generation." And Moses quickly bowed his head toward the earth and worshipped.

Hear the word of the Lord.

Thanks be to God.

For the Psalm - Song of the Three Young Men



Blessed are you the God of our forebears:
worthy to be praised and exalted for ever.

Blessed is your holy and glorious name:
worthy to be praised and exalted for ever.

Blessed are you glorious in your holy temple:
worthy to be praised and exalted for ever.

Blessed are you who behold the depth:
worthy to be praised and exalted for ever.

Blessed are you on the throne of your kingdom:
worthy to be praised and exalted for ever.

Blessed are you in the heights of heaven:
worthy to be praised and exalted for ever.

A reading from the Second Letter to the Corinthians Chapter 13 verses 11-13

Finally, brothers and sisters, farewell. Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you. The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you. 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



Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to

obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

The Gospel of the Lord

Praise to you Lord Jesus Christ.

Sentence

Proclaim the Name: 'The Lord, the Lord, a God who is merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.' Exodus 34.6

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.

...Teaching them to obey everything that I have commanded you. And remember, I am with you always

Then God said, "Let us make humankind in our image, according to our likeness.

What we do know is this, that in inviting God to participate within our lives, He takes over, transforming our souls into His likeness. That is, His virtues and goodness become ours and this is where our faith grows. Books don't open up hearts; only our desire to want to know God within our souls. Then we can come to understand who God is, by His redemption through Jesus and the reinstatement of His likeness is His Spirit working in us. It's His work, this is called walking in faith always trusting God through the leading of Jesus, allowing the Holy Spirit to then have his way within us. And so we are made His people who live in the Spirit, God's kingdom comes, here on earth. It isn't a complicated thing.



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 the continuing conflict in Ukraine.

.We continue to pray for those in our parish asking for prayer Peter G, 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 &

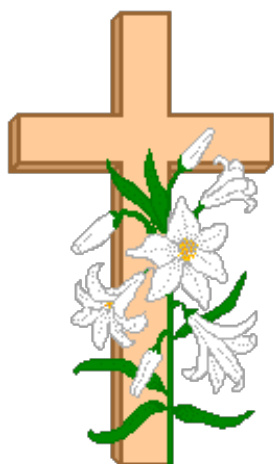
Frank G, Emily and her family; Christina and any others we wish to remember, either silently or aloud

Let us say the Lord's Prayer Together.

Our Father

Prayer for Trinity Sunday

Almighty and everlasting God,
you have given to us your servants
grace by the confession of a true faith
to acknowledge the glory of the eternal Trinity,
and in the power of the divine majesty
to worship the Unity:
keep us steadfast in this faith,
and evermore defend us from all adversities,
for you live and reign,
one God, for ever 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 the Table Service, take the time to contact other people you know, especially those on their own. Make sure they are well, or see if they would appreciate a visit. Let the Holy Spirit guide you to the person or persons with whom you should connect. Pray for them. 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.

