



SUNDAY TABLE SERVICE 28th June 2026
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**.



Someone who manipulates the truth has a hard time believing others. Someone who is untrustworthy has a hard time trusting others. They have no peace. Paul's words about sin seem harsh, but he is referring to the consequences of life.

The life Jesus offers is full of hope and promise. Choosing a life of self-indulgence and neglecting the needs of others, can lead to conflict and trouble. Paul calls it living a kind of death. But those whose mission is kindness and compassion; to build up and encourage, they will find love and acceptance wherever they go. This is the freedom when righteousness is our banner.

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 Genesis Chapter 22, verses 1-14

God tested Abraham. He said to him, "Abraham!" And he said, "Here I am." He said, "Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains that I shall show you." So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac; he cut the wood for the burnt offering, and set out and went to the place in the distance that God had shown him. On the third day Abraham looked up and saw the place

far away. Then Abraham said to his young men, "Stay here with the donkey; the boy and I will go over there; we will worship, and then we will come back to you." Abraham took the wood of the burnt offering and laid it on his son Isaac, and he himself carried the fire and the knife. So the two of them walked on together. Isaac said to his father Abraham, "Father!" And he said, "Here I am, my son." He said, "The fire and the wood are here, but where is the lamb for a burnt offering?" Abraham said, "God himself will provide the lamb for a burnt offering, my son." So the two of them walked on together. When they came to the place that God had shown him, Abraham built an altar there and laid the wood in order. He bound his son Isaac, and laid him on the altar, on top of the wood. Then Abraham reached out his hand and took the knife to kill his son. But the angel of the Lord called to him from heaven, and said, "Abraham, Abraham!" And he said, "Here I am." He said, "Do not lay your hand on the boy or do anything to him; for now I know that you fear God, since you have not withheld your son, your only son, from me." And Abraham looked up and saw a ram, caught in a thicket by its horns. Abraham went and took the ram and offered it up as a burnt offering instead of his son. So Abraham called that place "The Lord will provide"; as it is said to this day, "On the mount of the Lord it shall be provided."



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Hear the word of the Lord.

Thanks be to God.

Psalm 13

1 How long O Lord will you so utterly forget me:
how long will you hide your face from me?
2 How long must I suffer anguish in my soul
and be so grieved in my heart day and night:
how long shall my enemy triumph over me?
3 Look upon me O Lord my God and answer me:
lighten my eyes lest I sleep in death;
4 Lest my enemy say 'I have prevailed':
lest my foes exult at my overthrow.
5 Yet I put my trust in your unfailing love:
O let my heart rejoice in your salvation.
6 And I will make my song to the Lord:
because he deals so bountifully with me.



A reading from the Letter to the Romans Chapter 6, verses 12-23

Do not let sin exercise dominion in your mortal bodies, to make you obey their passions. No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. For sin will have no dominion over you, since you are not under law but under grace. What then? Should we sin because we are not under law but under grace? By no means! Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to

the form of teaching to which you were entrusted, and that you, having been set free from sin, have become slaves of righteousness. I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification. When you were slaves of sin, you were free in regard to righteousness.



So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Hear the word of the Lord.

Thanks be to God.

The Gospel of our Lord Jesus Christ according to Mathew Chapter 10, verses 40-42 Glory to you Lord Jesus Christ

Jesus instructed the twelve as follows: "Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple — truly I tell you, none of these will lose their reward."



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

Sentence

The wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.
Romans 6.23

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.

**You, having been set free from sin, have become slaves of righteousness.
I trusted in your steadfast love; my heart shall rejoice in your salvation.**



Someone who blesses others is a blessing. The implication is that even if all you have, to give is a cup of water, it just as valuable as anything else. When we know innately the love of God within our souls and how awesome this is; then something within us wants to share this blessing, we can hardly hold it back. We therefore do this in numerous ways, a kind word, encouragement, hospitality, even a hug. The blessing flows both ways. The receiver and the giver feel equally blessed. Now that's God stuff.

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 give thanks for the peace plan being put together with Iran and USA. We continue to pray for a peaceful resolution to the continuing conflict in Ukraine.

We continue to pray alongside those in our parish asking for prayer: Cathy M, Sue Mack, Peter G, Morgan, Rev Beck and family, Jo and family, Trish, Suzi, Nicole, Richard and family, Rachel, :Ann W, Joy I, David B, , Lorraine, 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, Griselda, Patrusca, Rachel, Steve, Ebony, Nicole, David, Takoochi , 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
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Prayer of the Day

O God,
your Son has taught us that those who give
a cup of water in his name will not lose their reward:
open our hearts to the needs of your children,
and in all things make us obedient to your will,
so that in faith we may receive your gracious gift
eternal life in Jesus Christ our Lord. 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 or separated from family and friends. 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.

