



SUNDAY TABLE SERVICE 12th July 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**.



Have you ever met someone talented or gifted in some way. Then been disappointed by their personal countenance or found in some way that they are hurtful. They can have a hardness in their hearts, or live a shallowness or be entangled in things that control them.

Some think discernment is hard, but Matthew gives us an account where Jesus explains its simplicity. It is not how talented one is or the position one has, or not. What counts is if good and lasting consequences are produced by someone's actions. These consequences come because the heart of the person is feeding on a nourishment that brings hope and healing. Joining in God's goodness is the best nourishment we can ever have. This is what Jesus teaches us.



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 25 19-34a These are the descendants of Isaac,



Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddanaram, sister of Laban the Aramean. Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she said, 'If it is to be this way, why do I live?' So she went to inquire

of the Lord. And the Lord said to her, 'Two nations are in your womb, and two peoples born of you shall be divided; the one shall be stronger than the other, the elder shall serve the younger.' When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle, so they named him Esau. Afterwards his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them. When the boys grew up, Esau was a skilful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob. Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, 'Let me eat some of that red stuff, for I am famished!' (Therefore he was called Edom.) Jacob said, 'First sell me your birthright.' Esau said, 'I am about to die; of what use is a birthright to me?' Jacob said, 'Swear to me first.' So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

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

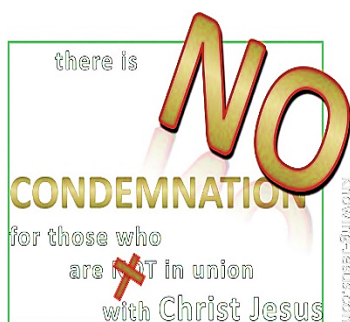
Psalm 119:105-112

105 Your word is a lantern to my feet: and a light to my path.
 106 I have vowed and sworn an oath: to keep your righteous judgements.
 107 I have been afflicted beyond measure: Lord, give me life according to your word.
 108 Accept O Lord the freewill offerings of my mouth: and teach me your judgements.
 109 I take my life in my hands continually: yet I do not forget your law.
 110 The wicked have laid a snare for me: but I have not strayed from your precepts.
 111 Your commands are my inheritance for ever: they are the joy of my heart.
 112 I have set my heart to fulfil your statutes: always, even to the end.



A reading from the letter of Paul to the Romans. Chapter 8 1-11

There is now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law,



weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law -

indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Hear the word of the Lord.

Thanks be to God

The Gospel of our Lord Jesus Christ according to Matthew Chapter 13 1-9, 18-23 a Glory to you Lord Jesus Christ

Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: 'Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen! Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.' The Gospel of the Lord **Praise to you Lord Jesus Christ**



.Sentence

The words you have spoken are spirit and life, O Lord; you have the words of eternal life. *John 6.63-68*

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.

But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields.

Those who live according to the Spirit set their minds on the things of the Spirit.

Paul in his Roman letter, says that it is the same Spirit of Christ Jesus who dwells in us that will give our mortal bodies life. What he means is, that if we invite God's Spirit to be part of our lives our very human nature takes on the likeness of Christ. This is the very nourishment God wants us



to have and to live in, so our lives thrive. It is not only for us, others see this spiritual nature and are touched, encouraged, and feel blessed and loved. Who wouldn't want a life like this? It is God who works this in us, not of our own doing. It is a spiritual state of being as we journey in life with this desire in our hearts. The wisdom of God takes our inadequacies and despite this, makes us a more than adequate blessing. Faith is trusting what Gods sees in us and not what others think about us.

prayer-time 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.



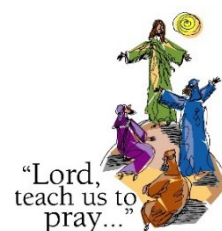
We pray that a final peace settlement can be accepted by both Iran and USA. We continue to pray for a peaceful resolution to the continuing conflict in Ukraine. We pray for all those affected by the earthquakes in Venezuela and China. We pray that God will be a rock and a refuge for all who have lost homes, loved ones, and peace of mind. We ask that he puts his arms around the frightened, the injured, and the grieving, and grant courage to rescue workers and wisdom to all who provide aid.

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

Prayer of the Day

Bountiful God,
we thank you for planting in us the seed of your word:
by your Holy Spirit, help us to receive it with joy,
and to live according to it,
that we may grow in faith and hope and love;
through Jesus Christ our 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 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.

