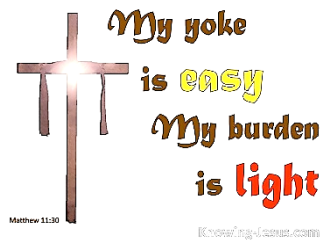




SUNDAY TABLE SERVICE 5th July 2026
Let us sit and watch Songs of Praise together on
the ABC
and then set the table for our Parish meal.



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 done something with the best intentions only to be misunderstood or accused of doing wrong? This was happening quite a bit to Jesus. He reached out to those rejected, the so-called sinners. The religious and self-righteous people saw him eating with people they deemed as low life. They told others he was a glutton and a drunk. But Jesus said, wisdom is vindicated by her deeds. He entered their pain, cried and laughed with them and he brought them healing and Spiritual rest, His peace. In fact, he was grateful that the so called intelligent don't understand.

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 24 verses 34-38, 42-49, 58-67

The servant whom Abraham had sent said to Laban: 'I am Abraham's servant. The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. And Sarah my master's wife bore a son to my master when she was old; and he has given him all that he has. My master made me swear, saying, "You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; but you shall go to my father's house, to my kindred, and get a wife for my son." I came today to the spring, and said, "O Lord, the God of my master Abraham, if now you will only make successful the way I am going! I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, 'Please give me a little water from your jar to drink,' and who will say to me, 'Drink, and I will draw for your camels also' — let her be the woman

whom the Lord has appointed for my master's son." Before I had finished speaking in my heart, there was Rebekah coming out with her water jar on her shoulder; and she went down to the spring, and drew. I said to her, "Please let me drink." She quickly let down her jar from her shoulder, and said, "Drink, and I will also water your camels." So I drank, and she also watered the camels. Then I asked her, "Whose daughter are you?" She said, "The daughter of Bethuel, Nahor's son, whom Milcah bore to him." So I put the ring on her nose, and the bracelets on her arms. Then I bowed my head and worshipped the Lord, and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son. Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.' And they called Rebekah, and said to her, 'Will you go with this man?' She said, 'I will.' So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. And they blessed Rebekah and said to her, 'May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes.' Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way. Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb. Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, and said to the servant, 'Who is the man over there, walking in the field to meet us?' The servant said, 'It is my master.' So she took her veil and covered herself. And the servant told Isaac all the things that he had done. Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death. Hear the word of the Lord.



Thanks be to God.

Psalms 45:10-17

10 'Hear O daughter consider and incline your ear:

forget your own people and your father's house.

11 The king desires your beauty:

he is your Lord therefore bow down before him.

12 The richest among the people O daughter of Tyre:
shall entreat your favour with gifts

13 The king's daughter is all glorious within:
her clothing is embroidered cloth of gold.

14 In robes of many colours she is led to you O king;
and after her the virgins that are with her.

15 They are led with gladness and rejoicing:
they enter the palace of the king.

16 'In place of your fathers you shall have sons:
and make them princes over all the land.

17 And I will make your name known to be every generation:
therefore the peoples shall give you praise for ever.



A reading from the letter of Paul to the Romans Chapter 7:14-25 For we now know that the law is spiritual; but I am of the flesh, sold into slavery under sin. I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do.

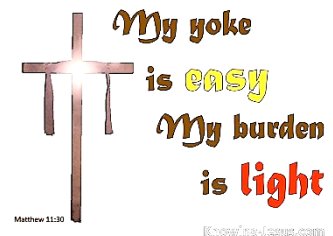


Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I

am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord! So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin. Hear the word of the Lord. **Thanks be to God.**

The Gospel of our Lord Jesus Christ according to Matthew Chapter . 11:15-19, 25-30 a **Glory to you Lord Jesus Christ.**

At that time Jesus said, 'Let anyone with ears listen! To what will I compare this generation? It is like children sitting in the market-places and calling to one another, "We played the flute for you, and you did not dance; we wailed, and you did not mourn." For John came neither eating nor drinking, and they say, "He has a demon"; the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds. I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.' The Gospel of the Lord **Praise to you Lord Jesus Christ.**



Sentence

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest,' says the Lord. 'Take my yoke upon you, and learn from me; for I am gentle and humble in heart.' Matthew 11:28-29

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.

No one knows the Father except the Son and anyone to whom the Son chooses to reveal him. For my yoke is easy, and my burden is light."

We all acknowledge God, but Jesus' role with God comes from a Spiritual perspective. Though human He opened us up to a truly divine realm. He, being able to cross the natural and the supernatural, made a way for us to know that God can empathise with us. God put Jesus into our humanity to suffer as we suffer, to feel joy as we feel joy. He takes on humility and kindness and says learn from me, it's not heavy stuff and it's easy. Too often people make faith a burden piling on all kinds of rules and regulations. They say do all this and God might just accept you. The truth is Jesus came to us before we could clean up our house and then offered to help. Faith is simply giving Him the broom and letting him do what He wants to do with our lives.



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 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, 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 of the Day

Almighty God,
your Son Jesus Christ has taught us
that what we do for the least of his
brothers and sisters we do also for him:
give us the will to serve others as he was the servant of all,
who gave up his life and died for us;
yet 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.***



•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.

