



SUNDAY TABLE SERVICE 16th August 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**.



consciously drawing together in our mind our Parish community around our table.



What if your enemy came to you and asked for help? Everything Jesus says to this Canaanite woman is contrary to the grace Jesus has shown others who were not Israelites. Perhaps he is using the rhetoric of the day to bring home a point to the onlookers. You can almost hear the others around her saying, yeah, he's right, shove off! It is easy to be judgemental when the culture excuses it. Then Jesus chose to turn the cultural expectations upside down. He demonstrates the Grace of God to her in a miraculous way. Faith is not the exclusive right to a select few.

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 45 beginning at Verse 1

1 Then Joseph could no longer control himself before all those who stood by him, and he cried out, "Send everyone away from me." So no one stayed with him when Joseph made himself known to his brothers. 2 And he wept so loudly that the Egyptians heard it, and the household of



Pharaoh heard it. 3 Joseph said to his brothers, "I am Joseph. Is my father still alive?" But his brothers could not answer him, so dismayed were they at his presence. 4 Then Joseph said to his brothers, "Come closer to me." And they came closer. He said, "I am your brother, Joseph, whom you sold into Egypt. 5 And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to

preserve life. 6 For the famine has been in the land these two years; and there are five more years in which there will be neither ploughing nor harvest. 7 God sent me before you to preserve for

you a remnant on earth, and to keep alive for you many survivors. 8 So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. 9 Hurry and go up to my father and say to him, 'Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. 10 You shall settle in the land of Goshen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. 11 I will provide for you there—since there are five more years of famine to come—so that you and your household, and all that you have, will not come to poverty.' 12 And now your eyes and the eyes of my brother Benjamin see that it is my own mouth that speaks to you. 13 You must tell my father how greatly I am honoured in Egypt, and all that you have seen. Hurry and bring my father down here." 14 Then he fell upon his brother Benjamin's neck and wept, while Benjamin wept upon his neck. 15 And he kissed all his brothers and wept upon them; and after that his brothers talked with him. Hear the word of the Lord **thanks be to God**

Psalm 133

1 Behold how good and how lovely it is:
when families live together in unity.
2 It is fragrant as oil upon the head,
that runs down over the beard:
fragrant as oil upon the beard of Aaron,
that ran down over the collar of his robe.
3 It is like a dew of Hermon:
like the dew that falls upon the hill of Zion.
4 For there the Lord has commanded his blessing:
which is life for evermore.



A reading from the Romans, Chapter 11 beginning at Verse 13

13 Now I am speaking to you Gentiles. Inasmuch then as I am an apostle to the Gentiles, I glorify my ministry 14 in order to make my own people jealous, and thus save some of them. 15 For if their rejection is the reconciliation of the world, what will their acceptance be but life from the dead! 16 If the part of the dough offered as first fruits is holy, then the whole batch is holy; and if the root is holy, then the branches also are holy. 17 But if some of the branches were broken off, and you, a wild olive shoot, were grafted in their place to share the rich root of the



olive tree, 18 do not boast over the branches. If you do boast, remember that it is not you that support the root, but the root that supports you. 19 You will say, "Branches were broken off so that I might be grafted in." 20 That is true. They were broken off because of their unbelief, but you stand only through faith. So do not become proud, but stand in awe. 21 For if God did not spare the natural branches, perhaps he will not spare you. 22 Note then the kindness and the severity of God: severity toward those who have fallen, but God's kindness toward you, provided you continue in his kindness; otherwise you also will be cut off. 23 And even those of Israel, if they do not persist in unbelief, will be grafted in, for God has the power to graft them in again. 24 For if you have been cut from what is by nature a wild olive tree and grafted, contrary to nature, into a cultivated olive tree, how much more will these natural branches be grafted back into their own olive tree. 25 So that you may not claim to be wiser than you are, brothers and sisters, I want you to understand this mystery: a hardening has come upon part of Israel, until the full number of the Gentiles has come in. 26 And so all Israel will be saved; as it is written, "Out of Zion will come the Deliverer; he will banish ungodliness from Jacob." 27 "And this is my covenant with them, when I take away their

sins.” 28 As regards the gospel they are enemies of God for your sake; but as regards election they are beloved, for the sake of their ancestors; 29 for the gifts and the calling of God are irrevocable. 30 Just as you were once disobedient to God but have now received mercy because of their disobedience, 31 so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. 32 For God has imprisoned all in disobedience so that he may be merciful to all.

Hear the word of the Lord, **thanks be to God.**

The Gospel of our Lord Jesus Christ according to Matthew, Chapter 15 beginning at verse 21 Glory to you Lord Jesus Christ.

21 Jesus left that place and went away to the district of Tyre and Sidon. 22 Just then a Canaanite woman from that region came out and started shouting, “Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.” 23 But he did not answer her at all. And his disciples came and urged him, saying, “Send her away, for she keeps shouting after us.” 24 He answered, “I was sent only to the lost sheep of the house of Israel.” 25 But she came and knelt before him, saying, “Lord, help me.” 26 He answered, “It is not fair to take the children’s food and throw it to the dogs.” 27 She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their masters’ table.” 28 Then Jesus answered her, “Woman, great is your faith! Let it be done for you as you wish.” And her daughter was healed instantly.



This is the Gospel of the Lord, **Praise to you Lord Jesus Christ.**

Sentence

Thus says the Lord, ‘Maintain justice, and do what is right, for soon my salvation will come, and my deliverance be revealed. Isaiah 56.1

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.

“Send her away, for she keeps crying out after us.”

“O woman,” Jesus answered, “your faith is great! Let it be done for you as you desire.”



There are no sides when it comes to faith. Religion can try to hijack faith, dictate what traditions are and are not acceptable. Faith is not controllable. Jesus demonstrates this by giving His mercy to someone outside the so called circle of the so called righteous. Someone who belonged to a race of people seen as infidels. The Canaanite woman believed in Jesus and with hope called on Him to save her daughter. Jesus then showed everyone, no matter who, they are welcome in His world.

prayer-time Now let us continue to offer our prayers for healing of the world; 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 for all those who have been affected by the recent disasters, both natural and those inflicted by others. Remembering especially those who have suffered loss or injury in the recent earthquakes. Those suffering from the heat waves and wild fires, We pray that a final peace settlement can be accepted by both Iran and USA.



We give thanks for the life work and witness of Fr Ted Newing who passed away this week. Please pray for his family and friends as they grieve his passing. May he rest in peace and rise in glory Amen. We continue to pray alongside those in our parish asking for prayer: Lyn H Joy I, Cathy M, Jo and family, Sue Mack, Peter G, Morgan, Rev Beck and family, Trish, Suzi, Nicole, Richard and family, Rachel, :Ann W, David B, Lorraine, Margaret P, Kay & Chris DeVries 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

God of freedom,
you have broken the tyranny of sin
and sent the Spirit of your Son into our hearts:
give us grace to dedicate our freedom to your service,
that all people may know the glorious liberty of the children of God;
through Jesus Christ our Lord; who 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 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.

