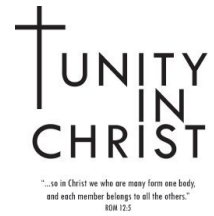




SUNDAY TABLE SERVICE 23rd August 2026

***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.



In many ways God is there in our hearts and minds. Two thousand years on, and how does Jesus fit in the 'God picture' in our lives today. Who do you say that he is? Was he just a nice bloke doing social justice. Messiah means saviour, but what is salvation. In a nutshell, Jesus was the physical presence of God. He came to restore us to Himself, a spiritual restoration. He eradicates what it is that blocks us being restored into His likeness. He restores us into an unfathomable love; all that is God. When this begins in our lives, we've begun to be a living example of what salvation is.

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 1, verses 8-2:10

A new king arose over Egypt, who did not know Joseph. He said to his people, 'Look, the Israelite people are more numerous and more powerful than we. Come, let us deal shrewdly with them, or they will increase and, in the event of war, join our enemies and fight against us and escape from the land.' Therefore they set taskmasters over them to oppress them with forced labour. They built supply cities, Pithom and Rameses, for Pharaoh. But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites. The Egyptians became ruthless in imposing tasks on the Israelites, and made their lives bitter with hard service in mortar and brick and in every kind of field labour. They were ruthless in all the tasks that they imposed on them. The king of Egypt said to the Hebrew midwives, one of whom

was named Shiphrah and the other Puah, 'When you act as midwives to the Hebrew women, and see them on the birthstool, if it is a boy, kill him; but if it is a girl, she shall live.' But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live. So the king of Egypt summoned the midwives and said to them, 'Why have you done this, and allowed the boys to live?' The midwives said to Pharaoh, 'Because the Hebrew women are not like the Egyptian women; for they are vigorous and give birth before the midwife comes to them.' So God dealt well with the midwives; and the people multiplied and became very strong. And because the midwives feared God, he gave them families. Then Pharaoh commanded all his people, 'Every boy that is born to the Hebrews you shall throw into the Nile, but you shall let every girl live.' Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son and when she saw that he was a fine baby, she hid him three months.



When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him. The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him, 'This must be one of the Hebrews' children,' she said. Then his sister said to Pharaoh's daughter, 'Shall I go and get you a nurse from the Hebrew women to nurse

the child for you?' Pharaoh's daughter said to her, 'Yes.' So the girl went and called the child's mother. Pharaoh's daughter said to her, 'Take this child and nurse it for me, and I will give you your wages.' So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, 'because,' she said, 'I drew him out of the water.'

Hear the word of the Lord.

Thanks be to God

Psalm 124

1 If the Lord had not been on our side, now may Israel say:
if the Lord had not been on our side, when our enemies rose against us,

**2 Then they would have swallowed us alive:
when their anger was kindled against us.**

3 Then the waters would have overwhelmed us
and the torrent gone over us:
the raging water would have gone clean over us.

**4 But praised be the Lord:
who has not given us as a prey to their teeth.**

5 We have escaped like a bird from the snare of the fowler:
the snare is broken and we have gone free.

**6 Our help is in the name of the Lord:
who has made heaven and earth.**



A reading from the letter of Paul to the Romans. Chapter 12, verses 1-8

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God - what is good and acceptable and perfect. For by the grace given to me I say to

I urge you...
to offer your bodies
as living sacrifices,
holy and pleasing to
God—this is your
spiritual act of
worship.

Romans 12:1

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everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgement, each according to the measure of faith that God has assigned. For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the

grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

Hear the word of the Lord....

thanks be to God.

The Gospel of our Lord Jesus Christ according to Matthew

Chapter 16, verses 13-20

Glory to you Lord Jesus Christ

Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, 'Who do people say that the Son of Man is?' And they said, 'Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.' He said to them, 'But who do you say that I am?' Simon Peter answered, 'You are the Messiah, the Son of the living God.' And Jesus answered him, 'Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.' Then he sternly ordered the disciples not to tell anyone that he was the Messiah.



The Gospel of the Lord.

Praise to you Lord Jesus Christ.

Sentence Martha said, 'Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world.' John 11:27

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.

Peter answered, "You are the Messiah, the Son of the living God."

I called, you answered me, you increased my strength of soul...

For though the LORD is high, he regards the lowly.

Jesus lived His life literally emanating God's authority. He demonstrated the way God had planned for humanity to live. But the depravity over humanity needed to be broken. It separates us from him. He took on himself the curse of sin, which is death, and died on that cross. What this means is that the things that destroy our souls, crush our spirits have no more power. God has literally takes over imparting His life and love in us. Faith is accepting this love and watching what God can do through us. So now we live out this awesome gift of salvation.

**SAVING
FAITH**

prayer-time N 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, heat waves and wild fires, We pray that a final peace settlement in the Middle East can be accepted by all.



We give thanks for the life work and witness of Fr Ted Newing 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, 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

O God, fount of all wisdom,
in the humble witness of the apostle Peter
you have shown us the foundation of our faith:
give us the light of your Spirit, that,
recognising in Jesus of Nazareth the Son of the living God,
we may be living stones for the building up of your holy Church;
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, who maybe unwell, or recovering.. Ask how they are, 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.

