



SUNDAY TABLE SERVICE 30th August 2026

***Let us sit and watch Songs of Praise
together on the ABC
and then set the table for our Parish meal.***

God

**Has perfect
timing.....
wait on Him**

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.

Sometimes we give up too soon when the road gets rough. Instead of seeing it through and the beauty that finally arises. Now not only the 12 Disciples, but many people were following Jesus. Then Jesus tells them that everything is going to get really ugly and he predicts his death. That's not what many of them wanted to hear. It's easy to get on the band wagon when miracles are coming in thick and fast. When faith is confronted with the trials in life our faithfulness can be sorely tested. No one knew what the consequences were going to be around Jesus' death. Those who stayed, though deeply worried, found an everlasting hope beyond imagination.



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 3, verses 1-15

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, 'I must turn aside and look at this great sight, and see why the bush is not burned up.' When the Lord saw that he had turned aside to see, God called to him out of the bush, 'Moses, Moses!' And he said, 'Here I am.' Then he said, 'Come no closer! Remove the



sandals from your feet, for the place on which you are standing is holy ground.' He said further, 'I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.' And Moses hid his face, for he was afraid to look at God. Then the Lord said, 'I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.' But Moses said to God, 'Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?' He said, 'I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain.' But Moses said to God, 'If I come to the Israelites and say to them, "The God of your ancestors has sent me to you," and they ask me, "What is his name?" what shall I say to them?' God said to Moses, 'I AM WHO I AM.' He said further, 'Thus you shall say to the Israelites, "I AM has sent me to you."' God also said to Moses, 'Thus you shall say to the Israelites, "The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you:" This is my name for ever, and this my title for all generations.'

Hear the word of the Lord....

thanks be to God.

Psalm 105:1-6, 23-26

1 O give thanks to the Lord and call upon his name:
tell among the peoples what things he has done.

2 Sing to him O sing praises:
and be telling of all his marvellous works.

3 Exult in his holy name:
and let those that seek the Lord be joyful in heart.

4 Seek the Lord and his strength:
O seek his face continually.
5 Call to mind what wonders he has done:
his marvellous acts and the judgements of his mouth.

6 O seed of Abraham his servant:
O children of Jacob his chosen one.

23 Then Israel came into Egypt:
and Jacob dwelt in the land of Ham.

24 There the Lord made his people fruitful:
too numerous for their enemies,

25 Whose hearts he turned to hate his people:
and to deal deceitfully with his servants.

26 Then he sent Moses his servant:
and Aaron whom he had chosen.



Seek the LORD
and his strength;
seek his presence
continually.

Psalm 105:4, NRSV

A reading from the letter of Paul to the Romans. Chapter 12, verses 9-21

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the

saints; extend hospitality to strangers. Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, 'Vengeance is mine, I will repay, says the Lord.' No, 'if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.' Do not be overcome by evil, but overcome evil with good.
Hear the word of the Lord.... **thanks be to God**

Be joyful
in hope
Be patient
in affliction
Be constant
in prayer
Romans 12:12

The Gospel of our Lord Jesus Christ according to Matthew Chapter 16, verses 21-28 **Glory to you Lord Jesus Christ**

From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, 'God forbid it, Lord! This must never happen to you.' But he turned and said to Peter, 'Get behind me, Satan! You are a stumbling-block to me; for you are setting your mind not on divine things but on human things.' Then Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.'



The Gospel of the Lord.

Praise to you Lord Jesus Christ.

Sentence If you want to become a disciple of Jesus, deny yourself, take up your cross and follow him. Matthew 16:24-25

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.

Seek the LORD and his strength; seek his presence continually.
You are setting your mind not on divine things but on human things."

Peter who spoke only moments before the truth of who Jesus was, now gets things so terribly wrong. How could the Messiah die and why should he? He could not comprehend God's plan to restore humanity to himself through Jesus death. If we were in Peter's shoes we'd probably feel the same. We so often, like Peter, try to dictate to God how He should work. It can be easy to blame God when things don't work out as we expect. Some even decide then that he doesn't exist. When the others left, Jesus asked those still with him, 'are you going to leave me too'.? But they stick it out and found the outcome more valuable than they could ever have know.

Faith
OVER
FEAR

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, we pray especially for all those affected by the devastating flash floods in Nepal and Tibet. for those who are grieving, and for those who are still waiting for news of their missing loved ones, for the emergency workers in the region, operating in immensely difficult conditions to rescue people and bring relief; for those who are injured, and for the doctors and nurses working tirelessly to bring healing and rebuild lives.



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, whose Son has shown
the way of the cross to be the way of life:
transform and renew our minds
that we may not be conformed to this world
but may offer ourselves wholly to you as a living sacrifice
through Jesus Christ our Saviour;
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, 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.



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