



SUNDAY TABLE SERVICE 9th 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.

Have you ever had something very troubling happen that was out of your control? In desperation we cry out to God for help, yet with no idea what on earth He might do for us. Yet the fact is, Jesus comes to us in the middle of the messes we get ourselves into. In our own storms He calms our souls, when we feel swamped He brings us hope and when our boat is being rocked He gives us peace. Knowing God is with us no matter what happens, good or bad, is everything about faith.

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.

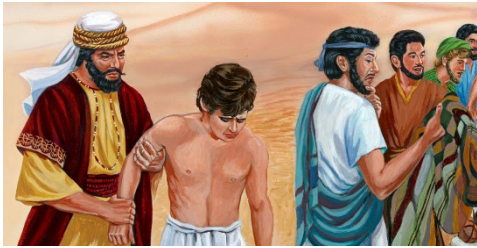
Bless all who gather at your table, both seen and unseen, In Jesus' name we pray. Amen

Let us read and reflect on our cycle of readings.

A reading from the book of Genesis. Chapter 37, verses 1-4, 12-28

Jacob settled in the land where his father had lived as an alien, the land of Canaan. This is the story of the family of Jacob. Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bilhah and Zilpah, his father's wives; and Joseph brought a bad report of them to their father. Now Israel loved Joseph more than any other of his children, because he was the son of his old age; and he had made him a long robe with sleeves. But when his brothers saw that their father loved him more than all his brothers, they hated him, and could not speak peaceably to him. Now his brothers went to pasture their father's flock near Shechem. And Israel said to Joseph, 'Are not your brothers pasturing the flock at Shechem? Come, I will send you to them.' He answered, 'Here I am.' So he said to him, 'Go now, see if it is well with your brothers and with the flock; and bring word back to me.' So he sent him from the valley of Hebron. He came to Shechem, and a man found him wandering in the fields; the man asked him, 'What are you seeking?' 'I am seeking my brothers,' he said; 'tell me, please, where

they are pasturing the flock.' The man said, 'They have gone away, for I heard them say, "Let us go to Dothan."' So Joseph went after his brothers, and found them at Dothan. They saw him from a distance, and before he came near to them, they conspired to kill him. They said to one another, 'Here comes this dreamer. Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams.' But when Reuben heard it, he delivered him out of their hands, saying, 'Let us not take his life.' Reuben said to them, 'Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him' - that he might rescue him out of their hand and restore him to his father. So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; and they took him and threw him into a pit. The pit was empty; there was no water in it. Then they sat down to eat; and looking up they saw a caravan of Ishmaelites coming from Gilead,



with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. Then Judah said to his brothers, 'What profit is it if we kill our brother and conceal his blood? Come, let us sell him to the Ishmaelites, and not lay our hands on him, for he is our brother, our own flesh.' And his brothers agreed. When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the

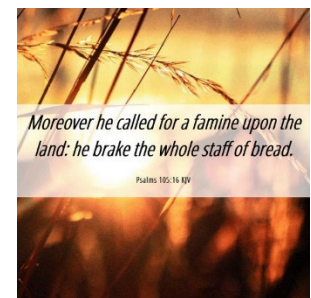
Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt.

Hear the word of the Lord.

Thanks be to God.

Psalm 105 verses 1-6, 16-22

- 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.
- 16 Then he called down a famine on the land:
and destroyed the bread that was their stay.
- 17 But he had sent a man ahead of them:
Joseph who was sold into slavery,
- 18 Whose feet they fastened with fetters:
and thrust his neck into a hoop of iron
- 19 Till the time that his words proved true:
he was tested by the Lord's command.
- 20 Then the king sent and loosed him:
the ruler of nations set him free;
- 21 He made him master of his household: and ruler over all his possessions,
- 22 To rebuke his officers at will: and to teach his counsellors wisdom.



A reading from the letter of Paul to the Romans. Chapter 10, verses 4-

1 Christ is the end of the law so that there may be righteousness for everyone who believes. Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?"' (that is, to bring Christ down) "or 'Who will descend into the abyss?"' (that is, to bring Christ up from the dead). But what does it say? 'The word is

near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.' But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!'

Hear the word of the Lord.

Thanks be to God.

The Gospel of our Lord Jesus Christ according to Matthew

Chapter 14, verses 22-36

Glory to you Lord Jesus Christ

Immediately after feeding the crowd with the five loaves and two fish, Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking towards them on the lake. But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.' Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' When they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.' When they had crossed over, they came to land at Gennesaret. After the people of that place recognized him, they sent word throughout the region and brought all who were sick to him, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.



The Gospel of the Lord

Praise to you Lord Jesus Christ.

Sentence

"They cried out in fear, but Jesus spoke to them and said 'Take heart, it is I; do not be afraid'
Matthew 14 26-27

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.

Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim);

Jesus called out to Peter, reassuring him saying I am here, don't worry. This is the salvation we can live in the here and now. Not the kind of salvation that rescues us out of the messes we at times get ourselves into. But the kind of salvation that leads us back to knowing His presence is with us

and the assurance that He never leaves us or forsakes us. This is where He calms the seas and invites us to come out and walk with him.

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 across Europe Canada and USA, We pray that a final peace settlement can be accepted by both Iran and USA.

We continue to pray alongside those in our parish asking for prayer: Ted N. 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

"Mighty God and ruler of all creation, give new strength to our faith,
that we may recognise your presence even when all hope seems lost.
Help us to face all trials with serenity as we walk with Christ through the stormy seas of life
and come at last to your eternal peace.
We ask this through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit,
one God, fore 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.

