



OPEN TABLE

East Cardiff

Safe sacred space for LGBTQIA+ Christians, our families,
friends & anyone who wants to belong in an accepting,
loving community

Every First Sunday

6pm

All Saint's Church, Cyncoed



LGBTQIA+ History Month
St Brigid and St Darlughdach

Welcome to Open Table, a Christian worship community which genuinely welcomes and affirms people who are: Lesbian, Gay, Bisexual, Trans, Queer or Questioning, Intersex, and Asexual (LGBTQIA), + our families, friends & anyone who wants to belong in an accepting, loving community.

Open Table aims to create a safe sacred space for you to explore your faith and what it means for you. Whoever you are, wherever you come from, you are more than welcome here.

Open Table East Cardiff meets on the first Sunday of every month in All Saint's Church, Cyncoed, Cardiff at 6pm with refreshments. You are #MoreThanWelcome to #ComeAsYouAre.

Get in Touch:

email: rosemary@eastcardiff.church

Facebook: facebook.com/eastcardiffma/

Instagram: instagram.com/eastcardiffma/

Twitter: twitter.com/EastCardiffMA

For more about the Open Table network, visit: www.opentable.lgbt. For more about All Saint's visit: eastcardiff.church

Come Thou fount of every blessing

Come Thou fount of every blessing Tune my heart to sing
Thy grace Streams of mercy never ceasing
Call for songs of loudest praise
Teach me some melodious sonnet
Sung by flaming tongues above Praise the mount, I'm fixed
upon it

Mount of Thy redeeming love Here I raise my Ebenezer
Hither by Thy help I come
And I hope by Thy good pleasure
Safely to arrive at home Jesus sought me when a stranger
Wandering from the fold of God
He to rescue me from danger Interposed His precious blood

Oh, to grace how great a debtor Daily I'm constrained to be
Let Thy goodness like a fetter Bind my wandering heart to Thee
Prone to wander, Lord I feel it
Prone to leave the God I love
Here's my heart, Lord take and seal it
Seal it for Thy courts above
Prone to wander, Lord I feel it Prone to leave the God I love
Here's my heart, Lord take and seal it Seal it for Thy courts
above

Prone to wander, Lord I feel it Prone to leave the God I love
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Welcome

Leader: We gather in the name of the God who creates,
the Saviour who liberates,
and the Spirit who heals.

All: Amen.

Leader: Grace and peace to you from God.

All: **God fill you with truth and joy.**

Leader: Listen! Listen for the voice of God, naming us all:

All: **Holy. Beloved. Cherished. Valued.**

Leader: We believe you delight in us! Make us people who
recognize and proclaim your beauty and goodness in
unexpected places.

All: **Surprise us. Challenge us. Transform us.**

Leader: We trust in you, Holy One, to reveal to us the
sacredness of every life, of every way of being, of every
physical manifestation of your Spirit.

All: **May it be so!**

(enfleshed.com)

A Time of Self Reflection

Please sit as we hold a moment of stillness, followed by confession.

Leader: We confess our shortcomings, not for shame nor in guilt, but to wrestle honestly with the impact we have on each other. We share in collective confession to bear witness to the struggles of learning and unlearning under systems of domination and exploitation. In so doing, we remember that grace and accountability are healing friends, not divisive foes. In this spirit, let us join together in confession.

We hold a moment of stillness.

Leader: You asked for faith and trust;
we demanded proof and certainty. Lord have mercy

All: **Lord have mercy**

Leader: Your love was stronger than death;
we built tombs around our hearts. Christ have mercy

All: **Christ have mercy**

Leader: You sent us into the world with a message of hope;
we lingered in comfortable despair.

Lord have mercy

All: **Lord have mercy**

From the stillness hear the words of assurance

Leader: God does not abandon us to the systems that destroy, bind us to our regrets nor forever hold us to what we once believed. God says, come and follow! Know forgiveness and sin no more. Wherever new life is desired, may the peace and forgiveness of Christ be welcomed among us.

All: Thanks be to God who leads us on paths of resurrection.

(enfleshed.com & Stephen Shakespeare)

The Collect

A Collect is a prayer that gathers the themes of the service and readings together.

Leader: Merciful God, source of all loving kindness, you called Saint Brigid and Saint Darlughdach to teach the new commandment of love through their life together of hospitality and care; may their example inspire in us a spirit of generosity and a passion for justice that, in our hearts and lives, all may witness your fearless love: Through Jesus Christ, your Living Word, in the power of the Holy Spirit.

All: Amen.

The Readings

Please sit for our reading/s.

The reading/s may be from the lectionary of the day, a piece of scripture chosen by the worship leader/tea, a reflection or poem.

The Gospel

If it's comfortable for you, you are invited to stand to greet the Gospel. Standing is an ancient symbol in many faith traditions of attentive listening (see Nehemiah 8:5).

Reader: Hear the Holy Gospel of Jesus according to ...

All: **Our hearts and minds are open.**

The Gospel reading is either taken from the lectionary of the day or a Gospel reading that links with the themes of the preacher's homily.

Reader: This is the Gospel of Jesus

All: **Thanks be to God**

Please take a seat for a short reflection based on the readings/themes of the service.

The Prayers

Following the reflection, we hold a time of stillness moving into a time of prayer.

Leader: O Great Love, thank you for living and loving in us and through us. May all that we do flow from our deep connection with you and all beings. Help us become a community that vulnerably shares each other's burdens and the weight of glory. Listen now to our hearts' longings for the healing of our world.

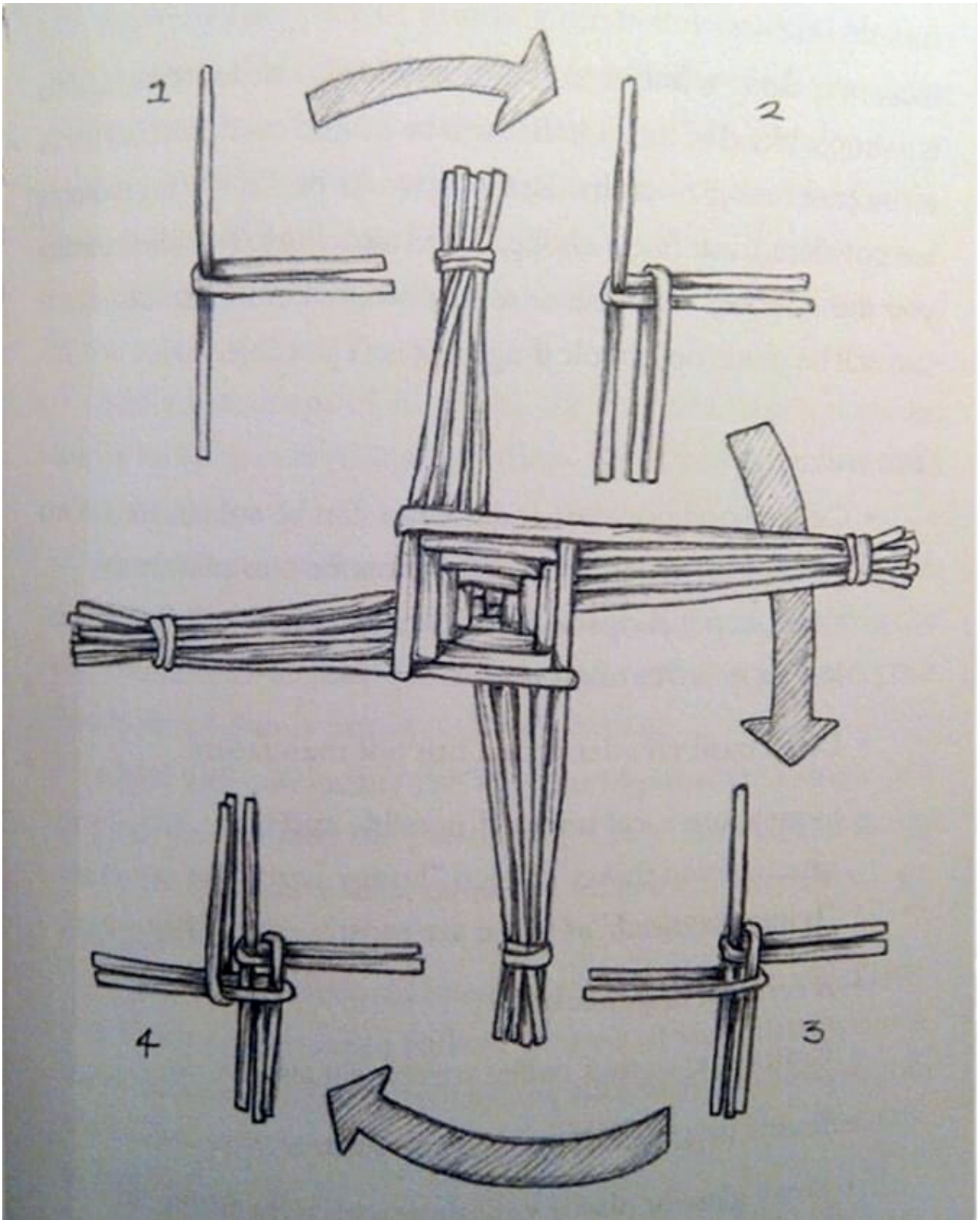
(Richard Rohr)

During a time of quiet, you may wish to spend the time making a St Brigid's cross, or simply sit in stillness listening to the music.

Our time of prayer will conclude with:

Leader: Knowing you are hearing us better than we are speaking, we offer these prayers in all the holy names of God.

All: **Amen.**



Sharing the Peace

We share the peace to demonstrate that we are a community that acknowledges its diversity and affirms it and rejoices in it.

Please stand if you are comfortable to do so.

Leader: Christ descended to death and hell, passed through doors locked by fear to breathe the Spirit of peace and make us one humanity; nothing can now separate us from the love of God.

All: and also with you.

Leader: Let us offer one another a sign of that peace.

It is entirely your choice how you share the peace. If you do not wish to shake hands etc. then simply smile and say 'peace be with you' but equally, if you do not feel comfortable interacting at all then feel free to sit quietly and simply imagine or pray for love to surround everybody gathered.

Please sit to sing our next song

It is well, it is well, with my soul.

When peace, like a river, attendeth my way,
When sorrows like sea billows roll;
Whatever my lot,
Thou has taught me to say,

It is well, it is well, with my soul.
It is well (it is well) with my soul (with my soul)
It is well, it is well with my soul.

Though Satan should buffet, though trials should come,
Let this blest assurance control,
That Christ has regarded my helpless estate,
And hath shed His own blood for my soul.

It is well, it is well, with my soul...

My sin, oh, the bliss of this glorious thought!
My sin, not in part but the whole,
Is nailed to the cross, and I bear it no more,
Praise the Lord, praise the Lord, O my soul!

It is well, it is well, with my soul...

The Communion

Leader: God is here

All: **God's Spirit is with us.**

Leader: Blessed be the names of Love

All: **They touch our hearts with grace.**

Leader: We open our hands in thanks

All: **Our song is one of welcome.**

Leader: Always and everywhere we offer our thanks:
for your wonderful love seen in Brigid and Darlughdach;
for opening their hearts and hands to the poor;
for their hospitality which sought the image of your Son in every
welcomed guest.

Through them you revealed the way of Mary, the Mother of your Son,
in passionate service and holiness of life.

And so, with the Angels and Archangels, and with the great multitude
of the Saints, we sing the hymn of your praise, as without end we
acclaim:

**All: Holy, Holy, Holy Lord, God of power and might,
Heaven and earth are full of your glory: Hosanna in the highest!
Blessed is the One who comes in the Name of the Lord.
Hosanna in the highest!**

Leader: How wonderful the work of your hands, O Lord.
As a mother tenderly gathers her children, you embraced a
people as your own.

When they turned away and rebelled your love remained
steadfast.

From them you raised up Jesus our Saviour, born of Mary, to
be the living bread, in whom all our hungers are satisfied.
He offered his life for sinners, and with a love stronger than
death he opened wide his arms on the cross.

On the night before he died,
he came to supper with his friends
and, taking bread, he gave you thanks.
He broke it and gave it to them, saying:
'Take, eat; this is my body which is given for you; do this in
remembrance of me.'

At the end of supper, taking the cup of wine, he gave you
thanks, and said:

'Drink this, all of you;
this is my blood of the new covenant, which is shed for you
and for many for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.'

Let us proclaim the mystery of faith.

**All Dying you destroyed our death,
rising you restored our life
Lord Jesus, come in glory.**

Leader: Father, we plead with confidence his sacrifice made once for all upon the cross; we remember his dying and rising in glory, and we rejoice that he intercedes for us at your right hand.

Pour out your Holy Spirit as we bring before you these gifts of your creation; may they be for us the body and blood of your dear Son.

As we eat and drink these Holy things in your presence, form us in the likeness of Christ, and build us into a living temple to your glory.

Bring us at the last with Blessed Mary, St Bridgit, St Darlughdach and all the saints to the vision of that eternal splendour for which you have created us; through Jesus Christ, our Lord,

by whom, with whom, and in whom,
with all who stand before you in earth and heaven, we worship you, Father almighty,
in songs of everlasting praise:

All: Blessing and honour and glory and power be yours for ever and ever. Amen.

Leader: Together with all disciples across the world, as our Saviour taught us, so we pray:

**All: Our Mother, who art within us,
We celebrate your many names.
Your wisdom come. Your will be done,
Unfolding from the depths within us.
Each day you give us all that we need.
You remind us of our limits and we let go.
You support us in our power and we act with courage.
For you are the dwelling place within us,
the empowerment around us, and the celebration among
us. As it was in the very beginning, may it be now.**

Amen.

(Patricia Lynn Reilly)

Leader: We break this bread to share in the body of Christ.

**All: Though we are many, we are one body, because we all
share in one bread.**

*All are welcome to receive communion here.
If you would like to receive a blessing instead, please hold
this service sheet in your hands. There is no obligation to
receive a blessing or the sacrament. If you do not want to
receive the sacrament or a blessing please feel free to just
sit and listen to the music.*

Come as you are.

Reflective Music: Be thou my vision

Post Communion Prayer

Leader: Let us pray:

Gracious God, you give us food from heaven, to strengthen our love; grant, we pray, that through our works of justice and acts of loving kindness, the perpetual light of your truth would shine: through Christ our Lord. Amen.

All **Amen**

Please sit for any notices, following a time of stillness.

Blessing

Leader: May God, who in Brigid and Darlughdach, has provided us the example of generosity, companionship and care: keep your ears ever open to the cry of the poor and excluded. **Amen.**

May God fill you with love and passion, as you honour Brigid and Darlughdach, whose hearts and minds were aflame with the Holy Spirit. **Amen.**

And may the blessing of almighty God, the Father, and the Son, + and the Holy Spirit, come down on you and remain with you for ever. **Amen**

Leader: Grace and peace to you from God.

The feast is now ended, let us depart in peace.

Remember the words we have said and the acts we have done. The work of the world lies before us. Accomplish justice, with grace.

All: **Amen!**

Please stand to sing if you are comfortable.



The Summons

Will you come and follow me if I but call your name?

Will you go where you don't know and never be the same?

Will you let my love be shown?

Will you let my name be known,

will you let my life be grown in you and you in me?

Will you leave yourself behind if I but call your name?

Will you care for cruel and kind and never be the same?

Will you risk the hostile stare should your life attract or scare?

Will you let me answer prayer in you and you in me?

Will you let the blinded see if I but call your name?

Will you set the prisoners free and never be the same?

Will you kiss the leper clean and do such as this unseen,
and admit to what I mean in you and you in me?

Will you love the "you" you hide if I but call your name?

Will you quell the fear inside and never be the same?

Will you use the faith you've found to reshape the world
around,

through my sight and touch and sound in you and you in me?

Lord your summons echoes true when you but call my name.

Let me turn and follow you and never be the same.

In Your company I'll go where Your love and footsteps show

Thus I'll move and live and grow in you and you in me.

You are most welcome to stay for refreshments after the service.

If you are able to offer a donation to support the work of Open Table and East Cardiff MA, please place it in the bowl provided, scan the QR code or go to <https://eastcardiff.churchsuite.com/donate>

THANK YOU!