



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



St David

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

Sing of the Lord's goodness,
Father of all wisdom,
come to him and bless his name.
Mercy he has shown us,
his love is for ever,
faithful to the end of days.

*Come, then, all you nations,
sing of your Lord's goodness,
melodies of praise and thanks to God.
Ring out the Lord's glory,
praise him with your music,
worship him and bless his name.*

*Power he has wielded, honor is his garment,
risen from the snares of death.
His word he has spoken,
one bread he has broken,
new life he now gives to all.*

Come, then, all you nations ...

Courage in our darkness,
comfort in our sorrow,
Spirit of our God most high;
solace for the weary,
pardon for the sinner,
splendor of the living God.

Come, then, all you nations...

Praise him with your singing,
praise him with the trumpet,
praise God with the lute and harp;
praise him with the cymbals,
praise him with your dancing,
praise God till the end of days.
Come, then, all you nations...

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: God our Creator,
you gave Saint David to the people of Wales
to uphold the faith:
encouraged by his example,
may we joyfully hold fast to the things
which lead to eternal life;
through Jesus Christ our Lord,
to whom with you and the Holy Spirit
be all honour and glory,
now and for ever.

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 lighting a candle, 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

O', God, you search me, and you know me
All my thoughts lie open to your gaze
When I walk or lie down, you are before me
'Ever the maker and keeper of my days

You know my resting and my rising
You discern my purpose from afar
And with love everlasting, you besiege me
In ev'ry moment of life or death, you are

Before a word is on my tongue, Lord
You have known its meaning through and through
You are with me beyond my understanding
God of my present, my past and future, too

Although your Spirit is upon me
Still I search for shelter from your light
There is nowhere on Earth I can escape you
Even the darkness is radiant in your sight

For you created me and shaped me
Gave me life within my mother's womb
For the wonder of who I am, I praise you
Safe in your hands, all creation is made new

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 love and for the life of St David;
for opening his heart and hands to your work in the world;
for his hospitality which sought the image of your Son in every
welcomed guest.

Through St David and his mother, St Non, 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 David, St Non 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: Arglwydd Dyma Fi

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 David and Non, 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 David and Non, 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.



Lord, who in thy perfect wisdom

Lord, who in thy perfect wisdom
Times and seasons dost arrange,
Working out thy changeless purpose
In a world of ceaseless change;
Thou didst form our ancient nation,
In remote barbaric days,
To unfold in it a purpose
To thy glory and thy praise.

To our shores remote, benighted,
Barrier of the western waves,
Tidings in thy love thou sentest,
Tidings of the cross that saves.
Saints and heroes* strove and suffered
Here thy Holy Church to plant;
Glorious in the roll of heroes
Shines the name of Dewi Sant.

Parchwn, Arglwydd, goffadwriaeth
Pawb o Seintiau Cymru wen,
Yr Esgobion a'r offeiriaid
A'r Merthyri hwynt i'r llen:
Dewi, Dyfrig, Deiniol, Teilo -
Dewr y safent tros y gwir,
Bu eu pader, bu eu penyd
Yn sancteiddion erwau'n tir.

.
Still thy ancient purpose standeth
Every change and chance above;
Still thy Holy Church remaineth,
Witness to thy changeless love.
Vision, grant us, Lord, and courage
To fulfil thy work begun;
In the Church, and in the nation,
Lord of Lords, thy will be done.

Rt Rev Timothy Rees (1874-1939), Bishop of Llandaf.

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 in church or go to <https://eastcardiff.churchsuite.com/donate>

THANK YOU!