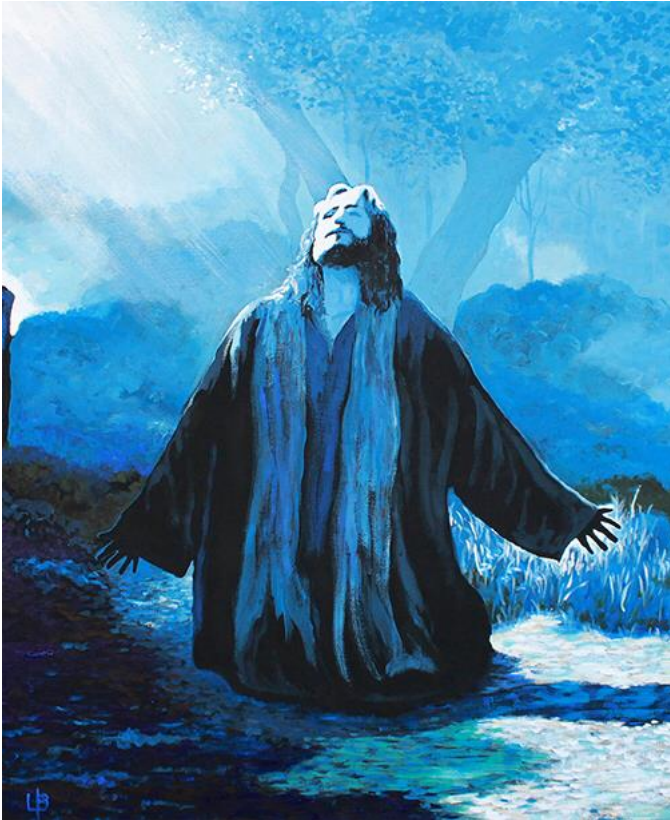


**Sexagesima Sunday**  
**February 7, 2021**  
**10:00 a.m.**



**Mass: Rite II**

*We are delighted to welcome you to our online liturgy. During this time of Shelter in Place, we regret that we cannot administer Holy Communion to most of you. Nonetheless, we remain one in the Spirit through our receiving of Spiritual Communion.*

**The Prelude:** *Ubi Caritas*

*Taize chant*

**The Welcome**

**The Introit Hymn:** *Creation*

*Hymnal #409*

1 The spa - cious fir - ma - ment on high,  
2 Soon as the eve - ning shades pre - veil,  
3 What though in sol - emn si - lence all

with all the blue e - ther - cal sky,  
the moon takes up the won - drous tale,  
move round the dark ter - res - trial ball?

and span - gled heavens, a shin - ing frame,  
and night - ly to the lis - tening earth  
What though no re - al voice nor sound

their great O - rig - i - nal pro - claim.  
re - peats the sto - ry of her birth:  
a - mid their ra - diant orbs be found?

The musical score consists of four systems, each with a vocal line and a piano accompaniment line. The key signature is one sharp (F#) and the time signature is 4/4. The piano accompaniment features a steady bass line and chords that support the vocal melody.

The un - wea - ried sun from day to day  
whilst all the stars that round her burn,  
In rea - son's ear they all re - joice,

does his Cre - a - tor's power dis - play;  
and all the plan ets in their turn,  
and ut - ter forth a glo - rious voice;

and pub - lish - es to ev - ery land  
con - firm the ti - dings, as they roll  
for ev - er sing - ing as they shine,

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*The people standing*

*Priest* Blessed be God: Father, Son and Holy Spirit. *BCP, Page 355*

*People* **And blessed be God's kingdom, now and forever. Amen.**

### ***The Collect for Purity***

***All:* Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.**

## The Trisagion

Hymnal #S102

The image shows a musical score for the hymn 'The Trisagion'. It consists of two systems of music. The first system has two staves: a treble clef staff with a key signature of one flat and a common time signature, and a bass clef staff. The lyrics 'Ho - ly God, Ho - ly and Might - y,' are written below the treble staff. The second system also has two staves, with the lyrics 'Ho - ly Im - mor - tal One, Have mer - cy up - on us.' written below the treble staff. The music is written in a simple, hymn-like style with block chords and moving lines.

Setting: Ver. Hymnal 1982, after Alexander Archangelsky (1846-1924)

## The Collect of the Day

*Celebrant:* The Lord be with you.  
*All:* **And also with you.**  
*Celebrant:* Let us pray.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

## The Old Testament: Isaiah 40:21-31

Have you not known? Have you not heard?  
Has it not been told you from the beginning?  
Have you not understood from the foundations of the earth?

It is he who sits above the circle of the earth,  
and its inhabitants are like grasshoppers;  
who stretches out the heavens like a curtain,  
and spreads them like a tent to live in;

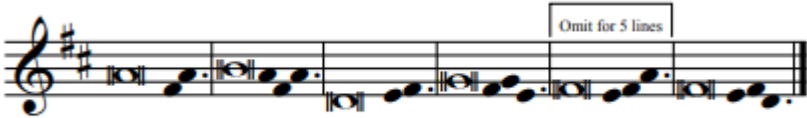
who brings princes to naught,  
and makes the rulers of the earth as nothing.  
Scarcely are they planted, scarcely sown,  
scarcely has their stem taken root in the earth,  
when he blows upon them, and they wither,  
and the tempest carries them off like stubble.  
To whom then will you compare me,  
or who is my equal? says the Holy One.  
Lift up your eyes on high and see:  
Who created these?  
He who brings out their host and numbers them,  
calling them all by name;  
because he is great in strength,  
mighty in power,  
not one is missing.  
Why do you say, O Jacob,  
and speak, O Israel,  
"My way is hidden from the LORD,  
and my right is disregarded by my God"?  
Have you not known? Have you not heard?  
The LORD is the everlasting God,  
the Creator of the ends of the earth.  
He does not faint or grow weary;  
his understanding is unsearchable.  
He gives power to the faint,  
and strengthens the powerless.  
Even youths will faint and be weary,  
and the young will fall exhausted;  
but those who wait for the LORD shall renew their strength,  
they shall mount up with wings like eagles,  
they shall run and not be weary,  
they shall walk and not faint.

Reader: The Word of the Lord.  
All: **Thanks be to God.**

*Psalm Laudate Dominum*

147:1-12, 21c

*St Meinrad Mode V (5-line)*



© Saint Meinrad Archabbey

Hallelujah! How good it is to sing praises to our God!  
how pleasant it is to honor him with praise!

The LORD rebuilds Jerusalem;  
he gathers the exiles of Israel.

He heals the brokenhearted  
and binds up their wounds.

He counts the number of the stars  
and calls them all by their names.

Great is our LORD and mighty in power;  
there is no limit to his wisdom.

The LORD lifts up the lowly,  
but casts the wicked to the ground.

Sing to the LORD with thanksgiving;  
make music to our God upon the harp.

He covers the heavens with clouds  
and prepares rain for the earth;

He makes grass to grow upon the mountains  
and green plants to serve mankind.

He provides food for flocks and herds  
and for the young ravens when they cry.  
He is not impressed by the might of a horse;  
he has no pleasure in the strength of a man;  
But the LORD has pleasure in those who fear him,  
in those who await his gracious favor. Hallelujah!

**The Epistle:** *1 Corinthians 9:16-23*

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

*Reader:* The Word of the Lord.  
*People:* **Thanks be to God.**

**The Gospel:** *Mark* *1:29-39*

*Priest:* The Holy Gospel of our Lord Jesus Christ according to Mark.  
*All:* **Glory to you, Lord Christ.**

After Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's

mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

*Priest:*           The Gospel of the Lord.  
*All:*                **Praise to you, Lord Christ**

*The Nicene Creed*

*BCP, page 358*

**We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.**



**We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.**

*The Intercessions:*

You have no equal, God. We come before you humbled, asking for your healing presence. Heal us and raise us so that we may serve you.

We are amazed at your creative genius—how you have stretched the heavens like curtains, and yet you bend to be with us.

Lord, in your mercy, **Hear our prayer.**

Our world and our lives are in need of healing and direction. We ask you to guide your church and heal it where it is worn out and self-centered. Direct those who lead the church: bishops, priests, and deacons—all those in positions of leadership.

Lord, in your mercy, **Hear our prayer.**

We ask you to heal the relationships between nations and neighbors. Give the leaders of the nations the courage to pursue justice and speak peace as an example for the world.

Lord, in your mercy, **Hear our prayer.**

Many of us suffer from addiction, anxiety, and illness. Break the chains that bind them and heal them, God. Surround them with supportive people, the resources they need, and a tangible sense of your love. We pray especially for Ed Avakoff, Peter Gee, Nellie Wong, and Max Gumbert

Lord, in your mercy, **Hear our prayer.**

We pray for Gail Rhodes and for those who have died, that they may know the fullness of your love in the life you have prepared for them. Comfort those who grieve their loss, and give them the confidence of your love that knows no limits of time or space.

Lord, in your mercy, **Hear our prayer.**

For what else shall we pray? (*Silence*)

*Priest:* Let us all pray together,

**All: Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. Amen.**

### ***The Confession & Absolution***

Let us confess our sins against God and our neighbor. (*Silence*)

**All: Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.**

*Priest:* Almighty God have mercy on you, (+) forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. Amen.

### ***The Peace***

Lord Jesus Christ, you said to your apostles, "Peace I leave with you; my own peace do I give you." Regard not our sins, but the faith of your Church, and grant us peace and unity according to your will, who lives and reigns God throughout all ages, world without end. **Amen.**

*Priest:* The peace of the Lord be always with you.

*All:* **And also with you.**

*Priest:* Let us offer one another some sign of Peace.

***The Offertory Sentence:*** In the morning, while it was still very dark, Jesus got up and went out to a deserted place, and there he prayed.

*The Offertory Eye Has Not Seen (v.1-3)*

Gather #638

Refrain



Eye has not seen, ear has not heard what God has read-y for



those who love him; Spir-it of love, come, give us the mind of



Je - sus, teach us the wis - dom of God.

Verses 1-3



1. When pain and sor - row weigh us down, be near to us, O
2. Our lives are but a sin - gle breath, we flow - er and we
3. To those who see with eyes of faith, the Lord is ev - er



Lord, for - give the weak - ness of our faith, and bear us up with -  
fade, yet all our days are in your hands, so we re - turn in  
near, re - flect - ed in the fac - es of all the poor and



in your peace - ful word.  
love what love has made.  
low - ly of the world.

**The Eucharistic Prayer I** (from the Scottish Episcopal Church)

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give him thanks and praise.**

Worship and praise belong to you, Father, in every place and at all times.

All power is yours. You created the heavens and established the earth; you sustain in being all that is. In Christ your Son our life and yours are brought together in a wonderful exchange. He made his home among us that we might for ever dwell in you. Through your Holy Spirit you call us to new birth in a creation restored by love.

As children of your redeeming purpose we offer you our praise, with angels and archangels and the whole company of heaven, singing the hymn of your unending glory:

*The Sanctus & Benedictus.*

*Hymnal #S125*

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,  
heaven and earth are full of your glo - ry. Ho -  
san - na in the high - est. Ho - san - na in the high - est.  
Blessed is he who comes in the name of the Lord. Ho -  
san - na in the high - est. Ho - san - na in the high - est.

Setting: From *A Community Mass*; Richard Proulx (b. 1937)

Glory and thanksgiving be to you, most loving Father, for the gift of your Son born in human flesh He is the Word existing beyond time, both source

and final purpose, bringing to wholeness all that is made. Obedient to your will he died upon the Cross. By your power you raised him from the dead. He broke the bonds of evil and set your people free to be his Body in the world. On the night when he was given up to death, knowing that his hour had come, having loved his own, he loved them to the end.

At supper with his disciples he took bread and offered you thanks.

He broke the bread, and gave it to them, saying:

"Take, eat. This is my Body: it is broken for you."

After supper, he took the cup, he offered you thanks, and gave it to them saying:

"Drink this, all of you. This is my Blood of the new covenant; it is poured out for you, and for all, that sins may be forgiven. Do this in remembrance of me."

We now obey your Son's command:

***All: We recall his blessed passion and death,  
his glorious resurrection and ascension;  
and we look for the coming of his Kingdom.***

Made one with him, we offer you these gifts and with them ourselves, a single, holy, living sacrifice. Hear us, most merciful Father, and send your Holy Spirit upon us and upon this bread and this wine, that, overshadowed by his life-giving power, they may be the Body and Blood of your Son, and we may be kindled with the fire of your love and renewed for the service of your Kingdom.

Help us, who are baptized into the fellowship of Christ's Body to live and work to your praise and glory; may we grow together in unity and love

until at last, in your new creation, we enter into our heritage in the company of the Virgin Mary, the apostles and prophets, and of all our brothers and sisters living and departed.

Through Jesus Christ our Lord, with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be to you, Lord of all ages, world without end.

**Amen.**

*Priest:* And now, as our Savior Christ taught us, we are bold to say:

**Our Father, who art in heaven,**

**hallowed be thy Name,**

**thy kingdom come, thy will be done,**

**on earth as it is in heaven.**

**Give us this day our daily bread.**

**And forgive us our trespasses,**

**as we forgive those who trespass against us.**

**And lead us not into temptation,**

**but deliver us from evil.**

**For thine is the kingdom, and the power, and the glory  
forever and ever. Amen**

*The Fraction:*

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.**

*The Agnus Dei:*

*Hymnal #S158*



O Lamb of God, that ta - kest a -  
way the sins of the world, have mer - cy up -  
on us. O Lamb of God, that  
ta - kest a - way the sins of the world, have  
mer - cy up - on us. O Lamb of  
God, that ta - kest a - way the sins of the  
world, grant us thy peace.

Setting: From *Missa de Sancta Maria Magdalena*, Healey Willan (1880-1968)

The Gifts of God for the people of God.

*In this season, when our whole community of faith cannot gather together, we give thanks for the gift of the Eucharist – a gift that we hold all the more precious in these days when we cannot*

*share the one bread and the one cup. Yet, even in the absence of this sacramental sharing, the mystical Communion between Christ and his church, and among us as members of Christ's body, remains unbroken. And so, mindful of this deep bond of the Spirit, let us unite ourselves to Christ and one another.*

***The Post-communion Prayer:***

**Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.**

***The Announcements***

***The Benediction:***

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of His Son Jesus Christ our Lord; and the blessings of God Almighty, (+) The Father, the Son, and the Holy Spirit, be among you, and remain with you always, **Amen.**



*The Recessional Hymn: Now the silence (Now)*

*Hymnal H333*

Now the si - lence Now the peace Now the emp - ty  
hands up - lift - ed Now the kneel - ing Now the plea  
Now the Fa - ther's arms in wel - come Now the bear - ing  
Now the power Now the ves - sel brimmed for pour - ing  
Now the Bo - dy Now the Blood Now the joy - ful  
cel - e - bra - tion Now the wed - ding Now the songs  
Now the heart for - giv - en leap - ing Now the Spi - rit's  
vis - i - ta - tion Now the Son's e - piph - an - y  
Now the Fa - ther's bless - ing Now Now Now

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**The Dismissal**

*Priest:* Let us go in peace to love and serve the Lord.

People: **Thanks be to God.**

**The Postlude:** *Go Now In Peace*      *Natalie Sleeth*

### ANNOUNCEMENTS

We are looking for additional Lectors and Intercessors please contact Margie Lee at [stambrosefc@att.net](mailto:stambrosefc@att.net) if you are interested in joining our Sunday Services to be added to our rotation.

### **Weekly Calendar**

<b>DAY</b>	<b>DATE</b>	<b>TIME</b>	<b>EVENT</b>
Sunday	Feb 7	10:00 am	Worship Service
		11:00 am	Zoom Coffee Hour
		4:00 pm	Zoom Youth Group Meeting
Monday	Feb 8	1:00 pm	Zoom Bible Study
Tuesday	Feb 9		
Wednesday	Feb 10	10:00 am	Contemplative Meditation
Thursday	Feb 11		
Friday	Feb 12		
Saturday	Feb 13		
Sunday	Feb 14		

### TODAY

**Sunday, February 7, 11:00 am:** Zoom Coffee Hour, contact Ali Le Blanc on 650-281-9236 for questions  
Join Zoom Meeting with the following link: [Zoom Coffee Hour](#)  
Meeting ID: 872 7420 6121  
Passcode: 681474

**Sunday, February 7, 4:00 pm** Zoom Youth Group Meeting  
For Zoom link, please contact Daniel Tate at [ym\\_stambrosefc@att.net](mailto:ym_stambrosefc@att.net) or 650-799-7084

## **THIS WEEK**

**Monday, February 8, 1:00 pm** Zoom Bible Study. For Zoom link, please contact Daniel Tate at [dtate@ses.cdsp.edu](mailto:dtate@ses.cdsp.edu) or 650-799-7084

### **Contemplative Meditation**

We're very excited to announce that Father Shane will be guiding a thirty-minute weekly contemplative meditation on Wednesdays at 10am. We're fortunate that in his previous life Father Shane was a monk and are looking forward to sharing this experience with him.

Please send an email to Hamilton Fong ([hfongster@gmail.com](mailto:hfondster@gmail.com)) or to Nilda Chong ([nchongmd@gmail.com](mailto:nchongmd@gmail.com)) if you wish to be included in the Zoom invitation.

**Prayer list:** We pray especially for Peggy Redmond, Yvonne Sidell, Jerelyn Weber, Charlene Adolph, Miles Martin, Frank Brown, Barbara and John Milligan, Ed Avakoff, Peter Gee, Nellie Wong, Max Gumbert, Isabella, Ding Jai Li, Jerry Boykin, Sylvia Brooks, Carol Newman, Clara Padilla

*[Please contact the parish office to add any names of the sick and suffering to be prayed for in our monthly cycle of prayer.]*

### **The Altar Flowers are given by**

The Daphne Rhodes in honor of Gail Rhodes

### **In the Anglican cycle of prayer we pray for:**

The Anglican Church of Burundi; Diocese of Saint Andrews, Dunkeld, and Dunblane (Scotland); the Anglican Missionary District; Diocese of Angola; Diocese of Ankole (Uganda); Diocese of North Ankole (Uganda); and Diocese of Northwest Ankole (Uganda)

### **In the Diocesan cycle of prayer we pray for:**

Dr. Katherine Lehman, Robert Reynolds, Dorothy Jamison, David Lui, Mark Spaulding, Jane Stratford, Amy Lawrence, Richard Smith Ph.D, .Linda Bunch, Dr. John Archer, Roxanne Walters and Ting Yao

## ***The Mission of St. Ambrose Church of Foster City***

Is to proclaim the Good News of God  
in Jesus Christ as we care for each other and  
our larger community. We worship in the  
Episcopal and Anglican tradition, extending  
an open and inclusive invitation to all  
people, welcoming children into our church family  
and serving those in need.

### **Worship Leaders Thank You to Each of You!**

*The Rev'd Dr. Shane Scott-Hamblen, Interim Rector*  
*Jim Neubert/Yvonne Sidell Lectors*  
*Daniel Tate, Intercessor*  
*Hamilton Fong, Cantor*  
*Frank Saunders, Organist*  
*Lydia McIntyre/Shelley Keefe Technicians*

Thank you to the Worship Team and virtual congregation for joining in  
worship.

#### **Lector/Intercessor Rota:**

*7 Feb (R) Jim Neubert/Yvonne Sidell*  
*Daniel Tate (I)*  
*14 Feb (R) Warren Wong/David McIntyre*  
*Cathy Rincon (I)*  
*21 Feb (R) Maureen Fromme/Jim Neubert*  
*Yvonne Sidell (I)*  
*28 Feb (R) David McIntyre/Cathy Rincon*  
*Shelley Keefe (I)*  
*7 Mar (R) Warren Wong/Yvonne Sidell*  
*Jim Neubert (I)*  
*14 Mar (R) Cathy Rincon/Shelley Keefe*  
*David McIntyre (I)*

**Fr Shane** can be contacted on 845-240-4516, or at  
FrshaneSH@gmail.com