

FOURTH SUNDAY AFTER THE EPIPHANY

30. JANUARY. 2022
8:30 am and 10:00 a.m.

Mass: Rite II

We are delighted to welcome you to our online/in-person hybrid liturgy. Fully vaccinated clergy and lay leaders may remove their masks while speaking or singing, according to diocesan guidelines. All other participants are asked to remain masked and maintain a 3-foot distance from members of other households.



Please help keep a sense of silent meditation in the church before the liturgy. Many thanks.

The Prelude Sabbath Prayer

J. Bock

The Welcome

The Introit Hymn: *Ton-Y-Botel* Hymnal #527 [Standing]



1 Sing - ing songs of ex - pec - ta - tion, on - ward
2 One the light of God's own pres - ence, o'er his
3 One the strain the lips of thou - sands lift as



goes the pil - grim band, through the night of
ran - somed peo - ple shed, chas - ing far the
from the heart of one; one the con - flict,



doubt and sor - row, march - ing to the prom - ised land.
gloom and ter - ror, bright - ening all the path we tread:
one the per - il, one the march in God be - gun:



Clear be - fore us through the dark - ness gleams and
one the ob - ject of our jour - ney, one the
one the glad - ness of re - joic - ing on the



burns the guid - ing light: trust - ing God we
faith which nev - er tires, one the ear - nest
far e - ter - nal shore, where the one al -



march to - geth - er step - ping fear - less through the night.
look - ing for - ward, one the hope our God in - spires.
might - y Fa - ther reigns in love for ev - er - more.

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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:* Christ our true and only light, receive our sacrifice of praise, and illumine the secrets of our hearts with your healing goodness that no evil desires may possess us who are made new in the light of your heavenly grace. Amen.**

The Gloria in Excelsis *Said at 8:30 am* *Hymnal #S280*

1. Glo - ry to God in the high - est, and
peace to his peo - ple on earth. 2. Lord God, heaven - ly
King, al - might - y God and Fa - ther, we wor - ship you, we
give you thanks, we praise you for your glo - ry. 3. Lord Je - sus
Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you
take a - way the sin of the world: have mer - cy
on us; 5. you are seat - ed at the right hand of the Fa - ther: re -
ceive our prayer. 6. For you a - lone are the Ho - ly One,
you a - lone are the Lord, 7. you a - lone are the Most
High, Je - sus Christ, with the Ho - ly Spi - rit, in the
glo - ry of God the Fa - ther. A - men.

The Collect of the Day

Priest: The Lord be with you.

All: **And also with you.**

Priest: Let us pray.

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

The Sermon

[Seated]

The First Lesson: Jeremiah 1:4-10

The word of the LORD came to me saying,

"Before I formed you in the womb I knew you,
and before you were born I consecrated you;
I appointed you a prophet to the nations."

Then I said, "Ah, Lord GOD! Truly I do not know how to speak, for I am only a boy." But the LORD said to me,

"Do not say, 'I am only a boy';
for you shall go to all to whom I send you,
and you shall speak whatever I command you,
Do not be afraid of them,
for I am with you to deliver you,

says the LORD."

Then the LORD put out his hand and touched my mouth; and the LORD said to me,

"Now I have put my words in your mouth.
See, today I appoint you over nations and over kingdoms,

to pluck up and to pull down,
to destroy and to overthrow,
to build and to plant."

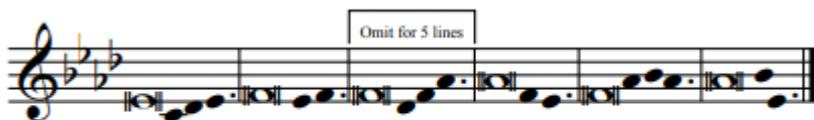
Reader: The Word of the Lord.

All: **Thanks be to God.**

Psalm 71:1-6 *In te, Domine, speravi*

[Recited/seated at 8:30 am; Sung/Standing at 10:00 am]

St Meinrad Mode VIII



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In you, O LORD, have I taken refuge;
let me never be ashamed.

In your righteousness deliver me and set me free;
incline your ear to me and save me.

Be my strong rock,
a castle to keep me safe;

You are my crag and my stronghold.

Deliver me, my God,

from the hand of the wicked,

from the clutches of the evildoer and the oppressor.

For you are my hope, O Lord GOD,
my confidence since I was young.

I have been sustained by you
ever since I was born;
from my mother's womb
you have been my strength;
my praise shall always be of you.
You are my refuge and my strength.

The Epistle: 1 Corinthians 13:1-13

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing.

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. For we know only in part, and we prophesy only in part; but when the complete comes, the partial will come to an end. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love.

Reader: The Word of the Lord.

People: **Thanks be to God.**

The Gospel: Luke 4:21-30

(Standing)

Priest: The Holy Gospel of our Lord Jesus Christ according to Luke

All: **Glory to you, Lord Christ.**

Jesus began to speak in the synagogue at Nazareth: "Today this scripture has been fulfilled in your hearing." All spoke well of him and were amazed at the gracious words that came from his mouth. They said, "Is not this Joseph's son?" He said to them, "Doubtless you will quote to me this proverb, 'Doctor, cure yourself!' And you will say, 'Do here also in your hometown the things that we have heard you did at Capernaum.'" And he said, "Truly I tell you, no prophet is accepted in the prophet's hometown. But the truth is, there were many widows in Israel in the time of Elijah, when the heaven was shut up three years and six months, and there was a severe famine over all the land; yet Elijah was sent to none of them except to a widow at Zarephath in Sidon. There were also many lepers in Israel in the time of the prophet Elisha, and none of them was cleansed except Naaman the Syrian." When they heard this, all in the synagogue were filled with rage. They got up, drove him out of the town, and led him to the brow of the hill on which their town was built, so that they might hurl him off the cliff. But he passed through the midst of them and went on his way.

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: (Kneeling)

My fellow pilgrims, the Lord is our strong rock, a castle to keep us safe. In confidence, let us pray, “In you, O Lord, have we taken refuge; *let us never be ashamed.*”

Increase our love, O God. Deliver your Church from boastfulness and arrogance. Fill us instead with patience and kindness and guide us during our Annual Meeting.

In you, O Lord, have we taken refuge;
Let us never be ashamed.

Increase our love, O God. Deliver this nation from pride and fear. Give us eyes to see your hand at work in all nations and peoples. God, bless the world.

In you, O Lord, have we taken refuge;
Let us never be ashamed.

Increase our love, O God. Let it not be limited only to other human beings but spread to all that you have made.

In you, O Lord, have we taken refuge;
Let us never be ashamed.

Increase our love, O God. May we seek and serve Christ in our neighbors, in family, friends, and strangers.

In you, O Lord, have we taken refuge;
Let us never be ashamed.

Increase our love, O God. By the power of your great love, heal those who are ill, especially Ed Avakoff, Max Gumbert, Isabella, and Jerry Boykin; strengthen those who are struggling to endure great pain. We pray that, as we lift our brothers and sisters to you in prayer, they will, even now, feel our love.

In you, O Lord, have we taken refuge;
Let us never be ashamed.

Increase our trust in your love, O God. May those who have died find in your presence everlasting and overwhelming love.

In you, O Lord, have we taken refuge;
Let us never be ashamed.

For what else shall we pray?

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

The Confession & Absolution

God is love and we are God's children. There is no room for fear in love. We love because God loved us first. Let us confess our sins in penitence and faith. (*Silence*)

All: Have mercy upon us, most merciful Father; in your compassion forgive us our sins, known and unknown, things done and undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honor and glory of your Name; through Jesus Christ our Lord. 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.**

(*Standing*)

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 a non-tactile sign of Peace.

The Offertory Sentence: For now we see in a mirror, dimly, but then we will see face to face. And now faith, hope, and love abide, these three; and the greatest of these is love.

The Offertory Motet-Choir: Come with Rejoicing - Leaf

The Eucharistic Prayer (B) [*Standing*] *Hymnal S130*

Celebrant *People*
The Lord be with you. And al - so with you.

Celebrant *People*
Lift up your hearts. We lift them to the Lord.

Celebrant
Let us give thanks to the Lord our God.

People
It is right to give him thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth; [for you are the source of light and life, you made us in your image, and called us to new life In Jesus Christ our Lord.] Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

The Sanctus & Benedictus

Hymnal #S114

[Recited at 8:30 am]

Ho - ly, ho - ly, ho - ly, Lord God of
 Hosts: Hea - ven and earth are full of thy glo - ry. Glo -
 - ry be to thee, O Lord Most High. Bless - ed is he that com - eth
 in the name of the Lord. Ho - san - na in the high - est.

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

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and

gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, 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. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

**All: We remember his death,
We proclaim his resurrection,
We await his coming in glory;**

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with [_____ and] all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **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 Gifts of God for the people of God.

[The Eucharist may be consumed]

In this season, when our whole community of faith cannot all 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.

If you would like to receive holy communion (under one kind [host] during the pandemic), please:

- 1. Come up the center aisle keeping 6 feet distance*
- 2. Receive the host in your hand*
- 3. Wait until you are socially-distanced to lower your mask and consume the host.*

The Post-communion Prayer:

Almighty and ever living God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord.

To him, to you, and to the Holy Spirit, be honor and glory, now and forever. Amen.

The Announcements

The Benediction:

[Standing]

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 blessing of God Almighty, (+) the Father, the Son, and the Holy Spirit, be upon you, and remain with you always. **Amen.**

1 The Church's one foun - da - tion is Je - sus Christ her Lord;
 2 E - lect from ev - ery na - tion, yet one o'er all the earth,
 3 Though with a scorn - ful won - der men see her sore op - pressed,
 4 Mid toil and tri - bu - la - tion, and tu - mult of her war
 5 Yet she on earth hath un - ion with God, the Three in One,

1 she is his new cre - a - tion by wa - ter and the word;
 2 her char - ter of sal - va - tion, one Lord, one faith, one birth;
 3 by schi - sms rent a - sun - der, by her - e - sies dis - tressed;
 4 she waits the con - sum - ma - tion of peace for ev - er - more;
 5 and mys - tic sweet com - mun - ion with those whose rest is won.

1 from heaven he came and sought her to be his ho - ly bride;
 2 one ho - ly Name she bless - es, par - takes one ho - ly food,
 3 yet saints their watch are keep - ing, their cry goes up, "How long?"
 4 till with the vi - sion glo - rious her long - ing eyes are blessed,
 5 O hap - py ones and ho - ly! Lord, give us grace that we

1 with his own blood he bought her, and for her life he died.
 2 and to one hope she press - es, with ev - ery grace en - dued.
 3 and soon the night of weep - ing shall be the morn of song.
 4 and the great Church vic - to - rious shall be the Church at rest.
 5 like them, the meek and low - ly, on high may dwell with thee.

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The Dismissal.

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

People: **Thanks be to God.**

The Postlude May The Good Lord Bless and Keep You M. Wilson

ANNOUNCEMENTS

Weekly Calendar

| DAY | DATE | TIME | EVENT |
|------------|-------------|-------------|--------------------------|
| Sunday | Jan 30 | 8:30 am | Mass |
| Sunday | Jan 30 | 10:00 am | Mass |
| | | 10:00 am | Youth Grp Mtg, Courtyard |
| Monday | Jan 31 | 1:00 pm | Zoom Bible Study |
| Tuesday | Feb 1 | | |
| Wednesday | Feb 2 | 10:00 am | Contemplative Meditation |
| Thursday | Feb 3 | 7:30 pm | Choir Rehearsal |
| Friday | Feb 4 | | |
| Saturday | Feb 5 | | |
| Sunday | Feb 6 | | |

TODAY

Sunday, Jan 30, 10:00 am Youth Group Meeting, Courtyard

Sunday, Jan 30, 11:30 am Saint Ambrose Annual Meeting

THIS WEEK

Monday, Jan 31, 1:00 pm Zoom Bible Study. For Zoom link, please contact Daniel Tate at dtate@ses.cdsp.edu or 650-799-7084

John Milligan Memorial

You are all invited to attend, either in person or online, the memorial service for Barbara Milligan's husband, John Milligan, even if you didn't know John. The date is Saturday, January 29, and the place is All Saints'

Episcopal Church in Palo Alto. For details, please email or text Barbara at bp.milligan@gmail.com.

Saint Ambrose Annual General Meeting

Join us for the St. Ambrose Annual General Meeting on Sunday, January 30, 2022 at 11:30 AM Pacific Time (US and Canada). You can join the Zoom Meeting by clicking the following link.

<https://us02web.zoom.us/j/86448099104?pwd=NzE5STB5N1dCdnlQRWhJMTZhRmtWdz09>

Meeting ID: 864 4809 9104

Passcode: 651289

One tap mobile

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+1 346 248 7799 US (Houston)

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

Meeting ID: 864 4809 9104

Passcode: 651289

Find your local number: <https://us02web.zoom.us/j/86448099104?pwd=NzE5STB5N1dCdnlQRWhJMTZhRmtWdz09>

Coffee Hour

Join us for Coffee Hour during the first Sunday of the month. It will be at 11:00 am in the Courtyard.

Virtual Sunday School for preschoolers and kids in Elementary school

Starting January, Teacher Fe and Teacher Raphaelae will take your child through the stories of Jesus, with songs and fun!

You can send an email to saintambrosesundayschool@gmail.com to be added to the distribution list.

Prayer Support Group

Every 1st and 3rd Sunday after the service at 11:30am, we will be meeting in the Fellowship Hall to have a prayer meeting. Please join us any time as you are able. For questions, please contact Daniel Tate at 650-799-7084, or dtate@ses.cdsp.edu

Choir Rehearsals

Saint Ambrose Choir will resume rehearsals on **Thursdays at 7:30 PM**. We will be masked and correctly distanced and would be happy for anyone who wishes to join us. If you wish to join us, please let me know so that I can prepare a folder for you. You may contact me at mhfromme@yahoo.com or 415.990.6758.

Worship Leaders Needed

Please sign up as a Lector for our 8:30 am Mass by emailing stambrose@mindspring.com or Church signup sheet

We also need Worship Leader volunteers for our 10:30 am Mass. There are openings for Intercessors, Lectors, Greeters, Ushers and Acolytes, and Livestream Technicians. Contact us at stambrose@mindspring.com or use the following link to signup: **Signup Genius** or Click on the following link

<https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-worship>

Rides for Gene Hetzer

Gene Hetzer a longtime church member and Karl his guide dog need rides on an alternating basis from church members. Please contact Jim Neubert to schedule a day for driving.

Contemplative Meditation

Father Shane guides a thirty-minute weekly 'Zoom-Zen' contemplative meditation on Wednesdays at 10am, Please send an email to Hamilton Fong (hfongster@gmail.com) or to Nilda Chong (nchongmd@gmail.com) if you wish to be included in the Zoom invitation.

Prayer list: We pray especially for Yvonne Sidell, Jerelyn Weber, Charlene Adolph, Miles Martin, Barbara Milligan, Ed Avakoff, Max Gumbert, Isabella, Jerry Boykin, Carol Newman, Clara Padilla, Bettie Davis, Arjun Katyan, Janet Mc Annally, Marilyn Canon, Alison LeBlanc, Ronnie Rosen, Leo Gauthier, John David Tate, Casey McElroy, and the pupils and staff of Sea Breeze School.

[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 Altar Guild to the Glory of God

In the Anglican cycle of prayer we pray for:

The Church of the Province of the Indian Ocean, The Diocese of Kano, The Diocese of Kansas, The Diocese of Western Kansas, The Diocese of Kanyakumari, The Diocese of Kapoeta, The Diocese of Kapsabet

In the Diocesan cycle of prayer we pray for Revs:

Walter Bess Jr, Steven Testrev, Bente Carter, Thomas Osgood, William Hocker, Barbara Dawson and Charles Ramsden

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:

The Rev'd Dr. Shane Scott-Hamblen, Interim Rector
Shelley Keefe/Warren Wong Lectors
Shelley Keefe Intercessor
Hamilton Fong, Cantor
Frank Saunders, Organist
Alison LeBlanc, Livestream Technician

Worship Leader Rota:

- 30 Jan Lector: Shelley Keefe/Warren Wong; Intercessor: Shelley Keefe,
Usher: Larry Buyers; Greeter: Warren Wong; Acolyte: Daniel Tate
Livestream Technician: Alison LeBlanc
- 6 Feb Lectors: Shelley Keefe, Eugene Hetzer; Intercessor: Shelley Keefe
Usher: Elliott Dun; Greeter: Jim Neubert; Livestream
Technician: Alison LeBlanc
- 13 Feb Lectors: Suzanne Tjandra, Warren Wong; Intercessor: Suzanne Tjandra
Usher: Jim Neubert; Greeter: Warren Wong; Livestream
Technician: Alison LeBlanc
- 20 Feb Lectors: Steve Yuen, Maureen Fromme; Intercessor: Steve Yuen
Usher: Steve Yuen; Greeter: Raphael Gerber; Livestream
Technician: Alison LeBlanc
- 27 Jan Lectors: Warren Wong, Shelley Keefe; Intercessor: Warren Wong
Usher: Larry Buyers; Greeter: Jim Neubert; Livestream
Technician: Alison LeBlanc

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