

## **SEVENTH SUNDAY AFTER THE EPIPHANY**

**20. FEBRUARY. 2022  
8:30 am and 10:00 a.m.**

### **Liturgy of the Word & Reserved Sacrament: 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** Praeludium I in C major  
**The Welcome**

J. S. Bach

**The Introit Hymn: Dickinson College      Hymnal #593 [Standing]**

1 Lord, make us ser - vants of your peace: where there is  
2 Where all is doubt, may we sow faith; where all is  
3 Je - sus, our Lord, may we not seek to be con -  
4 May we not look for love's re - turn, but seek to  
5 Dy - ing, we live, and are re - born through death's dark

1 hate, may we sow love; where there is hurt, may we for -  
2 gloom, may we sow hope; where all is night, may we sow  
3 soled, but to con - sole, nor look to un - der - stand - ing  
4 love um - self - ish - ly, for in our giv - ing we re -  
5 night to end - less day: Lord, make us ser - vants of your

1 give; where there is strife, may we make one.  
2 light; where all is tears, may we sow joy.  
3 hearts, but look for hearts to un - der - stand.  
4 ceive, and in for - giv - ing are for - given.  
5 peace, to wake at last in hea - ven's light.

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*The people standing*

*Officiant:* Blessed be God, Father, Son, and Holy Spirit.

*BCP, Page 355*

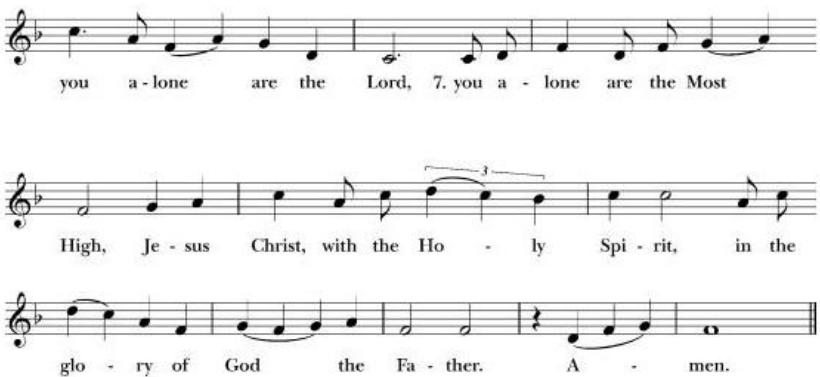
*People:* And blessed be God's kingdom, now and forever. Amen.

***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,



### ***The Collect of the Day***

*Officiant:* Let us pray.

O Lord, you have taught us that without love whatever we do is worth nothing: Send your Holy Spirit and pour into our hearts your greatest gift, which is love, the true bond of peace and of all virtue, without which whoever lives is accounted dead before you. Grant this for the sake of your only Son Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

### ***The Sermon***

*Mr Daniel Tate*

*[Seated]*

### ***The First Lesson: Genesis 45:3-11, 15***

Joseph said to his brothers, "I am Joseph. Is my father still alive?" But his brothers could not answer him, so dismayed were they at his presence.

Then Joseph said to his brothers, "Come closer to me." And they came closer. He said, "I am your brother, Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which there will be neither plowing nor

harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, 'Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. You shall settle in the land of Goshen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. I will provide for you there--since there are five more years of famine to come--so that you and your household, and all that you have, will not come to poverty.'"

And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

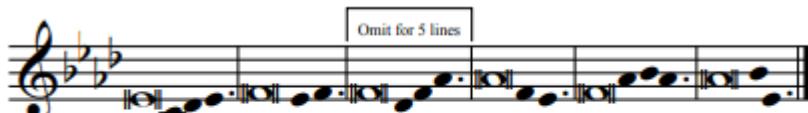
**Reader:**           The Word of the Lord.

**All:**               **Thanks be to God.**

***Psalm 37:1-12, 41-42 Noli aemulari***

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

*St Meinrad Mode VIII*



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Do not fret yourself because of evildoers;  
do not be jealous of those who do wrong.

For they shall soon wither like the grass,  
and like the green grass fade away.

Put your trust in the LORD and do good;  
dwell in the land and feed on its riches.

Take delight in the LORD,  
and he shall give you your heart's desire.

Commit your way to the LORD and put your trust in him,  
and he will bring it to pass.

He will make your righteousness as clear as the light  
and your just dealing as the noonday.

Be still before the LORD  
and wait patiently for him.

Do not fret yourself over the one who prospers,  
the one who succeeds in evil schemes.

Refrain from anger, leave rage alone;  
do not fret yourself; it leads only to evil.

For evildoers shall be cut off,  
but those who wait upon the LORD shall possess the land.

In a little while the wicked shall be no more;  
you shall search out their place, but they will not be there.

But the lowly shall possess the land;  
they will delight in abundance of peace.

But the deliverance of the righteous  
comes from the LORD;  
he is their stronghold in time of trouble.

The LORD will help them and rescue them;  
he will rescue them from the wicked and deliver them,  
because they seek refuge in him.

## **The Epistle: 1 Corinthians 15:35-38,42-50**

Someone will ask, "How are the dead raised? With what kind of body do they come?" Fool! What you sow does not come to life unless it dies. And as for what you sow, you do not sow the body that is to be, but a bare seed, perhaps of wheat or of some other grain. But God gives it a body as he has chosen, and to each kind of seed its own body.

So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonor, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a physical body, it is raised a spiritual body. If there is a physical body, there is also a spiritual body. Thus it is written, "The first man, Adam, became a living being"; the last Adam became a life-giving spirit. But it is not the spiritual that is first, but the physical, and then the spiritual. The first man was from the earth, a man of dust; the second man is from heaven. As was the man of dust, so are those who are of the dust; and as is the man of heaven, so are those who are of heaven. Just as we have borne the image of the man of dust, we will also bear the image of the man of heaven.

What I am saying, brothers and sisters, is this: flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable.

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

## **The Gospel: Luke 6:27-38**

*(Standing)*

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

Jesus said, "I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also;

and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you.

"If you love those who love you, what credit is that to you? For even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful.

"Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back."

*Officiant:*      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)***

Sisters and brothers, do to others as you would have them do to you. Let us pray for others, saying, “We have come before you, O God; *and here will we wait for you.*”

Merciful God, help us to love our enemies, to do good to those who hate us. It is a hard thing for us. Make us merciful, just as you are merciful.

We have come before you, O God;

***And here will we wait for you.***

Holy God, make your justice shine like the noonday sun. Vindicate the meek; save the righteous; rescue those who find their refuge in you.

We have come before you, O God;

***And here will we wait for you.***

We pray, Creator God, for those who experience the pangs of hunger. We cry to you for those dying of starvation. Bless them with provision. Give us a new appreciation for the abundance in our lives.

We have come before you, O God;

***And here will we wait for you.***

Heal families. Heal our families. Heal the families in our community. Mend our divisions. Make us ministers of reconciliation.

We have come before you, O God;  
*And here will we wait for you.*

Heal these bodies, O God, that you have made from the dust of the earth.  
Deliver us, and Ronnie Rosen, Leo Gauthier, John David Tate, Casey  
McElroy, from our infirmities.

We have come before you, O God;  
*And here will we wait for you.*

Raise in power those who have died in weakness, mighty Redeemer.  
Raise to imperishability those who have died in the flesh. Raise those  
whose bodies have returned to the dust to greater and eternal glory.

We have come before you, O God;  
*And here will we wait for you.*

For what else shall we pray? (*You are invited to say your prayer intentions out loud*)

**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.**

*Officiant:* Almighty God have mercy on *us*, (+) forgive *us* all *our* sins through our Lord Jesus Christ, strengthen *us* in all goodness, and by the power of the Holy Spirit keep *us* 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.**

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

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

*Officiant:*           Let us offer one another a non-tactile sign of Peace.

***The Offertory Sentence:*** "Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you."

***The Offertory Motet-Choir:*** Lord, Make Us Servants- Bristol

*Officiant:* 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:***

*Officiant:* 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*]

***The Agnus Dei:***  
*[Recited at 8:30 am]*

***Hymnal #S158***

O Lamb of God, that taketh away the sins of the world, have mercy upon us. O Lamb of God, that taketh away the sins of the world, have mercy upon us. O Lamb of God, that taketh away the sins of the world, grant us thy peace.

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

*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]*

*Officiant:* The peace of God, which passes all understanding, keep our 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 us, and remain with us always. **Amen.**

## *The Recessional Hymn: Detroit*

Hymnal #674 [Standing]

1 "For - give our sins as we for - give" you  
2 How can your par - don reach and bless the  
3 In blaz - ing light your cross re - veals the  
4 Lord, cleanse the depths with - in our souls, and

taught us, Lord, to pray; but you a - lone can  
un - for - giv - ing heart that broods on wrongs and  
truth we dim - ly knew, how small the debts men  
bid re - sent - ment cease; then, re - con - ciled to

grant us grace to live the words we say.  
will not let old bit - ter - ness de - part?  
owe to us, how great our debt to you.  
God and man, our lives will spread your peace.

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## *The Dismissal.*

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

*People:* **Thanks be to God.**

## **The Postlude** Mendocino Blessing

Traditional

**ASH WEDNESDAY**  
MARCH 2, 2022, 6:00 pm  
Mass and Imposition of Ashes

## ANNOUNCEMENTS

### Weekly Calendar

DAY	DATE	TIME	EVENT
Sunday	Feb 20	8:30 am	Mass
Sunday	Feb 20	10:00 am	Mass
		10:00 am	Youth Grp Mtg, Courtyard
Monday	Feb 21	1:00 pm	Zoom Bible Study
Tuesday	Feb 22		
Wednesday	Feb 23	10:00 am	Contemplative Meditation
Thursday	Feb 24	7:30 pm	Choir Rehearsal
Friday	Feb 25		
Saturday	Feb 26		
Sunday	Feb 27		

### TODAY

**Sunday, Feb 20, 10:00 am** Youth Group Meeting, Courtyard

### THIS WEEK

**Monday, Feb 21, 1:00 pm** Zoom Bible Study. For Zoom link, please contact Daniel Tate at [dstate@ses.cdsp.edu](mailto:dstate@ses.cdsp.edu) or 650-799-7084

### 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 Raphaele will take your child through the stories of Jesus, with songs and fun!

You can send an email to [saintambrosesundayschool@gmail.com](mailto: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](mailto:dtate@ses.cdsp.edu)

## **Choir Rehearsals**

Saint Ambrose Choir has resumed 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](mailto: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](mailto: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](mailto: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](mailto:hfongster@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 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 Episcopal Church in Jerusalem & The Middle East; The Diocese of Kentucky (The Episcopal Church ); The Diocese of Mount Kenya Central (Kenya )The Diocese of Mount Kenya South (Kenya )The Diocese of Mount Kenya West (Kenya )The Diocese of East Kerala (South India )The Diocese of South Kerala (South India )

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

Morgan Silbaugh, Richard Southworth, Jacqueline Cherry, Sallie Shippen, Nancy Pennekamp, Nancy Pennekamp-Cumming





## ***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:**

*Daniel Tate*

*Steve Yuen/Maureen Fromme Lectors*

*Steve Yuen/ Intercessor*

*Hamilton Fong, Cantor*

*Frank Saunders, Organist*

*Alison LeBlanc, Livestream Technician*

### **Worship Leader Rota:**

20 Feb Lectors: Steve Yuen, Maureen Fromme; Intercessor: Steve Yuen  
Usher: Steve Yuen; Greeter: Raphaele Gerber; Livestream  
Technician: Alison LeBlanc

27 Feb 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***