

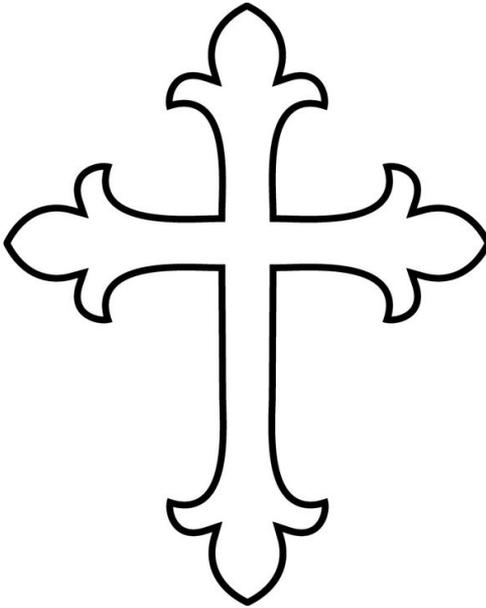
THE FIRST SUNDAY IN LENT

6. MARCH. 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 Præliudium #1 in C major J. S. Bach

The Welcome

The Great Litany: *Hymnal #S67 [Standing]*

Officiant *People*

O God the Father, Creator of heaven and earth, Have mer - cy up - on us.

Officiant *People*

O God the Son, Redeemer of the world, Have mer - cy up - on us.

Officiant *People*

O God the Holy Ghost, Sanctifier of the faith - ful, Have mer - cy up - on us.

Officiant *People*

O holy, blessed, and glorious Trinity, one God, Have mer - cy up - on us.

Officiant

Remember not, Lord Christ, our offenses, nor the offenses of our forefathers; neither reward us according to our sins. Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and by thy mercy

People

preserve us for ev - er. Spare us, good Lord.

Officiant

From all evil and wickedness; from sin; from the crafts and assaults of the

devil; and from everlast - ing dam - na - tion,

People

Good Lord, de - liv - er us.

(This same response is sung after the petitions that follow)

We sinners do beseech thee to hear us, O Lord God; and that it may please thee to rule and govern thy holy Church Universal in the right way,



We beseech thee to hear us, good Lord.

(This same response is sung after the petitions that follow)



Officiant Son of God, we beseech thee to hear us.

People Son of God, we beseech thee to hear us.

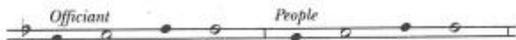


O Lamb of God, that takest away the sins of the world, Have mer-cy up-on us.

O Lamb of God, that takest away the sins of the world, Have mer-cy up-on us.



O Lamb of God, that takest away the sins of the world, Grant us thy peace.



O Christ, hear us. O Christ, hear us.

When the Litany is sung immediately before the Eucharist, the Litany concludes with the Kyries (which may be sung to any setting), and the Eucharist begins with the Salutation and the Collect of the day.

On all other occasions, the Litany continues as follows:



Officiant Lord, have mer-cy up-on us.

People Christ, have mer-cy up-on us.

Officiant Lord, have mer-cy up-on us.



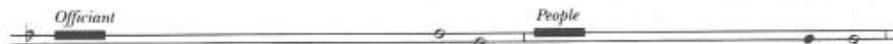
Ky-ri-e e-lei-son.

Chri-ste e-lei-son.

Ky-ri-e e-lei-son.



Our Father, who art in heaven . . . from evil. A-men.



V. O Lord, let thy mercy be showed up-on us. R. As we do put our trust in thee.

The Officiant sings the concluding Collect.

Setting: John Merbecke (1510?-1585?), alt.

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The people standing

The Collect of the Day

Priest: The Lord be with you.

All: **And also with you.**

Priest: Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The Sermon

[Seated]

The First Lesson: Deuteronomy 26:1-11

When you have come into the land that the LORD your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the LORD your God is giving you, and you shall put it in a basket and go to the place that the LORD your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the LORD your God that I have come into the land that the LORD swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the LORD your God, you shall make this response before the LORD your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the LORD, the God of our ancestors; the LORD heard our voice and saw our affliction, our toil, and our oppression. The LORD brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O LORD, have given me." You shall set it down before the LORD your God and bow down

before the LORD your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the LORD your God has given to you and to your house.

Reader: The Word of the Lord.

All: **Thanks be to God.**

Psalm 91:1-2, 9-16 Qui habitat

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

St Meinrad Mode IV (4-line)



You shall tread upon the lion and adder;
you shall trample the young lion and the serpent under your
feet.

Because he is bound to me in love,
therefore will I deliver him;

I will protect him,
because he knows my Name.
He shall call upon me,
and I will answer him;

I am with him in trouble;
I will rescue him and bring him to honor.
With long life will I satisfy him,
and show him my salvation.

The Epistle: Romans 10:8b-13

"The word is near you,
on your lips and in your heart"

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

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

The Gospel: Luke 4:1-13

(Standing)

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

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

After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'"

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written,

'Worship the Lord your God,
and serve only him.'"

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written,

'He will command his angels concerning you,
to protect you,'

and

'On their hands they will bear you up,
so that you will not dash your foot against a stone.'"

Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

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)

Everyone who calls on the name of the Lord shall be saved. Our generous God hears us when we pray; therefore, let us pray, “Hear us, O God; save us, O God.”

You know your Church, O God. You know that because of fear and greed, we are slow to offer the first fruits of our hearts. Forgive us and come quickly to help us.

Hear us, O God;

Save us, O God.

You know the hearts of mortals, O God. You know that we are prone to hatred and division. Yet, you make no distinctions, but only love. Help us to be more like you. Forgive us and come quickly to help us.

Silence

Hear us, O God;

Save us, O God.

You know we are quick to exploit your creation, O God. You know we take the blessings of this life for granted. Forgive us and come quickly to help us.

Hear us, O God;

Save us, O God.

You know our temptations, O God. You know we are not as strong as we think we are. Give us your strength. Forgive us and come quickly to help us.

Silence

Hear us, O God;

Save us, O God.

You know our weaknesses, O God. You know we struggle in our pain; we suffer and experience trouble. Come quickly to help us. We pray especially for Miles Martin, Barbara Milligan, Ed Avakoff and Ida Yip

silence

Hear us, O God;

Save us, O God.

In you, O God, do we put our trust. We entrust to you our dead because you alone are our refuge and salvation. You alone are mighty to save. We pray especially for Wilfred Gallegos.

Silence

Hear us, O God;

Save us, O God.

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

Let us confess our sins in penitence and faith.

Silence

All: Almighty God, Creator of heaven and earth, we confess that we have sinned in thought, word, and deed. We have not loved you with all our being, we have not loved our neighbours as ourselves: we have disfigured your image in which we are made. In your mercy, forgive what we have been and what we have done, guide us and help us to amend our lives, and bring us to fullness of life in you, for the sake of your Son who died for us, 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: There is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him.

The Offertory Motet-Choir: My Song Is Love Unknown

Carolyn Jennings

The Eucharistic Prayer (Scottish Episcopal) [Standing]

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 God thanks and praise.

Worship and praise belong to you, maker of light and darkness. Your wisdom draws beauty from chaos, brings a harvest out of sorrow and leads the exiles home. In Christ your Son enemies are reconciled, debts forgiven and strangers made welcome. Your Spirit frees us to live as sons and daughters in our Father's house. We who by Christ's power follow the way of the Cross, sharing the joy of his obedience, now 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 #S122

[Recited at 8:30 am]

The musical score is written on four staves of music. Each staff begins with a treble clef and a common time signature. The lyrics are written below the notes, with hyphens indicating syllables that span across multiple notes. The lyrics are: Ho - ly, ho - ly, ho - ly Lord, God of power and might, hea - ven and earth are full of your glo - ry. Ho - san - na in the high - est. Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

Setting: Plain song; Mass 18; adapt. Mason Martens (b. 1933)

Glory and thanksgiving be to you, most loving Father, for Christ in whom the world is reconciled. Lifted on the Cross, his suffering and forgiveness spanned the gulf our sins had made. Through that dark struggle death was swallowed up in victory, that life and light might reign. Before he was given up to suffering and death, recalling the night of Israel's release, the night in which the sons of Egypt died, your Chosen One, himself the First-Born, freely offered his life. 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 baptised 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.

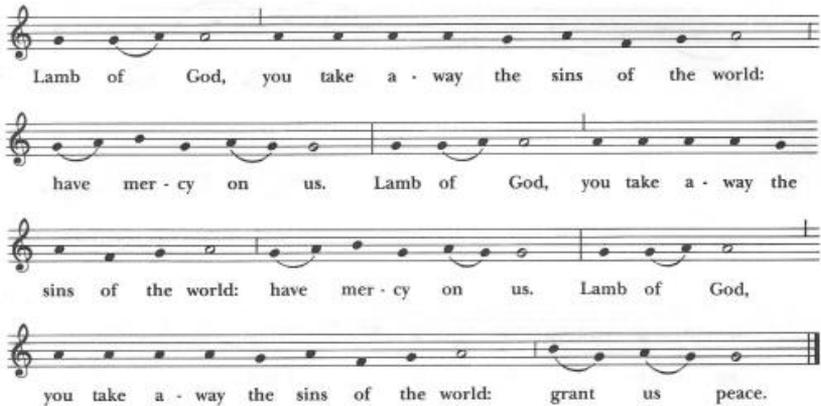
The Gifts of God for the people of God.

[The Eucharist may be consumed]

The Agnus Dei:

[Recited at 8:30 am]

Hymnal #S160



Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

Setting: Anaphora chant; Mass 18; adapt. Mason Martens (b. 1933)

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:

**Lord God Almighty,
your people are washed clean in the saving flood of baptism,
and born again:**

**As we follow the way of the cross,
we ask you to unseal for us the wellspring of your grace, cleanse
our hearts of all that is not holy,
and cause your gift of new life to flourish in us;
grant this through Jesus Christ your Son,
who sets us free from sin,
and lives and reigns with you in the unity of the Holy Spirit,
holy and mighty God, world without end. Amen.**

The Announcements

The Benediction:

[Standing]

Now to him who is able to keep us from falling, and to present us faultless before the presence of God's glory with everlasting joy, to the only wise God our Saviour; (+) the Father, the Son, and the Holy Spirit, be upon you, and remain with you always. **Amen.**



1 The glo - ry of these for - ty days we
2 A - lone and fast - ing Mo - ses saw the
3 So Dan - iel trained his mys - tic sight, de -
4 Then grant us, Lord, like them to be full
* 5 O Fa - ther, Son, and Spi - rit blest, to



1 ce - le - brate with songs of praise; for Christ, through whom all
2 lov - ing God who gave the law; and to E - li - jah,
3 liv - ered from the li - ons' might; and John, the Bride - groom's
4 oft in fast and prayer with thee; our spi - rits strength - en
5 thee be ev - ery prayer ad - dressed, who art in three - fold



1 things were made, him - self has fast - ed and has prayed.
2 fast - ing, came the steeds and char - i - ots of flame.
3 friend, be - came the her - ald of Mes - si - ah's name.
4 with thy grace, and give us joy to see thy face.
5 Name a - dored, from age to age, the on - ly Lord.

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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 Peace is flowing like a river C. Landrey

ANNOUNCEMENTS

Weekly Calendar

DAY	DATE	TIME	EVENT
Sunday	Mar 6	8:30 am	Mass
Sunday	Mar 6	10:00 am	Mass
		10:00 am	Youth Grp Mtg, Courtyard
Monday	Mar 7	1:00 pm	Zoom Bible Study
Tuesday	Mar 8		
Wednesday	Mar 9	10:00 am	Contemplative Meditation
		6:00 pm	Ash Wednesday
Thursday	Mar 10	7:30 pm	Choir Rehearsal
Friday	Mar 11		
Saturday	Mar 12		
Sunday	Mar 13		

TODAY

Sunday, March 6, 10:00 am Youth Group Meeting, Courtyard

THIS WEEK

Monday, March 7, 1:00 pm Zoom Bible Study. For Zoom link, please contact Daniel Tate at dtate@ses.cdsp.edu or 650-799-7084

LENT

Mondays of Lent @5:00 pm Colorful Episcopal History on Zoom
Topic: Saint Ambrose's Color Episcopal History
Time: Monday 5:00 pm

Join Zoom Meeting

<https://us02web.zoom.us/j/83298156352?pwd=R1FqQ0RqUzZnVmc4WXAvtmpTYnpaZz09>

Meeting ID: 832 9815 6352

Passcode: 520318

One tap mobile

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- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 929 205 6099 US (New York)
- +1 301 715 8592 US (Washington D.C)
- +1 312 626 6799 US (Chicago)

Meeting ID: 832 9815 6352

Passcode: 520318

Find your local number: <https://us02web.zoom.us/j/83298156352>

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 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 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](https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-worship) 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 (hffongster@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, Ida Yip 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

Robert and Anita Richards in loving memory of Wilfred Gallegos

In the Anglican cycle of prayer we pray for:

The Anglican Church of Korea, The Diocese of Kigeme (Eglise Anglicane du Rwanda), The Diocese of Kigezi (Uganda), The Diocese of North Kigezi (Uganda), The Diocese of Mount Kilimanjaro (Tanzania), The Diocese of Kilmore, Elphin & Ardagh (Ireland), The Diocese of Kimberley & Kuruman (Southern Africa)

In the Diocesan cycle of prayer we pray for Reverends:

Dr. Alexander Blair, Martha Koriemek, Harvey Ray, Edward Dumke and Jan Cazden

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
Eugene Hetzer/Shelley Keefe Lectors
Shelley Keefe/Intercessor
Hamilton Fong, Cantor
Frank Saunders, Organist
Daniel Tate, Acolyte
Alison LeBlanc, Livestream Technician

Worship Leader Rota:

6 Mar Lectors: Eugene Hetzer, Shelley Keefe; Intercessor: Shelley Keefe
Usher: Elliott Dun; Greeter: Jim Neubert; Livestream
Technician: Alison LeBlanc

13 Mar Lectors: Dulce Lord, Warren Wong; Intercessor: Dulce Lord
Usher: Jim Neubert; Greeter: Warren Wong; Livestream
Technician: Scott Chang

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

27 Mar Lectors: Shaiji Ajit, 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