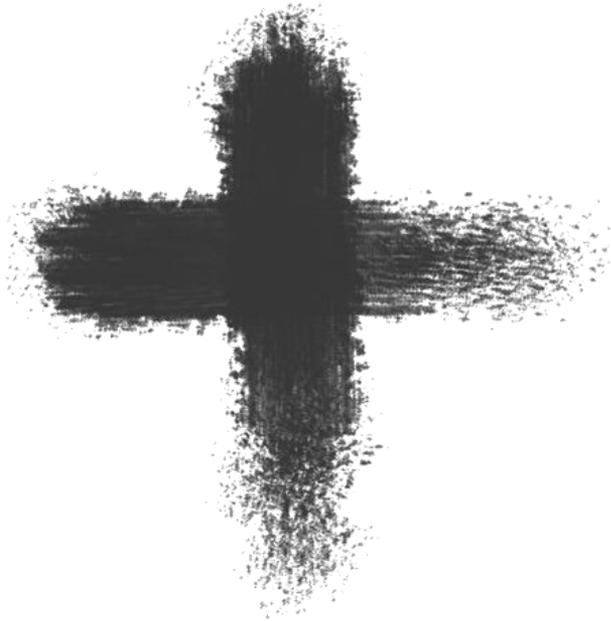


ASH WEDNESDAY
2.MARCH. 2022
6.00 pm

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 *Praeludium #1 in C major* *J. S. Bach*

The Welcome

The Introit Psalm: *Psalm 51 [Standing] Mode VIII*
sung alternating at full verse.

¹ Have mercy on me O God, according to your steadfast love;
according to your abundant mercy blot out my transgressions.

² **Wash me thoroughly from my iniquity,**
and cleanse me from my sin.

³ For I know my transgressions,
and my sin is ever before me.

⁴ **Against you, you alone have I sinned,**
and done what is evil in your sight,

so that you are justified in your sentence
and blameless when you pass judgment.

⁵ **Indeed, I was born guilty,**
a sinner when my mother conceived me.

⁶ You desire truth in the inward being;
therefore teach me wisdom in my secret heart.

⁷ **Purge me with hyssop, and I shall be clean;**
wash me, and I shall be whiter than snow.

⁸ Let me hear joy and gladness;
let the bones that you have crushed rejoice.

⁹ **Hide your face from my sins,**
and blot out all my iniquities.

- ¹⁰ Create in me a clean heart, O God,
and put a new and right spirit within me.
- ¹¹ **Do not cast me away from your presence,
and do not take your holy spirit from me.**
- ¹² Restore to me the joy of your salvation,
and sustain in me a willing spirit.
- ¹³ **Then I will teach transgressors your ways,
and sinners will return to you.**
- ¹⁴ Deliver me from bloodshed O God of my salvation,
and my tongue will sing aloud of your deliverance.
- ¹⁵ **O Lord, open my lips,
and my mouth will declare your praise.**
- ¹⁶ For you have no delight in sacrifice;
if I were to give a burnt offering, you would not be pleased.
- ¹⁷ **The sacrifice acceptable to God is a broken spirit;
a broken and contrite heart O God, you will not despise.**
- ¹⁸ Do good to Zion in your good pleasure;
rebuild the walls of Jerusalem,
- ¹⁹ **then you will delight in right sacrifices in burnt offerings;
then bulls will be offered on your altar.**

Glory be to the Father, and to the Son,
And to the Holy Spirit.

**As it was in the beginning, is now and ever shall be,
World without end. Amen.**

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 hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; 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: Isaiah 58:1-12

Shout out, do not hold back!

Lift up your voice like a trumpet!

Announce to my people their rebellion,
to the house of Jacob their sins.

Yet day after day they seek me
and delight to know my ways,

as if they were a nation that practiced righteousness
and did not forsake the ordinance of their God;

they ask of me righteous judgments,
they delight to draw near to God.

"Why do we fast, but you do not see?

Why humble ourselves, but you do not notice?"

Look, you serve your own interest on your fast day,
and oppress all your workers.

Look, you fast only to quarrel and to fight
and to strike with a wicked fist.

Such fasting as you do today
will not make your voice heard on high.

Is such the fast that I choose,
a day to humble oneself?

Is it to bow down the head like a bulrush,
and to lie in sackcloth and ashes?

Will you call this a fast,
a day acceptable to the LORD?

Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,

to let the oppressed go free,
and to break every yoke?

Is it not to share your bread with the hungry,
and bring the homeless poor into your house;

when you see the naked, to cover them,
and not to hide yourself from your own kin?

Then your light shall break forth like the dawn,
and your healing shall spring up quickly;

your vindicator shall go before you,
the glory of the LORD shall be your rear guard.

Then you shall call, and the LORD will answer;
you shall cry for help, and he will say, Here I am.

If you remove the yoke from among you,
the pointing of the finger, the speaking of evil,

if you offer your food to the hungry
and satisfy the needs of the afflicted,

then your light shall rise in the darkness
and your gloom be like the noonday.

The LORD will guide you continually,
and satisfy your needs in parched places,
and make your bones strong;

and you shall be like a watered garden,
like a spring of water,
whose waters never fail.

Your ancient ruins shall be rebuilt;
you shall raise up the foundations of many generations;
you shall be called the repairer of the breach,
the restorer of streets to live in.

Reader: The Word of the Lord.

All: **Thanks be to God.**

Psalm 103:8-14. *Standing*

Benedic, anima mea

St Meinrad Mode IV



© Saint Meinrad Archabbey

Bless the LORD, O my soul,
and all that is within me, bless his holy Name.

Bless the LORD, O my soul,
and forget not all his benefits.

He forgives all your sins
and heals all your infirmities;

He redeems your life from the grave
and crowns you with mercy and loving-kindness;

He satisfies you with good things,
and your youth is renewed like an eagle's.

The LORD executes righteousness
and judgment for all who are oppressed.

He made his ways known to Moses
and his works to the children of Israel.
The LORD is full of compassion and mercy,
slow to anger and of great kindness.

He will not always accuse us,
nor will he keep his anger for ever.
He has not dealt with us according to our sins,
nor rewarded us according to our wickedness.

For as the heavens are high above the earth,
so is his mercy great upon those who fear him.
As far as the east is from the west,
so far has he removed our sins from us.

As a father cares for his children,
so does the LORD care for those who fear him.
For he himself knows whereof we are made;
he remembers that we are but dust.

The Epistle: 2 Corinthians 5:20b-6:10

We entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

As we work together with him, we urge you also not to accept the grace of God in vain. For he says,

"At an acceptable time I have listened to you,
and on a day of salvation I have helped you."

See, now is the acceptable time; see, now is the day of salvation!
We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in

afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see-- we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

Reader: The Word of the Lord.

People: **Thanks be to God.**

The Gospel: Matthew 6:1-6,16-21 *(Standing)*

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

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

Jesus said, "Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

"So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

"And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

"And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell

you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

Priest: The Gospel of the Lord.

All: **Praise to you, Lord Christ**

The Address:

Dear friends in Christ, as we begin the season of Lent we are reminded that, in our Christian lives, we seek to realise the death of Jesus so that God may be glorified in our worship and through our witness in the world.

Saint Paul writes of '*carrying around the death of Jesus in our bodies, so that the life of Jesus may be clearly shown in our bodies*' (2 Cor 4. 10).

It is through baptism that we die into Christ's death (Rom 6. 3-4) so that we may share in his resurrection. In beginning our Lenten observance, we are therefore reminded of our baptism, and how Christ's death on the cross may clearly be shown in our lives.

We now come before God in penitence, reflecting on our life in Christ. We pledge ourselves to observe this season of self-examination, discipline, and self-denial with sincerity, prayer, and reverent reflection on holy Scripture, seeking God's purpose for us, and modelling our lives on the example of Christ Jesus.

The Litany:

God the Father,
have mercy on us.

God the Son,
have mercy on us.

God the Holy Spirit,
have mercy on us.

Holy, blessed, and glorious Trinity,
have mercy on us.

From all evil and mischief:
from pride, vanity, and hypocrisy:
from envy, hatred, and malice:
and from all evil intent.
good Lord, deliver us.

From sloth, worldliness, and love of money:
from hardness of heart
and contempt for your word and your laws,
good Lord, deliver us.

From sins of body and mind:
from the deceits of the world, the flesh, and the devil;
from error and false doctrine,
good Lord, deliver us.

In all times of sorrow,
in all times of joy:
in the hour of death,

and at the day of judgement,
good Lord, deliver us.

Govern and direct your holy Church: fill it with love and truth:
and grant it that unity which is your will.
Hear us, good Lord.

Give us boldness to preach the gospel in all the world, and to
make disciples of all the nations.
Hear us, good Lord.

Enlighten your ministers with knowledge and understanding,
that by their teaching and their lives
they may proclaim your word.
Hear us, good Lord.

Give your people grace to hear and receive your word, and to
bring forth the fruit of the Spirit.
Hear us, good Lord.

Bring into the way of truth
all who have erred and are deceived.
Hear us, good Lord.

Strengthen those who stand:
comfort and help the faint-hearted:
raise up the fallen;
and finally beat down Satan under our feet.
Hear us, good Lord.

Give us true repentance:
forgive us our sins of negligence and ignorance
and our deliberate sins:
and grant us the grace of your Holy Spirit
to amend our lives according to your holy word.

The Trisagion: *Hymnal #S102*

Ho - ly God, Ho - ly and Might - y,

Ho - ly Im - mor - tal One, Have mer - cy up - on us.

The image shows a musical score for a hymn. It consists of two systems of music. Each system has a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one flat (B-flat). The first system contains the lyrics 'Ho - ly God, Ho - ly and Might - y,'. The second system contains the lyrics 'Ho - ly Im - mor - tal One, Have mer - cy up - on us.' The piano accompaniment features a steady bass line with chords that support the vocal melody.

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

The Confession:

Priest: Create in us clean hearts, O God:

All: and renew a right spirit within us.

Let us confess our sins in penitence and faith.

Silence

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.

The Imposition of Ashes:

Blessing of Ashes:

Almighty God, you have compassion on all your children, and hate nothing you have made; you do not desire the death of sinners, but that they turn from their ways and live. May these ashes be for us, who are redeemed through the cross of Christ, a sign of our death to sin, and the pledge of our life in Christ; who lives and reigns for ever and ever. **Amen.**

I invite you to receive the mark of Christ's cross, with which we are signed at Baptism, and by which we are forgiven our sins and live to the glory of God.

Everyone is invited to come forward as per reception of communion, keeping a safe social distance.

Remember you are dust, and to dust you shall return.

The Offertory Sentence: Jesus said, "Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven".

The Offertory Motet-Choir: *Yahweh, I know you are near* D. Schutte

The Eucharistic Prayer [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

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: Plainsong; 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:

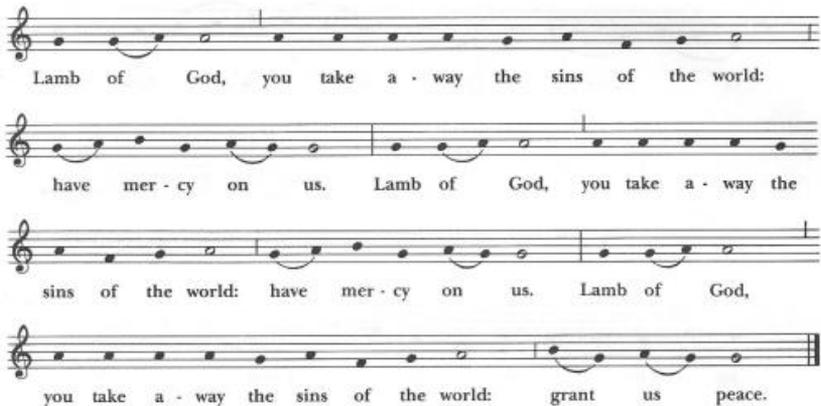
We break this bread to share in the Body of Christ.

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:

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

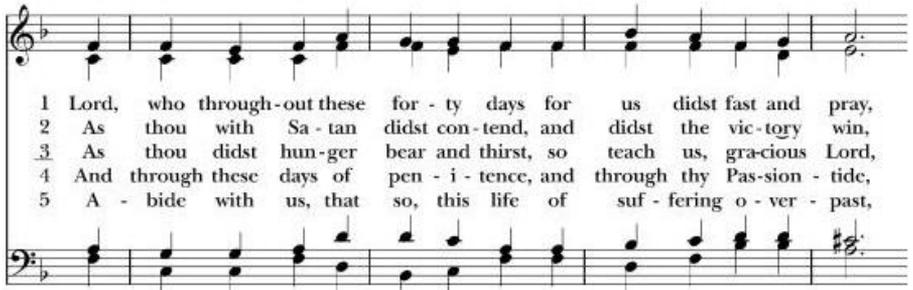
The Benediction:

[Standing]

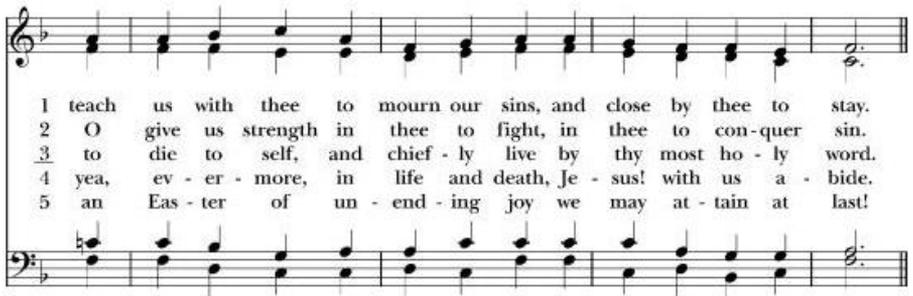
Whatever wilderness the Spirit has brought you to: walk in boldness, as a beloved child of God walk in peace, under the shelter of the Most High walk in faith, knowing Christ walks with you: and the blessing of God Almighty, (+) the Father, the Son, and the Holy Spirit, be upon you, and remain with you always. **Amen.**

The Recessional Hymn: St Flavian

Hymnal #142 [Standing]



1 Lord, who through-out these for - ty days for us didst fast and pray,
2 As thou with Sa - tan didst con - tend, and didst the vic - tory win,
3 As thou didst hun - ger bear and thirst, so teach us, gra - cious Lord,
4 And through these days of pen - i - tence, and through thy Pas - sion - tide,
5 A - bide with us, that so, this life of suf - fering o - ver - past,



1 teach us with thee to mourn our sins, and close by thee to stay.
2 O give us strength in thee to fight, in thee to con - quer sin.
3 to die to self, and chief - ly live by thy most ho - ly word.
4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.
5 an Eas - ter of un - end - ing joy we may at - tain at last!

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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

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

ANNOUNCEMENTS

Weekly Calendar

DAY	DATE	TIME	EVENT
Wednesday	Mar 2	10:00 am	Contemplative Meditation
		6:00 pm	Ash Wednesday
Thursday	Mar 3	7:30 pm	Choir Rehearsal
Friday	Mar 4		
Saturday	Mar 5		
Sunday	Mar 6	8:30 am	First Sunday in Lent Mass
		10:00 am	First Sunday in Lent Mass

TODAY

Wednesday, Mar 2, 6:00 pm Ash Wednesday

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 Raphaelle 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 ([hfongster@gmail.com](mailto:hfangster@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 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
Maureen Fromme/Dulce Lord Lectors
Dulce Lord 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: Raphael 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