



Fourth Sunday after the Epiphany

January 29, 2023

Welcome to St. Ambrose!

St. Ambrose Episcopal Church

The Rev. Fr. Jason Bryan Lucas-Green, Rector

(650) 574-1369 - office@stambrosefostercity.org <http://www.stambrosefostercity.org>

THE LITURGY OF THE WORD

PRELUDE: To You, Holy Father, we offer our praise

PROCESSIONAL

Hymn 616 Hail to the Lord's Anointed

1 Hail to the Lord's A - noint - ed, great Da - vid's great - er Son!
2 He comes with suc - cor speed - y to those who suf - fer wrong,
3 He shall come down like show - ers up - on the fruit - ful earth,
4 Kings shall bow down be - fore him, and gold and in - cense bring;
5 O'er ev - ery foe vic - to - rious, he on his throne shall rest;

1 Hail, in the time ap - point - ed, his reign on earth be - gun!
2 to help the poor and need - y, and bid the weak be strong;
3 and love, joy, hope, like flow - ers, spring in his path to birth:
4 all na - tions shall a - dore him, his praise all peo - ple sing;
5 from age to age more glo - rious, all bless - ing and all - blest:

1 He comes to break op - pres - sion, to set the cap - tive free;
2 to give them songs for sigh - ing, their dark - ness turn to light,
3 be - fore him on the moun - tains shall peace, the her - ald, go;
4 to him shall prayer un - ceas - ing and dai - ly vows a - scend;
5 the tide of time shall nev - er his cov - e - nant re - move;

1 to take a - way trans - gres - sion, and rule in eq - ui - ty.
 2 whose souls, con - demned and dy - ing, were pre - cious in his sight.
 3 and right - eous - ness in foun - tains from hill to val - ley flow.
 4 his king - dom still in - creas - ing, a king - dom with - out end.
 5 his Name shall stand for ev - er, his change - less Name of Love.

Words: James Montgomery (1771-1854); para. of Psalm 72. Music: *Es flog ein kleins Waldvögelein*, German folk song; adapt. and harm. *A Student's Hymnal*, 1923, after Henry Walford Davies (1869-1941).

OPENING SENTENCES

Celebrant Blessed be God, Father, Son and Holy Spirit.

All **And blessed be His kingdom now and for ever, Amen.**

COLLECT FOR PURITY

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

All **Amen.**

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

All **And also with you.**

Celebrant 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 LITURGY OF THE WORD

THE LESSON Micah 6:1-8

Hear what the LORD says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the LORD, and you enduring foundations of the earth; for the LORD has a controversy with his people, and he will contend with Israel.

“O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered the him, and what happened from Shittim to Gilgal, that you may know the saving acts of the LORD.”

“With what shall I come before the LORD, and bow myself before God on high? Shall I come before him with burnt-offerings, with calves a year old? Will the LORD be pleased with thousands of rams, with tens of thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?” He has told you, O mortal, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?

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

Psalm 15

Domine, quis habitabit?

1 LORD, who may dwell in your
tabernacle? *
who may abide upon your holy
hill?
2 Whoever leads a blameless life
and does what is right, *
who speaks the truth from his
heart.
3 There is no guile upon his tongue;
he does no evil to his friend; *
he does not heap contempt
upon his neighbor.

4 In his sight the wicked is rejected,
*
but he honors those who fear
the LORD.
5 He has sworn to do no wrong *
and does not take back his
word.
6 He does not give his money in
hope of gain, *
nor does he take a bribe against
the innocent.
7 Whoever does these things *
shall never be overthrown.

NEW TESTAMENT 1 Corinthians 1:18-31

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

“I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart.”

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, “Let the one who boasts, boast in the Lord.”

Lector The Word of the Lord.

All **Thanks be to God.**

RS562 Halleluya! We Sing Your Praises (before and after the Gospel)

562 Halleluya! We Sing Your Praises

Refrain

Hal - le - lu - ya! We sing your prais-es, all our
hearts are filled with glad - ness. Hal - le - lu - ya! We sing your
prais-es, all our hearts are filled with glad - ness.

THE GOSPEL Matthew 5:1-12

Celebrant The Holy Gospel of our Lord Jesus Christ according to Matthew.

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

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

“Blessed are those who mourn, for they will be comforted.

“Blessed are the meek, for they will inherit the earth.

“Blessed are those who hunger and thirst for righteousness, for they will be filled.

“Blessed are the merciful, for they will receive mercy.

“Blessed are the pure in heart, for they will see God.

“Blessed are the peacemakers, for they will be called children of God.

“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

Deacon The Gospel of the Lord.

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

562 Halleluya! We Sing Your Praises

THE NICENE CREED

**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 and the Son.**

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

FORM III

The Leader and People pray responsively

Father, we pray for your holy Catholic Church;

That we all may be one.

Grant that every member of the Church may
truly and

humbly serve you;

That your Name may be glorified by all people.

We pray for all bishops, priests, and deacons;

That they may be faithful ministers of your Word

and

Sacraments.

We pray for all who govern and hold authority in
the nations

of the world;

That there may be justice and peace on the earth.

Give us grace to do your will in all that we
undertake;

That our works may find favor in your sight.

Have compassion on those who suffer from any
grief or trouble;

That they may be delivered from their distress.

Give to the departed eternal rest.

Let light perpetual shine upon them.

We praise you for your saints who have entered
into joy;

*May we also come to share in your heavenly
kingdom.*

Let us pray for our own needs and those of
others.

Silence

Celebrant: Almighty and eternal God, ruler of all things in heaven and earth: Mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord. *Amen.*

Confession of Sin

The Deacon or Celebrant says

Let us confess our sins against God and our neighbor.

Silence may be kept.

Minister and People

**Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.**

The Bishop, when present, or the Priest, stands and says

**We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.**

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

THE PEACE

Celebrant The peace of the Lord be always with you.

All **And also with you.**

OFFERTORY Lord, make us servants of your peace

SANCTUS

S128

Ho - ly, ho - ly,
 ho - ly Lord, God of power and might,
 heaven 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.

Music: William Mathias (1934-1992). Copyright © 1976 Oxford University Press.

The people stand or kneel.

Then the Celebrant continues

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.

At the following words concerning the bread, the Celebrant is to hold it, or to lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

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,

Celebrant and People

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

The Celebrant continues

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 Ambrose 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.*

And now, as our Savior Christ has taught us, we are bold to say,

THE LORD'S PRAYER

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, for ever and ever. Amen.

THE BREAKING OF THE BREAD

cc

1.Lamb of God, you take a - way the sins of the
 2.Lamb of God, you break the chains of ha - tred and
 3.Lamb of God, you are the way of jus - tice and
 4.Lamb of God, you are the way of mer - cy and

5

world; have mer - cy on us, mer - cy on us, mer - cy on us.
 fear;
 peace:
 love:

10

Lamb of God, you take a - way the sins of the world: grant us peace,

14

grant us peace, grant us peace.

THE COMMUNION ~ *At St. Ambrose all are welcome to share in the Holy Eucharist.*

SPIRITUAL COMMUNION

(Those watching at home, may, if they wish, say this prayer during the time of Communion.)

In union, blessed Jesus, with the faithful gathered at every altar of our Church where your blessed Body and Blood are offered this day, and remembering particularly my own parish and those worshiping there, I long to offer praise and thanksgiving for creation and all the blessing of this life, for the redemption won for us by your life, death, and resurrection, for the means of grace and the hope of glory. And particularly for the blessings given me: (Here, those watching at home may add particular blessing for which they wish to give thanks). I believe that you are truly present in the Holy Sacrament, and, since I cannot at this time receive communion, I pray you to come into my heart. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life until, by your grace, I come to your glorious kingdom and unending peace. Amen

COMMUNION HYMN

Hymn Gather 814 *Taste and See*

Taste and see. Taste and see the good - ness

of the Lord. O taste and see. Taste and

Fine

see the good - ness of the Lord, of the Lord.

1. I will bless the Lord at all times.
2. Glo - ri - fy the Lord with me.
3. Wor - ship the Lord all you peo - ple.

His praise shall al - ways be on my
To - geth - er let us all praise his
You'll want for noth - ing if you

lips; my soul shall
name. I called the
ask. Taste and

glo - ry in the Lord; for
Lord and he an - swered me; from
see that God is good; in

D.C.

he has been so good to me.
all my trou - bles he set me free.
him we need put all our trust.

THE POSTCOMMUNION PRAYER

Celebrant Let us pray

All Almighty and everliving 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 for ever. Amen.

THE BLESSING

THE DISMISSAL

RECESSIONAL Hymn 438 *Tell Out My Soul*



1 Tell out, my soul, the great-ness of the Lord!
2 Tell out, my soul, the great-ness of his Name!
3 Tell out, my soul, the great-ness of his might!
4 Tell out, my soul, the glo-ries of his word!



Un - num - bered bless - ings give my spi - rit voice;
Make known his might, the deeds his arm has done;
Powers and do - min - ions lay their glo - ry by.
Firm is his prom - ise, and his mer - cy sure.



ten - der to me the prom - ise of his word;
his mer - cy sure, from age to age the same;
Proud hearts and stub - born wills are put to flight,
Tell out, my soul, the great - ness of the Lord



in God my Sa - vior shall my heart re - joice.
his ho - ly Name— the Lord, the Might - y One.
the hun - gry fed, the hum - ble lift - ed high.
to chil - dren's chil - dren and for ev - er - more!

Words: Timothy Dudley-Smith (b. 1926); based on *The Song of Mary*. Copyright © 1962 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Woodlands*, Walter Greatorex (1877-1949), alt. By permission of Oxford University Press.

POSTLUDE Pescador De Hombres

Cesareo Gabarain

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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. Fr. Jason Lucas-Green, *Rector*
Frank Saunders, Organist
Maureen Fromme, Choir Director

Worship Leader Rota:

Dulce Lord, Intercessor
Eugene Hetzer, Dulce Lord/Lectors
Usher
Eucharistic Minister
Livestream Technician

St. Ambrose Episcopal Church

Reverend Fr. Jason Lucas-Green, Rector
Angeli Labrador, Admin Assistant

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ANNOUNCEMENTS

Masks are recommended

With the updated Covid protocols released from the diocese of California masks are highly recommended, but not required in the building.

2023 Pledge envelopes

The 2023 Pledge envelopes are out in the Narthex. Last Sunday's packet contained only 4 months (Jan-April). If you picked that up last Sunday, you can now pick up the remaining 8 months. The pledge packets are also separated by families who submitted their 2023 pledge form. Please contact the office if you would like the pledge envelopes mailed or delivered to you. Thank you.

All Parish Meeting

In order to ensure that financials are in proper order as well as we will be revamping the All Parish Meeting it has been decided we will postpone the meeting to a later date. If you have any questions please contact Fr. Jason at frjason@stambrosefostercity.org.

Annual Reports

Even though we are postponing our All Parish Meeting I am still collecting reports from our various ministries. Please email your reports to frjason@stambrosefostercity.org Thank you in advance.

Doughnut Hour

Sounds like a great time! I am looking to have some help me coordinate a monthly doughnut hour. We will meet during the week for an hour for doughnuts, social time, and to listen to a speaker. If you would like to help work with me on coordinating this please contact frjason@stambrosefostercity.org

Pastoral Visits

Fr. Jason would love to come and visit you. If you would like a visit with Fr. Jason please use this link <https://calendly.com/frjason-1> or you can email him at Frjason@stambrosefostercity.org. Now that the holidays are over my goal this year is to meet and get to know the parish better.

Spring Cleaning

I know it is still January but it is never too early to think about spring cleaning. Bayview will take clothes, shoes, and other items for their clients. Please bring them to church and we will get them to Bayview.

Chili Cook Off

Is hoping to make a comeback. If you would like to work with Fr. Jason on this project please contact him at frjason@stambrosefostercity.org

Outreach for Bayview Mission for January

We will be collecting creamy peanut butter as well as any ziplock bags (no snack size please) for our outreach to Bayview this month. Please bring them and place them in the box in the narthex. Thank you in advance for your generosity.

Coffee Hour

Join us for Coffee Hour after mass at 11:00 am in the courtyard. Coffee hour will be hosted by the Vestry on the first Sunday of the month. Please volunteer for the other weeks by using the link below or by the signup sheet in the Narthex by the Reflections & Gratitude Board:

Sign Up Genius <https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-coffee1>

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

Worship Leaders Needed

Please sign up as a Lector for our 8:30 am and 10:00 am Mass by emailing office@stambrosefostercity.org or the Church signup sheet.

We also need Worship Leader volunteers for our 10:00 am Mass. There are openings for Intercessors, Lectors, Greeters, Ushers and Acolytes, and Livestream Technicians. Contact us at office@stambrosefostercity.org 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.

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, Elliott Dun, Alison LeBlanc, Ronnie Rosen, Leo Gauthier, John David Tate, Alice Deckel, Randy Fromme, Mike Frisch, and the pupils and staff of Sea Breeze School.

For those who have died: Martin Gardiner

The Altar Flowers are donated by:

The Richards family, *In loving memory of Gillian & Alfonso Richards*

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