



Fifth Sunday after the Epiphany

February 5, 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: Le Cigne.

C. Saint-Saens

PROCESSIONAL

Hymn 7 Christ, Whose Glory Fills the Skies

1 Christ, whose glo - ry fills the skies, Christ the true, the on - ly Light,
2 Dark and cheer-less is the morn un - ac - com - pan - ied by thee;
3 Vis - it then this soul of mine! Pierce the gloom of sin and grief!

Sun of Right-eous - ness, a - rise! Tri-umph o'er the shades of night:
joy - less is the day's re - turn, till thy mer - cy's beams I see,
Fill me, ra - dian - cy di - vine; scat - ter all my un - be - lief;

Day-spring from on high, be near; Day-star, in my heart ap - pear.
till they in - ward light im - part, glad my eyes, and warm my heart.
more and more thy - self dis - play, shin - ing to the per - fect day.

Words: Charles Wesley (1707-1788)

Music: *Ratisbon*, melody from *Geistliche gesangk Buchleyn*, 1524; adapt. att. William Henry Havergal (1793-1870); harm. William Henry Havergal (1793-1870), alt.

77. 77. 77

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

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

THE LITURGY OF THE WORD

THE LESSON Isaiah 58:1-9a, [9b-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?

Lector The Word of the Lord.

All **Thanks be to God.**

Psalm 112:1-9, [10]

Beatus vir

1 Hallelujah!

Happy are they who fear the
Lord *

and have great delight in his
commandments!

2 Their descendants will be mighty

in the land; *

the generation of the upright
will be blessed.

3 Wealth and riches will be in their
house, *

and their righteousness will last
for ever.

4 Light shines in the darkness for
the upright; *

the righteous are merciful and
full of compassion.

5 It is good for them to be generous
in lending *

and to manage their affairs with
justice.

6 For they will never be shaken; *
the righteous will be kept in
everlasting remembrance.

7 They will not be afraid of any evil
rumors; *

their heart is right;

they put their trust in the Lord.

8 Their heart is established and will
not shrink, *

until they see their desire upon
their enemies.

9 They have given freely to the
poor, *

and their righteousness stands
fast for ever;

they will hold up their head
with honor.

[10 The wicked will see it and be
angry;

they will gnash their teeth and
pine away; *

the desires of the wicked will
perish.]

NEW TESTAMENT **Corinthians 2:1-12, [13-16]**

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written,

“What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him”— these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God’s except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. [And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.]

Those who are unspiritual do not receive the gifts of God’s Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. Those who are spiritual discern all things, and they are themselves subject to no one else’s scrutiny.

“For who has known the mind of the Lord so as to instruct him?” But we have the mind of Christ.]

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 image shows a musical score for a hymn. It consists of three systems of music, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one sharp (F#) and the time signature is 3/4. The lyrics are: "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 word "Refrain" is written above the first system. The score ends with a double bar line and repeat dots.

THE GOSPEL Matthew 5:13-20

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

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

Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

"You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

"Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

Deacon The Gospel of the Lord.

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

562 Halleluya! We Sing Your Praises

THE SERMON

The Rev. Rebecca Goldberg

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--*Standing*

Celebrant: Let us confess our sins against God and our neighbor.

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 TEACH Me Your Way

T. Shaw

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.

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

FRACTION ANTHEM

RS470

ce

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

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

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

grant us peace, grant us peace.

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 321 *My God, Thy Table Now Is Spread*

321

Holy Eucharist

1 My God, thy ta - ble now is spread, thy cup with
2 O let thy ta - ble hon - ored be, and fur - nished
3 Drawn by thy quick - ening grace, O Lord, in count - less
4 Nor let thy spread - ing Gos - pel rest till through the

love doth o - ver - flow; be all thy chil - dren
well with joy - ful guests; and may each soul sal -
num - bers let them come and gath - er from their
world thy truth has run, till with this Bread shall

thith - er led, and let them thy sweet mer - cies know.
 va - tion see, that here its sa - cred pledg - es tastes.
 Fa - ther's board the Bread that lives be - yond the tomb.
 all be blessed who see the light or feel the sun.

Words: Sts. 1-3, Philip Doddridge (1702-1751), alt.; st. 4, Issac Watts (1674-1748), alt.
 Music: *Rockingham*, melody from *Second Supplement to Psalmody in Miniature*, ca. 1780;
 harm. Edward Miller (1731-1807); adapt. Samuel Webbe, Jr. (1770-1843)

LM

THE POSTCOMMUNION PRAYER

Celebrant Let us pray

All 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 for ever. Amen.

THE BLESSING

THE DISMISSAL

RECESSIONAL Hymn 536 *Lord, Today*

536 Lord, Today

Refrain

Melody:

Lord, to - day we have seen your glo - ry, dawn

Harmony:

fol - lows the night. We, your peo - ple who

walked in dark - ness now have seen a great light.

To verses

Last time

Verses

1. A child is born, a Son giv - en us,
2. The Lord is king, the na - tions re - jice,
3. O Beth - le - hem, you are from of old,
4. The days will come, the Lord prom - ised us,
5. New light has dawned up - on all the just,

on him do - min - ion shall rest. His name shall
 let all God's peo - ple be glad. The heav - ens pro -
 too small a - mong Ju - dah's clans. From you shall
 when God would raise up a shoot to rule the
 glad - ness for up - right of heart. Re - joice in the

Melody:

be Won - der - ful God, Coun - sel - or,
 claim jus - tice for all. Glo - ry has
 come a rul - er this day, shep - herd to
 land, reign as a king, whose name is
 Lord, you faith - ful ones. Give thanks to

Harmony:

D.C.

Prince of Peace.
 filled the land.
 guide the land.
 Lord the Just.
 God's great name.

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POSTLUDE Gabarain Go Now In Peace

N. Sleeth

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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:

David McIntyre, Intercessor
David McIntyre, Cathy Rincon/Lectors
Usher
Eucharistic Minister
Ali LeBlanc, 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. The pledge packets are 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 February 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

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](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.

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 given by:

The Altar Guild to the Glory of God

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