



Last Sunday after the Epiphany

February 19, 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: Mazurka in A minor

F. Chopin

PROCESSIONAL

Hymn 525 The Church's One Foundation

1 The Church's one foun - da - tion is Je - sus Christ her Lord;
2 E - lect from ev - ery na - tion, yet one o'er all the earth,
3 Though with a scorn - ful won - der men see her sore op - pressed,
4 Mid toil and tri - bu - la - tion, and tu - mult of her war
5 Yet she on earth hath un - ion with God, the Three in One,

1 she is his new cre - a - tion by wa - ter and the word:
2 her char - ter of sal - va - tion, one Lord, one faith, one birth;
3 by schi - sms rent a - sun - der, by her - e - sies dis - tressed;
4 she waits the con - sum - ma - tion of peace for ev - er - more;
5 and mys - tic sweet com - mun - ion with those whose rest is won.

1 from heaven he came and sought her to be his ho - ly bride;
2 one ho - ly Name she bless - es, par - takes one ho - ly food,
3 yet saints their watch are keep - ing, their cry goes up, "How long?"
4 till with the vi - sion glo - rious her long - ing eyes are blessed,
5 O hap - py ones and ho - ly! Lord, give us grace that we

1 with his own blood he bought her, and for her life he died.
 2 and to one hope she press - es, with ev - ery grace en - dued.
 3 and soon the night of weep - ing shall be the morn of song.
 4 and the great Church vic - to - rious shall be the Church at rest.
 5 like them, the meek and low - ly, on high may dwell with thee.

Words: Samuel John Stone (1839-1900). Music: *Aurelia*, Samuel Sebastian Wesley (1818-1876).

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

O God, who before the passion of your only begotten Son revealed his glory upon the holy mountain: Grant to us that we, beholding by faith the light of his countenance, may be strengthened to bear our cross, and be changed into his likeness from glory to glory; 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

FIRST LESSON Exodus 24:12-18

The Lord said to Moses, “Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction.” So Moses set out with his assistant Joshua, and Moses went up into the mountain of God. To the elders he had said, “Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them.”

Then Moses went up on the mountain, and the cloud covered the mountain. The glory of the Lord settled on Mount Sinai, and the cloud covered it for six days; on the seventh day he

called to Moses out of the cloud. Now the appearance of the glory of the Lord was like a devouring fire on the top of the mountain in the sight of the people of Israel. Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights.

Lector The Word of the Lord.

All **Thanks be to God.**

Psalm 99

Dominus regnavit

1 The Lord is King;
let the people tremble; *
he is enthroned upon the cherubim;
let the earth shake.

2 The Lord is great in Zion; *
he is high above all peoples.

3 Let them confess his Name, which is great
and awesome; *
he is the Holy One.

4 "O mighty King, lover of justice,
you have established equity; *
you have executed justice and righteousness
in Jacob."

5 Proclaim the greatness of the Lord our
God
and fall down before his footstool; *
he is the Holy One.

6 Moses and Aaron among his priests,
and Samuel among those who call upon his
Name, *
they called upon the Lord, and he answered
them.

7 He spoke to them out of the pillar of
cloud; *
they kept his testimonies and the decree that
he gave them.

8 O Lord our God, you answered them
indeed; *
you were a God who forgave them,
yet punished them for their evil deeds.

9 Proclaim the greatness of the Lord our
God and worship him upon his holy hill; *
for the Lord our God is the Holy One.

SECOND LESSON 2 Peter 1:16-21

We did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his majesty. For he received honor and glory from God the Father when that voice was conveyed to him by the Majestic Glory, saying, "This is my Son, my Beloved, with whom I am well pleased." We ourselves heard this voice come from heaven, while we were with him on the holy mountain.

So we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your

hearts. First of all you must understand this, that no prophecy of scripture is a matter of one's own interpretation, because no prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from God.

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 musical score is written for voice and piano. It consists of three systems of music. The first system is labeled 'Refrain' and contains the lyrics 'Hal - le - lu - ya! We sing your prais-es, all our'. The second system contains the lyrics 'hearts are filled with glad - ness. Hal - le - lu - ya! We sing your'. The third system contains the lyrics 'prais-es, all our hearts are filled with glad - ness.' The music is in 3/4 time with a key signature of one sharp (F#).

THE GOSPEL Matthew 17:1-9

Celebrant The Holy Gospel of our Lord Jesus Christ according to Matthew.
All **Glory to you, Lord Christ.**

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, "Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah." While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying,

“Get up and do not be afraid.” And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them, “Tell no one about the vision until after the Son of Man has been raised from the dead.”

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.**

**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.**

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

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 Transform Us- French Carol,

Proulx

THE HOLY COMMUNION

Eucharistic Prayer B

Celebrant *People*
The Lord be with you. And al - so with you.

Celebrant *People*
Lift up your hearts. We lift them to the Lord.

Celebrant
Let us give thanks to the Lord our God.

People
It is right to give him thanks and praise.

Then, facing the Holy Table, the Celebrant proceeds

It is right, and a good and joyful thing, always and every- where to give thanks to you, Father Almighty, Creator of heaven and earth. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Celebrant and People

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

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

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.

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 325 *Let Us Break Bread Together*



1 Let us break bread to - geth - er on our knees; _____
2 Let us drink wine to - geth - er on our knees; _____



let us break bread to - geth - er on our knees; _____
let us drink wine to - geth - er on our knees; _____



when I fall on my knees, with my face to the ris - ing sun,



O Lord, have mer - cy on me. _____



3 Let us praise God to - geth - er on our knees; _____



let us praise God to - geth - er on our knees; _____



when I fall on my knees, with my face to the ris - ing sun,



O Lord, have mer - cy on me. _____

Words: African-American spiritual. Music: *Let Us Break Bread*, Afro-American spiritual; arr. and harm. David Hurd (b. 1950).

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 599 *Lift Every Voice*

Hymn 599 *Lift Every Voice*

Introduction

1 Lift ev-ery voice and sing till earth and hea - ven ring, ring with the
 2 Ston-y the road we trod, bit - ter the chas-tening rod, felt in the
 3 God of our wea - ry years, God of our si - lent tears, thou who hast

har - mon - ies of lib - er - ty. Let our re - joic - ing rise
 days when hope un - born had died; yet, with a stead - y beat,
 brought us thus far on the way; thou who hast by thy might

high as the lis - tening skies; let it re - sound loud as the
 have not our wea - ry feet come to the place for which our
 led us in - to the light; keep us for ev - er in the

roll - ing sea. Sing a song full of the faith that the dark past has
 par - ents sighed? We have come o - ver a way that with tears has been
 path, we pray. Lest our feet stray from the pla - ces, our God, where we

taught us; sing a song full of the hope that the pres - ent has
 wa - tered; we have come, tread - ing our path through the blood of the
 met thee; lest, our hearts drunk with the wine of the world, we for -

brought us; fac - ing the ris - ing sun of our new
 slaugh - tered, out from the gloom - y past, till now we
 get thee; sha-dowed be - neath thy hand may we for

day be - gun, let us march on, till vic - to - ry is won.
 stand at last where the white gleam of our bright star is cast.
 ev - er stand, true to our God, true to our na - tive land.

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POSTLUDE Mendocino Blessing

Traditional

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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*
The Rev. Rebecca Goldberg
Frank Saunders, Organist
Maureen Fromme, Choir Director

Worship Leader Rota:

Stephen Yuen, Intercessor
Stephen Yuen, Lector
Stephen Yuen, 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

ALL PARISH MEETING

This a Parish notification of the call for the Annual All Parish Meeting which will be held on February 26 at 10:00am. All are encouraged to attend.

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.

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: Judi Guilford, John David Tate, 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.]