



## THIRD SUNDAY IN LENT

March 12, 2023

### Welcome to St. Ambrose!

St. Ambrose Episcopal Church

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

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

## THE LITURGY OF THE WORD

**Prelude**     **Prelude #4 in E minor-Chopin**

**All Enter in Silence**

**Opening Sentences**

*Celebrant* Bless the Lord who forgives all our sins

**All**     **His mercy endures forever. Amen.**

**The Collect for Purity**

**Kryie S100 Trisagion**

Ho - ly God, Ho - ly and Might - y, Ho - ly Im -  
mor - tal One, Have mer - cy up - on us. Ho - ly God,  
Ho - ly and Might - y, Ho - ly Im - mor - tal One, Have mer - cy  
up - on us. Ho - ly God, Ho - ly and Might - y,  
Ho - ly Im - mor - tal One, Have mer - cy up - on us.

**The Collect of the Day**

*Celebrant*     The Lord be with you.

**People**     **And also with you.**

*Celebrant*     Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which

may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### **First Lesson Exodus 17:1-7**

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

*Reader*      The Word of the Lord

*People*      **Thanks be to God**

### **Psalm 95 Venite, exultemus**

- 1 Come, let us sing to the Lord; \*  
let us shout for joy to the Rock of our salvation.
- 2 Let us come before his presence with thanksgiving \*  
and raise a loud shout to him with psalms.
- 3 For the Lord is a great God, \*  
and a great King above all gods.
- 4 In his hand are the caverns of the earth, \*  
and the heights of the hills are his also.
- 5 The sea is his, for he made it, \*  
and his hands have molded the dry land.
- 6 Come, let us bow down, and bend the knee, \*  
and kneel before the Lord our Maker.
- 7 For he is our God,  
and we are the people of his pasture and

the sheep of his hand. \*

Oh, that today you would hearken to his voice!

- 8 Harden not your hearts,  
as your forebears did in the wilderness,  
\*  
at Meribah, and on that day at Massah,  
when they tempted me.
- 9 They put me to the test, \*  
though they had seen my works.
- 10 Forty years long I detested that generation  
and said, \*  
"This people are wayward in their hearts;  
they do not know my ways."
- 11 So I swore in my wrath, \*  
"They shall not enter into my rest."

## Second Lesson Romans 5:1-11

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation

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

## Hymn RS546 | *Deep Within v.1-2*

Refrain



Deep within I will plant my law, not on stone, but in your heart. Follow me.

10



I will bring you back, you will be my own, and I will be your God. 1. I will give you a  
2. Seek my  
3. Re - turn to

18



new heart, a new spir - it with - in you, for I will be your strength.  
face. and see your God for I will be your hope.  
me, with all your heart, and I will bring you back.

D.C.

## **Holy Gospel John 4:5-42**

*Deacon* The Holy Gospel of our Lord Jesus Christ according to John

*People* **Glory to you Lord Christ**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him.

Meanwhile the disciples were urging him, “Rabbi, eat something.” But he said to them, “I have food to eat that you do not know about.” So the disciples said to one another, “Surely no one has brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

*Deacon* The Gospel of the Lord  
*People* Praise to you Lord Christ

Hymn RS546 | *Deep Within v.3*

Sermon 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.**

**The Prayers of the People      Common Worship Church of England**

God of love hear the cry of those who  
yearn for love; fractured families, broken  
homes neglected, unwanted, alone.

God of love **Hear our prayer**

God of justice hear the cry of those who  
yearn for justice; persecuted and  
oppressed, exploited, ill-treated, broken.

God of justice **Hear our prayer**

God of peace hear the cry of those who  
yearn for peace; in battle zones and  
broken states, frightened, fearful, anxious

God of peace **Hear our prayer**

God of healing hear the cry of those who  
yearn for healing; physical and spiritual  
hurting, weakened, depressed

God of healing **Hear our prayer**

God of mercy hear the cry of those who  
yearn for mercy; convicted, in need of  
your Grace, contrite, humble, bowed  
down,

God of mercy **Hear our prayer**

*Celebrant:*

May you know

The peace of God

The love of God

The justice of God

The healing and mercy of God

This day and all days

*Amen*

**Confession of Sin      Common Worship Church of England**

*The Deacon or Celebrant says:*

Let us admit to God the sin which always confronts us.

**Lord God, we have done evil in your sight. We are sorry and repent. Have mercy on us  
according to your love. Wash away our wrongdoing and cleanse us from our sin.**

**Renew a right spirit within us and restore us to the joy of your salvation, through Jesus  
Christ our Lord. 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**

*Presider* The peace of Lord be always with you.

*People* **And also with you.**

## OFFERATORY

## Lenten Carol-Schwartz

### THE HOLY COMMUNION

#### The Great Thanksgiving Eucharistic Prayer F Church of England

*Celebrant:* The Lord be with you

*People:* **And also with you**

*Celebrant:* Lift up your hearts

*People:* **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**

*The Celebrant continues...*

Lord God of truth, for by the breath of your mouth you have spoken your word, and all things have come into being. You fashioned us in your image and placed us in the garden of your delight. Though we chose the path of rebellion you would not abandon your own. Again and again you drew us into your covenant of grace. You gave your people the law and taught us by your prophets to look for your reign of justice, mercy and peace. As we watch for the signs of your kingdom on earth, we echo the song of the angels in heaven, evermore praising you and saying:

#### Sanctus RS124 *Land of Rest*

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and  
might, heav - en 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, ho - san - na in the high - est.

*The Celebrant continues . . .*

Lord God, you are the most holy one, enthroned in splendour and light, yet in the coming of your Son Jesus Christ you reveal the power of your love made perfect in our human weakness.

Embracing our humanity, Jesus showed us the way of salvation; loving us to the end, he gave himself to death for us; dying for his own, he set us free from the bonds of sin, that we might rise and reign with him in glory.

On the night he gave up himself for us all he took bread and gave you thanks; he broke it and gave it to his disciples, saying: Take, eat; this is my body which is given for you; do this in remembrance of me.

In the same way, after supper he took the cup and gave you thanks; he gave it to them, saying: 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. Do this, as often as you drink it, in remembrance of me.

Therefore we proclaim the death that he suffered on the cross, we celebrate his resurrection, his bursting from the tomb, we rejoice that he reigns at your right hand on high and we long for his coming in glory.

As we recall the one, perfect sacrifice of our redemption, by your Holy Spirit let these gifts of your creation be to us the body and blood of our Lord Jesus Christ; form us into the likeness of Christ and make us a perfect offering in your sight. Look with favour on your people, and in your mercy hear the cry of our hearts. Bless the earth, heal the sick, let the oppressed go free and fill your Church with power from on high. Gather your people from the ends of the earth to feast with all your saints at the table in your kingdom, where the new creation is brought to perfection in Jesus Christ our Lord; by whom, and with whom, and in who, in the unity of the Holy Spirit, all honour and glory be yours, almighty Father, for ever and ever.

#### **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.**

## Fraction Anthem S164

Je - sus, Lamb of God: have mer - cy on us.

Je - sus, bear - er of our sins: have mer - cy on us.

Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace.

## Invitation

### 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 RS554 *Eternal Lord of Love*



1. E - ter - nal Lord of love, be - hold your Church,  
2. So dai - ly dy - ing to the way of self,  
3. If dead in you, so in you we a - rise,



Walk - ing once more the pil - grim way of Lent,  
So dai - ly liv - ing to your way of love,  
You the first - born of all the faith - ful dead;



Led by your cloud by day, by night your fire,  
We walk the road, Lord Je - sus, that you trod,  
And as through ston - y ground the green shoots break,



Moved by your love and t'ward your pres - ence bent:  
Know - ing our - selves bap - tized in - to your death:  
Glo - rious in spring - time dress of leaf and flower,



Far off yet here the goal of all de - sire.  
So we are dead and live with you in God.  
So in the Fa - ther's glo - ry shall we wake.

Text: Thomas H. Cain, b.1931, © 1982

Tune: FENN HOUSE, 10 10 10 10 10; Michael Joncas, b.1951, © 1988, GIA Publications, Inc.

### Post Communion Prayer Common Worship Church of England

Lord Jesus Christ, you have taught us that what we do for the least of our brothers and sisters we do also for you. Give us the will to be the servant of others as you were the servant of all, and gave up your life and died for us, but are alive and reign, now and forever. *Amen.*

### The Blessing

## Closing Hymn H690 | *Guide me, O though Great Jehovah*

1 Guide me, O thou great Je - ho - vah, pil - grim through this  
 2 O - pen now the crys - tal foun-tain, whence the heal - ing  
 3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;  
 stream doth flow; let the fire and cloud - y pil - lar  
 fears sub - side; death of death, and hell's de - struc - tion,

hold me with thy power - ful hand; bread of hea - ven,  
 lead me all my jour - ney through; strong de - liv - erer,  
 land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er -  
 strong de - liv - erer, be thou still my strength and  
 songs of prais - es, I will ev - er give to

more, feed me now and ev - er - more.  
 shield, be thou still my strength and shield.  
 thee, I will ev - er give to thee.

Words: William Williams (1717-1791); tr. Peter Williams (1722-1796), alt. Music: *Cwm Rhondda*, John Hughes (1873-1932).

## Postlude Kyrie

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### **ANNOUNCEMENTS**

#### **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](mailto: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**

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.

#### **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](mailto: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](mailto: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](mailto: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:*** 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.]*