



SECOND SUNDAY LENT

March 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 Pass the Hills are round about Jerusalem

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.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. *Amen.*

First Lesson Genesis 12:1-4a

The Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed."

So Abram went, as the Lord had told him; and Lot went with him.

Reader The Word of the Lord

People **Thanks be to God**

Psalm 121 *Dominus illuminatio*

- 1 I lift up my eyes to the hills; *
from where is my help to come?
- 2 My help comes from the Lord, *
the maker of heaven and earth.
- 3 He will not let your foot be moved *
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;
- 5 The Lord himself watches over you; *
the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day, *
nor the moon by night.
- 7 The Lord shall preserve you from all evil; *
it is he who shall keep you safe.
- 8 The Lord shall watch over your going out and your coming in, *
from this time forth for evermore.

Second Lesson Romans 4:1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

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 Verses



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 D.C.



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.

Holy Gospel John 3:1-17

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

People **Glory to you Lord Christ**

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things?

“Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

Deacon The Gospel of the Lord

People **Praise to you Lord Christ**

Hymn RS546 | *Deep Within v.3*

Sermon

Rev. Fr. Jason Lucas-Green

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

God so Loved the World

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.

The first line of music consists of a treble and bass staff in G major. The treble staff has a melody with lyrics: "Je - sus, Lamb of God: have mer - cy on us." The bass staff provides a harmonic accompaniment with chords and moving lines.

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

The second line of music continues the melody and accompaniment. The treble staff has a melody with lyrics: "Je - sus, bear - er of our sins: have mer - cy on us." The bass staff provides a harmonic accompaniment.

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

The third line of music continues the melody and accompaniment. The treble staff has a melody with lyrics: "Je - sus, re - deem - er, re - deem - er of the world:". The bass staff provides a harmonic accompaniment.

give us your peace, give us your peace.

The fourth line of music concludes the piece. The treble staff has a melody with lyrics: "give us your peace, give us your peace." The bass staff provides a harmonic accompaniment, ending with a double bar line.

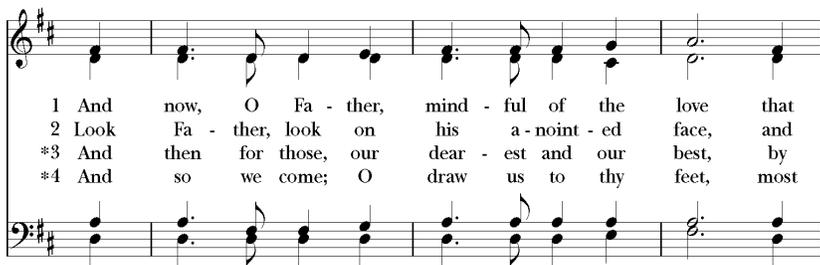
Invitation

SPIRITUAL COMMUNION

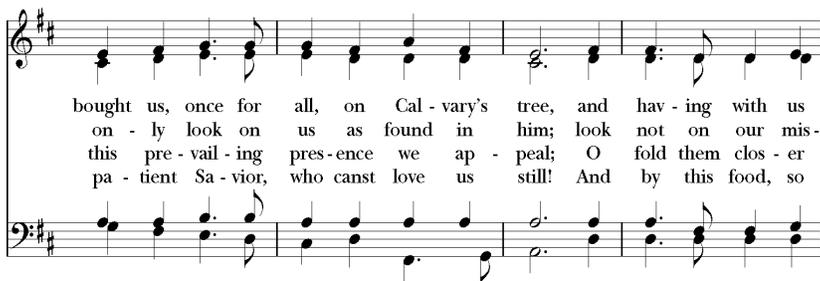
(Those watching at home, may, if they wish, say this prayer during the time of Communion.)

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

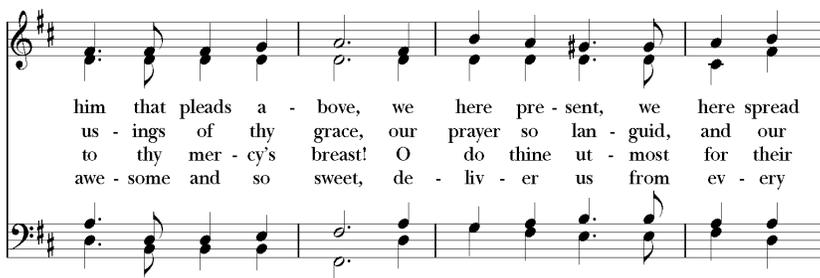
COMMUNION HYMN H337 *And now, O Father, mindful of the love*



1 And now, O Fa - ther, mind - ful of the love that
2 Look Fa - ther, look on his a - noint - ed face, and
*3 And then for those, our dear - est and our best, by
*4 And so we come; O draw us to thy feet, most



bought us, once for all, on Cal - vary's tree, and hav - ing with us
on - ly look on us as found in him; look not on our mis -
this pre - vail - ing pres - ence we ap - peal; O fold them clos - er
pa - tient Sa - vior, who canst love us still! And by this food, so



him that pleads a - bove, we here pre - sent, we here spread
us - ings of thy grace, our prayer so lan - guid, and our
to thy mer - cy's breast! O do thine ut - most for their
awe - some and so sweet, de - liv - er us from ev - ery



forth to thee, that on - ly of - fering per - fect in thine
faith so dim: for lo! be - tween our sins and their re -
soul's true weal! From taint - ing mis - chief keep them pure and
touch of ill: in thine own ser - vice make us glad and

eyes, the one true, pure, im - mor - tal sac - ri - fice.
 ward, we set the pas - sion of thy Son our Lord.
 clear, and crown thy gifts with strength to per - se - vere.
 free, and grant us nev - er - more to part from thee.

Words: William Bright (1824-1901), alt. Music: *Unde et memores*, William Henry Monk (1823-1889)

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 H473 | *Lift high the cross*

Descant
 Lift high the cross, the love of Christ pro - claim

Refrain
 Lift high the cross, the love of Christ pro - claim

till all the world a - dore his sa - cred Name.

till all the world a - dore his sa - cred Name.

Led on their way by this tri - um - phant sign,
 Each new - born ser - vant of the Cru - ci - fied,
 O Lord, once lift - ed on the glo - rious tree,
 So shall our song of tri - umph ev - er be:

Repeat Refrain

the hosts of God in con - quering ranks com - bine.
 bears on the brow the seal of him who died.
 as thou hast prom - ised, draw the world to thee.
 praise to the Cru - ci - fied for vic - to - ry.

Words: George William Kitchin (1827-1912); alt. Michael Robert Newbolt (1874-1956) Music: *Crucifer*, Sydney Hugo Nicholson (1875-1947);
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Postlude Nunc dimittis nos

ANNOUNCEMENTS

ALL PARISH MEETING—Thank you!!

Thank you to everyone who attended our Annual Parish Meeting.

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.

Funeral Services for Judi Guildford

Funeral services for Judi Guildford, mother of Jerelyn Weber will be held this coming Saturday, March 11 at 10:00 am here at St. Ambrose.

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.]