



May 21, 2023 • Seventh Sunday of Easter

## 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>

**Rector** • *pastoral calls and emergencies*

The Rev. Jason B. Lucas-Green

612.865.5442

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# THE LITURGY OF THE WORD

**PRELUDE: Traumerei**

**R. Schumann**

**PROCESSIONAL** All Hail the Power of Jesus Name #450

6 Let ev - ery kin - dred, ev - ery tribe, on this ter - res - trial

1 All hail the power of Je - sus' Name! Let an - gels pros - trate  
 2 Crown him, ye mar - tyrs of our God, who from his al - tar  
 3 Hail him, the Heir of Da - vid's line, whom Da - vid Lord did  
 \* 4 Ye heirs of Is - rael's cho - sen race, ye ran - somed of the  
 \* 5 Sin - ners, whose love can ne'er for - get the worm - wood and the

ball, to him a - scribe, and

1 fall; bring forth the roy - al di - a - dem, and  
 2 call: praise him whose way of pain ye trod, and  
 3 call, the God in - car - nate, Man di - vine, and  
 4 fall, hail him who saves you by his grace, and  
 5 gall, go, spread your tro - phies at his feet, and

crown him Lord of all! to him a -

1 crown him Lord of all! bring forth the roy - al  
 2 crown him Lord of all! praise him whose way of  
 3 crown him Lord of all! the God in - car - nate,  
 4 crown him Lord of all! hail him who saves you  
 5 crown him Lord of all! go, spread your tro - phies

scribe, and crown him Lord of all!

1 di - a - dem, and crown him Lord of all!  
 2 pain ye trod, and crown him Lord of all!  
 3 Man di - vine, and crown him Lord of all!  
 4 by his grace, and crown him Lord of all!  
 5 at his feet, and crown him Lord of all!

6 Let every kindred, every tribe,  
 on this terrestrial ball,  
 to him all majesty ascribe,  
 and crown him Lord of all!

Words: Edward Perronet (1726-1792), alt. Music: *Coronation*, Oliver Holden (1765-1844), alt.; desc. Michael E. Young (b. 1939). Descant, Copyright © 1979, G.I.A. Publications, Inc.

## Opening Sentences

*Celebrant:* Alleluia! Christ is RISEN!

*People:* **The Lord is RISEN INDEED!! Alleluia!**

## The Collect for Purity

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. **Amen**

## The Collect of the Day

*Celebrant:* The Lord be with you.

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

*Celebrant:* Let us pray.

O God, the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: Do not leave us comfortless, but send us your Holy Spirit to strengthen us, and exalt us to that place where our Savior Christ has gone before; who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. **Amen.**

## First Lesson Acts 1:6-14

When the apostles had come together, they asked Jesus, “Lord, is this the time when you will restore the kingdom to Israel?” He replied, “It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, “Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.”

Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day’s journey away. When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James. All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

*Reader:* The Word of the Lord.

***People:* Thanks be to God.**

## Psalm 68:1-10, 33-36

### *Exsurgat Deus*

1 Let God arise, and let his enemies be scattered; \*  
let those who hate him flee before him.  
2 Let them vanish like smoke when the wind drives it away; \*  
as the wax melts at the fire, so let the wicked perish at the presence of God.  
3 But let the righteous be glad and rejoice before God; \*  
let them also be merry and joyful.  
4 Sing to God, sing praises to his Name; exalt him who rides upon the heavens; \*  
YAHWEH is his Name, rejoice before him!  
5 Father of orphans, defender of widows, \*  
God in his holy habitation!  
6 God gives the solitary a home and brings forth prisoners into freedom; \*  
but the rebels shall live in dry places.  
7 O God, when you went forth before your people, \*  
when you marched through the wilderness,

8 The earth shook, and the skies poured down rain,  
at the presence of God, the God of Sinai, \*  
at the presence of God, the God of Israel.  
9 You sent a gracious rain, O God, upon your inheritance; \*  
you refreshed the land when it was weary.  
10 Your people found their home in it; \*  
in your goodness, O God, you have made provision for the poor.  
33 Sing to God, O kingdoms of the earth; \*  
sing praises to the Lord.  
34 He rides in the heavens, the ancient heavens; \*  
he sends forth his voice, his mighty voice.  
35 Ascribe power to God; \*  
his majesty is over Israel;  
his strength is in the skies.  
36 How wonderful is God in his holy places! \*  
the God of Israel giving strength and power to his people!  
Blessed be God!

## Second Lesson 1 Peter 4:12-14; 5:6-11

Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though something strange were happening to you. But rejoice insofar as you are sharing Christ's sufferings, so that you may also be glad and shout for joy when his glory is revealed. If you are reviled for the name of Christ, you are blessed, because the spirit of glory, which is the Spirit of God, is resting on you.

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power forever and ever. Amen.

*Reader:* The Word of the Lord.

*People:* Thanks be to God

*Please Stand*

**Hymn Celtic Alleluia – two times through**

### CELTIC ALLELUIA

*Celtic Mass*

Fintan O'Carroll and Christopher Walker



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### **Holy Gospel John 17:1-11**

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

*People:* **Glory to you, Lord Christ.**

Jesus looked up to heaven and said, "Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

"I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one."

*Deacon:* The Gospel of the Lord.

*People:* Praise to you, Lord Christ.

Hymn Celtic Alleluia – *one time through*

Sermon                      *The 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

Good and gracious God, we rejoice in the glorious resurrection of your Son, Jesus Christ,  
our Lord. Help us to remain Christ centered in all that we do .

Loving God, **YOU ARE OUR STRENGTH AND SALVATION.**

We pray for the church; for unity in the midst of diversity; for all who teach, preach, and  
administer the sacraments, especially Michael, our presiding bishop; Marc, our bishop;  
Jason, our priest; all other clergy, and the faithful lay people who serve the church.

Loving God, **YOU ARE OUR STRENGTH AND SALVATION.**

We pray for an end to war, violence, and oppression; for refugees and those who care for  
them; for all who live in fear and chaos. Bless our armed forces and all who strive to make  
the world a better place. Guide the leaders of the world, especially President Biden, that  
they might make decisions leading to justice, freedom, and peace for all and the  
preservation of creation.

Loving God, **YOU ARE OUR STRENGTH AND SALVATION.**

We pray for all who are in need; the victims of domestic violence and child abuse; those affected by natural disasters; those who live in poverty; the homeless, the hungry, and those sick or suffering in body, mind, or spirit, especially (reader names those on our prayer list) (people may speak additional names). We pray for those who mourn (pause for names) and those who have died (pause for names).

Loving God, **YOU ARE OUR STRENGTH AND SALVATION.**

We give thanks for all our blessings; our families, friends, and the St. Ambrose community. We are grateful for spring with the new life all around us. We are grateful for the abundance with which we live. May we share generously from our abundance with those in need.

Loving God, **YOU ARE OUR STRENGTH AND SALVATION.**

### **The Peace**

*Celebrant:* The peace of the Lord be always with you.

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

**Offertory Hymn** Give Praise to God

Shaw

## **THE HOLY COMMUNION**

**The Great Thanksgiving    Eucharistic Prayer IALC Prayer for Unity B**

*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.**

With one heart and mind we give you thanks, eternal God, friend of sinners, teacher of truth. In the beginning, you spoke the word, and all beauty, order, and infinite possibility came forth in goodness and delight.

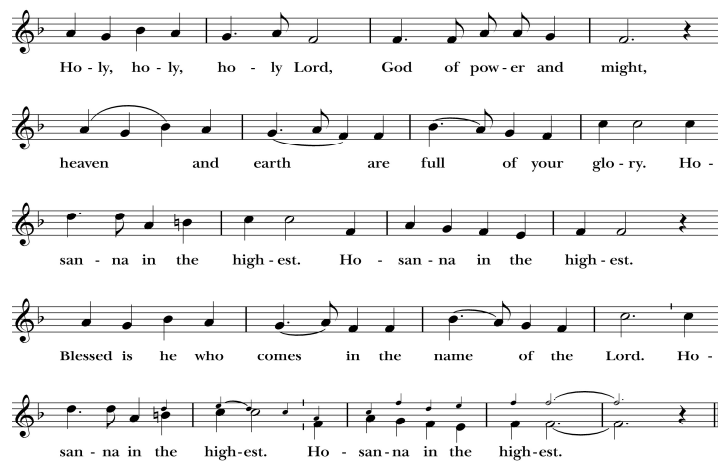
You entrusted us, the people you made in your own image, with the care of this earth and of each other. But we were hasty and greedy. We chose power and fought for domination. Through creation's own witness, through the law and the prophets, you constantly called us back, but we kept turning away. Our sins broke all your plans for love and life.

So you sent Jesus into the world. Your Son and Mary's child, he was born as one of us. He came to live and serve, to teach and heal, to show by his joyful example the path to communion with you. He gave up his life to save us, and in his cross and his glorious resurrection, sin and death were swallowed up for ever. So we praise you, in unity with all the saints and angels, in this eternal song:



## THE SANCTUS

### *Hymnal #S125*



Music: From *A Community Mass*; Richard Proulx (b. 1937). Copyright © 1971, 1977 GIA Publications, Inc.

God of grace, your scattered people are hungry for the bread of heaven and the cup of life. Send your Spirit on us and on our celebration, and make us one in Christ as we share this sacrament of his body and his blood.

On the night before he died, Jesus shared a meal with the people he loved. He took the bread, gave you thanks, broke it to give to them, and said: “Take and eat this it is my body.”

Then he took a cup of wine. Again he thanked you and told them: “Drink this, all of you: it is my blood, shed for you and for many so that sins may be forgiven. Whenever you do this, do it in memory of me.”

So we delight to remember Jesus: the faithfulness of his life, the victory of his cross, the glory of his resurrection, the joy of the Holy Spirit poured out for the Church, and we proclaim the mystery of faith:

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

As we share this bread and this cup, refresh our compassion for one another. Renew our care for the people you call us to love, and for the earth and all its creatures, whose life you have woven with our own. Make us agents of justice and messengers of peace, healing division, finding common ground, forgiving as we have been forgiven.

Through Christ, with Christ and in Christ, and in the communion of the Holy Spirit, we worship you, eternal God, with all we have and all we are, in single-hearted praise. Blessing and honour and glory and power are yours for ever and ever. ***Amen.***

## 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 S-154

*This setting is not used in Lent.*

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Christ our Pass - o - ver is sac - ri - ficed for us;

there - fore let us keep the feast.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

## 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    One Bread, One Body #830

One Bread, One Body 830

Refrain  
*Decorum*

One bread, one bod-y, one Lord of  
all, one cup of bless - ing which we  
bless. And we, though man-y,  
through - out the earth, we are one  
bod - y in this one Lord.

*Modesty*

*Last time to coda* ⊕

Verses

1. Gen - tile or Jew, ser - vant or  
2. Man - y the gifts, man - y the  
3. Grain for the fields, scat - tered and  
free, wom - an or man  
works, one in the Lord  
grown, gath - ered to one  
no more.  
of all.  
for all.

EUCCHARIST

D.C.

⊕ Coda

Lord.

Tune: 1 Corinthians 10:16; 17, 12:4, Galatians 3:28; the Zikache 9; John Foley, SJ, b.1939  
Tune: John Foley, SJ, b.1939  
©1978, John B. Foley, SJ, and New Dawn Music

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## Postcommunion Prayer

Eternal God, your Son at supper prayed that the disciples might be one, as he is one with you. Draw us daily closer to him, that in common love and service to you we may be united with one another in your Spirit through the same Jesus Christ, your Son, our Lord. Amen

## The Blessing

### RECESSIONAL: Come, Thou Fount #686

1 Come, thou fount of ev - ery bless - ing, tune my  
2 Here I find my great - est trea - sure; hith - er,  
3 Oh, to grace how great a debt - or dai - ly

heart to sing thy grace! Streams of mer - cy nev - er  
by thy help, I've come; and I hope, by thy good  
I'm con - strained to be! Let thy good - ness, like a

ceas - ing, call for songs of loud - est praise.  
plea - sure, safe - ly to ar - rive at home.  
fet - ter, bind my wan - dering heart to thee:

Teach me some me - lo - dious son - net, sung by  
Je - sus sought me when a stran - ger wan - dering  
prone to Lord, I feel it, prone to

flam - ing tongues a - bove. Praise the mount! Oh, fix me  
from the fold of God; he, to res - cue me from  
leave the God I love; here's my heart, oh, take and

on it, mount of God's un - chang - ing love.  
dan - ger, in - ter - posed his pre - cious blood.  
seal it, seal it for thy courts a - bove.

Words: Robert Robinson (1735-1790), alt. Music: *Nettleton*, melody from *A Repository of Sacred Music, Part II*, 1813; harm.  
Gerre Hancock (b. 1934).

### Postlude: Holy Father, Hear Our Prayer

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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:**

*Intercessor*  
*Warren Wong, Lector*  
*Usher*  
*Livestream Technician*

## **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.

### **Choir and Music Directors**

Friends, with Frank announcing his retirement I have taken a look over our current staffing for our music directors. The common practice in the diocese is that the choir and music director be the same person. With that said, in our search for a new music director, we will be looking for a person who can do both organist as well as direct our choir. With that said, our amazing Choir director will be leaving us. Her last day will be August 31. I am so thankful to Maureen and Frank for the many amazing years of service to our community.

If you would like to be apart of the search committee for our new music director please let me know. [frjason@stambrosefostercity.org](mailto:frjason@stambrosefostercity.org)

### **Bayview Mission Outreach for the Summer**

Our outreach focus for this summer will be dental supplies for our friends at Bayview Mission. We are collecting toothbrushes, toothpaste (Travel size preferred), floss, and mouthwash (travel size). Please bring in your items and I will transport them to Bayview.

We also have purchased 60 laundry bags for our unhoused friends served by Bayview Mission. Many thanks in advance for your generosity.

### **Sunday School is back!**

Teacher Fe and Teacher Raphaelae will conduct the class outdoors every week for children Pre-K and up. Class will offer story time, songs, and lots of fun! We are looking forward to seeing your kids, with their big smiles!

To support this program, we would like to engage our community. We are calling for helpers as we (Fe and Raphaelae) will each teach every other week and **will need one helper every week** (no special skills required).

Please reach to [saintambrosesundayschool@gmail.com](mailto:saintambrosesundayschool@gmail.com) for more information.

### **St. Ambrose Choir**

The choir will resume rehearsals on Thursdays at 7:30 p.m. We will be masked and correctly distanced, and would be happy for anyone who wishes to join us. If you wish to join us, please let Maureen know so she can prepare a folder for you. You may contact her at [mhfromme@yahoo.com](mailto:mhfromme@yahoo.com) OR 415.990.6758.

### **Volunteers Needed**

We are looking for volunteers for coffee hour, summer days and stewardship dinner. If you are interested, please contact me at [valentin\\_fe@yahoo.com](mailto:valentin_fe@yahoo.com)! *Thank you*

### **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 sign up sheet in the Narthex by the Reflections & Gratitude Board:

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

### **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](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 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)

**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, 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:**

Barbara Milligan: In loving memory of John Milligan's birthday -May 19

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