



St. Ambrose Episcopal Church

July 02, 2023,

Fifth Sunday after Pentecost

900 Edgewater Blvd
Foster City, CA 94404

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

Rector • pastoral calls and emergencies The Rev. Jason B. Lucas-Green 612.865.5442
frjason@stambrosefostercity.org

THE LITURGY OF THE WORD

Welcome and Announcements

Prelude: Whene'er A Snowflake Leaves The Sky

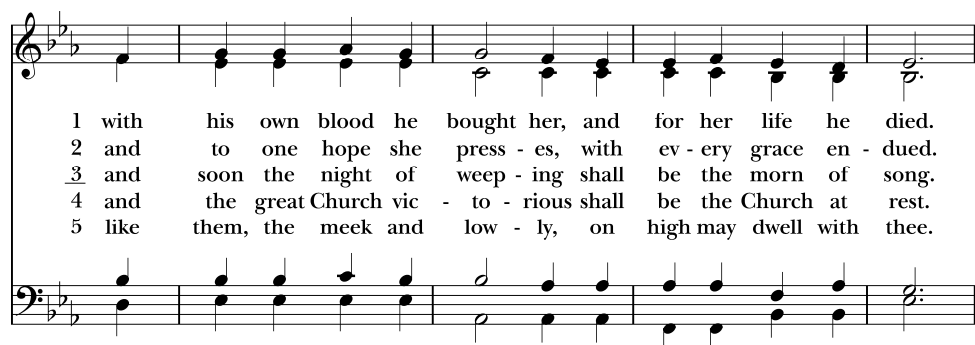
L. Lehmann

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



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

Opening Sentences

Celebrant: Blessed be the God, Father, Son, and Holy Spirit

People: **And blessed be his kingdom now and forever. Amen.**

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. **Amen.**

The Collect of the Day

Celebrant: The Lord be with you.

People: **And also with you.**

Celebrant: Let us pray.

Almighty God, you have built your Church upon the foundation of the apostles and prophets, Jesus Christ himself being the chief cornerstone: Grant us so to be joined together in unity of spirit by their teaching, that we may be made a holy temple acceptable to you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

First Lesson Jeremiah 28:5-9

The prophet Jeremiah spoke to the prophet Hananiah in the presence of the priests and all the people who were standing in the house of the Lord; and the prophet Jeremiah said, "Amen! May the Lord do so; may the Lord fulfill the words that you have prophesied, and bring back to this place from Babylon the vessels of the house of the Lord, and all the exiles. But listen now to this word that I speak in your hearing and in the hearing of all the people. The prophets who preceded you and me from ancient times prophesied war, famine, and pestilence against many countries and great kingdoms. As for the prophet who prophesies peace, when the word of that prophet comes true, then it will be known that the Lord has truly sent the prophet."

Reader: The Word of the Lord.

People: Thanks be to God.

Psalm 89:1-4,15-18

Misericordias Domini

1 Your love, O Lord, for ever will I sing; *
from age to age my mouth will proclaim
your faithfulness.

2 For I am persuaded that your love is
established for ever; *
you have set your faithfulness firmly in the
heavens.

3 "I have made a covenant with my chosen
one; *

I have sworn an oath to David my servant:

4 'I will establish your line for ever, *
and preserve your throne for all
generations.'"

15 Happy are the people who know the
festal shout! *

they walk, O Lord, in the light of your
presence.

16 They rejoice daily in your Name; *
they are jubilant in your righteousness.

17 For you are the glory of their strength, *
and by your favor our might is exalted.

18 Truly, the Lord is our ruler; *
the Holy One of Israel is our King.

Second Lesson Romans 6:12-23

Do not let sin exercise dominion in your mortal bodies, to make you obey their passions. No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. For sin will have no dominion over you, since you are not under law but under grace.

What then? Should we sin because we are not under law but under grace? By no means! Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, and that you, having been set free from sin, have become slaves of righteousness. I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification.

When you were slaves of sin, you were free in regard to righteousness. So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Reader: The Word of the Lord

People: Thanks be to God.

Hymn Caribbean Alleluia – *two times through* RS 396



Holy Gospel Matthew 10:40-42

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

People: Glory to you, Lord Christ.

Jesus said, "Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple-- truly I tell you, none of these will lose their reward."

Deacon: The Gospel of the Lord.

People: Praise to you, Lord Christ.

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.

Form IV

Deacon or other leader

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may
be united in your truth, live together in your love, and reveal
your glory in the world.

Silence

Lord, in your mercy

Hear our prayer.

Guide the people of this land, and of all the nations, in the
ways of justice and peace; that we may honor one another
and serve the common good.

Silence

Lord, in your mercy

Hear our prayer.

Give us all a reverence for the earth as your own creation,
that we may use its resources rightly in the service of others
and to your honor and glory.

Silence

Lord, in your mercy

Hear our prayer.

Bless all whose lives are closely linked with ours, and grant
that we may serve Christ in them, and love one another as he
loves us.

Silence

Lord, in your mercy

Hear our prayer.

Comfort and heal all those who suffer in body, mind, or
spirit; give them courage and hope in their troubles, and
bring them the joy of your salvation.

Silence

Lord, in your mercy

Hear our prayer.

We commend to your mercy all who have died, that your will
for them may be fulfilled; and we pray that we may share
with all your saints in your eternal kingdom.

Silence

Lord, in your mercy

Hear our prayer.

The Celebrant adds a concluding Collect.

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 AND ABSOLUTION

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.*

Celebrant: 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.*

People: **Amen.**

The Peace

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

People: **And also with you.**

THE HOLY COMMUNION

Offertory Hymn: Holy Father, Hear Our Prayer

A. Miller

Eucharistic Prayer B

The musical notation consists of four staves, each with a treble clef and a key signature of one flat (B-flat). The lyrics are written below the notes. The first staff is for the Celebrant and the People, the second for the Celebrant and the People, the third for the Celebrant, and the fourth for the People.

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:

Sanctus - S128



The musical score is written on five staves. The first staff begins with a treble clef and a key signature of one flat (B-flat). The melody starts with a half note G4, followed by a half note A4, and then a half note B-flat4. The second staff continues with a half note C5, followed by a half note B-flat4, and then a half note A4. The third staff begins with a half note G4, followed by a half note F4, and then a half note E4. The fourth staff continues with a half note D4, followed by a half note C4, and then a half note B-flat3. The fifth staff begins with a half note A3, followed by a half note G3, and then a half note F3. The lyrics are: 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.

sic: 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.

Fraction Anthem

WLP 874

Principal Canon

Who - ev - er eats this bread will live for - ev - er.

Who - ev - er eats this bread will live for - ev - er.

Secondary Canons

A

This is the true bread which comes down from heaven, and gives life to the world.

B

Who - ev - er be-lieves in me shall not hun-ger or thirst, for the bread which I give for the life of the world is my flesh.

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 Take Up Your Cross #808

DISCIPLESHIP

808 Take Up Your Cross



1. Take up your cross, the Sav - ior said, If
2. Take up your cross, let not its weight Fill
3. Take up your cross, heed not the shame, And
4. Take up your cross, then, in his strength, And
5. Take up your cross, and fol - low Christ, Nor



you would my dis - ci - ple be; Take up your cross with
 your weak spir - it with a - larm; His strength shall bear your
 let your fool - ish heart be still; The Lord for you ac -
 calm - ly ev - 'ry dan - ger brave: It guides you to a
 think till death to lay it down; For on - ly those who



will - ing heart, And hum - bly fol - low af - ter me.
 spir - it up, And brace your heart and nerve your arm.
 cept - ed death Up - on a cross, on Cal - v'ry's hill.
 bet - ter home And leads to vic - t'ry o'er the grave.
 bear the cross May hope to wear the glo - rious crown.

Text: Charles W. Everest, 1814-1877, alt.

Tune: ERHALT UNS HERR, LM: Klug's *Geistliche Lieder*, 1543; harm. by J.S. Bach, 1685-1750

Postcommunion Prayer

Almighty and everliving 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 Dismissal

Closing Hymn 655 | O Jesus, I Have Promised

1 O Je - sus, I have prom-ised to serve thee to the end;
2 O let me hear thee speak-ing in ac - cents clear and still,
3 O Je - sus, thou hast prom-ised to all who fol - low thee,
be thou for ev - er near me, my Mas - ter and my friend;
a - bove the storms of pas-sion, the mur-murs of self - will;
that where thou art in glo - ry there shall thy ser - vant be;
I shall not fear the bat - tle, if thou art by my side,
O speak to re - as - sure me, to has - ten or con - trol;
and, Je - sus, I have prom - ised to serve thee to the end;
nor wan - der from the path - way, if thou wilt be my guide.
O speak, and make me lis - ten, thou guard-ian of my soul.
O give me grace to fol - low, my Mas - ter and my friend.

Words: John Ernest Bode (1816-1874), alt. Music: *Nyländ*, Finnish folk melody; adapt. and harm. David Evans (1874-1948).
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Postlude: Alleluia, Alleluia

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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, Lectors
Usher
Alison LeBlanc, 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. Now that the holidays are over my goal this year is to meet and get to know the parish better.

Sandwiches on Sunday – July 30th

We will again assemble the sandwiches and brown bags the day before, i.e., Saturday, July 29th, at the church from noon to 2 p.m. They will be distributed at the Fair Oaks Community Center in Redwood City on Sunday, July 30th from 11:45 to 12:15 p.m. If you would like to help or have any questions, please contact Steve Yuen (cell 650-315-9662, stevebyuen@aol.com).

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

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 Raphaelle 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 Raphaelle) will each teach every other week and **will need one helper every week** (no special skills required).

Please reach to 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 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! *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 signup 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 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 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

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, Peggy Chapman, Ronnie Rosen, Leo Gauthier, Alice Deckel, 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.]