



St. Ambrose Episcopal Church

June 25, 2023,

Fourth 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 612.865.54422
frjason@stambrosefostercity.org

THE LITURGY OF THE WORD

Welcome and Announcements

Prelude: O Come To The Church In The Wildwood

W. Pitts

Processional Hymn 601 *Christ Is Alive!* #601

Christ Is Alive 601

1. Christ is a - live! Let Chris - tians sing.
2. Christ is a - live! No long - er bound
3. In ev - 'ry in - sult, rift, and war,
4. Wom - en and men, in age and youth,
5. Christ is a - live, and comes to bring

The cross stands emp - ty to the sky.
To dis - tant years in Pal - es - tine,
Where col - or, scorn or wealth di - vide,
Can feel the Spir - it, hear the call,
Good news to this and ev - 'ry age,

Let streets and homes with prais - es ring.
But sav - ing, heal - ing, here and now,
Christ suf - fers still, yet loves the more,
And find the way, the life, the truth,
Till earth and sky and o - cean ring

Love, drowned in death, shall nev - er die.
And touch - ing ev - 'ry place and time.
And lives, where ev - en hope has died.
Re - vealed in Je - sus, freed for all.
With joy, with jus - tice, love and praise.

Text: ROSSANO 6:5-11; Brian Wren, b.1936, © 1975, Hope Publishing Co.
Tune: TRURO, LME Williams' *Psalmody Evangelica*, 1789

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.

O Lord, make us have perpetual love and reverence for your holy Name, for you never fail to help and govern those whom you have set upon the sure foundation of your loving-kindness; 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 20:7-13

O Lord, you have enticed me, and I was enticed; you have overpowered me, and you have prevailed. I have become a laughing stock all day long; everyone mocks me. For whenever I speak, I must cry out, I must shout, "Violence and destruction!"

For the word of the Lord has become for me a reproach and derision all day long. If I say, "I will not mention him, or speak any more in his name," then within me there is something like a burning fire shut up in my bones; I am weary with holding it in, and I cannot. For I hear many whispering: "Terror is all around! Denounce him!

Let us denounce him!" All my close friends are watching for me to stumble.

"Perhaps he can be enticed, and we can prevail against him, and take our revenge on him."

But the Lord is with me like a dread warrior; therefore my persecutors will stumble, and they will not prevail. They will be greatly shamed, for they will not succeed. Their eternal dishonor will never be forgotten. O Lord of hosts, you test the righteous, you see the heart and the mind; let me see your retribution upon them, for to you I have committed my cause. Sing to the Lord; praise the Lord! For he has delivered the life of the needy from the hands of evildoers.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 69: 8-11, (12-17), 18-20

Salvum me fac

8 Surely, for your sake have I suffered reproach, *
and shame has covered my face.

9 I have become a stranger to my own kindred, *
an alien to my mother's children.

10 Zeal for your house has eaten me up; *
the scorn of those who scorn you has fallen upon me.

11 I humbled myself with fasting, *
but that was turned to my reproach.

[12 I put on sack-cloth also, *
and became a byword among them.

13 Those who sit at the gate murmur against me, *
and the drunkards make songs about me.

14 But as for me, this is my prayer to you, *
at the time you have set, O Lord:

15 "In your great mercy, O God, *
answer me with your unfailing help.

16 Save me from the mire; do not let me sink; *
let me be rescued from those who hate me
and out of the deep waters.

17 Let not the torrent of waters wash over me,
neither let the deep swallow me up; *
do not let the Pit shut its mouth upon me.]

18 Answer me, O Lord, for your love is kind; *
in your great compassion, turn to me.'

19 "Hide not your face from your servant; *
be swift and answer me, for I am in distress.

20 Draw near to me and redeem me; *
because of my enemies deliver me.

Second Lesson Romans 6:1b-11

Should we continue in sin in order that grace may abound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

Reader: The Word of the Lord

People: Thanks be to God.

Hymn Caribbean Alleluia – *two times through* RS 396

Hal - le, hal - le, hal - le - lu - jah!

5 Hal - le, hal - le, hal - le - lu - jah!

9 Hal - le, hal - le, Hal - le - lu - jah! Hal - le -

13 lu - jah! Hal - le - lu - jah!

The musical score is written on four staves in G major (one sharp) and 2/4 time. The melody is simple and repetitive, with lyrics 'Hal - le, hal - le, hal - le - lu - jah!' repeated twice. The first staff ends with a double bar line. The second staff begins with a measure rest and continues the melody. The third staff continues the melody and ends with a double bar line. The fourth staff begins with a measure rest and continues the melody.

Holy Gospel Matthew 10:24-39

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

People: Glory to you, Lord Christ.

Jesus said to the twelve disciples, “A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!

“So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows.

“Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven.

“Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword.

For I have come to set a man against his father,
and a daughter against her mother,
and a daughter-in-law against her mother-in-law;
and one's foes will be members of one's own household.

Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it."

Deacon: The Gospel of the Lord.

People: Praise to you, Lord Christ.

Hymn Caribbean Alleluia – *one time through* RS 396

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.

INTERCESSION A BEATITUDE PEOPLE

Lord Jesus Christ,
we pray once more for your Church and for its ministry to the world.
May it be a source of love, hope and comfort, compassion, challenge and inspiration.

Lord, in your mercy,
hear our prayer.

May your followers in every place find the faith and courage,
vision and commitment, to live as beatitude people,
poor and humble in spirit, merciful in attitude,
pure in heart, hungry for peace and thirsty for righteousness,
and so, as individuals and together, may your Church testify to your redeeming love
and renewing power, speaking through word and deed of your care for all,
your desire for justice, and your willingness to show mercy.

Lord, in your mercy,
hear our prayer.

Reach out through all you specially call to proclaim your name -
those gifted as evangelists, those working abroad as missionaries
or here in our own country, each seeking to share their faith
and to make your love known. But reach out also through everyday believers such as us,
ordinary Christians telling others about their experience of your goodness
and about the difference you have made to their lives.

Lord, in your mercy,
hear our prayer.

Grant to all your people the inspiration of your Holy Spirit
and the light of Christ in their hearts.
Help them to recognise the opportunities you provide,
to respond to your guidance and so faithfully to proclaim the good news.

Lord, in your mercy,
hear our prayer.

For we ask it in your name. **Amen.**

CONFESSION AND ABSOLUTION

Leader and People

Have mercy upon us, most merciful God; in your compassion forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honor and glory of your Name; through Jesus Christ. *Amen.*

Celebrant: Almighty God have mercy upon you, forgive you all your sins, through our Lord Jesus Christ strengthen you in all goodness and by the power of the Holy Spirit bring you to everlasting life.

People: **Amen.**

The Peace

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

People: **And also with you.**

THE HOLY COMMUNION

Offertory Hymn: Magnificat

J. Talbot

The Great Thanksgiving Supplementary Eucharistic Prayer 2 (S2)

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 our thanks and praise.

Celebrant Eternal God, Source of all being, we give you thanks and praise for your faithful love. You call us into friendship with you and one another to be your holy people, a sign of your presence in the world. When those we trust betray us, unfailingly you remain with us. When we injure others, you confront us in your love and call us to the paths of righteousness. You stand with the weak, and those, broken and alone, whom you have always welcomed home, making the first last, and the last first. Therefore we raise our voices with angels and archangels, forever praising you and saying

Sanctus - Land of Rest R442

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 musical score is written on a single staff in G major (one sharp) and 4/4 time. It consists of 15 measures. The melody is simple and hymn-like, with lyrics written below the notes. The score is divided into five systems, each starting with a measure number (1, 4, 6, 9, 12, 15). The final measure (15) ends with a double bar line.

Blessed are you, O Holy One. When you called Israel out of slavery, you brought them through the wilderness into the promised land. When your people were taken into exile you wept with them by the river Babylon and carried them home. At the right time you sent your Anointed One to stand with the poor, the outcast, and the oppressed. Jesus touched lepers, and the sick, and healed them. He accepted water from a woman of Samaria and offered her the water of new life. Christ knew the desolation of the cross and opened the way for all humanity into the redemption of your reconciling love. On the night he was betrayed, Jesus, at supper with his friends, took bread, gave you thanks, broke the bread, gave it to them, and said, "Take and 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."

Loving and Holy One, recalling Christ's death and resurrection, we offer you these gifts, longing for the bread of tomorrow and the wine of the age to come. Therefore we proclaim our hope.

Dying you destroyed our death, rising you restored our life. Lord Jesus, come in glory.

Pour out your Spirit on these gifts that through them you may sustain us in our hunger for your peace. We hold before you all whose lives are marked by suffering, our sisters and brothers. When we are broken and cast aside, embrace us in your love

Through Christ, with Christ, and in Christ in the unity of the Holy Spirit, all honour and glory are yours, O Source of all life, now and for ever. *Amen.*

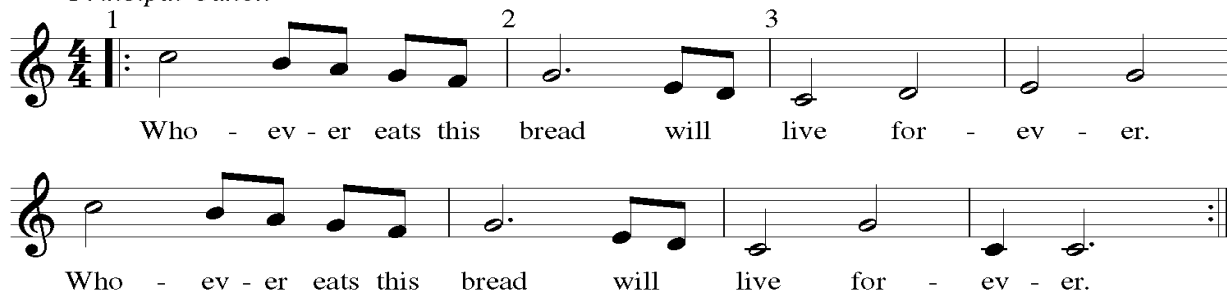
The Lord's Prayer

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

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 1 3 2
This is the true bread which comes down from heaven, and gives life to the world.

B 1 3 2 3
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 Blest Are They #774

774 Blest Are They



Verses 1-3



1. Blest are they, the poor in spir - it,
2. Blest are they, the low - ly ones,
3. Blest are they who show mer - cy,



theirs is the king - dom of God.
they shall in - her - it the earth.
mer - cy shall be theirs.



Blest are they, full of sor - row,
Blest are they who hun - ger and thirst,
Blest are they, the pure of heart,



they shall be con - soled.
they shall have their fill.
they shall see God!

Refrain

Descant:



Re - jice and be glad!

Melody:



Re - jice and be glad!

Men's voices:



Re - jice and be glad!

Bless-ed are you, ho-ly are you! Re-joice

Bless-ed are you, ho-ly are you! Re-joice

Blessed, ho-ly are you! Re-

and be glad! Yours is the king-dom of

and be glad! Yours is the king-dom of

and be glad! Yours is the king-dom of

1.- 4. To verses

God!

God!

God!

Last time

God!

God!

God!

Verses 4, 5

4. Blest are they who seek peace;

5. Blest are you who suf-fer hate,

they are the chil-dren of God.

all be-cause of me. Re-

Blest are they who suf-fer in faith, the

joyce and be glad, yours is the king-dom;

To refrain

glo-ry of God is theirs.

shine for all to see.

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

Go now,
Not to serve yourself,
But to serve others;
Not to seek your glory, but the glory of God the Father;
And so may all you are and do make him known,
And the Blessing of God Almighty, Father, Son, and Holy Spirit
Be with you always. Amen

The Dismissal

Closing Hymn 430 | *I Know That My Redeemer Lives*

I Know That My Redeemer Lives 430

1. I know that my Re - deem - er lives;
2. He lives, to bless me with his love;
3. He lives, and grants me dai - ly breath;
4. He lives, all glo - ry to his name;

What joy the blest as - sur - ance gives!
He lives, to plead for me a - bove;
He lives, and I shall con - quer death;
He lives, my Sav - ior still the same;

He lives, he lives, who once was dead;
He lives, my hun - gry soul to feed;
He lives, my man - sion to pre - pare;
What joy the blest as - sur - ance gives;

He lives, my ev - er - last - ing Head!
He lives, to help in time of need.
He lives, to bring me safe - ly there.
I know that my Re - deem - er lives!

Ver: Samuel Medley, 1738-1799
Tune: DUKE STREET, LM; John Hatton, c.1710-1793

Postlude Peace Is Flowing Like A River

C. Landry

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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
Eugene Hetzer, Kirsten Padgett/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.]