



# St. Ambrose Episcopal Church

July 09, 2023,

Sixth Sunday after Pentecost

900 Edgewater Blvd  
Foster City, CA 94404

(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  
[frjason@stambrosefostercity.org](mailto:frjason@stambrosefostercity.org)

## THE LITURGY OF THE WORD

### Welcome and Announcements

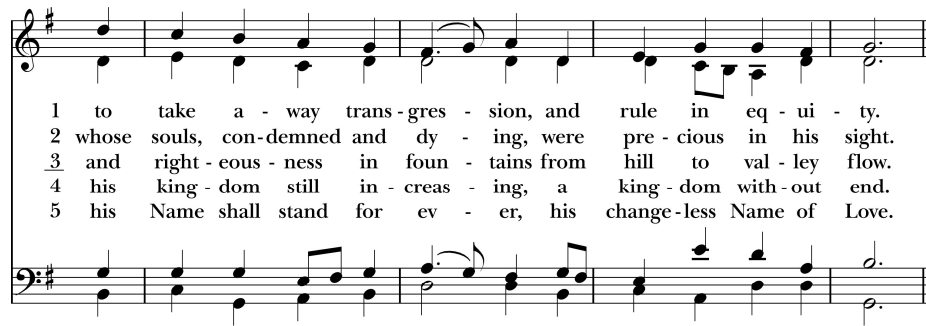
### Prelude: Meditation in C

### Processional Hymn 616 *Hail to the Lord's Anointed*

1 Hail to the Lord's A - noint - ed, great Da - vid's great - er Son!  
2 He comes with suc - cor speed - y to those who suf - fer wrong,  
3 He shall come down like show - ers up - on the fruit - ful earth,  
4 Kings shall bow down be - fore him, and gold and in - cense bring;  
5 O'er ev - ery foe vic - to - rious, he on his throne shall rest;

1 Hail, in the time ap - point - ed, his reign on earth be - gun!  
2 to help the poor and need - y, and bid the weak be strong;  
3 and love, joy, hope, like flow - ers, spring in his path to birth;  
4 all na - tions shall a - dore him, his praise all peo - ple sing;  
5 from age to age more glo - rious, all bless - ing and all - blest:

1 He comes to break op - pres - sion, to set the cap - tive free;  
2 to give them songs for sigh - ing, their dark - ness turn to light,  
3 be - fore him on the moun - tains shall peace, the her - ald, go;  
4 to him shall prayer un - ceas - ing and dai - ly vows a - scend;  
5 the tide of time shall nev - er his cov - e - nant re - move;



Words: James Montgomery (1771-1854); para. of Psalm 72. Music: *Es flog ein kleins Waldvögelein*, German folk song; adapt. and harm. *A Student's Hymnal*, 1923, after Henry Walford Davies (1869-1941).

## 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 God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

## First Lesson Zechariah 9:9-12

Rejoice greatly, O daughter Zion! Shout aloud, O daughter Jerusalem!

Lo, your king comes to you; triumphant and victorious is he, humble and riding on a donkey, on a colt, the foal of a donkey. He will cut off the chariot from Ephraim and the war horse from Jerusalem; and the battle bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea, and from the River to the ends of the earth.

As for you also, because of the blood of my covenant with you, I will set your prisoners free from the waterless pit. Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.

*Reader:* The Word of the Lord.

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

## Psalm 145:8-15

### *Exaltabo te, Deus*

8 The Lord is gracious and full of compassion, \*  
slow to anger and of great kindness.

9 The Lord is loving to everyone \*  
and his compassion is over all his works.

10 All your works praise you, O Lord, \*  
and your faithful servants bless you.

11 They make known the glory of your kingdom \*  
and speak of your power;

12 That the peoples may know of your power \*  
and the glorious splendor of your kingdom.

13 Your kingdom is an everlasting kingdom; \*  
your dominion endures throughout all ages.

14 The Lord is faithful in all his words \*  
and merciful in all his deeds.

15 The Lord upholds all those who fall; \*  
he lifts up those who are bowed down.

### **Second Lesson Romans 7:15-25a**

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

**Reader:** The Word of the Lord

**People:** Thanks be to God.

## Hymn Caribbean Alleluia – *two times through* RS 396



## Holy Gospel Matthew 11:16-19, 25-30

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

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

Jesus said to the crowd, “To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’

For John came neither eating nor drinking, and they say, ‘He has a demon’; the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

*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: Sing A New Song Unto The Lord**

**D. Schutte**

### 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, with the lyrics "The Lord be with you. And al-so with you." The second staff is for the Celebrant and the People, with the lyrics "Lift up your hearts. We lift them to the Lord." The third staff is for the Celebrant, with the lyrics "Let us give thanks to the Lord our God." The fourth staff is for the People, with the lyrics "It is right to give him thanks and praise."

*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 consists of quarter and eighth notes, with some notes beamed together. The lyrics are: "Ho - ly, ho - ly,". The second staff continues the melody with the lyrics: "ho - ly Lord, God of power and might,". The third staff has the lyrics: "heaven and earth are full of your glo - ry. Ho-san-na in the". The fourth staff has the lyrics: "high - est. Bless - ed is he who". The fifth staff has the lyrics: "comes in the name of the Lord. Ho-san-na in the high-est.".

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.

Music by 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,

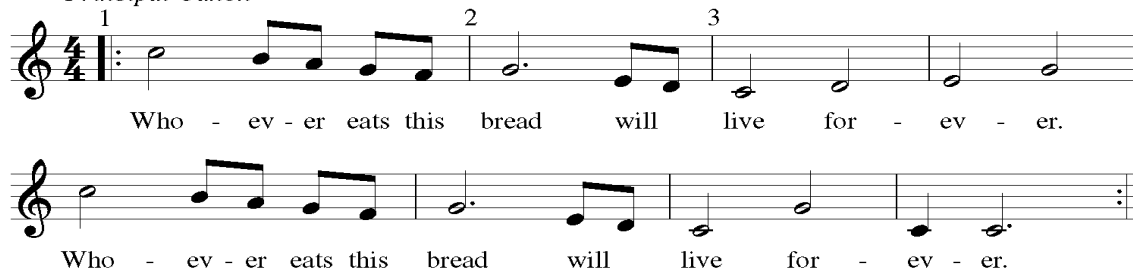
### **The Lord's Prayer**

**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 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    How Sweet the Name - #644

1 How sweet the Name of Je - sus sounds in a be - liev - er's ear!  
2 It makes the wound - ed spi - rit whole, and calms the trou - bled breast;  
3 Dear Name, the rock on which I build, my shield and hid - ing - place,  
4 O Je - sus! Shep - herd, Guard - ian, Friend, O Pro - phet, Priest, and King,  
\*5 Weak is the ef - fort of my heart, and cold my warm - est thought;

1 It soothes our sor - rows, heals our wounds, and drives a - way our fear.  
2 'tis man - na to the hun - gry soul, and to the wea - ry, rest.  
3 my nev - er - fail - ing trea - sury, filled with bound - less stores of grace!  
4 my Lord, my Life, my Way, my End, ac - cept the praise I bring.  
5 but when I see thee as thou art, I'll praise thee as I ought.

The image shows a musical score for the hymn 'How Sweet the Name'. It consists of two systems of music, each with a treble and bass staff. The lyrics are written below the staves. The first system contains five lines of lyrics, and the second system contains five lines. The music is in a simple, hymn-like style with a key signature of one flat (Bb) and a common time signature (C). The lyrics are in a standard serif font, and the numbers 1 through 5 are used to indicate different verses or parts of the hymn.

Words: John Newton (1725-1807), alt. Music: *St. Peter*, Alexander Robert Reinagle (1799-1877).

## 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 544 | *Jesus Shall Reign*

1 Je - sus shall reign wher - e'er the sun doth his suc -  
2 To him shall end - less prayer be made, and prais - es  
3 Peo - ple and realms of ev - ery tongue dwell on his  
4 Bless - ings a - bound wher - e'er he reigns: the pris - oners  
5 Let ev - ery crea - ture rise and bring pe - cu - liar

1 ces - sive jour - neys run; his king - dom stretch from  
2 thron'g to crown his head; his Name like sweet per -  
3 love with sweet - est song; and in - fant voic - es  
4 leap to lose their chains, the wea - ry find e -  
5 hon - ors to our King; an - gels de - scend with

1 shore to shore, till moons shall wax and wane no more.  
2 fume shall rise with ev - ery morn - ing sac - ri - fice.  
3 shall pro - claim their ear - ly bless - ings on his Name.  
4 ter - nal rest, and all who suf - fer want are blest.  
5 songs a - gain, and earth re - peat the loud a - men.

Words: Isaac Watts (1674-1748), alt. Music: *Duke Street*, John Hatton (d. 1793).

## Postlude: Let Us Break Bread Together On Our Knees

## Afro-American Spiritual

*All music reprinted with permission—One License # A—72047*

### **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*  
Stephen Yuen, Lector  
Stephen Yuen, 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](mailto: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](mailto: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](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 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](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 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](mailto:office@stambrosefostercity.org) or the Church signup sheet.

We also need Worship Leader volunteers for our 10:00 am Mass. There are openings for Intercessors, Lectors, Greeters, Ushers and Acolytes, and Livestream Technicians. Contact us at [office@stambrosefostercity.org](mailto:office@stambrosefostercity.org) or use the following link to signup: Signup Genius or Click on the following link

<https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-worship>

### **Rides for Gene Hetzer**

Gene Hetzer a longtime church member and Karl his guide dog need rides on an alternating basis from church members. Please contact Jim Neubert to schedule a day for driving.

### **Prayer 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, 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.]*