



St. Ambrose Episcopal Church

July 16, 2023,

Seventh Sunday after Pentecost

900 Edgewater Blvd
Foster City, CA 94404

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Rector • pastoral calls and emergencies The Rev. Jason B. Lucas-Green 612.865.5442
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THE LITURGY OF THE WORD

Welcome and Announcements

Prelude: Aria, from Norma

V. Bellini

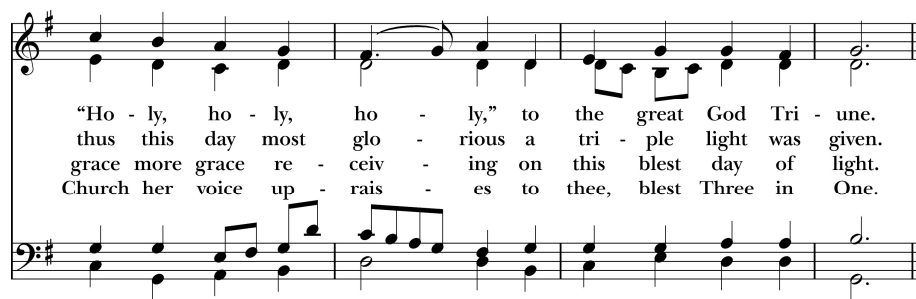
Processional Hymn: O Day of Radiant Gladness #48

1 O day of ra - diant glad - ness, O day of joy and
2 This day at the cre - a - tion, the light first had its
3 This day, God's peo - ple meet - ing, his Ho - ly Scrip - ture
4 That light our hope sus - tain - ing, we walk the pil - grim

light, O balm of care and sad - ness, most
birth; this day for our sal - va - tion Christ
hear; his liv - ing pres - ence greet - ing, through
way, at length our rest at - tain - ing, our

beau - ti - ful, most bright; this day the high and
rose from depths of earth; this day our Lord vic -
Bread and Wine made near. We jour - ney on, be -
end - less Sab - bath day. We sing to thee our

low - ly, through a - ges joined in tune, sing,
to - rious the Spi - rit sent from heaven, and
liev - ing, re - newed with heaven - ly might, from
prais - es, O Fa - ther, Spi - rit, Son; the



Words: Sts. 1-2, Christopher Wordsworth (1807-1835), alt.; st. 3, Charles P. Price (1920-1999); st. 4, ver. *Hymnal* 1982. St. 3, Copyright © 1982, Charles P. Price. St. 4, Copyright © The Church Pension Fund. Music: *Es flog ein kleins Waldvögelein*, German folk song; harm. George Ratcliffe Woodward (1848-1934).

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, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

First Lesson Genesis 25:19-34

These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she said, "If it is to be this way, why do I live?" So she went to inquire of the Lord. And the Lord said to her,

"Two nations are in your womb, and two peoples born of you shall be divided; the one shall be stronger than the other, the elder shall serve the younger."

When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterward his brother

came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them.

When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob.

Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, "Let me eat some of that red stuff, for I am famished!" (Therefore he was called Edom.) Jacob said, "First sell me your birthright." Esau said, "I am about to die; of what use is a birthright to me?" Jacob said, "Swear to me first." So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

Reader. The Word of the Lord.

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

Psalm 119:105-112

Lucerna pedibus meis

105 Your word is a lantern to my feet *
and a light upon my path.

106 I have sworn and am determined *
to keep your righteous judgments.

107 I am deeply troubled; *
preserve my life, O Lord, according to your
word.

108 Accept, O Lord, the willing tribute of
my lips, *
and teach me your judgments.

109 My life is always in my hand, *
yet I do not forget your law.

110 The wicked have set a trap for me, *
but I have not strayed from your
commandments.

111 Your decrees are my inheritance for
ever; *
truly, they are the joy of my heart.

112 I have applied my heart to fulfill your
statutes *
for ever and to the end.

Second Lesson Romans 8:1-11

There is no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the

just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law-- indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Reader: The Word of the Lord

People: Thanks be to God.

Hymn Caribbean Alleluia – *two times through* RS 396



Holy Gospel Matthew 13:1-9,18-23

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

People: Glory to you, Lord Christ.

Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no

depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!"

"Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

Deacon: The Gospel of the Lord.

People: Praise to you, Lord Christ.

Hymn Caribbean Alleluia – *one time through* RS 396

Sermon Mr. Daniel Tate

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 us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. *Amen.*

People: **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.

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

The Peace

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

People: And also with you.

The Dismissal

Closing Hymn 742 | There's a Wideness in God's Mercy

1 O day of ra - diant glad - ness, O day of joy and
 2 This day at the cre - a - tion, the light first had its
 3 This day, God's peo - ple meet - ing, his Ho - ly Scrip - ture
 4 That light our hope sus - tain - ing, we walk the pil - grim

light, O balm of care and sad - ness, most
 birth; this day for our sal - va - tion Christ
 hear; his liv - ing pres - ence greet - ing, through
 way, at length our rest at - tain - ing, our

beau - ti - ful, most bright; this day the high and
 rose from depths of earth; this day our Lord vic -
 Bread and Wine made near. We jour - ney on, be -
 end - less Sab - bath day. We sing to thee our

low - ly, through a - ges joined in tune, sing,
 to - rious the Spi - rit sent from heaven, and
 liev - ing, re - newed with heaven - ly might, from
 prais - es, O Fa - ther, Spi - rit, Son; the



Postlude: Go Now In Peace

N. Sleeth

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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
Daniel Tate
Frank Saunders, Organist
Maureen Fromme, Choir Director

Worship Leader Rota:

Intercessor
Warren Wong, Lector
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 Director Search (Updated 7/10/2023)

We have 3 candidates for the position. Each of them will come to audition on July 21. Following that audition I will then make a decision and make an offer to a candidate.

Bayview Mission Needs (Updated 7/10/2023)

I have been in communication with Deacon Nina at Bayview Mission. Their needs have changed; they are asking if we can supply Peanut Butter, Tuna, and Feminine Hygiene Products. I thank you for your continued generosity of our Outreach Project.

Sunday School Summer 2023

Sunday School will be on a break from July 15 to July 31st.

Sunday School 2023-2024

For the upcoming school year, we are looking for:

- Helpers for welcoming new families at the Blessing of the backpack (end of August/ beginning of September)
- Helpers for Sunday School class: Youth and older
- Materials for godly play activities (crafts to illustrate God's creation, Nativity, Protecting our planet etc.)

All suggestions of games/songs/activities are welcome.

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 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 or the Church signup sheet.

We also need Worship Leader volunteers for our 10:00 am Mass. There are openings for Intercessors, Lectors, Greeters, Ushers and Acolytes, and Livestream Technicians. Contact us at office@stambrosefostercity.org or use the following link to signup: [Signup Genius](https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-worship) or Click on the following link <https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-worship>

Rides for Gene Hetzer

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

Prayer 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:*** Eva Rios Chong, Judi Guilford, John David Tate, Martin Gardiner

The Altar Flowers are donated by:

Warren and Nellie Wong - In memory of Warren's parents - George and Jessie Wong.

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