



St. Ambrose Episcopal Church

August 20, 2023,
Twelfth 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: Praeludium XXII, from Das Wohl Temperierte Klavier J. S. Bach

Processional Hymn 371 *Thou, Whose Almighty Word*

1 Thou, whose al - might - y word cha - os and dark - ness heard,
2 Thou who didst come to bring on thy re - deem - ing wing
3 Spi - rit of truth and love, life - giv - ing, ho - ly Dove,
4 Ho - ly and bless - ed Three, glo - ri - ous Trin - i - ty,

and took their flight; hear us, we hum - bly pray, and, where the
heal - ing and sight, health to the sick in mind, sight to the
speed forth thy flight! Move on the wa - ters' face bear - ing the
wis - dom, love, might; bound - less as o - cean's tide, roll - ing in

Gos - pel day sheds not its glo - rious ray, let there be light!
in - ly blind, now to all hu - man - kind, let there be light!
gifts of grace, and, in earth's dark - est place, let there be light!
full - est pride, through the world, far and wide, let there be light!

Words: John Marriott (1780-1825), alt. Music: *Moscow*, Felice de Giardini (1716-1796); harm. *The New Hymnal*, 1916, based on *Hymns Ancient and Modern*, 1875, and Lowell Mason (1792-1872).

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 given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of his redeeming work, and to follow daily in the blessed steps of his most holy life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

First Lesson Isaiah 56:1,6-8

Thus says the Lord: Maintain justice, and do what is right, for soon my salvation will come, and my deliverance be revealed. And the foreigners who join themselves to the Lord, to minister to him, to love the name of the Lord, and to be his servants, all who keep the sabbath, and do not profane it, and hold fast my covenant-- these I will bring to my holy mountain, and make them joyful in my house of prayer; their burnt offerings and their sacrifices will be accepted on my altar; for my house shall be called a house of prayer for all peoples. Thus says the Lord God, who gathers the outcasts of Israel, I will gather others to them besides those already gathered.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 67

Deus misereatur

1 May God be merciful to us and bless us, *
show us the light of his countenance and come to us.

2 Let your ways be known upon earth, *
your saving health among all nations.

3 Let the peoples praise you, O God; *
let all the peoples praise you.

4 Let the nations be glad and sing for joy, *

for you judge the peoples with equity
and guide all the nations upon earth.

5 Let the peoples praise you, O God; *
let all the peoples praise you.

6 The earth has brought forth her
increase; *
may God, our own God, give us his
blessing.

7 May God give us his blessing, *
and may all the ends of the earth stand
in awe of him.

Second Lesson Romans 11:1-2a, 29-32

I ask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. God has not rejected his people whom he foreknew.

For the gifts and the calling of God are irrevocable. Just as you were once disobedient to God but have now received mercy because of their disobedience, so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. For God has imprisoned all in disobedience so that he may be merciful to all.

Reader: The Word of the Lord

People: Thanks be to God.

Hymn Caribbean Alleluia – *two times through* RS 396



Holy Gospel Matthew 15: (10-20), 21-28

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

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

[Jesus called the crowd to him and said to them, “Listen and understand: it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles.” Then the disciples approached and said to him, “Do you know that the Pharisees took offense when they heard what you said?” He answered, “Every plant that my heavenly Father has not planted will be uprooted. Let them alone; they are blind guides of the blind. And if one blind person guides another, both will fall into a pit.” But Peter said to him, “Explain this parable to us.” Then he said, “Are you also still without understanding? Do you not see that whatever goes into the mouth enters the stomach, and goes out into the sewer? But what comes out of the mouth proceeds from the heart, and this is what defiles. For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander. These are what defile a person, but to eat with unwashed hands does not defile.”]

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, “Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.” But he did not answer her at all. And his disciples came and urged him, saying, “Send her away, for she keeps shouting after us.” He answered, “I was sent only to the lost sheep of the house of Israel.” But she came and knelt before him, saying, “Lord, help me.” He answered, “It is not fair to take the children’s food and throw it to the dogs.” She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their masters’ table.” Then Jesus answered her, “Woman, great is your faith! Let it be done for you as you wish.” And her daughter was healed instantly.

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.

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: On Eagle's Wings

M. Joncas

Eucharistic Prayer B

The musical notation is presented in four staves, each with a treble clef and a key signature of one flat (B-flat). The lyrics are written below the notes, with 'Celebrant' and 'People' labels above the respective parts.

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:

Celebrant and People

Sanctus - S128

The musical score for Sanctus - S128 is written on five staves. The first staff begins with a treble clef and a key signature of one flat (B-flat). The melody is written in a simple, accessible style. 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." The score includes various musical notations such as notes, rests, and bar lines.

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.

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 My God, Thy Table #321

1 My God, thy ta - ble now is spread, thy cup with
2 O let thy ta - ble hon - ored be, and fur - nished
3 Drawn by thy quick - ening grace, O Lord, in coun - tless
4 Nor let thy spread - ing Gos - pel rest till through the

love doth o - ver - flow; be all thy chil - dren
well with joy - ful guests; and may each soul sal -
num - bers let them come and gath - er from their
world thy truth has run, till with this Bread shall

thith - er led, and let them thy sweet mer - cies know.
va - tion see, that here its sa - cred pledg - es tastes.
Fa - ther's board the Bread that lives be - yond the tomb.
all be blessed who see the light or feel the sun.

Words: Sts. 1-3, Philip Doddridge (1702-1751), alt.; st. 4, Isaac Watts (1674-1748), alt. Music: *Rockingham*, melody from *Second Supplement to Psalmody in Miniature*, ca. 1780; adapt. Edward Miller (1731-1807); harm. Samuel Webbe (1740-1816).

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 539 | *O Zion, Haste*




O Zi - on, haste, thy mis - sion high ful - fill - ing,
Pro - claim to ev - ery peo - ple, tongue, and na - tion
Send her - alds forth to bear the mes - sage glo - rious;
He comes a - gain! O Zi - on, ere thou meet him,



to tell to all the world that God is Light;
that God, in whom they live and move, is Love:
give of thy wealth to speed them on their way;
make known to ev - ery heart his sav - ing grace;




that he who made all na - tions is not will - ing
tell how he stooped to save his lost cre - a - tion,
pour out thy soul for them in prayer vic - to - rious
let none whom he hath ran - somed fail to greet him,




one soul should fail to know his love and might.
and died on earth that all might live a - bove.
till God shall bring his king - dom's joy - ful day.
through thy ne - glect, un - fit to see his face.

Refrain



Pub - lish glad ti - dings: ti - dings of peace,



ti - dings of Je - sus, re - demp - tion and re - lease.

Words: Mary Ann Thomson (1834-1923), alt. Music: *Tidings*, James Walch (1837-1901).

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, Lector
Daniel Tate, Eucharistic Minister
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.

Hello from our New Music Director

Greetings to all in the name of Jesus Christ our Lord and Savior! Please allow me to introduce myself. My name is Michael Glick. I studied Mathematics at UC Santa Cruz for my Bachelor's degree and at the San Francisco Conservatory for my Master's in Organ Performance. I am delighted to have been selected to be your Music Director and organist. I have served in this capacity at Episcopal churches twice before and will this time be particularly blessed to serve here in Foster City. This ministry is one that I, through the spirit, feel especially called to. To be able to serve with musical gifts is what I am here to do. —Michael Glick

St. Ambrose Annual Retreat Weekend 2023- cancelled

The St. Ambrose 2023 Fellowship Weekend at Bishop's Ranch has been cancelled. We will look at having this retreat in 2024.

Parking Lot and Plant Sale

The Parking Lot and Plant Sale will be held on Saturday, September 16th from 9:00am -2:00pm at St Ambrose Church. Knickknacks, housewares, clothing and more! Beautiful plants for your home or garden! Call or text Brenda at (650) 520-1140 or Call St. Ambrose Church (650) 574-1369 for more information.

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 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 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

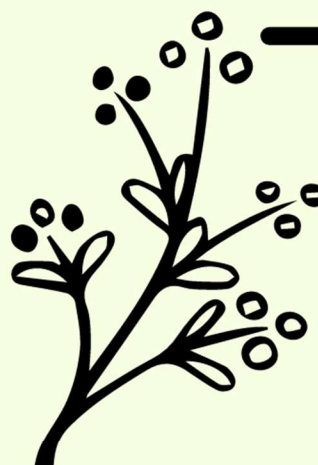
Every 1st and 3rd Sunday after the service at 11:30am, we will be meeting in the Fellowship Hall to have a prayer meeting. Please join us any time as you are able. For questions, please contact Daniel Tate at 650-799-7084, or dtate@ses.cdsp.edu

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:*** Eva Rios Chong, 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.]



PARKING LOT AND PLANT SALE

Saturday, September 16th

9:00am-2:00 pm

Clearance sale begins at 1pm

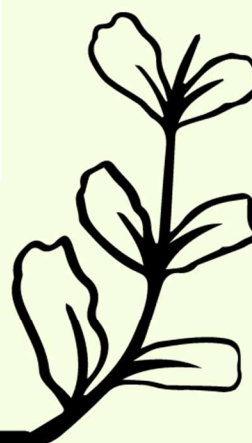
St. Ambrose Episcopal Church
900 Edgewater Blvd, Foster City,
corner of Edgewater & Beach Park Blvd

Knickknacks, houseware and
clothing and more!
Beautiful plants for your home
or garden!

**Scan this QR code
to access our online
plant sale!**



Questions?
Call or text Brenda (650) 520-1140
or
Call St. Ambrose Church (650) 574-1369



ST. AMBROSE
EPISCOPAL CHURCH