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St. Ambrose Episcopal Church
January 28, 2024
Fourth Sunday after the Epiphany

900 Edgewater Blvd
Foster City, CA 94404

(650) 574-1369 - office@stambrosefostercity.org - <http://www.stambrosefostercity.org>
Rector • The Rev. Jason B. Lucas-Green

THE LITURGY OF THE WORD

**Please note the music and hymns are subject to change*

Prelude: To You, Holy Father, we offer our praise

Welcome and Announcements

Processional Hymn # 470 There's a Wideness in God's Mercy

1 There's a wide-ness in God's mer - cy like the wide-ness of the sea;
2 There is no place where earth's sor - rows are more felt than up in heaven;
3 For the love of God is broad - er than the mea - sure of the mind;

there's a kind-ness in his jus - tice, which is more than lib - er - ty.
there is no place where earth's fail - ings have such kind - ly judg - ment given.
and the heart of the E - ter - nal is most won - der - ful - ly kind.

There is wel - come for the sin - ner, and more gra - ces for the good;
There is plen - ti - ful re - demp - tion in the blood that has been shed;
If our love were but more faith - ful, we should take him at his word;

there is mer - cy with the Sa - vior; there is heal - ing in his blood.
there is joy for all the mem - bers in the sor - rows of the Head.
and our life would be thanks - giv - ing for the good - ness of the Lord.

Words: Frederick William Faber (1814-1863), alt. Music: Beecher, John Zundel (1815-1882), alt.

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 and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen*

First Lesson Deuteronomy 18:15-20

Moses said: The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: "If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die." Then the Lord replied to me: "They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die."

Reader: The Word of the Lord.

People: **Thanks be to God.**

The Response

Psalm 111

Confitebor tibi

- | | |
|--|--|
| <p>1 Hallelujah!
I will give thanks to the LORD with my whole heart, *
in the assembly of the upright, in the congregation.</p> <p>2 Great are the deeds of the LORD! *
they are studied by all who delight in them.</p> <p>3 His work is full of majesty and splendor, *
and his righteousness endures for ever.</p> <p>4 He makes his marvelous works to be remembered; *
the LORD is gracious and full of compassion.</p> <p>5 He gives food to those who fear him; *
he is ever mindful of his covenant.</p> | <p>6 He has shown his people the power of his works *
in giving them the lands of the nations.</p> <p>7 The works of his hands are faithfulness and justice; *
all his commandments are sure.</p> <p>8 They stand fast for ever and ever, *
because they are done in truth and equity.</p> <p>9 He sent redemption to his people;
he commanded his covenant for ever; *
holy and awesome is his Name.</p> <p>10 The fear of the LORD is the beginning of wisdom; *
those who act accordingly have a good understanding;
his praise endures for ever.</p> |
|--|--|

Second Lesson 1 Corinthians 8:1-13

Now concerning food sacrificed to idols: we know that “all of us possess knowledge.” Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him.

Hence, as to the eating of food offered to idols, we know that “no idol in the world really exists,” and that “there is no God but one.” Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. “Food will not bring us close to God.” We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Reader: The Word of the Lord

People: Thanks be to God.

Hymn Alleluia Alleluia

Alleluia, Alleluia

F. Saunders
December 4, 2023

♩ = 100
Verse 1
Voice
Al - le - lu - ia, Al - le - lu - ia, Al - le - lu - ia, Al - le - lu - ia, Al - le -
5
V.
lu - ia, Al - le - lu - ia, Al - le - lu - ia, Al - le - lu - ia. Al - le - lu - ia, Al - le -
Verse 2
10
V.
lu - ia, Al - le - lu - ia, Al - le - lu - ia, Al - le - lu - ia, Al - le - lu - ia, Al - le -
15
V.
lu - ia, Al - le - lu - ia.

Holy Gospel Mark 1:21-28

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

People: Glory to you, Lord Christ.

Jesus and his disciples went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.” But Jesus rebuked him, saying, “Be silent, and come out of him!” And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, “What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.” At once his fame began to spread throughout the surrounding region of Galilee.

Deacon: The Gospel of the Lord.

People: Praise to you, Lord Christ.

Alleluia Alleluia, verse 2

Sermon

Rev. Rebecca Goldberg

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.**

Offertory Hymn: Lord, make us servants of your peace

Doxology

THE HOLY COMMUNION

Eucharistic Prayer B

The musical notation is presented in four staves, each with a key signature of one flat (B-flat) and a common time signature (C). 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 - S130

Ho - ly, ho - ly, ho - ly Lord, God of power and

might, Ho - ly, ho - ly, ho - ly Lord,

God of power and might, hea - ven and earth are

full, full of your glo - ry. Ho -

san - na in the high - est. 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.

Music: From *Deutsche Messe*, Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Copyright © 1985 GIA Publications, Inc.

The people stand or kneel.

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;**

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

S164 Jesus, Lamb of God: *Agnus Dei*

S164 Jesus, Lamb of God: *Agnus Dei*

Je - sus, Lamb of God: have mer - cy on us.

Je - sus, bear - er of our sins: have mer - cy on us.

Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace.

The musical score is written for voice and piano. It consists of four systems of music. Each system has a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is one sharp (F#). The tempo is not indicated. The lyrics are written below the vocal line.

Music: From *Deutsche Messe*; Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Adaptation: Copyright © 1985 GIA Publications, Inc.

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 worshipping 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 # 325 Let us Break Bread Together

1 Let us break bread to - geth-er on our knees; _____
2 Let us drink wine to - geth-er on our knees; _____

let us break bread to - geth-er on our knees; _____
let us drink wine to - geth-er on our knees; _____

Refrain
when I fall on my knees, with my face to the ris - ing sun,
O Lord, have mer-cy on me. _____

3 Let us praise God to - geth-er on our knees; _____
let us praise God to - geth-er on our knees; _____

Refrain
when I fall on my knees, with my face to the ris - ing sun,
O Lord, have mer-cy on me. _____

Words: African-American spiritual. Music: *Let Us Break Bread*, Afro-American spiritual; arr. and harm. David Hurd (b. 1950).

Post Communion 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.

Announcements

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**

Closing Hymn #437 Tell Out My Soul

1 Tell out, my soul, the great - ness of the Lord!
2 Tell out, my soul, the great - ness of his Name!
3 Tell out, my soul, the great - ness of his might!
4 Tell out, my soul, the glo - ries of his word!

Un - num - bered bless - ings give my spi - rit voice;
Make known his might, the deeds his arm has done;
Powers and do - min - ions lay their glo - ry by.
Firm is his prom - ise, and his mer - cy sure.

ten - der to me the prom - ise of his word;
his mer - cy sure, from age to age the same;
Proud hearts and stub - born wills are put to flight,
Tell out, my soul, the great - ness of the Lord

in God my Sa - vior shall my heart re - joice.
his ho - ly Name— the Lord, the Might - y One.
the hun - gry fed, the hum - ble lift - ed high.
to chil - dren's chil - dren and for ev - er - more!

Words: Timothy Dudley-Smith (b. 1926); based on *The Song of Mary*. Copyright © 1962 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Birmingham*, from *Repository of Sacred Music, Part II*, 1813; harm. *Songs of Praise*, 1925.

The Dismissal

Postlude: Pescador De Hombres

Cesareo Gabarain

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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:

Rev. Rebecca Goldberg

Amanda Yuxin Dai, Music Director

Worship Leader Rota:

Intercessor

Lector

Eucharist Minister

Usher

Ali LeBlanc, Livestream Technician

ANNOUNCEMENTS

Father Jason will be out on disability until the end of February (02/29/2024)

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 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>

**No 8:30am service at this time*

Sunday School 10 AM

Sunday school is offered every 2 weeks, the 1st and 3rd Sunday. Once we have a second teacher, we will have Sunday school weekly. Please contact Raphael Gerber raphaele.gerber@gmail.com

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 call Gene Hetzer at 650-476-6123 if you are able to offer him transportation to and from church.

Bible Study

Every Tuesday at 1:00pm, we meet for Bible Study on Zoom and discuss the Scriptures for the upcoming Sunday Service. Join us! For questions, please contact Daniel Tate at 650-799-7084, or dtate@ses.cdsp.edu or Warren Wong at wwong@nd.edu

Contemplative Meditation

Every Wednesday 10am-11am we meet for Contemplative Meditation on Zoom. We read a variety of authors. We have read Jimmy Carter's book 'Faith'; a couple of prayers from Jean-Pierre Isbouts 'Ten Prayers That Have Changed The World'. If interested, please contact Hamilton Fong. [hfongster@gmail.com](mailto:hfangster@gmail.com)

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 Carol Frisch and the Frisch family, 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, and the pupils and staff of Sea Breeze School. ***For those who have died:*** Mike Frisch, John Miller, Eva Rios Chong, Judi Guilford, John David Tate, Martin Gardiner

The Altar Flowers are given by:

The Altar Guild to the Glory of the Lord

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

Rev. Rebecca Goldberg	Sunday, January 28, 2024
Rev. Rebecca Goldberg	Sunday, February 4, 2024
Rev. Rebecca Goldberg	Sunday, February 11, 2024
Rev. Rebecca Goldberg	Sunday, February 18, 2024