



St. Ambrose Episcopal Church

February 04, 2024

Fifth 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: Le Cigne. C. Saint-Saens

Welcome and Announcements

Processional Hymn # 671 Amazing Grace

1 A - maz - ing grace! how sweet the sound, that
2 'Twas grace that taught my heart to fear, and
3 The Lord has prom - ised good to me, his
4 Through man - y dan - gers, toils, and snares, I
5 * When we've been there ten thou - sand years, bright

1 saved a wretch like me! I once was lost but
2 grace my fears re - lieved; how pre - cious did that
3 word my hope se - cures; he will my shield and
4 have al - rea - dy come; 'tis grace that brought me
5 shin - ing as the sun, we've no less days to

1 now am found, was blind but now I see.
2 grace ap - pear the hour I first be - lieved!
3 por - tion be as long as life en - dures.
4 safe thus far, and grace will lead me home.
5 sing God's praise than when we'd first be - gun.

The melody may be sung in canon at distances of either two or three beats.

Words: John Newton (1725-1807), alt.; st. 5, from *A Collection of Sacred Ballads*, 1790; compiled by Richard Broaddus and Andrew Broaddus. Music: *New Britain*, from *Virginia Harmony* 1831; adapt. att. Edwin Othello Excell (1851-1921); harm. Austin Cole Lovelace (b. 1919). Harmonization Copyright © 1974 by Abingdon Press.

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.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen*

First Lesson Isaiah 40:21-31

Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth?

It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing.

Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble.

To whom then will you compare me, or who is my equal? says the Holy One. Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing.

Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the Lord, and my right is disregarded by my God"? Have you not known? Have you not heard?

The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

Reader: The Word of the Lord.
People: Thanks be to God.

The Response

Psalm 147:1-12, 21c

Laudate Dominum

1 Hallelujah!
How good it is to sing praises to our
God! *
how pleasant it is to honor him with
praise!
2 The LORD rebuilds Jerusalem; *
he gathers the exiles of Israel.
3 He heals the brokenhearted *
and binds up their wounds.
4 He counts the number of the stars *
and calls them all by their names.
5 Great is our LORD and mighty in power; *
there is no limit to his wisdom.
6 The LORD lifts up the lowly, *
but casts the wicked to the ground.
7 Sing to the LORD with thanksgiving; *
make music to our God upon the harp.

8 He covers the heavens with clouds *
and prepares rain for the earth;
9 He makes grass to grow upon the
mountains *
and green plants to serve mankind.
10 He provides food for flocks and herds *
and for the young ravens when they
cry.
11 He is not impressed by the might of a
horse; *
he has no pleasure in the strength of a
man;
12 But the LORD has pleasure in those who
fear him, *
in those who await his gracious favor.
21 Hallelujah!

Second Lesson 1 Corinthians 9:16-23

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

People: Thanks be to God.

Alleluia, Alleluia

♩ = 90
Verse 1

Voice

Al - le - lu - ia, Al - le - lu - ia, Al - le - lu - ia, Al - le - lu - ia, Al - le -

5

V.

Verse 2

lu - ia, Al - le - lu - ia, Al - le - lu - ia, Al - le - lu - ia. Al - le - lu - ia, Al - le -

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.

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

After Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

Deacon: The Gospel of the Lord.

People: Praise to you, Lord Christ.

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: TEACH Me Your Way T. Shaw

Doxology

THE HOLY COMMUNION

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 corresponding 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,

**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

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.

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 302 Father, We Thank Thee Who Has Planted



1 Fa - ther, we thank thee who hast plant - ed thy ho - ly Name with -
 2 Watch o'er thy Church, O Lord, in mer - cy, save it from e - vil,

in our hearts. Know - ledge and faith and life im - mor - tal Je - sus thy
 guard it still, per - fect it in thy love, u - nite it, cleansed and con -

Son to us im - parts. Thou, Lord, didst make all for thy plea - sure,
 formed un - to thy will. As grain, once scat - tered on the hill - sides,

didst give us food for all our days, giv - ing in Christ the
 was in this bro - ken bread made one, so from all lands thy

Bread e - ter - nal; thine is the power, be thine the praise.
 Church be gath - ered in - to thy king - dom by thy Son.

Words: Greek, ca. 110; tr. F. Bland Tucker (1895-1984), rev. Copyright © The Church Pension Fund. Music: *Rendez à Dieu*, melody and harm. att. Louis Bourgeois (1510?-1561?).

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 # 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 throug 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).

The Dismissal

Postlude: Gabarain 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:

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 contact Jim Neubert to schedule a day for driving.

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, February 4, 2024
Rev. Rebecca Goldberg	Sunday, February 11, 2024
Rev. Rebecca Goldberg	Sunday, February 18, 2024
Rev. Rebecca Goldberg	Sunday, February 25, 2024