



St. Ambrose Episcopal Church

February 25, 2024

The Second Sunday in Lent

900 Edgewater Blvd
Foster City, CA 94404


(650) 574-1369 - office@stambrosefostercity.org - <http://www.stambrosefostercity.org>

THE LITURGY OF THE WORD


Prelude: Dvorak - Song to the moon

Welcome and Announcements


Processional Hymn #143 The glory of these Forty Days.



1 The glo - ry of these for - ty days we
2 A - lone and fast - ing Mo - ses saw the
3 So Dan - iel trained his mys - tic sight, de -
4 Then grant us, Lord, like them to be full
* 5 O Fa - ther, Son, and Spi - rit blest, to



1 ce - le - brate with songs of praise; for Christ, through whom all
2 lov - ing God who gave the law; and to E - li - jah,
3 liv - ered from the li - ons' might; and John, the Bride - groom's
4 oft in fast and prayer with thee; our spi - rits strength - en
5 thee be ev - ery prayer ad - dressed, who art in three - fold



1 things were made, him - self has fast - ed and has prayed.
2 fast - ing, came the steeds and char - i - ots of flame.
3 friend, be - came the her - ald of Mes - si - ah's name.
4 with thy grace, and give us joy to see thy face.
5 Name a - dored, from age to age, the on - ly Lord.

Words: Latin, 6th cent.; tr. Maurice F. Bell (1862-1947), alt. By permission of Oxford University Press. Music: *Erhalt uns, Herr*, melody from *Geistliche Leiden*, 1543; harm. Johann Sebastian Bach (1685-1750).

Opening Sentences

Celebrant: Blessed be 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, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. *Amen*

First Lesson Genesis 17:1-7, 15-16

When Abram was ninety-nine years old, the Lord appeared to Abram, and said to him, "I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous." Then Abram fell on his face; and God said to him, "As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you.

God said to Abraham, "As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her."

Reader: The Word of the Lord.

People: **Thanks be to God.**

The Response

Psalm 22:22-30

Deus, Deus meus

22 Praise the Lord, you that fear him; *
stand in awe of him, O offspring of Israel;
all you of Jacob's line, give glory.

23 For he does not despise nor abhor the
poor in their poverty;

neither does he hide his face from them; *
but when they cry to him he hears them.

24 My praise is of him in the great
assembly; *

I will perform my vows in the presence of
those who worship him.

25 The poor shall eat and be satisfied,
and those who seek the Lord shall praise
him: *

"May your heart live for ever!"

26 All the ends of the earth shall remember
and turn to the Lord, *
and all the families of the nations shall bow
before him.

27 For kingship belongs to the Lord; *
he rules over the nations.

28 To him alone all who sleep in the earth
bow down in worship; *
all who go down to the dust fall before him.

29 My soul shall live for him;
my descendants shall serve him; *
they shall be known as the Lord'S for ever.

30 They shall come and make known to a
people yet unborn *
the saving deeds that he has done.

Second Lesson Romans 4:13-25

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become "the father of many nations," according to what was said, "So numerous shall your descendants be." He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore his faith "was reckoned to him as righteousness." Now the words, "it was reckoned to him," were written not for his sake alone, but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.

Reader: The Word of the Lord

People: Thanks be to God.

Hymn Deep Within, verse 1

Deep Within 399

Refrain

Deep with - in I will plant my law,
not on stone, but in your heart.
Fol - low me, I will bring you back, you will
be my own, and I will be your God.

Verses

1. I will give you a new heart, a new spir - it with -
2. Seek my face, and see your
3. Re - turn to me, with all your
D. C.
in you, for I will be your strength.
God, for I will be your hope.
heart, and I will bring you back.

Text: Jeremiah 31:33, Ezekiel 36:26, Joel 2:12; David Haas, b.1957
Tune: David Haas, b.1957; acc. by Jeanne Cotter, b.1964
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Holy Gospel Mark 8:31-38

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

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

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are setting your mind not on divine things but on human things."

He called the crowd with his disciples, and said to them, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels."

Deacon: The Gospel of the Lord.

People: Praise to you, Lord Christ.

Deep Within, 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: Kind Maker of the World

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,

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

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 313 Let thy blood in mercy poured

1 Let thy Blood in mer - cy poured, let thy gra - cious
 2 Thou didst die that I might live; bless - ed Lord, thou
 3 By the thorns that crowned thy brow, by the spear-wound
 4 Wilt thou own the gift I bring? All my pen - i -

Bo - dy bro - ken, be to me, O gra - cious Lord,
 cam'st to save me; all that love of God could give
 and the nail - ing, by the pain and death, I now
 tence I give thee; thou art my ex - alt - ed King,

Refrain
 of thy bound-less love the to - ken.
 Jes - us by his sor - rows gave me. Thou didst give thy -
 claim, O Christ, thy love un - fail - ing.
 of thy match-less love for - give me.

self for me, now I give my - self to thee.

Words: Greek; tr. John Brownlie (1859-1925). Music: *Jesus, meine Zuversicht*, melody Johann Cruger (1598-1662); harm. after *The Chorale Book for England*, 1863.

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

May the peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son, Jesus Christ our Lord.

And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be with you and remain with you always. **Amen**

Closing Hymn # 473 Lift High the Cross

The musical score for 'Lift High the Cross' is presented in four systems. The first system includes a 'Descant' section for the treble clef and a 'Refrain' section for both treble and bass clefs. The second system continues the melody and accompaniment. The third system features a more complex arrangement with multiple vocal parts in the treble and a bass line. The fourth system is labeled 'Repeat Refrain' and includes a key signature change to one sharp (F#) for the treble part, while the bass part remains in the original key.

Descant
Lift high the cross, the love of Christ pro - claim

Refrain
Lift high the cross, the love of Christ pro - claim

till all the world a - dore his sa - cred Name.

till all the world a - dore his sa - cred Name.

Led on their way by this tri - um - phant sign,
Each new - born ser - vant of the Cru - ci - fied
O Lord, once lift - ed on the glo - rious tree,
So shall our song of tri - umph cv - er be:

Repeat Refrain
the hosts of God in con - quering ranks com - bine.
bears on the brow the seal of him who died.
as thou hast prom - ised, draw the world to thee.
praise to the Cru - ci - fied for vic - to - ry.

Words: George William Kitchin (1827-1912) and Michael Robert Newbolt (1874-1956). Copyright © 1974 by Hope Publishing Co., Carol Stream, IL. 60188). All rights reserved. Used by permission. Music: *Crucifer*, Sydney Hugo Nicholson (1875-1947); desc. Richard Proulx (b. 1937). Copyright © 1974 by Hope Publishing Co., Carol Stream, IL. 60188). All rights reserved. Used by permission.

The Dismissal

Postlude: I Watch the Sunrise

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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

Suzanne Canada Lector

Daniel Tate, Eucharist Minister

Usher

Ali LeBlanc, Livestream Technician

ANNOUNCEMENTS

Stations of the Cross

Stations of the Cross will be observed on Wednesdays: 3/6, 3/20, and 3/27 at 7:30 pm.

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 at 10:00am every week 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:hongster@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
[Please contact the parish office to add any names of the sick and suffering to be prayed for in our monthly cycle of prayer.]



ST. AMBROSE
EPISCOPAL CHURCH

Get ready for Lent & Easter

Come join our community as we walk together on the path to Easter:

- Ash Wednesday: Wednesday, February 14th, 7pm
- Weekly Services: Sundays, 10am
- Easter: Sunday, March 31st, 10am

- During each service:
 - Sunday School (>2.5 yr old)
 - Upon request: Nursery (<2.5 yr old)


Contact: Teacher Raphaelle (650) 267-0467
& Teacher Kay (650) 773-7972
saintambrosesundayschool@gmail.com



SUNDAY SCHOOL
Songs - *Story* - *Play*

COFFEE HOUR
AFTER EACH SERVICE
Mingle - *Share* - *Connect*

STATIONS — OF THE — CROSS



Stations of the Cross will be observed on Wednesdays 7:30 pm on

March 6, 2024

March 20, 2024

March 27, 2024

Rev. Rebecca Goldberg	Sunday, March 3, 2024
Rev. Rebecca Goldberg	Sunday, March 10, 2024
Rev. Rebecca Goldberg	Sunday, March 17, 2024
Rev. Rebecca Goldberg	Sunday, March 24, 2024