

St. Ambrose Episcopal Church March 3, 2024 The Third Sunday in Lent

900 Edgewater Blvd Foster City, CA 94404

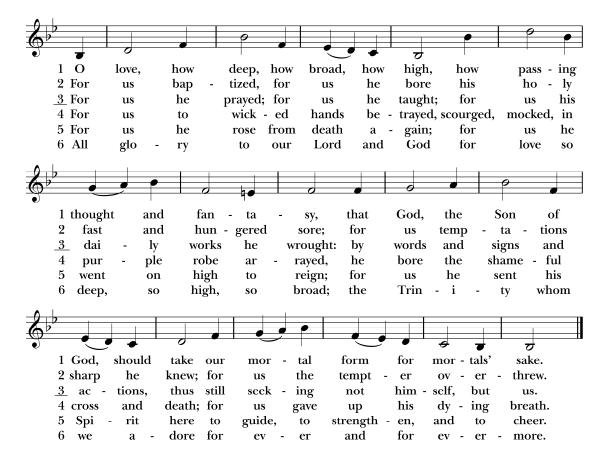
(650) 574-1369 - office@stambrosefostercity.org - http://www.stambrosefostercity.org

#### THE LITURGY OF THE WORD

# Prelude: Prelude in E minor, BWV 855 Welcome and Announcements

#### J.S.Bach

Processional Hymn #448 O love, how deep, how broad, how high



Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt. Music: *Deus tuorum militum*, from *Antiphoner*, 1753; adapt. *The English Hymnal*, 1906, alt.; harm. after Basil Harwood (1859-1949).

#### **Opening Sentences**

Celebrant:Bless the Lord who forgives all our sins.People:His mercy endures forever.

# 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.* 

Lord, have mercy. *Christ, have mercy.* Lord, have mercy.

# The Collect of the Day

Celebrant:	The Lord be with you.
People:	And also with you.
Celebrant:	Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen* 

# First Lesson Exodus 20:1-17

Then God spoke all these words:

I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

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

# The Response

# Psalm 19

# Caeli enarrant

1 The heavens declare the glory of God, \* and the firmament shows his handiwork.

2 One day tells its tale to another, \* and one night imparts knowledge to another.

3 Although they have no words or language, \* and their voices are not heard,

4 Their sound has gone out into all lands, \* and their message to the ends of the world.

5 In the deep has he set a pavilion for the sun; \*

it comes forth like a bridegroom out of his chamber;

it rejoices like a champion to run its course.

6 It goes forth from the uttermost edge of the heavens and runs about to the end of it again; \*

nothing is hidden from its burning heat.

7 The law of the Lord is perfect and revives the soul; \* the testimony of the Lord is sure and gives wisdom to the innocent.

8 The statutes of the Lord are just and rejoice the heart; \* the commandment of the Lord is clear and gives light to the eyes.

9 The fear of the Lord is clean and endures for ever; \* the judgments of the Lord are true and righteous altogether.

10 More to be desired are they than gold, more than much fine gold, \* sweeter far than honey, than honey in the comb.

11 By them also is your servant enlightened, \* and in keeping them there is great reward. 12 Who can tell how often he offends? \* cleanse me from my secret faults.

13 Above all, keep your servant from presumptuous sins; let them not get dominion over me; \* then shall I be whole and sound, and innocent of a great offense.

14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, \* O Lord, my strength and my redeemer.

# Second Lesson 1 Corinthians 1:18-25

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

"I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart."

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

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

Hymn Deep Within, verse 1



#### Holy Gospel John 2:13-22

*Deacon:* The Holy Gospel of our Lord Jesus Christ according to John. *People:* Glory to you, Lord Christ.

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

*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.

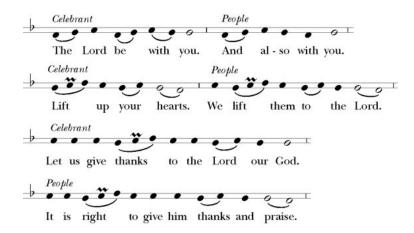
# Offertory Hymn: Eternal Lord of Love

*Text: Thomas H. Cain 1982 Music: Michael Joncas 1988* 

# Doxology

# THE HOLY COMMUNION

# **Eucharistic Prayer B**



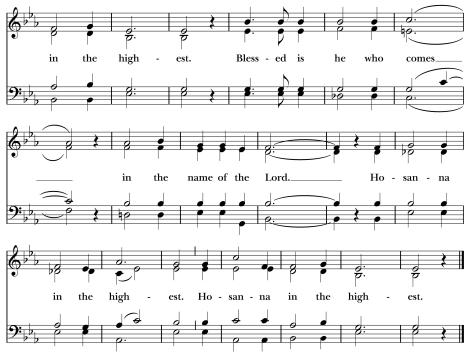
# Then, facing the Holy Table, the Celebrant proceeds

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





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 <u>Ambrose</u> 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



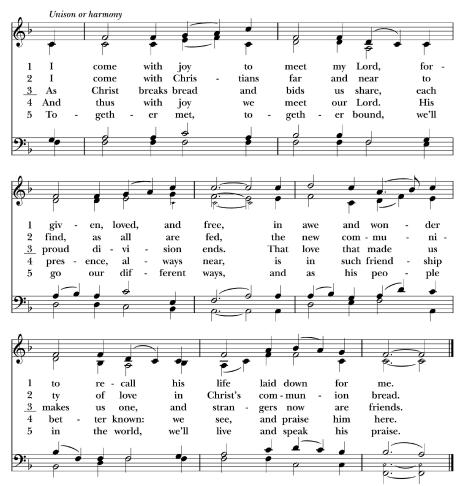
Music: From Deutsche Messe; Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Adaptation: Copyright © 1985 GIA Publications, Inc.

#### 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 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 304 I come with joy to meet my Lord



Words: Brian A. Wren (b. 1936), alt. Copyright © 1971 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Land of Rest*, American folk melody; adapt. and harm. Annabel Morris Buchanan (1889-1983).

#### **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 #441 In the cross of Christ I glory



Words: John Bowring (1792-1872). Music: Rathbun, Ithamar Conkey (1815-1867).

# The Dismissal

Postlude: Ave Maria

#### **Charles Gounod**

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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 Eugene Hetzer, Stephen Yuen/Lectors Daniel Tate, Eucharist Minister Stephen Yuen, Usher Ali LeBlanc, Livestream Technician

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

# **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.

#### Lenten Offerings:

During Lent we ask parishioners to forego some activities that they may view as "luxuries" (lattes, desserts) and donate those funds to either or both of two worthy causes.

United Thank Offering is a major funding source for the Episcopal Church's international missions. If you are inclined to make a donation please write a check to St. Ambrose Episcopal Church, mark it UTO in the memo section, and drop it in the offering plate.

RIP Medical Debt (<u>ripmedicaldebt.org</u>) buys medical debt for cents on the dollar. The debt is then cancelled, relieving families from financial burdens that many find overwhelming. Debt incurred to pay for hospitalization, medicines, and treatment of chronic conditions is one of the principal causes of personal bankruptcy in the U.S. RIP Medical Debt is a 501(c)(3) organization and is rated 4 out of 4 stars by Charity Navigator. St. Ambrose joins other Peninsula Episcopal churches in this campaign during Lent. Simply write a check to St. Ambrose, mark it RIP Medical Debt, and place it in the offering plate.

The Lenten campaign will end on March 31st, Easter Sunday,

#### Sandwiches on Sunday – March 31st:

We will again assemble the sandwiches and brown bags the day before, i.e., **Saturday, March 30th**, at the church from noon to 2 p.m. They will be distributed at the Fair Oaks Community Center in Redwood City on Sunday, March 31st, from 11:45 to 12:15 p.m. If you would like to help or have any questions, please contact Steve Yuen (cell 650-315-9662, <u>stevebyuen@aol.com</u>)

#### **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 <u>first Sunday</u> of the month. Please volunteer for the <u>other weeks</u> by using the link below or by the signup sheet in the Narthex by the Reflections & Gratitude Board: <u>Sign Up Genius https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-coffee1</u>

#### **Worship Leaders Needed**

Please sign up as a Lector for our 10:00\* am Mass by emailing <u>office@stambrosefostercity.org</u> 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 <u>office@stambrosefostercity.org</u> or use the following link to signup: <u>Signup</u> <u>Genius</u> or Click on the following link <u>https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-worship</u>

\*No 8:30am service at this time

#### Sunday School 10 AM

Sunday school is at 10:00am every week Please contact Raphael Gerber <u>raphaele.gerber@gmail.com</u>

#### **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 <u>dtate@ses.cdsp.edu</u> or Warren Wong at <u>wwong@nd.edu</u>

#### **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. <u>hfongster@gmail.com</u>

#### 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 <u>dtate@ses.cdsp.edu</u>

**Praver 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.]* 



#### Get ready for Lent & Easter

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

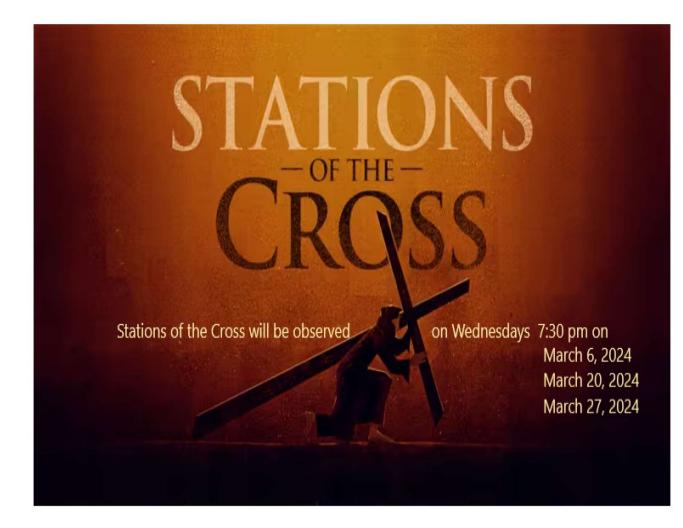
- Ash Wednesday: Wednesday, February 14th, 7pm
  Weekly Services: Sundays, 10am
- Easter: Sunday, March 31st, 10am

#### • During each service:

- Sunday School (>2.5 yr old) Upon request: Nursery (<2.5 yr old) 0
- 0

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





Presider	Date
Reverend Rebecca Goldberg	Wednesday, March 6, 2024
Reverend Rebecca Goldberg	Wednesday, March 20, 2024
Reverend Rebecca Goldberg	Wednesday, March 27, 2024
Reverend Rebecca Goldberg	Thursday, March 28, 2024
Reverend Rebecca Goldberg	Friday, March 29, 2024
Reverend Rebecca Goldberg	Saturday, March 30, 2024
Reverend Rebecca Goldberg	Sunday, March 31, 2024



# Holy Week and Easter Service Schedule

Thursday, March 28 ~ Maundy Thursday Service at 7:00 pm Friday, March 29 ~ Good Friday Service at 7:00 pm Saturday, March 30 ~ Easter Vigil Service at 7:00 pm Sunday, March 31 ~ Easter Service at 10:00 am