

St. Ambrose Episcopal Church March 10, 2024 The Fourth Sunday in Lent

900 Edgewater Blvd Foster City, CA 94404 (650) 574-1369 - <u>office@stambrosefostercity.org</u> -<u>http://www.stambrosefostercity.org</u>

# THE LITURGY OF THE WORD

# **Prelude:** Dvorak - Song to the Moon Welcome and Announcements

## Processional Hymn #435 At the Name of Jesus

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1	At th	e Name	of	Je - sus	ev - er	y knee	shall	bow,
2	Hum - ble	ed for	а	sea - son		e - ceive	а	Name
3	bore it	up	tri	- um - phan	it, with it	s hu -	man	light,
4	Name hir	n, Chris	- tians,	name <sup>^</sup> him	, with lo	ve strong	as	death,
* 5	In you	ur hearts	en -	throne him	; there le	et him	sub	- due
*6	Chris-tia	ns, this	Lord	Je - sus	shall r	e - turn	a -	gain,
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_		the lips			ers, un -			came,
	_through			_	,	the cen		height,
4		vith awe			ler and		- ed	breath;
5		hat is	not		17	that is	not	true;
6	with	his Fa	- ther's	glo - 1	ry o'er	the earth	n to	reign;
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J	• •		0					
1	'tis the	e Fa-	ther's	plea - sur	e we sho	ould call	him	Lord
2	faith - fu	l - ly	he	bore it	spot - le		the	last,
3	to the	e throne	of	God - head	-		- ther's	breast;
4	he is	God	the	Sa - vior	, he	is Chris	st the	Lord,
5	crown hir	n as	your	Cap - tair	in te	mp - ta	- tion's	hour;
6		wreaths	,	em - pire		ıp - on	his	brow,
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1		from th		gin - ning	was the	might -		Word.
2	brought	it ba		- to - rious,	when from	death	he	passed;
3		it wi		glo - ry	of that	per -	fect	rest.
4	ev -	er te		wor - shiped,		and	a -	dored.
5	let	his w		/	in its	light	and	power.
6	and	our hea	rts con	- fess him	King of	glo -	ry	now.

Words: Caroline Maria Noel (1817-1877), alt. Music: *King's Weston*, Ralph Vaughan Williams (1872-1958). By permission of Oxford University Press.

# **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 our Lord. *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.

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen* 

# First Lesson Numbers 21:4-9

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us." So Moses prayed for the people. And the Lord said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

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

# The Response

# Psalm 107:1-3, 17-22

# Confitemini Domino

19 Then they cried to the Lord in their 1 Give thanks to the Lord, for he is good, \* trouble, \* and his mercy endures for ever. and he delivered them from their distress. 2 Let all those whom the Lord has redeemed proclaim \* 20 He sent forth his word and healed them that he redeemed them from the hand of the foe. and saved them from the grave. 3 He gathered them out of the lands; \* 21 Let them give thanks to the Lord for his from the east and from the west, mercv \* from the north and from the south. and the wonders he does for his children. 22 Let them offer a sacrifice of 17 Some were fools and took to rebellious ways; \* thanksgiving \* they were afflicted because of their sins. and tell of his acts with shouts of joy. 18 They abhorred all manner of food \* and drew near to death's door. The Epistle

# Second Lesson Ephesians 2:1-10

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ-- by grace you have been saved-- and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God-- not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

# *Reader*: The Word of the Lord

*People*: Thanks be to God.

# Hymn Deep Within, verse 1



# Holy Gospel John 3:14-21

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

Jesus said, "Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

*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.

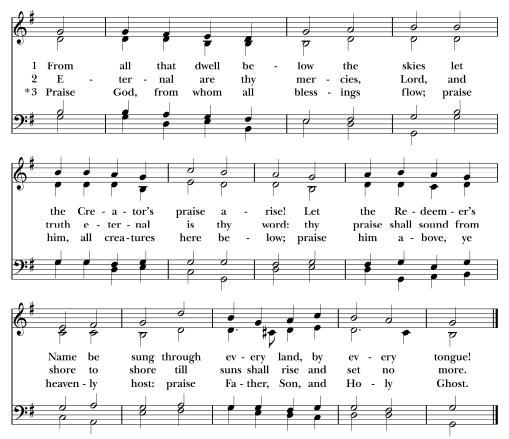
The Peace

*Celebrant*: The peace of the Lord be always with you. *People*: And also with you.

# Offertory Hymn: H141 Wilt Thou Forgive That Sin, Where I Begun

# Doxology

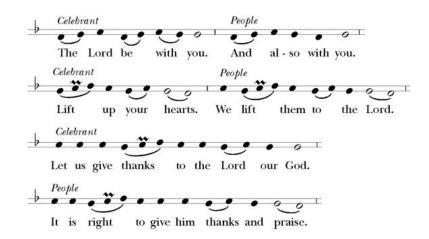
# Hymn380 From all that dwell below the skies



Words: Isaac Watts (1674-1748), para. of Psalm 117. St. 3, Thomas Ken (1637-1711). Music: Old 100th, melody from Pseaumes octante trois de David, 1551, alt.; harm. after Louis Bourgeois (1510?-1561?).

# THE HOLY COMMUNION

#### **Eucharistic Prayer B**



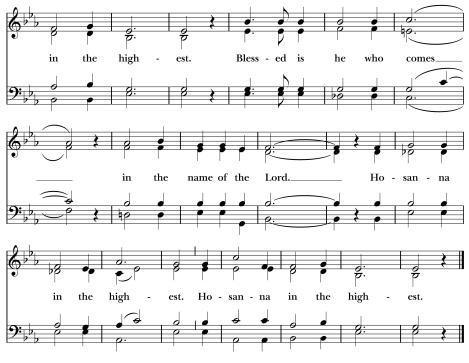
Then, facing the Holy Table, the Celebrant proceeds

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 313 Let thy Blood in mercy poured



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**

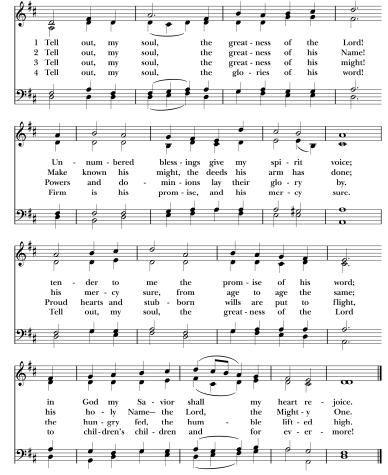
Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, 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 # 437 Tell out, my soul, the greatness of the Lord

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: How Great Thou Art

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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 Warren Wong, Lector Daniel Tate, Eucharist Minister Usher Ali LeBlanc, Livestream Technician

Rev. Rebecca Goldberg	Sunday, March 10, 2024
Rev. Rebecca Goldberg	Sunday, March 17, 2024
Rev. Rebecca Goldberg	Sunday, March 24, 2024
Rev. Rebecca Goldberg	Sunday, March 31, 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 parish hall. 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>

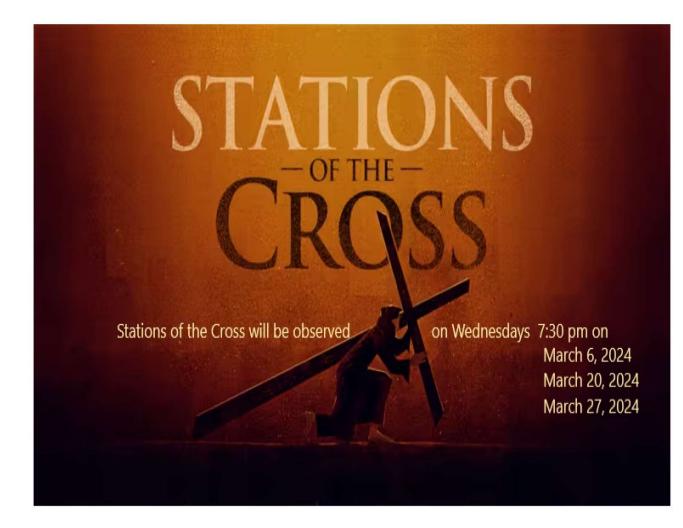
#### Prayer Support Group

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.]* 







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