

Third Sunday in Lent
March 7, 2021
10:00 a.m.



Mass: Rite II

We are delighted to welcome you to our online liturgy. During this time of Shelter in Place, we regret that we cannot administer Holy Communion to most of you. Nonetheless, we remain one in the Spirit through our receiving of Spiritual Communion.

The Prelude: *Christ Lag in Todesbanden*

J. Pachelbel

The Welcome

The Introit Hymn: *A Lent Prose*

Mode V

Refrain (Cantor 1st time)

Hear us, O Lord, * have mer - cy up - on us:

for we have sinn'd a - gainst thee.

Hear us, O'Lord, have mercy upon us: for we have sinned against thee.

1. To thee, Redeemer, on thy throne of glory: lift we our weeping eyes in holy pleadings: listen, O'Jesu, to our supplications. Refrain.
2. O thou chief Corner-stone, Right Hand of the Father: Way of Salvation, Gate of Life Celestial: cleanse thou our sinful souls from all defilement. Refrain
3. God, we implore thee, in thy glory seated: bow down and hearken to thy weeping children: pity and pardon all our grievous trespasses. Refrain.
4. Sins oft committed now we lay before thee: with true contrition, now no more we veil them: grant us, Redeemer, loving absolution. Refrain.
5. Innocent, captive, taken unresisting: falsely accused, and for us sinners sentenced, save us, we pray thee, Jesu our Redeemer. Refrain.

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The people standing

Priest Blessed be God: Father, Son and Holy Spirit. *BCP, Page 355*

People **And blessed be God's kingdom, now and forever. Amen.**

The Collect for Purity

***All:* 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.**

The Kyrie

Missa de Angelis

(Congregation Repeats each line)

Ky-ri - e - le - i - son

Chris-te - le i son

Ky-ri - e - le - i - son

The Collect of the Day

Celebrant: The Lord be with you.

All: **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*

The Old Testament: 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.

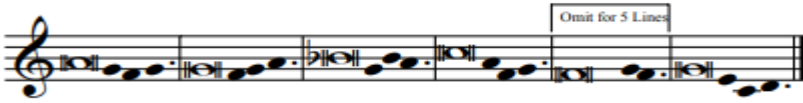
Reader: The Word of the Lord.

All: **Thanks be to God.**

Psalm: Caeli enarrant

19

St Meinrad Mode I (6-line)



© Saint Meinrad Archabbey

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

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

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

Their sound has gone out into all lands,
and their message

to the ends of the world.

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.

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.

The law of the LORD is perfect and revives the soul;
the testimony of the LORD is sure
and gives wisdom to the innocent.

The statutes of the LORD are just
and rejoice the heart;
the commandment of the LORD is clear
and gives light to the eyes.

The fear of the LORD is clean
and endures for ever;

The judgments of the LORD are true
and righteous altogether.

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

By them also is your servant enlightened,
and in keeping them there is great reward.

Who can tell how often he offends?
cleanse me from my secret faults.

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.

Let the words of my mouth
and the meditation of my heart
be acceptable in your sight,
O LORD, my strength and my redeemer.

The Epistle: *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 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.**

The Gospel: *John*

2:13-22

Priest: The Holy Gospel of our Lord Jesus Christ according to John.

All: **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.

Priest: The Gospel of the Lord.
All: **Praise to you, Lord Christ**

The Nicene Creed

BCP, page 358

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. 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.

The Intercessions: (Kneeling)

We come before you in our own brokenness, in need of your grace and favor. We trust in the promise you have made to hear our prayers in the name of your Son, Jesus.

We pray for wisdom, courage, and strength for all of your followers, especially those in leadership of your church. Set their hearts on you alone.

Silence

We pray for the leaders of the nations, that they protect and provide for their people and work for peace and justice.

Silence

We pray for those who struggle with disappointments, with financial insecurities, with grief over lost loved ones, or lost dreams. We pray for relief of pain for those whose bodies and hearts ache. We ask for healing for all who suffer. We pray especially for healing for Peter Gee, Nellie Wong, Max Gumbert, and Isabella.

Silence

We pray for those who have died and now rest in your eternal embrace. We pray especially for Clara Padilla on the anniversary of her mother's death. Comfort the loved ones who mourn their loss.

Silence

For what else shall we pray? (*Silence*)

Priest: Let us all pray together,

All: **Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. Amen.**

The Confession & Absolution

God is love and we are his children. There is no room for fear in love. We love because he loved us first. Let us confess our sins in penitence and faith. (*Silence*)

All: **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.

Priest: 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.

The Peace

Lord Jesus Christ, you said to your apostles, “Peace I leave with you; my own peace do I give you.” Regard not our sins, but the faith of your Church, and grant us peace and unity according to your will, who lives and reigns God throughout all ages, world without end. **Amen.**

(Standing)

Priest: The peace of the Lord be always with you.

All: **And also with you.**

Priest: Let us offer one another some sign of Peace.

The Offertory Sentence: God’s foolishness is wiser than human wisdom, and God’s weakness is stronger than human strength.

The Offertory *Rendez a Dieu*

Hymn #302

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.

The Eucharistic Prayer III (from the Scottish Episcopal Church)

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give him thanks and praise.

Worship and praise belong to you, maker of light and darkness.

Your wisdom draws beauty from chaos, brings a harvest out of sorrow and leads the exiles home. In Christ your Son enemies are reconciled, debts forgiven and strangers made welcome.

Your Spirit frees us to live as sons and daughters in our Father's house. We who by Christ's power follow the way of the Cross, sharing the joy of his obedience, now offer you our praise, with angels and archangels and the whole company of heaven singing the hymn of your unending glory:

The Sanctus & Benedictus.

Hymnal #S130

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

The first system of musical notation for the hymn. It consists of a treble and bass staff in 3/4 time with a key signature of two flats (B-flat and E-flat). The melody is in the treble clef, and the accompaniment is in the bass clef. The lyrics are: "Ho - ly, ho - ly, ho - ly Lord, God of power and".

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

The second system of musical notation. The melody continues with a long note for "might," followed by a rest, then "Ho - ly, ho - ly, ho - ly Lord,". The accompaniment provides a steady harmonic support.

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

The third system of musical notation. The melody continues with "God of power and might," followed by a long note and a rest, then "hea - ven and earth are". The accompaniment continues with the same harmonic structure.

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.

Setting: From *Deutsche Messe*, Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937)

Glory and thanksgiving be to you, most loving Father, for Christ in whom the world is reconciled. Lifted on the Cross, his suffering and forgiveness spanned the gulf our sins had made. Through that dark struggle death was swallowed up in victory, that life and light might reign.

Before he was given up to suffering and death, recalling the night of Israel's release, the night in which the sons of Egypt died, your Chosen One, himself the First-Born, freely offered his life.

At supper with his disciples he took bread and offered you thanks. He broke the bread, and gave it to them, saying:

"Take, eat.

This is my Body: it is broken for you."

After supper, he took the cup, he offered you thanks, and gave it to them saying:

"Drink this, all of you.

This is my Blood of the new covenant; it is poured out for you, and for all, that sins may be forgiven. Do this in remembrance of me."

We now obey your Son's command.

**All: We recall his blessed passion and death,
his glorious resurrection and ascension;
and we look for the coming of his Kingdom.**

Made one with him, we offer you these gifts and with them ourselves, a single, holy, living sacrifice. Hear us, most merciful Father, and send your Holy Spirit upon us and upon this bread and this wine, that, overshadowed by his life-giving power, they may be the Body and Blood of your Son, and we may be kindled with the fire of your love and renewed for the service of your Kingdom.

Help us, who are baptised into the fellowship of Christ's Body to live and work to your praise and glory; may we grow together in unity and love until at last, in your new creation, we enter into our heritage in the company of the Virgin Mary, the apostles, and prophets, and of all our brothers and sisters living and departed.

Through Jesus Christ our Lord, with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be to you, Lord of all ages, world without end.

Amen.

Priest: And now, as our Savior Christ taught us, we are bold to say:

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

forever and ever. Amen

The Fraction:

We break this bread to share in the Body of Christ.

All: Though we are many, we are One Body, because we all share in one bread.

The Gifts of God for the people of God. [*The Eucharist may be consumed*]

The Agnus Dei:

Hymnal #S159

O Lamb of God, that ta - kest a - way
the sins of the world, have mer - cy
up - on us. O Lamb of God,
that ta - kest a - way the sins of the world, have
mer - cy up - on us. O Lamb of
God, that ta - kest a - way the sins of
the world, grant us thy peace.

In this season, when our whole community of faith cannot gather together, we give thanks for the gift of the Eucharist – a gift that we hold all the more precious in these days when we cannot share the one bread and the one cup. Yet, even in the absence of this sacramental sharing, the mystical Communion between Christ and his church, and among us as members of Christ’s body, remains unbroken. And so, mindful of this deep bond of the Spirit, let us unite ourselves to Christ and one another.

The Post-communion Prayer:

Father of all, we give you thanks and praise that when we were still far off you met us in your Son and brought us home. Dying and living, he declared your love, gave us grace, and opened the gate of glory. May we who share Christ's body live his risen life; we who drink his cup bring life to others; we whom the Spirit lights, give light to the world. Keep us firm in the hope you have set before us, so we and all your children shall be free, and the whole earth live to praise your name; through Christ our Lord. Amen.

The Announcements

The Benediction:

Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow him; and the blessing of God Almighty, (+) The Father, the Son, and the Holy Spirit, be among you, and remain with you always, **Amen.**

1 Praise to the Ho - liest in the height, and in the
2 O lov - ing wis - dom of our God! When all was
3 O wis - est love! that flesh and blood, which did in
4 and that the high - est gift of grace should flesh and
5 Praise to the Ho - liest in the height, and in the

1 depth be praise; in all his words most
2 sin and shame, a sec - ond Ad - am
3 Ad - am fail, should strive a - fresh a -
4 blood re - fine: God's pres - ence and his
5 depth be praise; in all his words most

1 won - der - ful, most sure in all his ways!
2 to the fight and to the res - cue came.
3 gainst the foe, should strive, and should pre - vail;
4 ve - ry self, and es - sence all - di - vine.
5 won - der - ful, most sure in all his ways!

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The Dismissal

Priest: Let us bless the Lord.

People: **Thanks be to God.**

The Postlude:

Toccata in e minor

J. Pachelbel

ANNOUNCEMENTS

Mark Your Calendars – Youth Group Zoom Guest Speaker, Karen Chee, **March 28th 4:00 pm**

Karen Chee, Comedy Writer for Seth Meyers Late Night to Speak to Youth Group via Zoom, Sunday, March 28th, 4:00pm

Karen and her family first started attending St. Ambrose when she was 3 - she went to Sea Breeze, and later was an acolyte and youth group member. Karen went to Bowditch & San Mateo High, and she now lives in New York (when it's not a pandemic...) where she writes and does comedy for a living. Youth Group Zoom Guest Speaker, Karen Chee

Weekly Calendar

DAY	DATE	TIME	EVENT
Sunday	Mar 7	10:00 am	Worship Service
		11:00 am	Zoom Coffee Hour
		4:00 pm	Zoom Youth Group Meeting
Monday	Mar 8	1:00 pm	Zoom Bible Study
Tuesday	Mar 9		
Wednesday	Mar 10	10:00 am	Contemplative Meditation
Thursday	Mar 11		
Friday	Mar 12		
Saturday	Mar 13		
Sunday	Mar 14		

We are looking for additional Lectors and Intercessors please contact Margie Lee at stambrosefc@att.net if you are interested in joining our Sunday Services to be added to our rotation.

TODAY

Sunday, March 7, 11:00 am: Zoom Coffee Hour, contact

Ali Le Blanc on 650-281-9236 for questions

Join Zoom Meeting with the following link: [Zoom Coffee Hour](#)

Meeting ID: 872 7420 6121

Passcode: 681474

Sunday, March 7, 4:00 pm Zoom Youth Group Meeting

For Zoom link, please contact Daniel Tate at ym_stambrosefc@att.net or 650-799-7084

THIS WEEK

Monday, March 8, 1:00 pm Zoom Bible Study. For Zoom link, please contact Daniel Tate at dtate@ses.cdsp.edu or 650-799-7084

Contemplative Meditation

We're very excited to announce that Father Shane will be guiding a thirty-minute weekly contemplative meditation on Wednesdays at 10am. We're fortunate that in his previous life Father Shane was a monk and are looking forward to sharing this experience with him.

Please send an email to Hamilton Fong (hfangster@gmail.com) or to Nilda Chong (nchongmd@gmail.com) if you wish to be included in the Zoom invitation.

Prayer list: We pray especially for Peggy Redmond, Yvonne Sidell, Jerelyn Weber, Charlene Adolph, Miles Martin, Frank Brown, Barbara and John Milligan, Ed Avakoff, Peter Gee, Nellie Wong, Max Gumbert, Isabella, Ding Jai Li, Jerry Boykin, Sylvia Brooks, Carol Newman, Clara Padilla, Bettie Davis, Frank Saunders

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

In the Anglican cycle of prayer we pray for:

Province de L'Egkuse Angkucane Du Congo; Diocese of Athabasca (Canada); Diocese of Athooch (South Sudan); Diocese of Atlanta (USA); Diocese of Auckland(Australia); Diocese of North West Australia; The Diocese of Aweil (South Sudan)

In the Diocesan cycle of prayer we pray for:

Martha Korienek, Harvey Ray, Edward Dumke, Jan Cazden and Shari Young

The Altar Flowers are given by

Clara Padilla in remembrance of Clara's mother's death anniversary

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 Thank You to Each of You!

The Rev'd Dr. Shane Scott-Hamblen, Interim Rector
Warren Wong/Yvonne Sidell Lectors
Jim Neubert, Intercessor
Hamilton Fong, Cantor
Frank Saunders, Organist
Lydia McIntyre/Shelley Keefe Technicians

Thank you to the Worship Team and virtual congregation for joining in worship.

Lector/Intercessor Rota:

7 Mar (R) Warren Wong/Yvonne Sidell
Jim Neubert (I)
14 Mar (R) Cathy Rincon/Eugene Hetzer
David McIntyre (I)
21 Mar (R) Jim Neubert/Yvonne Sidell
Daniel Tate (I)
28 Mar (R) Warren Wong/David McIntyre
Cathy Rincon (I)
4 Apr (R) Maureen Fromme/Jim Neubert
Yvonne Sidell (I)
11 Apr (R) David McIntyre/Cathy Rincon
Shelley Keefe (I)

Fr Shane can be contacted on 845-240-4516, or at
FrshaneSH@gmail.com