

**Fourth Sunday after the Epiphany**  
**January 31, 2021**  
**10:00 a.m.**



**The Liturgy of the Word: Rite II**

*We are delighted to welcome you to our online liturgy. During this time of Shelter in Place, we regret our worship will not include Holy Communion. Nonetheless, we remain one in the Spirit.*

**The Prelude:** *Yahweh, I Know You Are Near*

*D. Schutte*

**The Welcome**

**The Introit Hymn:** *Pleading Savior*

*Hymnal #586*



1 Je - sus, thou di - vine Com-pan - ion, by thy low - ly  
2 Where the man - y toil to - geth - er, there art thou a -  
3 Ev - ery task, how - ev - er sim - ple, sets the soul that



hu - man birth thou hast come to join the work - ers,  
mong thine own; where the sol - i - tar - y la - bor,  
does it free; ev - ery deed of hu - man kind - ness



bur - den - bear - ers of the earth. Thou, the car - pen - ter of  
thou art there with them a - lone; thou, the peace that pass - eth  
done in love is done to thee. Je - sus, thou di - vine Com -



Naz - areth, toil - ing for thy dai - ly food, by thy pa - tience  
know - ledge, dwell - est in the dai - ly strife; thou, the Bread of  
pan - ion, help us all to work our best; bless us in our



and thy cour - age, thou hast taught us toil is good,  
heaven, art bro - ken in the sac - ra - ment of life.  
dai - ly la - bor, lead us to our Sab - bath rest.

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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 Gloria in Excelsis

Hymnal #S280

1. Glo - ry to God in the high - est, and  
peace to his peo - ple on earth. 2. Lord God, heaven - ly  
King, al - might - y God and Fa - ther, we wor - ship you, we  
give you thanks, we praise you for your glo - ry. 3. Lord Je - sus  
Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you  
take a - way the sin of the world: have mer - cy  
on us; 5. you are seat - ed at the right hand of the Fa - ther: re -  
ceive our prayer. 6. For you a - lone are the Ho - ly One,

you a-lone are the Lord, 7. you a-lone are the Most  
 High, Je-sus Christ, with the Ho-ly Spi-rit, in the  
 glo-ry of God the Fa-ther. A-men.

### *The Collect of the Day*

*Celebrant:* The Lord be with you.

*All:* **And also with you.**

*Celebrant:* Let us pray.

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; 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: Deuteronomy*

18:15-20

Moses said: The LORD your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the LORD your God at Horeb on the day of the assembly when you said: "If I hear the voice of the LORD my God any more, or ever again see this great fire, I will die." Then the LORD replied to me: "They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word

that I have not commanded the prophet to speak—that prophet shall die.”

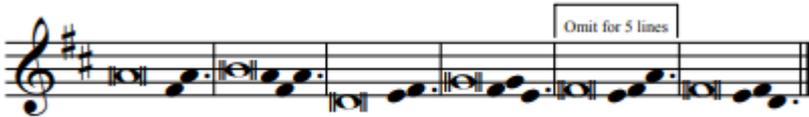
*Reader:* The Word of the Lord.

*All:* **Thanks be to God.**

***Psalm*** *Confitebor tibi*

111

*St Meinrad Mode V (5-line)*



© Saint Meinrad Archabbey

Hallelujah! I will give thanks to the LORD with my whole heart,  
in the assembly of the upright, in the congregation.

Great are the deeds of the LORD!  
they are studied by all who delight in them.  
His work is full of majesty and splendor,  
and his righteousness endures for ever.

He makes his marvelous works to be remembered;  
the LORD is gracious and full of compassion.

He gives food to those who fear him;  
he is ever mindful of his covenant.

He has shown his people the power of his works  
in giving them the lands of the nations.

The works of his hands  
are faithfulness and justice;  
all his commandments are sure.

They stand fast for ever and ever,  
because they are done  
in truth and equity.

He sent redemption to his people;  
he commanded his covenant for ever;  
holy and awesome is his Name.

The fear of the LORD is the beginning of wisdom;  
those who act accordingly have a good understanding;  
his praise endures for ever.

**The Epistle:** *1 Corinthians*

*8:1-13*

Now concerning food sacrificed to idols: we know that “all of us possess knowledge.” Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him.

Hence, as to the eating of food offered to idols, we know that “no idol in the world really exists,” and that “there is no God but one.” Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. “Food will not bring us close to God.” We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

*Reader:* The Word of the Lord.

*People:* **Thanks be to God.**

***The Gospel:*** *Mark*

*1:21-28*

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

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

Jesus and his disciples went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee.

*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:***

We gather in your name, Jesus, because we know who you are. You know our deepest needs and weaknesses, and we look to you in hope.

***Hear our prayers, Holy One of God.***

The world is hurting and restless for you, Lord. The earth is stressed and cries out for protection. Its peoples cry out in hunger and fear. We turn to you in need of deliverance.

***Hear our prayers, Holy One of God.***

We pray for your Church as it walks your Way of Life. We pray especially for our parish of St Ambrose's today during our Annual General Meeting. May we your people and leaders know deeply your loving, liberating life-giving presence.

***Hear our prayers, Holy One of God.***

We pray for those who govern all over the world, that they may pursue justice and practice peace. Equip them with the courage and resources to respond to the needs of their people.

***Hear our prayers, Holy One of God.***

For those who have lost their freedom to addiction, for those who wrestle with worry, for those who struggle with mobility, communication, and relationship. For those who are ill and facing surgery or treatments, Clara Padilla, Miles Martin, Frank Brown, and Barbara and John Milligan. For those who will soon give birth, and those who have lost a pregnancy. We

look to you for care of all these to give them hope through your presence.

***Hear our prayers, Holy One of God.***

We commend to you the souls of Michele Fontaine, Fr Sumner Walters, and those who have died and ask you to comfort those whose hearts ache with grief.

***Hear our prayers, Holy One of God.***

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***

Let us confess our sins against God and our neighbor. (*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.**

*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:** Indeed, even though there may be so-called “gods” in heaven or on earth, yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

**The Offertory I Am The Bread of Life Gather Hymn 828, verses 1-2**

Verses

1. I am the Bread of life. You who  
2. The bread that I will give is my  
come to me shall not hun - ger; and who be -  
flesh for the life of the world, and if you  
lieve in me shall not thirst. No one can come to  
eat of this bread, you shall live for  
me un - less the Fa - ther beck-ons.  
ev - er, you shall live for ev - er.

Refrain

And I will raise you up, and I will raise you  
Yo le re - su - ci - ta - ré, Yo le re - su - ci - ta -  
up, and I will raise you up on the last day.  
ré, Yo le re - su - ci - ta - ré el di - a de El.

Text: John 6; Suzanne Toolan, SM, h.1927; translator unknown  
Tune: BREAD OF LIFE, Irregular with refrain; Suzanne Toolan, SM, h.1927; acc. by Diana Kodner, h.1957  
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*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 Announcements*

### *The Benediction:*

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 blessings of God Almighty, (+) The Father, the Son, and the Holy Spirit, be among you, and remain with you always, **Amen.**



1. Draw us in the Spir - it's teth - er, For when  
2. As dis - ci - ples used to gath - er In the  
3. All our meals and all our liv - ing Make as



hum - bly in your name, Two or three are met to-  
name of Christ to sup, Then with thanks to God the  
sac - ra - ments of you, That by car - ing, help-ing,



geth - er, You are in the midst of them;  
Fa - ther Break the bread and bless the cup,  
giv - ing, We may be dis - ci - ples true.



Al - le - lu - ia! Al - le - lu - ia!  
Al - le - lu - ia! Al - le - lu - ia!  
Al - le - lu - ia! Al - le - lu - ia!



Touch we now your gar - ment's hem.  
So now bind our friend - ship up.  
We will serve with faith a - new.

TEXT: Percy Dearmer, 1867-1936, alt., © Oxford University Press  
TUNE: UNION SEMINARY, 8 7 8 7 4 4 7; Harold Friedell, 1905-1958, © 1957, H.W. Gray Co., Inc.; Harm. by Jet Turner, 1928-1984, © Christian Board of Education

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## ***The Dismissal***

*Priest:* Let us bless the Lord.

*People:* **Thanks be to God.**

**The Postlude:** *God Be With You Till We Meet Again* J. Rankin

## **ANNOUNCEMENTS**

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

### **Weekly Calendar**

<b>DAY</b>	<b>DATE</b>	<b>TIME</b>	<b>EVENT</b>
Sunday	Jan 31	10:00 am	Worship Service
		11:00 am	Zoom Coffee Hour
		12:00 pm	Annual Meeting
		4:00 pm	Zoom Youth Group Meeting
Monday	Feb 1	1:00 pm	Zoom Bible Study
Tuesday	Feb 2		
Wednesday	Feb 3	10:00 am	Contemplative Meditation
Thursday	Feb 4		
Friday	Feb 5		
Saturday	Feb 6		
Sunday	Feb 7		

### **TODAY**

**Annual General Meeting** (Zoom) on **January 31<sup>st</sup> @ 12:00 pm.**  
Please plan to attend so we'll have a Quorum.

Join the [Zoom Meeting](https://us02web.zoom.us/j/83466821118) or type  
<https://us02web.zoom.us/j/83466821118>

Meeting ID: 834 6682 1118 (No passcode Needed)

**Sunday, January 31, 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, January 31, 4:00 pm** Zoom Youth Group Meeting  
For Zoom link, please contact Daniel Tate at [ym\\_stambrosefc@att.net](mailto:ym_stambrosefc@att.net) or 650-799-7084

### **THIS WEEK**

**Monday, February 1, 1:00 pm** Zoom Bible Study. For Zoom link, please contact Daniel Tate at [dtate@ses.cdsp.edu](mailto:dtate@ses.cdsp.edu) or 650-799-7084

**Sandwiches on Sunday (SOS):** We will be handing out a brown-bag lunch consisting of one PB&J sandwich and one beef/ham/turkey sandwich, chips, and fruit at the Fair Oaks Community Center in Redwood City at noon, **January 31st**. We are aware of the conflict with the Church annual meeting and will only need two volunteers for the distribution. On Saturday, January 30th at noon to 2 p.m. we will be assembling the 80 brown bags in the church schoolyard. If you would like to volunteer for Saturday or have any questions, please contact Steve Yuen (cell: 650-315-9662, [stevebyuen@aol.com](mailto:stevebyuen@aol.com)).

### **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 ([hfondster@gmail.com](mailto:hfondster@gmail.com)) or to Nilda Chong ([nchongmd@gmail.com](mailto: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

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

**The Altar Flowers are given by**

The Raphaelae & Jacques Gerber in loving memory of Michele Fontaine

**In the Anglican cycle of prayer we pray for:**

Dioceses of Lucknow (India) and Guatemala; Diocese of All Saints Cathedral (Kenya); Diocese of Alukluak (South Sudan); Diocese of Amazonia (Brazil); Diocese of Amichi (Nigeria); Diocese of Amritsar (North India); Diocese of Andaman & Car Nicobar Islands (North India)

**In the Diocesan cycle of prayer we pray for:**

Steven Testrev, Bente Carter, Thomas Osgood, William Hocker, Barbara Dawson, Charles Ramsden, Catherine Costas, and David Ross

## *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*  
*Cathy Rincon/Shelley Keefe Lectors*  
*David McIntyre, 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:**

*31 Jan (R) Cathy Rincon/Shelley Keefe*  
*David McIntyre (I)*  
*7 Feb (R) Jim Neubert/Yvonne Sidell*  
*Daniel Tate (I)*  
*14 Feb (R) Warren Wong/David McIntyre*  
*Cathy Rincon (I)*  
*21 Feb (R) Maureen Fromme/Jim Neubert*  
*Yvonne Sidell (I)*  
*28 Feb (R) David McIntyre/Cathy Rincon*  
*Shelley Keefe (I)*  
*7 Mar (R) Warren Wong/Yvonne Sidell*  
*Jim Neubert (I)*

**Fr Shane** can be contacted on 845-240-4516, or at  
[FrshaneSH@gmail.com](mailto:FrshaneSH@gmail.com)