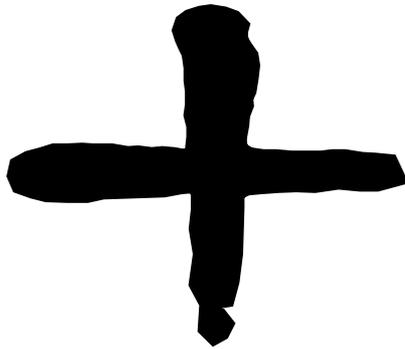


First Sunday in Lent
February 21, 2021
10:00 a.m.



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: *Erster Verlust*

R. Schumann

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

Andante ♩ = 120

f
Lord have mer - cy up - on us, Lord have mer - cy up - on us,

5
Lord have mer - cy up - on us.

9 ♩ = 70
Christ, have mer - cy up - on us, Christ, have mer - cy up - on us,

11 ♩ = 120
Christ, have mer - cy up - on us. Lord have mer - cy up - on us,

15
Lord have mer - cy up - on us, Lord have mer - cy up - on us.

The Collect of the Day

Celebrant: The Lord be with you.

All: **And also with you.**

Celebrant: Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

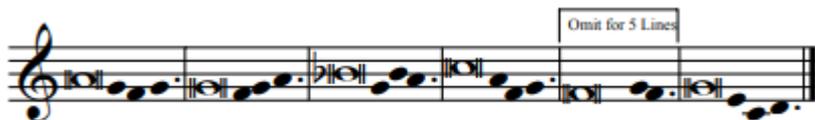
The Old Testament: Genesis 9:8-17

God said to Noah and to his sons with him, “As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.” God said, “This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.” God said to Noah, “This is the sign of the covenant that I have established between me and all flesh that is on the earth.”

Reader: The Word of the Lord.

All: **Thanks be to God.**

St Meinrad Mode I (6-line)



© Saint Meinrad Archabbey

To you, O LORD, I lift up my soul;
my God, I put my trust in you;
let me not be humiliated,
nor let my enemies triumph over me.

Let none who look to you be put to shame;
let the treacherous be disappointed in their schemes.

Show me your ways, O LORD,
and teach me your paths.

Lead me in your truth
and teach- me,

for you are the God of my salvation;
in you have I trusted all the day long.

Remember, O LORD, your compassion and love,
for they are from everlasting.

Remember not the sins of my youth
and my transgressions;

remember me according to your love
and for the sake of your goodness, O LORD.

Gracious and upright is the LORD;
therefore he teaches sinners in his way.

He guides the humble in doing right
and teaches his way to the lowly.

All the paths of the LORD are love and faithfulness
to those who keep his covenant and his testimonies.

The Epistle: *1 Peter 3:18-22*

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

Reader: The Word of the Lord.

People: **Thanks be to God.**

The Gospel: *Mark 1:9-15*

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

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

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

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:

Come, all who labor in the vineyard of God's grace, let us join together in the offering of our prayers, saying, "Lord, hear our prayer."

That our commitment to justice may extend to those we employ in our households and businesses, paying a fair and living wage, clarifying expectations, and seeking honest work in return; let us pray.

Lord, hear our prayer.

That we may bridle our tongue against the urge to complain, channeling our energy to generously participate in the building up of the community of faith; let us pray.

Lord, hear our prayer.

That we may receive the sacramental Meal of the Eucharist as a foretaste of God's heavenly banquet, responding to its grace by helping those who are the weakest among us; let us pray.

Lord, hear our prayer.

That our homes may be schools of religious faith, where God's loving presence is revealed through personal sacrifice, ongoing forgiveness, and mutual joy; let us pray.

Lord, hear our prayer.

That we may rejoice in the beauty of the season, and honor the extraordinary diversity of plant and animal life; let us pray.

Lord, hear our prayer.

With the steadfast love of God to guide us, we continue our prayers. We pray especially for healing for Peggy Redmond, Yvonne Sidell, Jerelyn Weber, and Miles Martin

Lord, hear our prayer.

That those who have died may join in the company of the angels and archangels, all the saints in heaven, and rest in the blessed arms of him who is the first and the last, Jesus our Redeemer; we remember especially, Neil Mehta, and for his family, and Duane Patterson let us pray.

Lord, hear our prayer.

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.**

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: Jesus came to Galilee, proclaiming the good news of God, and saying, “The time is fulfilled, and the kingdom of God has come near; change your minds, and believe in the good news.”

Verses



1. Come back to me with all your heart.
 † Trees do bend, 'though straight and tall;
 2. The wil - der - ness will lead you
 In - teg - ri - ty and jus - tice,
 3. † You shall sleep se - cure with peace;

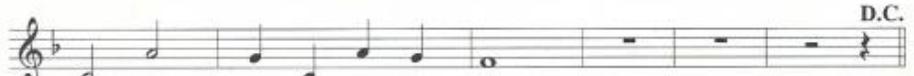


Don't let fear keep us a - part.
 so must we to oth - ers' call.
 to your heart where I will speak.
 With ten - der - ness, † you shall know.
 faith - ful - ness will be your joy. (To refrain)

Refrain



Long have I wait-ed for your com - ing home to me and



liv - ing deep - ly our new life.

D.C.

Text: Based on Hosea 6:1, 3:3, 2:16,21; Joel 2:12; Gregory Norbet, b.1940
 Tune: Gregory Norbet, b.1940; arr. by Mary David Callahan, b.1923
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The Eucharistic Prayer I (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 a 2/4 time signature with a key signature of one flat (B-flat). The melody is written in the treble clef, and the bass line 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. It continues the melody from the first system. The lyrics are: "might, — Ho - ly, ho - ly, ho - ly Lord,". The treble staff shows a long note for "might," followed by a rest, and then the melody for "Ho - ly, ho - ly, ho - ly Lord,".

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

The third system of musical notation. It continues the melody. The lyrics are: "God of power and might, — hea - ven and earth are". The treble staff shows a long note for "might, —" followed by the melody for "hea - ven and earth are".

full, full of your glo - ry. Ho -

san - na in the high - est. Ho - san - na

in the high - est. Bless - ed is he who comes

in the name of the Lord. Ho - san - na

in the high - est. Ho - san - na in the high - est.

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



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



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

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The Dismissal

Priest: Let us go in peace to love and serve the Lord. Alleluia.
Alleluia!

People: **Thanks be to God.**

The Postlude: *Go Now In Peace*

Natalie Sleeth

ANNOUNCEMENTS

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.

Weekly Calendar

DAY	DATE	TIME	EVENT
Sunday	Feb 21	10:00 am	Worship Service
		11:00 am	Zoom Coffee Hour
		4:00 pm	Zoom Youth Group Meeting
Monday	Feb 22	1:00 pm	Zoom Bible Study
Tuesday	Feb 23		
Wednesday	Feb 24	10:00 am	Contemplative Meditation
Thursday	Feb 25		
Friday	Feb 26		
Saturday	Feb 27		
Sunday	Feb 28		

TODAY

Sunday, February 21, 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, February 21, 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, February 22, 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 (hfongster@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

[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 Altar Guild to the Glory of God

In the Anglican cycle of prayer we pray for:

The Church of the Province of Central Africa, Diocese of Argentina; Diocese of Northern Argentina; Diocese of Argyll & The Isles (Scotland), the Dioceses of Arizona (USA); Diocese of Arkansas (USA) Diocese of Armagh (Ireland)

In the Diocesan cycle of prayer we pray for:

Morgan Silbaugh, Richard Southworth, Jacqueline Cherry, Sallie Shippen, Nancy Pennekamp, Nancy Pennekamp-Cumming

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
Maureen Fromme/Jim Neubert Lectors
Yvonne Sidell, 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:

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)
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)

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