

**Laetare “Refreshment” Sunday
(Lent IV)
March 14, 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: *Saint Anthony Chorale* *F.J. Haydn*

The Welcome

The Introit Hymn: *Land of Rest* *Hymnal #304*

Unison or harmony

1 I come with joy to meet my Lord, for -
2 I come with Chris - tians far and near to
3 As Christ breaks bread and bids us share, each
4 And thus with joy we meet our Lord. His
5 To - geth - er met, to - geth - er bound, we'll

1 giv - en, loved, and free, in awe and won - der
2 find, as all are fed, the new com - mu - ni -
3 proud di - vi - sion ends. That love that made us
4 pres - ence, al - ways near, is in such friend - ship
5 go our dif - ferent ways, and as his peo - ple

1 to re - call his life laid down for me.
2 ty of love in Christ's com - mun - ion bread.
3 makes us one, and stran - gers now are friends.
4 bet - ter known: we see, and praise him here.
5 in the world, we'll live and speak his praise.

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

The Collect of the Day

Celebrant: The Lord be with you.

All: **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.*

(Seated)

The Old Testament: *Numbers* 21:4-9

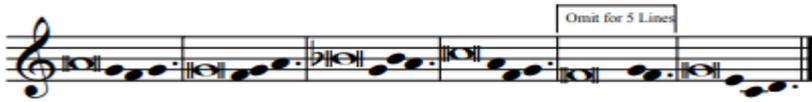
From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, “Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest 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.

All: **Thanks be to God.**

Psalm: *Confitemini Domino 107:1-3, 17-22*

St Meinrad Mode I (6-line)



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Give thanks to the LORD,
for he is good,
and his mercy endures for ever.

Let all those whom the LORD has redeemed proclaim
that he redeemed them from the hand of the foe.

He gathered them out of the lands;

From the east and from the west,
from the north and from the south.

Some were fools and took to rebellious ways;
they were afflicted because of their sins.

Then they cried to the LORD in their trouble,
and he delivered them from their distress.

He sent forth his word and healed them
and saved them from the grave.

Let them give thanks to the LORD for his mercy
and the wonders he does for his children.

Let them offer a sacrifice of thanksgiving
and tell of his acts with shouts of joy.

The Epistle: *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.**

The Gospel: *John* 3:14-21 (Standing)

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

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

John 3:14-21

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.”

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)

When our faith is weak and our hopes seem empty, come to us, Spirit, and fill us again. You are rich in mercy, and our need is deep.

*Lord, in your mercy, **hear our prayer.***

Lead us to let go of the burdens we carry: the guilt, the shame, the unrealistic expectations. Lead us to depend on you.

*Lord, in your mercy, **hear our prayer.***

Guide each of us in the decision making of our common life: in our family relationships, our churches, and our communities.

*Lord, in your mercy, **hear our prayer.***

Pull us closer to your compassionate heart. We pray for those in pain, for those who worry, for those whose livelihood is fragile, for those who grieve. We pray for healing for Arjun Katyan, Ding Jai Li, Jerry Boykin, Sylvia Brooks, Carol Newman, Clara Padilla, and all who suffer.

*Lord, in your mercy, **hear our prayer.***

Push us into the world to be the advocates for your expansive love among all the creatures you have created.

*Lord, in your mercy, **hear our prayer.***

Receive those who have died into the arms of your abundant mercy.

*Lord, in your mercy, **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.**

(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: 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.

The Offertory Motet *Lead Me, Lord* *The Rev'd S Wesley*

[Sung by the magnificent St Ambrose Virtual Choir]

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 clef staff and a bass clef staff, both in a key signature of two flats (B-flat and E-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 and bass line from the first system. The lyrics are: "might, — Ho - ly, ho - ly, ho - ly Lord,". There is a long horizontal line under "might," indicating a sustained note.

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

The third system of musical notation. It continues the melody and bass line. The lyrics are: "God of power and might, — hea - ven and earth are". There is a long horizontal line under "might, —" indicating a sustained note.

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 #S164



Je - sus, Lamb of God: have mer - cy on us.



Je - sus, bear - er of our sins: have mer - cy on us.



Je - sus, re - deem - er, re - deem - er of the world:



give us your peace, give us your peace.

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

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 Come, thou fount of ev - ery bless - ing, tune my
2 Here I find my great - est trea - sure; hith - er,
3 Oh, to grace how great a debt - or dai - ly



heart to sing thy grace! Streams of mer - cy nev - er
by thy help, I've come; and I hope, by thy good
I'm con - strained to be! Let thy good - ness, like a



ceas - ing, call for songs of loud - est praise.
plea - sure, safe - ly to ar - rive at home.
fet - ter, bind my wan - dering heart to thee:



Teach me some me - lo - dious son - net, sung by
Je - sus sought me when a stran - ger wan - dering
prone to wan - der, Lord, I feel it, prone to



flam - ing tongues a - bove. Praise the mount! Oh, fix me
from the fold of God; he, to res - cue me from
leave the God I love; here's my heart, oh, take and



on it, mount of God's un - chang - ing love.
dan - ger, in - ter - posed his pre - cious blood.
seal it, seal it for thy courts a - bove.

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The Dismissal

Priest: Let us bless the Lord.
People: **Thanks be to God.**

The Postlude: *Prelude in Classic Style* *G. Young*

ANNOUNCEMENTS

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 14	10:00 am	Worship Service
		11:00 am	Zoom Coffee Hour
		4:00 pm	Zoom Youth Group Meeting
Monday	Mar 15	1:00 pm	Zoom Bible Study
Tuesday	Mar 16		
Wednesday	Mar 17	10:00 am	Contemplative Meditation
Thursday	Mar 18		
Friday	Mar 19		
Saturday	Mar 20		
Sunday	Mar 21		

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 14, 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 14, 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 15, 1:00 pm Zoom Bible Study. For Zoom link, please contact Daniel Tate at dtate@ses.cdsp.edu or 650-799-7084

UPCOMING

Wednesday, March 24, 6:00 pm Building and Grounds Meeting

Wednesday, March 24, 7:00 pm Vestry Meeting

Sunday, March 28, 4:00 pm Youth Group Zoom Guest Speaker, Karen Chee, Comedy Writer for Seth Meyers Late Night

Contemplative Meditation

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](mailto: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, Arjun Katyan

[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:

Iglesia Anglicana de Chile; the Diocese of Awerial (South Sudan); the Diocese of Awgu/Aninri (Nigeria); Diocese of Awka (Nigeria); Diocese of Awori (Nigeria) Diocese of Ayod (South Sudan), Diocese of Badagry (Nigeria)

In the Diocesan cycle of prayer we pray for:

Susanne George, James Brown, Machrina Blasdell, John Gallagher, Dorothy Jones and Wendy Manley

The Altar Flowers are given by

The Altar Guild to the Glory of God

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/Eugene Hetzer 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:

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)

18 Apr (R) Warren Wong/Yvonne Sidell

Jim Neubert (I)

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