

Fifth Sunday in Lent

March 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: *Trio Sonata #1.*

J. Rheinberger

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)



The Collect of the Day

Celebrant: The Lord be with you.

All: **And also with you.**

Celebrant: Let us pray.

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

(Seated)

The Old Testament: Jeremiah

31:31-34

The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the LORD. But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, “Know the LORD,” for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

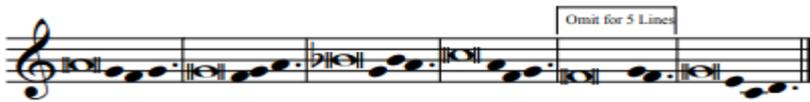
Reader: The Word of the Lord.

All: **Thanks be to God.**

Psalm: *Miserere mei,*

Deus 51:1-13

St Meinrad Mode I (6-line)



© Saint Meinrad Archabbey

Psalm 51:1-13

Miserere mei, Deus

Have mercy on me, O God, according to your loving-kindness;
in your great compassion blot out my offenses.

Wash me through and through from my wickedness
and cleanse me from my sin.

For I know my transgressions,
and my sin is ever before me.

Against you only have I sinned
and done what is evil in your sight.

And so you are justified when you speak
and upright in your judgment.

For behold, you look for truth deep within me,
and will make me understand wisdom secretly.

Purge me from my sin, and I shall be pure;
wash me and I shall be clean indeed.

Make me hear of joy and gladness,
that the body you have broken may rejoice.

Hide your face from my sins
and blot out all my iniquities.

Create in me a clean heart, O God,
and renew a right spirit within me.

Cast me not away from your presence
and take not your holy Spirit from me.

Give me the joy of your saving help again
and sustain me with your bountiful Spirit.

The Epistle: *Hebrews 5:5-10*

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

“You are my Son,
today I have begotten you”;

as he says also in another place,

“You are a priest forever,
according to the order of Melchizedek.”

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission.

Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

Reader: The Word of the Lord.

People: **Thanks be to God.**

The Gospel: *John* 12:20-33 (Standing)

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

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

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, “Sir, we wish to see Jesus.” Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, “The hour has come for the Son of Man to be

glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

“Now my soul is troubled. And what should I say—‘Father, save me from this hour’? No, it is for this reason that I have come to this hour. Father, glorify your name.” Then a voice came from heaven, “I have glorified it, and I will glorify it again.” The crowd standing there heard it and said that it was thunder. Others said, “An angel has spoken to him.” Jesus answered, “This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.” He said this to indicate the kind of death he was to die.

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 our loving and gracious God, asking that God's grace and love be kindled in our hearts and spoken on our lips.

Write your word on our hearts, O Lord;

that we may do your will as we praise your name. We pray for our spiritual leaders, that they may speak your truth and call your people into deeper discipleship.

Write your word on our hearts, O Lord;

that we may support the leadership of this nation in the pursuit of peace and justice for all people.

Write your word on our hearts, O Lord;

that with compassion we may respond to the needs of the world, neighbors near and far.

Write your word on our hearts, O Lord;

that we may speak comfort to those who suffer in any way and offer hope to those who grieve. We pray for healing for Bettie Davis, Frank Saunders, Peggy Redmond, and Yvonne Sidell. And we pray for the repose of the soul of Sylvia Brooks and for her family.

Write your word on our hearts, O Lord;

that we may live your truth in our lives as we confess your truth with our lips.

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: When I am lifted up from the earth, I will draw all people to myself.

1 When Christ was lift - ed from the earth, his
2 Still east and west his love ex - tends and
3 Where gen - er - a - tion, class, or race di -
4 Thus free - ly loved, though ful - ly known, may

arms stretched out a - bove through ev - ery cul - ture,
al - ways, near or far, he calls and claims us
vide us to our shame, he sees not la - bels
I in Christ be free to wel - come and ac -

ev - ery birth, to draw an an - swering love.
as his friends and loves us as we are.
but a face, a per - son, and a name,
cept his own as Christ ac - cept - ed me.

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. The treble staff contains the vocal line with lyrics: "Ho - ly, ho - ly, ho - ly Lord, God of power and". The bass staff contains the piano accompaniment. The key signature has two flats (B-flat and E-flat), and the time signature is 4/4. The melody is primarily composed of quarter and eighth notes.

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

The second system of musical notation. The treble staff continues the vocal line with lyrics: "might, — Ho - ly, ho - ly, ho - ly Lord,". The bass staff continues the piano accompaniment. The melody features a long note with a fermata over the word "might" and then continues with "Ho - ly, ho - ly, ho - ly Lord,".

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

The third system of musical notation. The treble staff continues the vocal line with lyrics: "God of power and might, — hea - ven and earth are". The bass staff continues the piano accompaniment. The melody features a long note with a fermata over the word "might" and then continues with "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:

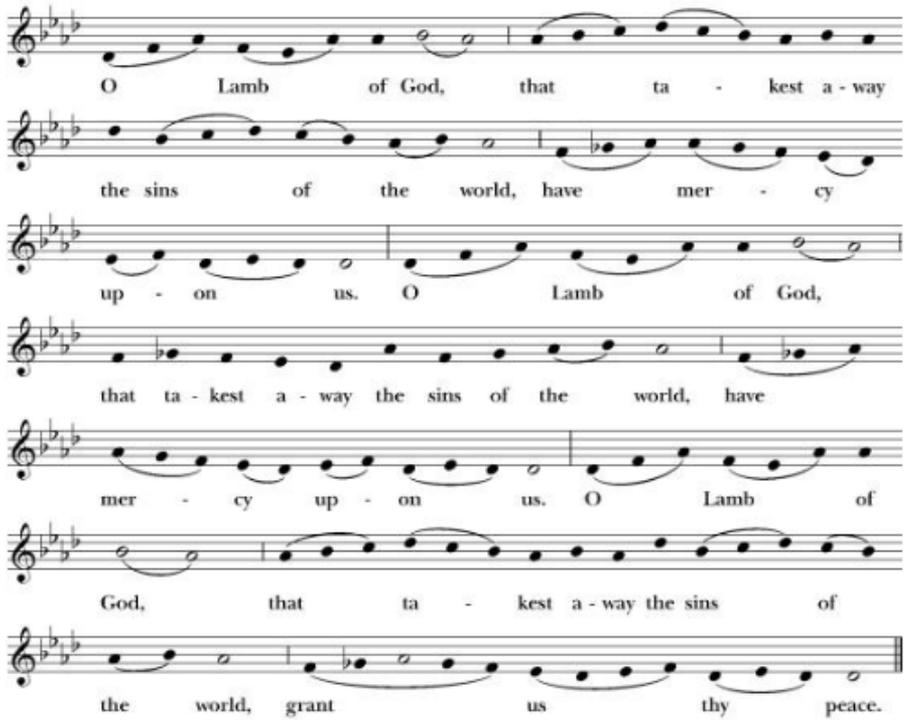
We break this bread to share in the Body of Christ.

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.**

The Recessional Hymn: Rockingham

Hymnal #474

1 When I sur-vey the won-drous cross where the young
 2 For-bid it, Lord, that I should boast, save in the
 3 See, from his head, his hands, his feet sor-row and
 4 Were the whole realm of na-ture mine, that were an
 Prince of Glo-ry died, my rich-est gain I
 cross of Christ, my God: all the vain things that
 love flow min-gled down! Did e'er such love and
 of-fering far too small; love so a-maz-ing,
 count but loss, and pour con-tempt on all my pride.
 charm me most, I sac-ri-fice them to his blood.
 sor-row meet, or thorns com-pose so rich a crown?
 so di-vine, de-mands my soul, my life, my all.

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The Dismissal

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

The Postlude: *Prelude a un Introit du 1er Mode Dom Paul Benoit*

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 21	10:00 am	Worship Service
		11:00 am	Zoom Coffee Hour
		4:00 pm	Zoom Youth Group Meeting
Monday	Mar 22	1:00 pm	Zoom Bible Study
Tuesday	Mar 23		
Wednesday	Mar 24	10:00 am	Contemplative Meditation
		6:00 pm	Zoom Building & Grounds
		7:00 pm	Zoom Vestry Meeting
Thursday	Mar 25		
Friday	Mar 26		
Saturday	Mar 27		
Sunday	Mar 28		

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 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, March 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, March 22, 1:00 pm Zoom Bible Study. For Zoom link, please contact Daniel Tate at dtate@ses.cdsp.edu or 650-799-7084

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

Wednesday, March 24, 7:00 pm Vestry Meeting

Vestry Meeting, Wednesday, March 24, 7:00 pm

Vestry Meeting contact, Shelley Keefe at onyourtoz@gmail.com

Join Zoom Meeting Vestry

<https://us02web.zoom.us/j/85473029713?pwd=UGFoR0tmNUtDOVRRTXJaMENoalYrdz09>

Meeting ID: 854 7302 9713

Passcode: 292699

UPCOMING

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) 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, 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:

The Church of England, the Diocese of the Bahamas and the Turks and Caicos Islands; Diocese of Bakuru (Nigeria) ; Diocese of Ballarat (Australia); Diocese of Bangor (Wales); Diocese of Banks & Torres (Melanesia) Diocese of Barbados

In the Diocesan cycle of prayer we pray for:

Roger Wharton, Dr. John Baker Jr, Richard Mapplebeckpalmer, David McBride, Chris Rankin-Williams, Elizabeth De Ruff, The Rt. Rev. Bavi Rivera, Jose Torres-Bayas, Timothy Christoffersen, Penelope Duckworth, Ronald Culmer, and Jennifer Nelson

The Altar Flowers are given by

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
Jim Neubert/Yvonne Sidell Lectors
Daniel Tate, 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 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)
14 Mar (R) Cathy Rincon/Shelley Keefe
David McIntyre (I)

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