

PENTECOST X

**1. August. 2021
10:00 a.m.**



Mass: Rite II

We are delighted to welcome you to our online/in-person hybrid liturgy. Fully vaccinated clergy and lay leaders may remove their masks while speaking or singing, according to diocesan guidelines. All other participants are asked to remain masked and maintain a 3-foot distance from members of other households.

Before the Liturgy, it is our tradition to spend the time in quiet prayer.
As the old adage says:

“Before Mass, talk to God.

During Mass, let God talk to you.

After Mass, talk to each other.”

The Prelude: Meditation in A minor

The Welcome

The Introit Hymn: *Picardy* Hymnal #324



1 Let all mortal flesh keep silence, and with fear and
2 King of kings, yet born of Ma - ry, as of old on
3 Rank on rank the host of hea - ven spreads its van - guard
4 At his feet the six - winged ser - aph; cher - u - bim with



trem - bling stand; pon - der noth - ing earth - ly -
earth he stood, Lord of lords in hu - man
on the way, as the Light of Light de -
sleep - less eye veil their fac - es to the



mind - ed, for with bless - ing in his hand
ves - ture, in the Bo - dy and the Blood
scend - eth from the realms of end - less day,
Pres - ence, as with cease - less voice they cry,



Christ our God to earth de - scend - eth,
he will give to all the faith - ful
that the powers of hell may va - nish
“Al - le - lu - ia, al - le - lu - ia!



our full hom - age to de - mand.
his own self for heaven - ly food.
as the dark - ness clears a way.
Al - le - lu - ia, Lord Most High!”

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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

Hymnal #S278



1. Glo - ry to God in the high - est, and
peace to his peo - ple on earth. 2. Lord God, heaven - ly King, al -
mighty - 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.

Setting: William Mathias (h. 1934)

The Collect of the Day

Priest: The Lord be with you.

All: **And also with you.**

Priest: Let us pray.

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The Sermon

The First Lesson: 2 Samuel 11:26-12:13a

When the wife of Uriah heard that her husband was dead, she made lamentation for him. When the mourning was over, David sent and brought her to his house, and she became his wife, and bore him a son.

But the thing that David had done displeased the LORD, and the LORD sent Nathan to David. He came to him, and said to him, “There were two men in a certain city, the one rich and the other poor. The rich man had very many flocks and herds; but the poor man had nothing but one little ewe lamb, which he had bought. He brought it up, and it grew up with him and with his children; it used to eat of his meager fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. Now there came a traveler to the rich man, and he was loath to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man’s lamb, and prepared that for the guest who had come to him.” Then David’s anger was greatly kindled against the man. He said to Nathan, “As the LORD lives, the man who has done this deserves to die; he shall restore the lamb fourfold, because he did this thing, and because he had no pity.”

Nathan said to David, “You are the man! Thus says the LORD, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul; I gave you your master’s house, and your master’s wives into your bosom, and gave you the house of Israel and of Judah; and if that had been too little, I would have added as much more. Why have you despised the word of the LORD, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword, and have taken his wife to be your wife, and have killed him with the sword of the Ammonites. Now therefore the sword shall never depart from your house, for you have despised me, and have taken the wife of Uriah the Hittite to be your wife. Thus says the LORD: I will raise up trouble against you from within your own house; and I will take your wives before your eyes, and give them to your neighbor, and he shall lie with your wives in the sight of this very sun. For you did it secretly; but I will do this thing before all Israel, and before the sun.” David said to Nathan, “I have sinned against the LORD.”

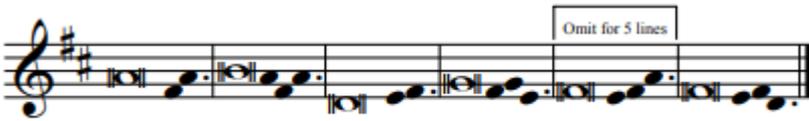
Reader: The Word of the Lord.

All: **Thanks be to God.**

Psalm: *Miserere mei, Deus Psalm 51:1-13*

Please Stand (Sung by All)

St Meinrad Mode V (6-line)



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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.

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: *Ephesians 4:1-16 (Seated)*

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said,

"When he ascended on high he made captivity itself a captive;
he gave gifts to his people."

(When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Reader: The Word of the Lord.
People: **Thanks be to God.**

The Gospel: John 6:24-35 (Standing)

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

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

The next day, when the people who remained after the feeding of the five thousand saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” Jesus answered them, “Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.” Then they said to him, “What must we do to perform the works of God?” Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” So they said to him, “What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” Then Jesus said to them, “Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.” They said to him, “Sir, give us this bread always.”

Jesus said to them, “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

Priest: The Gospel of the Lord.

All: **Praise to you, Lord Christ**

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)

O God, your people are hungry for your presence. Teach us to put our trust in you. Let us not forget the wonders you have shown us.

You are the Bread of Life;

Give us this bread always.

Your church is hungry for your presence. Give our leaders hearts for your truth and wisdom as they guide us. Bless our Presiding Bishop Michael, our Bishop Marc, and our priests and deacons. Empower us all to live the covenant we have made with you.

You are the Bread of Life;

Give us this bread always.

Your world is hungry for peace. We pray for the leaders of all the nations, that their hearts are intent on the common good for all people. We pray for Joseph, our President, those who serve in local governments, and for the courts and Congress of our land.

You are the Bread of Life;

Give us this bread always.

Your world is hungry for relief from hardship. We pray for your people in all corners of the world who want for food and shelter; who suffer from oppression and war. Sustain them with your presence and lead us to come to their aid.

You are the Bread of Life;

Give us this bread always.

Your world is hungry for healing and compassion. We pray for those we hold dear to our hearts who suffer from any illness of body, mind or spirit: We pray especially for Frank Brown, Barbara and John Milligan, Ed Avakoff, and Max Gumbert, and for those who have no one to pray for them.

You are the Bread of Life;

Give us this bread always.

Your world is hungry for comfort and eager for new life. Enfold those who have died into your embrace. May they rest in your eternal presence. May we all come to know the life that is eternal.

You are the Bread of Life;

Give us this bread always.

For what else shall we pray?

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: Have mercy upon us, most merciful Father; in your compassion forgive us our mistakes, known and unknown, things done and undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honor and glory of your Name; through Jesus Christ our Lord. 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.

(Standing)

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 a non-tactile sign of Peace.

The Offertory Sentence: Jesus said to them, “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

The Offertory Hymn: Sheep May Safely Graze J. S. Bach

Celebrant *People*
The Lord be with you. And al - so with you.

Celebrant *People*
Lift up your hearts. We lift them to the Lord.

Celebrant
Let us give thanks to the Lord our God.

People
It is right to give him thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth; for you are the source of light and life, you made us in your image, and called us to new life In Jesus Christ our Lord.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

The Sanctus & Benedictus

Hymnal #S128

The image shows a musical score for a hymn. It consists of five staves of music in a single system. The lyrics are written below the notes. The lyrics are: "Ho - ly, ho - ly, ho - ly Lord, God of power and might, heaven and earth are full of your glo - ry. 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." The music is in a simple, hymn-like style with a treble clef and a key signature of one flat.

Setting: William Mathias (b. 1954)

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said,

"Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said,

"Drink this, all of you:

This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

All: Christ has died.

Christ is risen.

Christ will come again.

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **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 #S165



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 of the world: give us your peace.

Setting: William Matthias (b. 1934)

In this season, when our whole community of faith cannot all 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.

If you would like to receive holy communion (under one kind [host] during the pandemic), please:

- 1. Come up the center aisle keeping 6 feet distance*
- 2. Receive the host in your hand*
- 3. Wait until you are socially-distanced to lower your mask and consume the host.*

The Post-communion Prayer:

Eternal God, whose Son prayed at table that his disciples might be one, even as you and he are one; draw us closer to him, that in common love and obedience, we may be United to one another in the fellowship of the one Spirit, that the world may believe that he is Lord, to your eternal glory; through the same Christ, our Lord. 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 blessing of God Almighty, (+) the Father, the Son, and the Holy Spirit, be upon you, and remain with you always. **Amen.**

1 Shep - herd of souls, re - fresh and bless thy cho - sen
2 We would not live by bread a - lone, but by thy
3 Be known to us in break - ing bread, and do not
4 Lord, sup with us in love di - vine thy Bo - dy

pil - grim flock with man - na in the
word of grace, in strength of which we
then de - part; Sa - vior, a - bide with
and thy Blood, that liv - ing bread, that

wil - der - ness, with wa - ter from the rock.
trav - el on to our a - bid - ing - place.
us, and spread thy ta - ble in our heart.
heaven - ly wine, be our im - mor - tal food.

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The Dismissal.

Priest: Let us go forth in the name of Christ.

People: **Thanks be to God.**

The Postlude: *Go Now In Peace*

Natalie Sleeth

ANNOUNCEMENTS

Weekly Calendar

DAY	DATE	TIME	EVENT
Sunday	Aug 1	10:00 am	Worship Service
		10:00 am	Youth Group Mtg, Courtyard
		11:00 am	Coffee Hour, Courtyard
Monday	Aug 2	1:00 pm	Zoom Bible Study
Tuesday	Aug 3		
Wednesday	Aug 4	10:00 am	Contemplative Meditation
Thursday	Aug 5		
Friday	Aug 6		
Saturday	Aug 7		
Sunday	Aug 8		

TODAY

Sunday, Aug 1, 10:00 am Youth Group Meeting, Courtyard

Sunday, Aug 1, 11:00 am: Coffee Hour, Courtyard,

THIS WEEK

Monday, Aug 2, 1:00 pm Zoom Bible Study. For Zoom link, please contact Daniel Tate at dtate@ses.cdsp.edu or 650-799-7084

Mary Ota Memorial Service

It will be held at Pine United Methodist Church, 426 33rd Ave., San Francisco, CA on Saturday, **August 14, 2021, 11:30 a.m.** Parking will be available at Andronico's Market, 375 32nd Ave., S.F. CA in their upstairs parking lot a block away from the church.



Worship Leaders Needed

We need Worship Leader volunteers! There are openings for Intercessors, Lectors, Greeters, Ushers and Acolytes, and Livestream Technicians.

Contact us at stambrose@mindspring.com or use the following link to signup: [SignUp Genius](https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-worship) or Click on the following link <https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-worship>

Sign up for as many weeks and for as many opportunities you can fill. Father Shane will provide introductions and training for new volunteers.

Reflection and Gratitude

This summer, Saint Ambrose would like to invite you to a time of reflection and gratitude, especially after the pandemic.

The scope is:

1. Reflect on how the pandemic has impacted you
2. Reflect on the blessings received and on how our Church has helped you navigate through this unprecedented time

If you like, please share with the community: come and write your thoughts on a poster board located in the Narthex of Saint Ambrose or send an email to St Ambrose Reflections and Gratitude (reflections.gratitude@gmail.com). We will copy your email on a post-it that will be displayed on the board. This way, as a community, we can be more mindful about what we went through, pray together, and share gratitude.

Rides for Gene Hetzer

Gene Hetzer a longtime church member and Carl his guide dog need rides on an alternating basis from church members. Please contact Jim Neubert to schedule a day for driving.

Save the date Rector Search Town Hall meeting

Rector search committee:

- 1st Wednesdays and 3rd Wednesdays.

Town hall meetings:

- September 12 and September 19

More details about the town halls as they approach.

Contemplative Meditation

Father Shane guides a thirty-minute weekly ‘Zoom-Zen’ contemplative meditation on Wednesdays at 10am, 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 Yvonne Sidell, Jerelyn Weber, Charlene Adolph, Miles Martin, Frank Brown, Barbara and John Milligan, Ed Avakoff, Max Gumbert, Isabella, Jerry Boykin, Carol Newman, Clara Padilla, Bettie Davis, Frank Saunders, Arjun Katyan, Janet McAnnally,, Marilyn Canon, Alison LeBlanc
[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 Province of South East Asia, Diocese of Dogura (Papua New Guinea), Diocese of Koko (Nigeria), Diocese of the Dominican Republic, Diocese of Dornakal (India), Diocese of Down and Dromore (Ireland), Diocese of Dublin & Glendalough (Ireland)

In the Diocesan cycle of prayer we pray for Revs:

Horace Greeley, Daniel Joslyn-Siemiakoski, Rebecca Morehouse, John Phillips, The Ven. Carolyn Bolton, Bruce O'Neill, Ann-Lining Smith, Dr. Gregory Sims and Randal Gardner

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
Eugene Hetzer/Jim Neubertl Lectors
Yvonne Sidell Intercessor
Hamilton Fong, Cantor
Frank Saunders, Organist
Lydia McIntyre/Shelley Keefe Technicians

Worship Leader Rota:

1 Aug Lectors: Eugene Hettzer/Jim Neubert; Intercessor: Yvonne Sidell
Usher: Ajit Philip, Greeter: Warren Wong Acolyte: Reuben Ajit

8 Aug Lector: Dulce Lord/Warren Wong; Intercessor: Shelley Keefe
Usher: **Vacant**; Greeter: Jim Neubert; Acolyte: **Vacant**

15 Aug Lectors: Suzanne Tjandra/Maureen Fromme; Intercessor: Jim Neubert
Usher: **Vacant**; Greeter: Clara Padilla, Acolyte: **Vacant**

22 Aug Lectors: Stephen Yuen/Yvonne Sidell; Intercessor: Yvonne Sidell
Usher: Steve Yuen; Greeter: **Vacant**; Acolyte: Nathan Matsuo

29 Aug Lectors: Maureen Fromme/Shelley Keefe; Intercessor: Yvonne Sidell
Usher: **Vacant**; Greeter: Warren Wong; Acolyte: Jimmy Bradford

Fr Shane can be contacted on 845-240-4516, or at
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