

PENTECOST XIV

29. 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: *Praeludium XXII in B flat minor*

J.S.Bach

The Welcome

The Introit Hymn: *Nyland*

Hymn 655 [Standing]



1 O Je - sus, I have prom - ised to serve thee to the end:
2 O let me hear thee speak - ing in ac - cents clear and still,
3 O Je - sus, thou hast prom - ised to all who fol - low thee,



be thou for ev - er near me, my Mas - ter and my friend;
a - bove the storms of pas - sion, the mur - murs of self - will;
that where thou art in glo - ry there shall thy ser - vant be;



I shall not fear the bat - tle, if thou art by my side,
O speak to re - as - sure me, to has - ten or con - trol;
and, Je - sus, I have prom - ised to serve thee to the end;



nor wan - der from the path - way, if thou wilt be my guide.
O speak, and make me lis - ten, thou guard - ian of my soul.
O give me grace to fol - low, my Mas - ter and my friend.

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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 -
might - y God and Fa - ther, we wor - ship you, we give you thanks, we
praise you for your glo - ry. 3. Lord Je - sus Christ,
on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you
take a - way the sin of the world: have mer - cy on us;

5. you are seat - ed at the right hand of the Fa - ther: re -
 ceive our prayer. 6. For
 you a - lone are the Ho - ly One, you a - lone are the Lord,
 7. you a - lone are the Most High, Je - sus Christ, with the
 Ho - ly Spi - rit, in the glo - ry of
 God the Fa - ther. A - - - - - men.

Setting: William Mathias (b. 1934)

The Collect of the Day

Priest: The Lord be with you.

All: **And also with you.**

Priest: Let us pray.

Lord of all power and might, the author and giver of all good things:
 Graft in our hearts the love of your Name; increase in us true religion;
 nourish us with all goodness; and bring forth in us the fruit of good
 works; through Jesus Christ our Lord, who lives and reigns with you and
 the Holy Spirit, one God for ever and ever. *Amen.*

The Sermon

[Seated]

The First Lesson: Song of Solomon 2:8-13

The voice of my beloved!
 Look, he comes,
 leaping upon the mountains,
 bounding over the hills.

My beloved is like a gazelle
 or a young stag.
 Look, there he stands
 behind our wall,
 gazing in at the windows,
 looking through the lattice.
 My beloved speaks and says to me:
 "Arise, my love, my fair one,
 and come away;
 for now the winter is past,
 the rain is over and gone.
 The flowers appear on the earth;
 the time of singing has come,
 and the voice of the turtledove
 is heard in our land.
 The fig tree puts forth its figs,
 and the vines are in blossom;
 they give forth fragrance.
 Arise, my love, my fair one,
 and come away."

Reader: The Word of the Lord.

All: **Thanks be to God.**

Psalm *Eructavit cor meum*

Psalm 45:1-2, 7-10

Please Stand (Sung by All)

St Meinrad Mode V (6-line)



© Saint Meinrad Archabbey

My heart is stirring with a noble song;
let me recite what I have fashioned for the king;
my tongue shall be the pen of a skilled writer.

You are the fairest of men;
 grace flows from your lips,
 because God has blessed you for ever.

Your throne, O God,
endures for ever and ever,
 a scepter of righteousness is the scepter of your kingdom;
 you love righteousness and hate iniquity.

Therefore God, your God, has anointed you
 with the oil of gladness above your fellows.

All your garments are fragrant
with myrrh, aloes, and cassia,
 and the music of strings from ivory palaces makes you glad.

Kings' daughters stand among the ladies of the court;
 on your right hand is the queen,
 adorned with the gold of Ophir.

The Epistle: *James 1:17-27 [Seated]*

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfillment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures.

You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

Reader: The Word of the Lord.

People: **Thanks be to God.**

The Gospel: *Mark 7:1-8, 14-15, 21-23*

(Standing)

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

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

When the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, “Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?” He said to them, “Isaiah prophesied rightly about you hypocrites, as it is written,

‘This people honors me with their lips,
but their hearts are far from me;

in vain do they worship me,
teaching human precepts as doctrines.’

You abandon the commandment of God and hold to human tradition.”

Then he called the crowd again and said to them, “Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.” For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.”

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)

Open our eyes to see that all we are and all we have comes from you, O God. We ask you now to increase in us a spirit of generosity and holy imagination. Lord, in your mercy; **Hear our prayer.**

Open our lips with your praise as we gather as the body of Christ. Keep the leaders of our faith communities deeply connected to you that you may guide their course as we journey together. We pray for our bishops, our priests and deacons, and all who support the work you have given us to do. Lord, in your mercy; **Hear our prayer.**

Open the hearts of the leaders of the world. Give them courage to work for a better future for their people, which reflects justice, kindness, and connection with each other. Open the path to peace in the world. Lord, in your mercy; **Hear our prayer.**

Open the hands of your people to reach out in love to those around the world who are in fear for their lives, who face violent weather, whose daily lives are made difficult by their circumstances. May your love be made manifest through us. Lord, in your mercy; **Hear our prayer.**

Almighty God, you know the needs of your Church in every place: look graciously upon us, the people of St. Ambrose's, and grant us the guidance of your Holy Spirit as we seek a new Rector for this parish. Give us discernment, wisdom, and confidence in your timing. Guide the members of our Search Committee, as they labor to be faithful in seeking your will. Lord, in your mercy; **Hear our prayer.**

Open a path to wholeness for those who live in fear of any kind, who have lost their way, whose spirits are restless, whose bodies are hurting. We pray for healing for Yvonne Sidell, Leo Gauthier, Jerelyn Weber,

Charlene Adolph, Miles Martin, and all who have asked us to pray for them. Lord, in your mercy; **Hear our prayer.**

Open your arms to embrace those who have recently died, especially Derek Mersh. Grant them entrance to your eternal kingdom, where there is no pain or grief. Lord, in your mercy; **Hear our prayer.**

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 another a non-tactile sign of Peace.

The Offertory Sentence: If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

The Offertory Anthem: *As The Hills Are 'Round About Jerusalem*

The Eucharistic Prayer (A) [Standing] Hymnal S130

The image shows four staves of musical notation for the Eucharistic Prayer (A). Each staff has a treble clef and a key signature of one flat (B-flat). The lyrics are written below the notes. The first staff is for the Celebrant and the People. The second staff is for the Celebrant and the People. The third staff is for the Celebrant. The fourth staff is for the People.

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 G major, 4/4 time. The lyrics are written below the notes. The first staff begins with a treble clef and a key signature of one sharp (F#). The lyrics are: "Ho - ly, 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 setting is attributed to William Mathias (b. 1954).

Ho - ly, 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.

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:

[Standing]

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 I sing the al-might - y power of God, that made the moun-tains rise,
2 I sing the good-ness of the Lord, that filled the earth with food;
3 There's not a plant or flower be - low, but makes thy glo - ries known;

that spread the flow - ing seas a - broad and built the lof - ty skies.
he formed the crea-tures with his Word, and then pro-nounced them good.
and clouds a - rise, and tem-pests blow, by or - der from thy throne;

I sing the wis - dom that or - dained the sun to rule the day;
Lord, how thy won - ders are dis - played, wher - e'er I turn my eye,
while all that bor - rows life from thee is ev - er in thy care,

the moon shines full at his com-mand, and all the stars o - bey.
if I sur - vey the ground I tread, or gaze up - on the sky!
and ev - ery-where that I could be, thou, God, art pres-ent there.

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The Dismissal.

Priest: Let us go in peace to love and serve Our Lord.

People: **Thanks be to God.**

The Postlude: *Nunc Dimittis*

ANNOUNCEMENTS

Weekly Calendar

DAY	DATE	TIME	EVENT
Sunday	Aug 29	10:00 am	Worship Service
		10:00 am	Youth Grp Mtg, Courtyard
		11:00 am	Coffee Hour, Courtyard
Monday	Aug 30	1:00 pm	Zoom Bible Study
Tuesday	Aug 31		
Wednesday	Sep 1	10:00 am	Contemplative Meditation
Thursday	Sep 2		
Friday	Sep 3		
Saturday	Sep 4		
Sunday	Sep 5		

TODAY

Sunday, Aug 29, 10:00 am Youth Group Meeting, Courtyard

Sunday, Aug 29, 11:00 am Coffee Hour, Courtyard

THIS WEEK

Monday, Aug 30, 1:00 pm Zoom Bible Study. For Zoom link, please contact Daniel Tate at dtate@ses.cdsp.edu or 650-799-7084

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** 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, Ronnie Rosen *[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

Valerie Mersh in memory of Derek Mersh

In the Anglican cycle of prayer we pray for:

The Episcopal Church of South Sudan, Diocese of Ekiti Kwara (Nigeria), the Diocese of Ekiti Oke (Nigeria), Diocese of Ekiti West (Nigeria) Diocese of Eldoret (Kenya), Diocese of Port Elizabeth (South Africa) and Diocese of Ely (England)

In the Diocesan cycle of prayer we pray for Revs:

Diana Wheeler TSSF, John Bright and Carol Cook

Thank You

Special Thank you to Jon & Marilyn Stephens for their contributions to the Sacristy project.

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/Shelley Keefe Lectors
Yvonne Sidell Intercessor
Hamilton Fong, Cantor
Frank Saunders, Organist
Shelley Keefe Livestream Technician

Worship Leader Rota:

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

5 Sept Lector: Warren Wong/Eugene Hetzer, Intercessor: Shelley Keefe; Usher: Elliott Dun, Greeter: Clara Padilla, Acolyte: Don Gundry, Livestream Technician: Alison LeBlanc

12 Sept Lector: Yvonne Sidell/Maureen Fromme; Intercessor: Warren Wong, Usher: **Vacant** ; Greeter: Jim Neubert; Acolyte: **Vacant**, Livestream Technician: Scott Chang

19 Sept Lectors: Warren Wong/Dulce Lord; Intercessor: Yvonne Sidell
Usher: Jim Neubert; Greeter: Warren Wong, Acolyte: Jimmy Bradford; Livestream Technician: Scott Chang

26 Sept Lectors: Stephen Yuen/Suzanne Tjandra; Intercessor: Shelley Keefe
Usher: Steve Yuen; Greeter: Clara Padilla; Acolyte: Nathan Matsuo
Livestream Technician: Alison LeBlanc

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