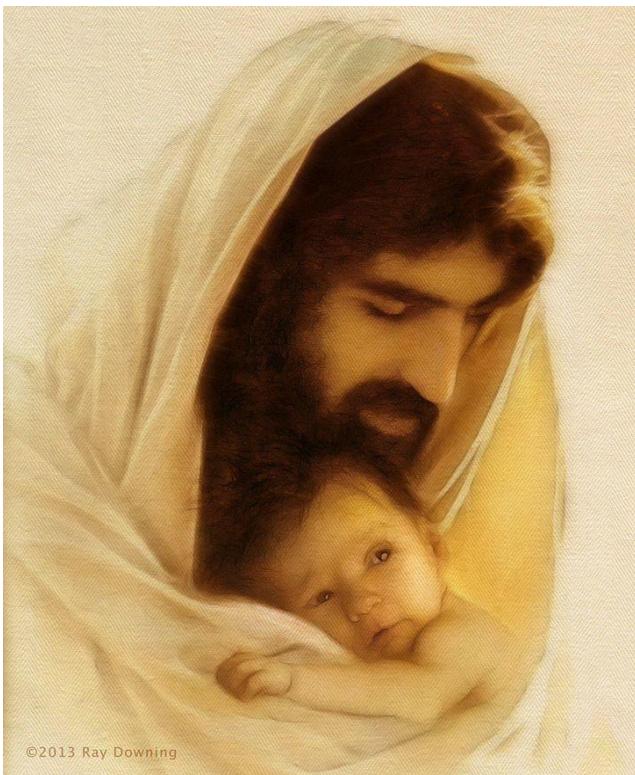


PENTECOST XVII

**19. September. 2021
8:30 am and 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: Traumerei, Op. 15

R. Schumann

The Welcome

The Introit Hymn: Abbot's Leigh

Hymnal #379 [Standing]

1 God is Love, let heaven a - dore him; God is Love, let
2 God is Love; and Love en - folds us, all the world in
3 God is Love; and though with blind-ness sin af - flicts all

earth re - joice; let cre - a - tion sing be - fore him
one em - brace: with un - fail - ing grasp God holds us,
hu - man life, God's e - ter - nal lov - ing - kind - ness

and ex - alt him with one voice. God who laid the earth's foun -
ev - ery child of ev - ery race. And when hu - man hearts are
guides us through our earth - ly strife. Sin and death and hell shall

da - tion, God who spread the heaven a - bove, God who breathes through
break - ing un - der sor - row's i - ron rod, then we find that
nev - er o'er us fi - nal tri - umph gain; God is Love, so

A musical score for a hymn. The top staff is in treble clef, B-flat key signature, and common time. It features eighth-note patterns and rests. The lyrics are: "all cre - a - tion: God is Love, e - ter - nal Love. self - same ach - ing deep with - in the heart of God. Love for ev - er o'er the u - ni - verse must reign." The bottom staff is in bass clef, B-flat key signature, and common time. It has quarter-note patterns and rests.

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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 Said at 8:30 am

Hymnal #S280

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.

The Collect of the Day

Priest: The Lord be with you.

All: **And also with you.**

Priest: Let us pray.

Grant us, Lord, not to be anxious about earthly things, but to love things heavenly; and even now, while we are placed among things that are passing away, to hold fast to those that shall endure; 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: Proverbs 31:10-31

A capable wife who can find?

She is far more precious than jewels.

The heart of her husband trusts in her,
and he will have no lack of gain.

She does him good, and not harm,
all the days of her life.

She seeks wool and flax,
and works with willing hands.

She is like the ships of the merchant,
she brings her food from far away.

She rises while it is still night
and provides food for her household
and tasks for her servant-girls.

She considers a field and buys it;
with the fruit of her hands she plants a vineyard.

She girds herself with strength,
and makes her arms strong.

She perceives that her merchandise is profitable.
Her lamp does not go out at night.

She puts her hands to the distaff,
and her hands hold the spindle.

She opens her hand to the poor,
and reaches out her hands to the needy.

She is not afraid for her household when it snows,
for all her household are clothed in crimson.

She makes herself coverings;
her clothing is fine linen and purple.

Her husband is known in the city gates,
taking his seat among the elders of the land.

She makes linen garments and sells them;
she supplies the merchant with sashes.

Strength and dignity are her clothing,
and she laughs at the time to come.

She opens her mouth with wisdom,
and the teaching of kindness is on her tongue.

She looks well to the ways of her household,
and does not eat the bread of idleness.

Her children rise up and call her happy;
her husband too, and he praises her:

“Many women have done excellently,
but you surpass them all.”

Charm is deceitful, and beauty is vain,
but a woman who fears the LORD is to be praised.

Give her a share in the fruit of her hands,
and let her works praise her in the city gates.

Reader: The Word of the Lord.

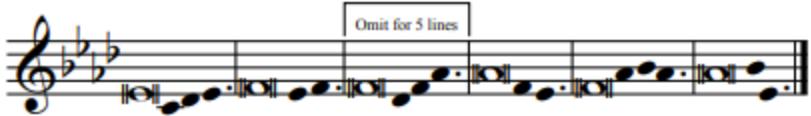
All: **Thanks be to God.**

Psalm Beatus vir qui non abiit

Psalm 1

[Recited/seated at 8:30 am; Sung/Standing at 10:00 am]

St Meinrad Mode VIII (6-line)



© Saint Meinrad Archabbey

Happy are they

who have not walked in the counsel of the wicked,
nor lingered in the way of sinners,
nor sat in the seats of the scornful!

Their delight is in the law of the LORD,
and they meditate on his law day and night.

They are like trees planted by streams of water,
bearing fruit in due season,
with leaves that do not wither;
everything they do shall prosper.

It is not so with the wicked;
they are like chaff which the wind blows away.

Therefore the wicked
shall not stand upright
when judgment comes,
nor the sinner in the council of the righteous.

For the LORD knows the way of the righteous,
but the way of the wicked is doomed.

The Epistle: James 3:13-4:3, 7-8a [Seated]

Who is wise and understanding among you? Show by your good life that your works are done with gentleness born of wisdom. But if you have bitter envy and selfish ambition in your hearts, do not be boastful and false to the truth. Such wisdom does not come down from above, but is earthly, unspiritual, devilish. For where there is envy and selfish ambition, there will also be disorder and

wickedness of every kind. But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy. And a harvest of righteousness is sown in peace for those who make peace.

Those conflicts and disputes among you, where do they come from? Do they not come from your cravings that are at war within you? You want something and do not have it; so you commit murder. And you covet something and cannot obtain it; so you engage in disputes and conflicts. You do not have, because you do not ask. You ask and do not receive, because you ask wrongly, in order to spend what you get on your pleasures.

Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you.

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

Priest: The Holy Gospel of our Lord Jesus Christ according to Mark.
All: **Glory to you, Lord Christ.**

Jesus and his disciples passed through Galilee. He did not want anyone to know it; for he was teaching his disciples, saying to them, "The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again." But they did not understand what he was saying and were afraid to ask him.

Then they came to Capernaum; and when he was in the house he asked them, "What were you arguing about on the way?" But they were silent, for on the way they had argued with one another who was the greatest. He sat down, called the twelve, and said to them, "Whoever wants to be first must be last of all and servant of all." Then he took a little child and put it among them; and taking it in his arms, he said to them, "Whoever welcomes one such child in my

name welcomes me, and whoever welcomes me welcomes not me but the one who sent me.”

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 look to you, O God, to teach us how to be whom you created us to be. Shine your light on the path ahead. Catch us when we take a wrong turn, and by your Spirit, move us in the right direction.
We are your children;

Teach us how to live, O God.

We yearn for peace but are constantly at war with ourselves, our neighbors, and the nations throughout the world.

We are your children;

Teach us how to make peace, O God.

We, your church, are easily distracted by things that don't matter. Turn our eyes to you; open our hearts to you; deepen our love of you. Bless our bishops, priests, and deacons. May we teach each other how to walk in love.

We are your children;

Teach us how to serve you, O God.

Almighty God, giver of every good gift: look graciously on your Church, and so guide the minds of those who shall choose a rector for this parish, that we may receive a faithful priest, who will care for your people and equip us for our ministries.

We are your children;

Teach us how to serve and pray together, O God.

Our bodies ache, our spirits are restless, and our minds grow weary with constant worry. Lead us to a place of wholeness and make each of us agents of healing in this world. We pray for those who have asked our prayers today: Clara Padilla, Bettie Davis, Arjun Katyan, and Janet McAnnally.

We are your children;

Teach us how to trust in your healing embrace.

When a dear one dies, we ask that you receive them into your eternal kingdom as promised. We pray today for the repose of the soul of *N*, recently departed. Assure those who grieve that you will not leave them desolate in their sorrow but hold their loved one close to your heart.

We are your children;

Teach us the way home to you.

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 sins, 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: Whoever wants to be first must be last of all and servant of all.

The Offertory Anthem-Choir: Jesus, Thou Joy of Loving Hearts
Baker

The Eucharistic Prayer (B)

[Standing]

Hymnal SI30

The musical notation consists of four staves of music. The first staff has 'Celebrant' above it and contains the lyrics: 'The Lord be with you. And al - so with you.' The second staff has 'Celebrant' above it and contains the lyrics: 'Lift up your hearts. We lift them to the Lord.' The third staff has 'Celebrant' above it and contains the lyrics: 'Let us give thanks to the Lord our God.' The fourth staff has 'People' above it and contains the lyrics: '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 #S125

[Recited at 8:30 am]

The musical notation consists of four staves of music in common time, treble clef, and a key signature of one sharp (F#). The lyrics are integrated into the music, with each line of text corresponding to a specific melodic line. The lyrics are:

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,
heaven and earth are full of your glo - ry. Ho -
san - na in the high - est. Ho - san - na in the high - est.
Blessed is he who comes in the name of the Lord. Ho -
san - na in the high - est. Ho - san - na in the high - est.

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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, according to his command, O Father,

**All: We remember his death,
We proclaim his resurrection,
We await his coming in glory;**

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with [_____ and] all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

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:

[Recited at 8:30 am]

Hymnal #S159

O Lamb of God, that takest away the sins of the world, have mercy upon us. O Lamb of God, that takest away the sins of the world, have mercy upon us. O Lamb of God, that takest away the sins of the world, grant us thy peace.

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.

The Recessional Hymn: Houston

Hymn 490 [Standing]

1 I want to walk as a child of the light.
2 I want to see the brightness of God.
3 I'm looking for the coming of Christ.

I want to follow Je sus.
I want to look at Je sus.
I want to be with Je sus.

God set the stars to give light to the world. The
Clear sun of right-eous-ness, shine on my path, and we
When we have run with pa-tience the race,

star of my life is Je sus.
show me the way to the Fa ther.
shall know the joy of Je sus.

Refrain

In him there is no darkness at all. The
night and the day are both alike. The
Lamb is the light of the city of God.

a tempo

Shine in my heart, Lord Je - sus.

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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: Peace is flowing like a river adapt. Carey Landrey

ANNOUNCEMENTS

Weekly Calendar

DAY	DATE	TIME	EVENT
Sunday	Sep 19	8:30 am	Mass
Sunday	Sep 19	10:00 am	Mass
		10:00 am	Youth Grp Mtg, Courtyard
		11:00 am	Coffee Hour, Courtyard
Monday	Sep 20	1:00 pm	Zoom Bible Study
Tuesday	Sep 21		
Wednesday	Sep 22	10:00 am	Contemplative Meditation
		6:00 pm	Building & Grounds Mtg
		7:00 pm	Vestry Meeting
Thursday	Sep 23	7:30 pm	Choir Rehearsal
Friday	Sep 24		
Saturday	Sep 25		
Sunday	Sep 26		

TODAY

Sunday, Sept 19, 10:00 am Youth Group Meeting, Courtyard
Sunday, Sept 19, 11:00 am Coffee Hour, Courtyard

THIS WEEK

Monday, Sept 20, 1:00 pm Zoom Bible Study. For Zoom link, please contact Daniel Tate at dtate@ses.cdsp.edu or 650-799-7084

Wednesday, Sept 22, 6:00 pm Building & Grounds Meeting
Wednesday, Sept 22, 7:00 pm Vestry Meeting

Choir Rehearsals

Saint Ambrose Choir will resume rehearsals on **Thursdays at 7:30 PM.** We will be masked and correctly distanced and would be happy for anyone who wishes to join us. If you wish to join us, please let me know so that I can prepare a folder for you. You may contact me at mhfromme@yahoo.com or 415.990.6758.

Worship Leaders Needed

Please sign up as a Lector for our 8:30 am Mass by emailing
stambrose@mindspring.com

We also need Worship Leader volunteers for our 10:30 am Mass. 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.

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, Arjun Katyan, Janet McAnnally, Marilyn Canon, Alison LeBlanc, Ronnie Rosen, Leo Gauthier
[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 Uganda, the Parish of the Falkland Islands, the Diocese of False Bay (South Africa), Diocese of Fianarantson (Madagascar), the Diocese of Floria (USA), the Diocese of Florida (USA), the Diocese of Central Florida (USA), THE Diocese of Southeast Florida (USA)

In the Diocesan cycle of prayer we pray for Revs:

Dr. William Ellington, Philip Brochard, Luigi Licari, Daniel Herth, Bruce Smith, Dr. Franco Kwan, Gianetta Hayes-Martin, and Dorothy Yates

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

Warren Wong/Dulce Lord Lectors

Yvonne Sidell, Intercessor

Hamilton Fong, Cantor

Frank Saunders, Organist

Scott Chang Livestream Technician

Worship Leader Rota:

- 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
- 3 Oct Lectors: Yvonne Sidell/Warren Wong; Intercessor: Maureen Fromme
Usher: Elliott Dun; Greeter: James Neubert; Acolyte: Don Gundry
Livestream Technician: Shelley Keefe
- 10 Oct Lectors: Maureen Fromme/ Shelley Keefe Intercessor: Yvonne Sidell
Usher: Stephen Yuen; Greeter: Clara Padilla; Acolyte: Nathan Matsuo
Livestream Technician: Scott Chang
- 17 Oct Lector: Dulce Lord/Warren Wong; Intercessor: Shelley Keefe,
Usher: Elliott Dun; Greeter: Jim Neubert; Acolyte: Jimmy Bradford,
Livestream Technician: Alison LeBlanc

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