

PENTECOST XX

**October 10, 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: Fairest Lord Jesus

The Welcome

The Introit Hymn: *Woodlands* *Hymnal #438* [*Standing*]



1 Tell out, my soul, the great-ness of the Lord!
2 Tell out, my soul, the great-ness of his Name!
3 Tell out, my soul, the great-ness of his might!
4 Tell out, my soul, the glo-ries of his word!



Un - num - bered bless - ings give my spi - rit voice;
Make known his might, the deeds his arm has done;
Powers and do - min - ions lay their glo - ry by.
Firm is his prom - ise, and his mer - cy sure.



ten - der to me the prom - ise of his word;
his mer - cy sure, from age to age the same;
Proud hearts and stub - born wills are put to flight,
Tell out, my soul, the great - ness of the Lord



in God my Sa - vior shall my heart re - jice.
his ho - ly Name— the Lord, the Might - y One.
the hun - gry fed, the hum - ble lift - ed high.
to chil - dren's chil - dren and for ev - er - more!

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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, heav - en - 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.

Lord, we pray that your grace may always precede and follow us, that we may continually be given to good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

The Sermon

[Seated]

The First Lesson: Job 23:1-9, 16-17

Job said:

"Today also my complaint is bitter;
 his hand is heavy despite my groaning.

Oh, that I knew where I might find him,
 that I might come even to his dwelling!"

I would lay my case before him,
 and fill my mouth with arguments.
 I would learn what he would answer me,
 and understand what he would say to me.
 Would he contend with me in the greatness of his power?
 No; but he would give heed to me.
 There an upright person could reason with him,
 and I should be acquitted forever by my judge.
 "If I go forward, he is not there;
 or backward, I cannot perceive him;
 on the left he hides, and I cannot behold him;
 I turn to the right, but I cannot see him.
 God has made my heart faint;
 the Almighty has terrified me;
 If only I could vanish in darkness,
 and thick darkness would cover my face!"

Reader: The Word of the Lord.

All: **Thanks be to God.**

Psalm *Deus, Deus meus* *Psalm 22:1-15*

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

St Meinrad Mode VIII (6-line)



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My God, my God,
why have you forsaken me?
and are so far from my cry
and from the words of my distress?
O my God, I cry in the daytime, but you do not answer;
by night as well, but I find no rest.

Yet you are the Holy One,
enthroned upon the praises of Israel.
Our forefathers put their trust in you;
they trusted and you delivered them.
They cried out to you and were delivered;
they trusted in you and were not put to shame.

But as for me, I am a worm and no man,
scorned by all and despised by the people.
All who see me laugh me to scorn;
they curl their lips and wag their heads, saying,
"He trusted in the LORD; let him deliver him;
let him rescue him if he delights in him."

Yet you are he who took me out of the womb,
and kept me safe upon my mother's breast.
I have been entrusted to you ever since I was born;
you were my God when I was still in my mother's womb.
Be not far from me, for trouble is near,
and there is none to help.

I am poured out like water;
all my bones are out of joint;
my heart within my breast is melting wax.
My mouth is dried out like a pot-sherd;
my tongue sticks to the roof of my mouth;
and you have laid me in the dust of the grave.

The Epistle: *Hebrews 4:12-16*

The word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account.

Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

Reader: **The Word of the Lord.**

People: **Thanks be to God.**

The Gospel: *Mark 10:17-31*

(Standing)

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

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

As Jesus was setting out on a journey, a man ran up and knelt before him, and asked him, “Good Teacher, what must I do to inherit eternal life?” Jesus said to him, “Why do you call me good? No one is good but God alone. You know the commandments: ‘You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honor your father and mother.’” He said to him, “Teacher, I have kept all these since my youth.” Jesus, looking at him, loved him and said, “You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me.” When he heard this, he was shocked and went away grieving, for he had many possessions.

Then Jesus looked around and said to his disciples, “How hard it will be for those who have wealth to enter the kingdom of God!” And the disciples were perplexed at these words. But Jesus said to them again, “Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.” They were greatly astounded and said to one another, “Then who can be saved?” Jesus looked at them and said, “For mortals it is impossible, but not for God; for God all things are possible.”

Peter began to say to him, “Look, we have left everything and followed you.” Jesus said, “Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, who will not receive a hundredfold now in this age—houses, brothers and sisters, mothers and children, and fields with persecutions—and in the age to come eternal life. But many who are first will be last, and the last will be first.”

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)

That we may continually seek you and find you. That we may know, deep in our hearts, that we are yours.

We lift our hearts and voices to you.

Hear us, good Lord.

That your grace may always precede and follow. That our lives may be signs of your kingdom, and witnesses to your goodness.

We lift our hearts and voices to you.

Hear us, good Lord.

That there be peace in our hearts, in our churches, between neighbors and nations. May the peace we seek begin with you and overflow beyond measure.

We lift our hearts and voices to you.

Hear us, good Lord.

We give thanks for your extravagant care of us; for your seeking after us, finding us, and keeping us close. We pray that we may follow your model of loving-kindness to those with whom we live and work and worship. That your love for us may overflow into extravagant love for all your children.

We lift our hearts and voices to you.

Hear us, good Lord.

We pray on behalf of those who are suffering with pain, who are paralyzed by fear, who are listless and restless and tired. Relieve their misery, be with them in their distress. Bring them to a new sense of hope

and wholeness. We pray for: Frank Brown, Barbara and John Milligan,
Ed Avakoff, and John David Tate
We lift our hearts and voices to you.

Hear us, good Lord.

We rejoice with those who have entered the larger life, who now reside
among the saints in light. We pray for those who mourn and who
experience a deep loss. We pray especially for Earl James Alburo.
We lift our hearts and voices to you.

Hear us, good Lord.

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: Let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

The Offertory Anthem-Choir: *Giver Praise to God T. Shaw*

The Eucharistic Prayer (B) [Standing] *Hymnal S130*

The musical notation consists of four staves. The first staff is for the Celebrant and the People, with lyrics: "The Lord be with you. And al - so with you." The second staff is for the Celebrant and the People, with lyrics: "Lift up your hearts. We lift them to the Lord." The third staff is for the Celebrant, with lyrics: "Let us give thanks to the Lord our God." The fourth staff is for the People, with lyrics: "It is right to give him thanks and praise." The notation includes a treble clef, a key signature of one flat (B-flat), and various musical symbols such as notes, rests, and slurs.

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]

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.

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 Lord, God of pow - er and might,". The second staff continues: "heaven and earth are full of your glo - ry. Ho -". The third staff: "san - na in the high - est. Ho - san - na in the high - est.". The fourth staff: "Blessed is he who comes in the name of the Lord. Ho -". The fifth staff: "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.

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 #S159

[Recited at 8:30 am]

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 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: Beecher

Hymn 470 [Standing]

1 There's a wide-ness in God's mer - cy like the wide-ness of the sea;
2 There is no place where earth's sor - rows are more felt than up in heaven;
3 For the love of God is broad - er than the mea - sure of the mind;

there's a kind-ness in his jus - tice, which is more than lib - er - ty.
there is no place where earth's fail - ings have such kind - ly judg - ment given.
and the heart of the E - ter - nal is most won - der - ful - ly kind.

There is wel - come for the sin - ner, and more gra - ces for the good;
There is plen - ti - ful re - demp - tion in the blood that has been shed;
If our love were but more faith - ful, we should take him at his word;

there is mer - cy with the Sa - vior; there is heal - ing in his blood.
there is joy for all the mem - bers in the sor - rows of the Head.
and our life would be thanks - giv - ing for the good - ness of the Lord.

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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: Shalom, My Friends

ANNOUNCEMENTS

Weekly Calendar

DAY	DATE	TIME	EVENT
Sunday	Oct 10	8:30 am	Mass
Sunday	Oct 10	10:00 am	Mass
		10:00 am	Youth Grp Mtg, Courtyard
		11:00 am	Coffee Hour, Courtyard
Monday	Oct 11	1:00 pm	Zoom Bible Study
Tuesday	Oct 12		
Wednesday	Oct 13	10:00 am	Contemplative Meditation
Thursday	Oct 14	7:30 pm	Choir Rehearsal
Friday	Oct 15		
Saturday	Oct 16		
Sunday	Oct 17	11:30 am	Stewardship Campaign Kickoff Brunch

TODAY

Sunday, Oct 10, 10:00 am Youth Group Meeting, Courtyard

Sunday, Oct 10, 11:00 am Coffee Hour, Courtyard

THIS WEEK

Monday, Oct 11, 1:00 pm Zoom Bible Study. For Zoom link, please contact Daniel Tate at dtate@ses.cdsp.edu or 650-799-7084

NEXT WEEK

Sunday, October 17 11:30 am, Stewardship Campaign Kickoff Brunch.

Sandwiches on Sunday:

The next Sandwiches on Sunday will be at noon on October 31st at the Fair Oaks Community Center. We will be assembling the brown bags containing sandwiches, chips and fruit at the church from noon to 2 p.m. on Saturday, October 30th. If you would like to help or have any questions, please contact Steve Yuen (341-1966, stevebyuen@aol.com).

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 or Church signup sheet.

We also need Worship Leader volunteers for our 10:30 am Mass. 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). 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](mailto:hfangster@gmail.com)) or to Nilda Chong (nchongmd@gmail.com) if you wish to be included in the Zoom invitation.

Prayer list: We pray especially for 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, and John David Tate

[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

Kenneth & Karen Nagar in loving memory of Earl James Alburo

In the Anglican cycle of prayer we pray for:

The Proviance of West Africa, Diocese of Georgia (USA), The Diocese of Gippsland(Australia), Diocese of Gitega (Burundi), the Diocese of Glasgow & Galloway (Scotland), Diocese of Gloucester (England) and the Diocese of Gogrial (South Sudan)

In the Diocesan cycle of prayer we pray for Revs:

Dr. James Hargis, Dr. Edward Hobbs, William Rankin II, Cn. Dr. Lauren Artress, Mehrdad Abidari, Stacey Grossman, Duane Sisson, Dr. Lawrence Hunter, Coryl Lassen, Catherine Moon, and Lois Williams

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
Scott Chang Livestream Technician

Worship Leader Rota:

- 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
- 24 Oct Lector: Eugene Hetzer/Stephen Yuen; Intercessor: Yvonne Sidell,
Usher: Stephen Yuen; Greeter: Warren Wong; Acolyte: Don Gundry,
Livestream Technician: Shelley Keefe
- 31 Oct Lectors: Warren Wong/Suzanne Tjandra; Intercessor: Dulce Lord
Usher: James Neubert; Greeter: Warren Wong; Acolyte: Jimmy Bradford
Livestream Technician: Shelley Keefe
- 7 Nov Lectors: Suzanne Canada/Warren Wong; Intercessor: Yvonne Sidell
Usher: Larry Buyers; Greeter: James Neubert; Acolyte: Jimmy Bradford
Livestream Technician: Alison LeBlanc

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