



St. Ambrose Episcopal Church

August 6, 2023,
The Transfiguration

900 Edgewater Blvd
Foster City, CA 94404

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Rector • pastoral calls and emergencies The Rev. Jason B. Lucas-Green 612.865.5442
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THE LITURGY OF THE WORD

Welcome and Announcements

Prelude: Mazurka in A minor

F. Chopin

Processional Hymn 7 *Christ, Whose Glory Fills the Sky*

1 Christ, whose glo - ry fills the skies, Christ, the true, the on - ly Light,
2 Dark and cheer-less is the morn un - ac - com - pan - ied by thee;
3 Vis - it then this soul of mine! Pierce the gloom of sin and grief!

Sun of Right-eous - ness, a - rise! Tri-umph o'er the shades of night:
joy-less is the day's re - turn, till thy mer - cy's beams I see,
Fill me, ra - dian - cy di - vine; scat - ter all my un - be - lief;

Day-spring from on high, be near; Day-star, in my heart ap - pear.
till they in - ward light im - part, glad my eyes, and warm my heart.
more and more thy - self dis - play, shin - ing to the per - fect day.

Words: Charles Wesley (1707-1788). Music: *Ratisbon*, melody from *Geystliche gesangk Buchleyn*, 1524; adapt. att. William Henry Havergal (1793-1870); harm. William Henry Havergal (1793-1870), alt.

Opening Sentences

Celebrant: Blessed be the God, Father, Son, and Holy Spirit

People: **And blessed be his kingdom now and forever. Amen.**

The Collect for Purity

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. *Amen.*

The Collect of the Day

Celebrant: The Lord be with you.

People: **And also with you.**

Celebrant: Let us pray.

O God, who on the holy mount revealed to chosen witnesses your well-beloved Son, wonderfully transfigured, in raiment white and glistening: Mercifully grant that we, being delivered from the disquietude of this world, may by faith behold the King in his beauty; who with you, O Father, and you, O Holy Spirit, lives and reigns, one God, for ever and ever. *Amen.*

First Lesson Exodus 34:29-35

Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. When Aaron and all the Israelites saw Moses, the skin of his face was shining, and they were afraid to come near him. But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them. Afterward all the Israelites came near, and he gave them in commandment all that the Lord had spoken with him on Mount Sinai. When Moses had finished speaking with them, he put a veil on his face; but whenever Moses went in before the Lord to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded, the Israelites would see the face of Moses, that the skin of his face was shining; and Moses would put the veil on his face again, until he went in to speak with him.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 99 or 99:5-9

Dominus regnavit

1 [The Lord is King;
let the people tremble; *
he is enthroned upon the cherubim;
let the earth shake.

2 The Lord is great in Zion; *
he is high above all peoples.

3 Let them confess his Name, which is
great and awesome; *
he is the Holy One.

4 "O mighty King, lover of justice,
you have established equity; *
you have executed justice and
righteousness in Jacob."]

5 Proclaim the greatness of the Lord our
God and fall down before his footstool; *
he is the Holy One.

6 Moses and Aaron among his priests,
and Samuel among those who call upon
his Name, *
they called upon the Lord, and he
answered them.

7 He spoke to them out of the pillar of
cloud; *
they kept his testimonies and the decree
that he gave them.

8 O Lord our God, you answered them
indeed; *
you were a God who forgave them,
yet punished them for their evil deeds.

9 Proclaim the greatness of the Lord our
God
and worship him upon his holy hill; *
for the Lord our God is the Holy One.

Second Lesson 2 Peter 1:13-21

I think it right, as long as I am in this body, to refresh your memory, since I know that my death will come soon, as indeed our Lord Jesus Christ has made clear to me. And I will make every effort so that after my departure you may be able at any time to recall these things.

For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his majesty. For he received honor and glory from God the Father when that voice was conveyed to him by the Majestic Glory, saying, "This is my Son, my Beloved, with whom I am well pleased." We ourselves heard this voice come from heaven, while we were with him on the holy mountain.

So we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the

morning star rises in your hearts. First of all you must understand this, that no prophecy of scripture is a matter of one's own interpretation, because no prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from God.

Reader: The Word of the Lord

People: Thanks be to God.

Hymn Caribbean Alleluia – *two times through* RS 396



Holy Gospel Luke 9:28-36

Deacon: The Holy Gospel of our Lord Jesus Christ according to Luke.

People: Glory to you, Lord Christ.

Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, “Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah” —not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, “This is my Son, my Chosen; listen to him!” When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

Deacon: The Gospel of the Lord.

People: Praise to you, Lord Christ.

Hymn Caribbean Alleluia – *one time through* RS 396

Sermon Rev. Rebecca Goldberg

THE NICENE CREED

**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
and the Son.**

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.

Form IV

Deacon or other leader

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may
be united in your truth, live together in your love, and reveal
your glory in the world.

Silence

Lord, in your mercy

Hear our prayer.

Guide the people of this land, and of all the nations, in the
ways of justice and peace; that we may honor one another
and serve the common good.

Silence

Lord, in your mercy
Hear our prayer.

Give us all a reverence for the earth as your own creation,
that we may use its resources rightly in the service of others
and to your honor and glory.

Silence

Lord, in your mercy
Hear our prayer.

Bless all whose lives are closely linked with ours, and grant
that we may serve Christ in them, and love one another as he
loves us.

Silence

Lord, in your mercy
Hear our prayer.

Comfort and heal all those who suffer in body, mind, or
spirit; give them courage and hope in their troubles, and
bring them the joy of your salvation.

Silence

Lord, in your mercy
Hear our prayer.

We commend to your mercy all who have died, that your will
for them may be fulfilled; and we pray that we may share
with all your saints in your eternal kingdom.

Silence

Lord, in your mercy
Hear our prayer.

The Celebrant adds a concluding Collect.

Almighty and eternal God, ruler of all things in heaven and
earth: Mercifully accept the prayers of your people, and
strengthen us to do your will; through Jesus Christ our Lord.
Amen.

CONFESSION AND ABSOLUTION

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone.

We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. *Amen.*

Celebrant: 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.*

People: **Amen.**

The Peace

Celebrant: The peace of the Lord be always with you.

People: **And also with you.**

THE HOLY COMMUNION

Offertory Hymn: O Come to the Church in the Wildwood

B. Gaither

Eucharistic Prayer B

The musical notation is presented in four staves, each with a key signature of one flat (Bb) and a common time signature (C). The lyrics are written below the notes, with 'Celebrant' and 'People' labels above the respective parts.

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.

Then, facing the Holy Table, the Celebrant proceeds

It is right, and a good and joyful thing, always and every- where to give thanks to you, Father Almighty, Creator of heaven and earth. 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:

Celebrant and People

Sanctus - S128

The musical score for Sanctus - S128 is written on five staves. The first staff begins with a treble clef and a key signature of one flat (B-flat). The melody is written in a simple, hymn-like style. 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."

sic: William Mathias (1934-1992). Copyright © 1976 Oxford University Press.

The people stand

Then the Celebrant continues

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,

Celebrant and People

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

The Celebrant continues

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 Ambrose 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.**

And now, as our Savior Christ has taught us, we are bold to say,

The Lord's Prayer

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, for ever and ever. Amen.

Fraction Anthem

WLP 874

Principal Canon

Who - ev - er eats this bread will live for - ev - er.

Who - ev - er eats this bread will live for - ev - er.

Secondary Canons

A This is the true bread which comes down from heaven, and gives life to the world.

B Who - ev - er be-lieves in me shall not hun-ger or thirst, for the

bread which I give for the life of the world is my flesh.

Invitation

Spiritual Communion

(Those watching at home, may, if they wish, say this prayer during the time of Communion.)

In union, blessed Jesus, with the faithful gathered at every altar of our Church where your blessed Body and Blood are offered this day, and remembering particularly my own parish and those worshiping there, I long to offer praise and thanksgiving for creation and all the blessing of this life, for the redemption won for us by your life, death, and resurrection, for the means of grace and the hope of glory. And particularly for the blessings given me: (Here, those watching at home may add particular blessing for which they wish to give thanks). I believe that you are truly present in the Holy Sacrament, and, since I cannot at this time receive communion, I pray you to come into my heart. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life until, by your grace, I come to your glorious kingdom and unending peace. Amen

Communion Hymn Transform Us #881

881 Transform Us

1. Trans - form us as you, trans - fig - ured,
2. Trans - form us as you, trans - fig - ured,
3. Trans - form us as you, trans - fig - ured,
Stood a - part on Ta - bor's height.
Once spoke with those ho - ly ones.
Would not stay with - in a shrine.
Lead us up our sa - cred moun - tains,
We, sur - round - ed by the wit - ness
Keep us from our great temp - ta - tion—
Search us with re - veal - ing light,
Of those saints whose work is done,
Time and truth we quick - ly bind,
Lift us from where we have fall - en,
Live in this world as your Bod - y,
Lead us down those dai - ly path - ways
Full of ques - tions, filled with fright.
Cho - sen daugh - ters cho - sen sons.
Where our love is not con - fined.

Text: Sylvia Dunstan, 1955-1993, © 1993, GIA Publications, Inc.
Tune: PICARDY, 8 7 8 7 8 7: French Carol; harm. by Richard Proulx, b.1937, © 1986, GIA Publications, Inc.

Postcommunion Prayer

Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

The Dismissal

Closing Hymn 690 | *Guide Me, O Thou Great Jehovah*

1 Guide me, O thou great Je - ho - vah, pil - grim through this
 2 O - pen now the crys - tal foun-tain, whence the heal - ing
 3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;
 stream doth flow; let the fire and cloud - y pil - lar
 fears sub - side; death of death, and hell's de - struc - tion,

hold me with thy power - ful hand; bread of hea - ven,
 lead me all my jour - ney through; strong de - liv - erer,
 land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er -
 strong de - liv - erer, be thou still my strength and
 songs of prais - es, I will ev - er give to



Words: William Williams (1717-1791); tr. Peter Williams (1722-1796), alt. Music: *Cwm Rhondda*, John Hughes (1873-1932).

Postlude: Peace is Flowing Like A River

C. Landry

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The Mission of St. Ambrose Church of Foster City

Is to proclaim the Good News of God in Jesus Christ as we care for each other and our larger community. We worship in the Episcopal and Anglican tradition, extending an open and inclusive invitation to all people, welcoming children into our church family and serving those in need.

Worship Leaders:

The Rev. Fr. Jason Lucas-Green, Rector
 Rev. Rebecca Goldberg
Frank Saunders, Organist
Maureen Fromme, Choir Director

Worship Leader Rota:

Intercessor
Stephen Yuen, Lector
Stephen Yuen, Usher
Alison LeBlanc, Livestream Technician

ANNOUNCEMENTS

Pastoral Visits

Fr. Jason would love to come and visit you. If you would like a visit with Fr. Jason please use this link <https://calendly.com/frjason-1> or you can email him at Frjason@stambrosefostercity.org. Now that the holidays are over my goal this year is to meet and get to know the parish better.

Hello from our New Music Director

Greetings to all in the name of Jesus Christ our Lord and Savior! Please allow me to introduce myself. My name is Michael Glick. I studied Mathematics at UC Santa Cruz for my Bachelor's degree and at the San Francisco Conservatory for my Master's in Organ Performance. I am delighted to have been selected to be your Music Director and organist. I have served in this capacity at Episcopal churches twice before and will this time be particularly blessed to serve here in Foster City. This ministry is one that I, through the spirit, feel especially called to. To be able to serve with musical gifts is what I am here to do. —Michael Glick

Celebration Lunch for Maureen Fromme and Frank Saunders

Join us on August 20 for a celebration of Maureen and Frank. We will be holding a church potluck. If you have any questions please reach out to Valerie Mersh.

Bayview Mission Needs (Updated 7/10/2023)

I have been in communication with Deacon Nina at Bayview Mission. Their needs have changed; they are asking if we can supply Peanut Butter, Tuna, and Feminine Hygiene Products. I thank you for your continued generosity of our Outreach Project.

Sunday School 2023-2024

For the upcoming school year, we are looking for:

- Helpers for welcoming new families at the Blessing of the backpack (end of August/ beginning of September)
- Helpers for Sunday School class: Youth and older
- Materials for godly play activities (crafts to illustrate God's creation, Nativity, Protecting our planet etc.)

All suggestions of games/songs/activities are welcome.

St. Ambrose Choir

The choir will resume rehearsals on Thursdays at 7:30 p.m. 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 Maureen know so she can prepare a folder for you. You may contact her at mhfromme@yahoo.com OR 415.990.6758.

Volunteers Needed

We are looking for volunteers for coffee hour, summer days and stewardship dinner. If you are interested, please contact me at valentin_fe@yahoo.com! *Thank you*

Coffee Hour

Join us for Coffee Hour after mass at 11:00 am in the courtyard. Coffee hour will be hosted by the Vestry on the first Sunday of the month. Please volunteer for the other weeks by using the link below or by the signup sheet in the Narthex by the Reflections & Gratitude Board:

Sign Up Genius <https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-coffee1>

Worship Leaders Needed

Please sign up as a Lector for our 8:30 am and 10:00 am Mass by emailing office@stambrosefostercity.org or the Church signup sheet.

We also need Worship Leader volunteers for our 10:00 am Mass. There are openings for Intercessors, Lectors, Greeters, Ushers and Acolytes, and Livestream Technicians. Contact us at office@stambrosefostercity.org 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>

Rides for Gene Hetzer

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

Prayer Support Group

Every 1st and 3rd Sunday after the service at 11:30am, we will be meeting in the Fellowship Hall to have a prayer meeting. Please join us any time as you are able. For questions, please contact Daniel Tate at 650-799-7084, or dtate@ses.cdsp.edu

Prayer list: We pray especially for Yvonne Sidell, Jerelyn Weber, Charlene Adolph, Miles Martin, Barbara Milligan, Ed Avakoff, Max Gumbert, Isabella, Jerry Boykin, Carol Newman, Clara Padilla, Bettie Davis, Arjun Katyan, Janet Mc Annally, Elliott Dun, Alison LeBlanc, Peggy Chapman, Ronnie Rosen, Leo Gauthier, Alice Deckel, Mike Frisch, and the pupils and staff of Sea Breeze School. ***For those who have died:*** Eva Rios Chong, Judi Guilford, John David Tate, Martin Gardiner

The Altar Flowers are given by:

The Altar Guild to the Glory of God

[Please contact the parish office to add any names of the sick and suffering to be prayed for in our monthly cycle of prayer.]

2023 ST. AMBROSE PARISH WEEKEND RETREAT

The St. Ambrose 2023 Fellowship Weekend at Bishop's Ranch in Healdsburg this year happens from Friday afternoon Oct. 6th to Sunday Noon, Oct. 8th

The weekend is a chance to get to know each other better, with group activities, a church service, & spiritual enrichment. The setting overlooks vistas of orchards & pastures, and there is woodland directly adjacent for hiking. Some people go wine-tasting as an activity. The food service staff in the Dining Hall facility provides abundant choices and fresh organic foods from the area. The food is a hallmark of a Bishop's Ranch visit, as well as a tour of the campus buildings, especially the beautiful rustic Chapel, always open, with magnificent stained glass windows.

We will stay at Harrison House (where we've stayed before). Cost is \$268 per person. \$134 Deposit paid asap holds your spot! All the rooms at Harrison House are standard occupancy (dormitory style, 3-5 beds in a room). In some cases, the room can be solely 2 to a room. We can accommodate 10 to 12 sign-ups. The Deposit is \$150 per person. Fr. Jason will be there, and there will also be people outside our church you will meet at a lecture or a meal and enjoy as well!

Questions or more information please contact:

Father Jason [612.865.5442](tel:612.865.5442) or frjason@stambroseostercity.org or
Alison LeBlanc or Jim Neubert in church