



St. Ambrose Episcopal Church

July 07, 2024,

The Seventh Sunday after Pentecost

900 Edgewater Blvd
Foster City, CA 94404

(650) 574-1369 - office@stambrosefostercity.org - <http://www.stambrosefostercity.org>

Priest-In-Charge • *pastoral calls and emergencies* The Rev. Rebecca Goldberg 650 291-5289
revrebecca@stambrosefostercity.org

THE LITURGY OF THE WORD

PRELUDE: Variations on a theme from Symphonic Dances

S. Rachmaninoff

PROCESSIONAL 537 SING A NEW SONG

PRAISE

537 Sing a New Song

Refrain

Sing a new song un - to the Lord; let your song be
 sung from moun - tains high. Sing a new song
 un - to the Lord, sing - ing al - le - lu - ia.

Verses

1. Yah - weh's peo - ple dance for joy. O come be -
 2. Rise, O chil - dren, from your sleep; your Sav - ior
 3. Glad my soul for I have seen the glo - ry

fore the Lord. And play for him on
 now has come. † He has turned your
 of the Lord. The trum - pet sounds; the

D.C.

glad tam - bou - rines, and let your trum - pet sound.
 sor - row to joy, and filled your soul with song.
 dead shall be raised. I know my Sav - ior lives.

Text: Psalm 98; Das Schutte, b. 1947
Tune: Das Schutte, b. 1947
© 1972, Daniel L. Schutte, administered by New Dawn Music

Opening Sentences

Celebrant: Blessed be 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 our Lord. **Amen**

Gloria 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



The Collect of the Day

Celebrant: The Lord be with you.

People: **And also with you.**

Celebrant: Let us pray.

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

First Lesson Ezekiel 2:1-5

The Lord said to me: O mortal, stand up on your feet, and I will speak with you. And when he spoke to me, a spirit entered into me and set me on my feet; and I heard him speaking to me. He said to me, Mortal, I am sending you to the people of Israel, to a nation of rebels who have rebelled against me; they and their ancestors have transgressed against me to this very day. The descendants are impudent and stubborn. I am sending you to them, and you shall say to them, "Thus says the Lord GOD." Whether they hear or refuse to hear (for they are a rebellious house), they shall know that there has been a prophet among them.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 123

Ad te levavi oculos meos

1 To you I lift up my eyes, *
to you enthroned in the heavens.
2 As the eyes of servants look to the
hand of their masters, *
and the eyes of a maid to the hand
of her mistress,

3 So our eyes look to the LORD our
God, *
until he show us his mercy.
4 Have mercy upon us, O LORD, have
mercy, *
for we have had more than
enough of contempt,

5 Too much of the scorn of the
indolent rich, *
and of the derision of the proud.

Second Lesson 2 Corinthians 12:2-10

I know a person in Christ who fourteen years ago was caught up to the third heaven—whether in the body or out of the body I do not know; God knows. And I know that such a person—whether in the body or out of the body I do not know; God knows—was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, “My grace is sufficient for you, for power is made perfect in weakness.” So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

Reader: The Word of the Lord.

People: **Thanks be to God**

Sequence Hymn - Halle, Halle, Halle

259 HALLE, HALLE, HALLE

Hal - le, hal - le, hal - le - lu - jah!

Hal - le, hal - le, hal - le - lu, Hal - le - lu - jah!

Hal - le, hal - le, hal - le - lu - jah! Hal - le - lu - jah!

lu - jah! Hal - le - lu - jah! jah!

lu - jah! Hal - le - lu, hal - le - lu - jah! jah!

lu - jah! Hal - le - lu - jah! jah!

Holy Gospel Mark 6:1-13

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

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

Jesus came to his hometown, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, "Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?" And they took offense at him. Then Jesus said to them, "Prophets are not without honor, except in

their hometown, and among their own kin, and in their own house.” And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief.

Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, “Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them.” So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

Deacon: The Gospel of the Lord.

People: Praise to you, Lord Christ.

Sequence Hymn Halle, Halle, Halle

Sermon

Reverend 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.

The Prayers of the People

Form VI

The Leader and People pray responsively

In peace, we pray to you, Lord God.

Silence

For all people in their daily life and work;
For our families, friends, and neighbors, and for those who are alone.

For this community, the nation, and the world;
For all who work for justice, freedom, and peace.

For the just and proper use of your creation;
For the victims of hunger, fear, injustice, and oppression.

For all who are in danger, sorrow, or any kind of trouble;
For those who minister to the sick, the friendless, and the needy.

For the peace and unity of the Church of God;
For all who proclaim the Gospel, and all who seek the Truth.

For Michael our Presiding Bishop, Sean our Presiding Bishop Elect, and Marc and Austin our Bishops and for all bishops and other ministers;
For all who serve God in his Church.

For the special needs and concerns of this congregation.

Silence

The People may add their own petitions

Hear us, Lord;
For your mercy is great.

We thank you, Lord, for all the blessings of this life.

Silence

The People may add their own thanksgivings

We will exalt you, O God our King;
And praise your Name for ever and ever.

We pray for all who have died, that they may have a place in
your eternal kingdom.

Silence

The People may add their own petitions

Lord, let your loving-kindness be upon them;
Who put their trust in you.

We pray to you also for the forgiveness of our sins.

Silence may be kept.

Leader and People

Have mercy upon us, most merciful Father;
in your compassion forgive us our sins,
known and unknown,
things done and left 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.

The Celebrant concludes with an absolution or a suitable Collect.

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.**

Offertory Hymn: 627 What Wondrous Love Is This

Doxology - Hymn 380 From All That Dwell Below the Skies

1 From all that dwell be - low the skies let
2 E - ter - nal are thy mer - cies, Lord, and
*3 Praise God, from whom all bless - ings flow; praise

the Cre - a - tor's praise a - rise! Let the Re - deem - er's
truth e - ter - nal is thy word: thy praise shall sound from
him, all crea - tures here be - low; praise him a - bove, ye

Name be sung through ev - ery land, by ev - ery tongue!
shore to shore till suns shall rise and set no more.
heaven - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

Words: Isaac Watts (1674-1748), para. of Psalm 117. St. 3, Thomas Ken (1637-1711). Music: *Old 100th*, melody from *Pseaumes octante trois de David*, 1551, alt.; harm. after Louis Bourgeois (1510?-1561?).

THE HOLY COMMUNION

Eucharistic Prayer D

<p style="text-align: center;"><i>Presider</i></p> <p style="text-align: center;">The Lord be with you.</p>	<p style="text-align: center;"><i>People</i></p> <p style="text-align: center;">And al - so with you.</p>
<p style="text-align: center;"><i>Presider</i></p> <p style="text-align: center;">Lift up your hearts.</p>	<p style="text-align: center;"><i>People</i></p> <p style="text-align: center;">We lift them to the Lord.</p>
<p style="text-align: center;"><i>Presider</i></p> <p style="text-align: center;">Let us give thanks to our lo - ving God.</p>	
<p style="text-align: center;"><i>People</i></p> <p style="text-align: center;">It is right to give our thanks and praise.</p>	

Then, facing the Holy Table, the Celebrant proceeds

It is truly right to glorify you, Father, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever.

Fountain of life and source of all goodness, you made all things and fill them with your blessing; you created them to rejoice in the splendor of your radiance.

Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we sing (say),

Celebrant and People

THE SANCTUS

THE SANCTUS

S124

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven 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.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

The Celebrant continues

We acclaim you, holy Lord, glorious in power. Your mighty works reveal your wisdom and love. You formed us in your own image, giving the whole world into our care, so that, in obedience to you, our Creator, we might rule and serve all your creatures. When our disobedience took us far from you, you did not abandon us to the power of death. In your mercy you came to our help, so that in seeking you we might find you. Again and again you called us into covenant with you, and through the prophets you taught us to hope for salvation.

Father, you loved the world so much that in the fullness of time you sent your only Son to be our Savior. Incarnate by the Holy Spirit, born of the Virgin Mary, he lived as one of us, yet without sin. To the poor he proclaimed the good news of salvation; to prisoners, freedom; to the sorrowful, joy. To fulfill your purpose he gave himself up to death; and, rising from the grave, destroyed death, and made the whole creation new.

And, that we might live no longer for ourselves, but for him who died and rose for us, he sent the Holy Spirit, his own first gift for those who believe, to complete his work in the world, and to bring to fulfillment the sanctification of all.

At the following words concerning the bread, the Celebrant is to hold it, or lay a hand upon it, and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

When the hour had come for him to be glorified by you, his heavenly Father, having loved his own who were in the

world, he loved them to the end; at supper with them he 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."

Father, we now celebrate this memorial of our redemption. Recalling Christ's death and his descent among the dead, proclaiming his resurrection and ascension to your right hand, awaiting his coming in glory; and offering to you, from the gifts you have given us, this bread and this cup, we praise you and we bless you.

Celebrant and People

We praise you, we bless you,
we give thanks to you,
and we pray to you, Lord our God.

The Celebrant continues

Lord, we pray that in your goodness and mercy your Holy Spirit may descend upon us, and upon these gifts, sanctifying them and showing them to be holy gifts for your holy people, the bread of life and the cup of salvation, the Body and Blood of your Son Jesus Christ.

Grant that all who share this bread and cup may become one body and one spirit, a living sacrifice in Christ, to the praise of your Name.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace.

Remember all who minister in your Church.
Remember all your people, and those who seek your truth
Remember all who have died in the peace of Christ, and those whose faith is known to you alone; bring them into the place of eternal joy and light.

And grant that we may find our inheritance with Chthe Blessed Virgin Mary, with patriarchs, prophets, apostles, and martyrs, St. Ambrose, St. Francis, and all the saints who have found favor with you in ages past. We praise you in union with them and give you glory through your Son Jesus Christ our Lord.

Through Christ, and with Christ, and in Christ, all honor and glory are yours, Almighty God and Father, in the unity of the Holy Spirit, for ever and ever. *AMEN.*

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

As our Savior Christ
has taught us,
we now pray,

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 S-154

This setting is not used in Lent.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Christ our Pass - o - ver is sac - ri - ficed for us;

there - fore let us keep the feast.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

Invitation

SPIRITUAL COMMUNION

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

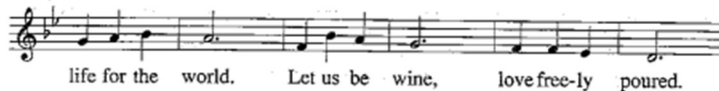
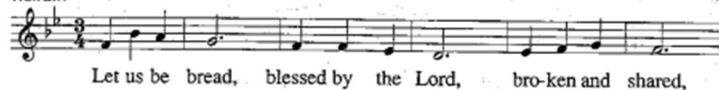
In union, blessed Jesus, with the faithful gathered at every altar of our Church where your blessed Body and Blood are offered this day, and remembering particularly my own parish and those worshiping there, I long to offer praise and thanksgiving for creation and all the blessing of this life, for the 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 816 Let Us be Bread

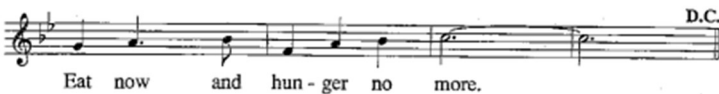
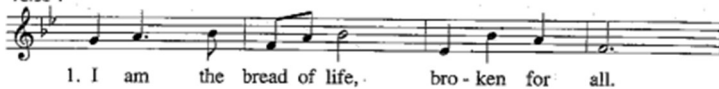
EUCHARIST

816 Let Us Be Bread

Refrain



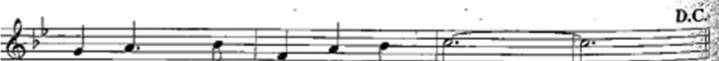
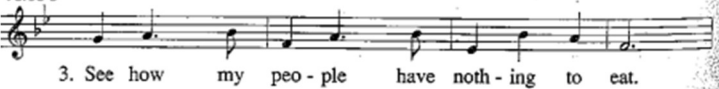
Verse 1



Verse 2



Verse 3



EUCCHARIST

Verse 4

4. As God has loved me so I have loved you.

Go and live on in my love. D.C.

Text: Thomas J. Porter, b.1958
Tune: Thomas J. Porter, b.1958
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Post communion Prayer

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

Announcements

The Blessing

May 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 with you and remain with you always. **Amen**

RECESSIONAL 542 Christ is the world's true Light

542 Christ is the world's true Light

1 Christ is the world's true Light, its Cap-tain of sal - va - tion,
2 In Christ all rac - es meet, their an-cient feuds for - get - ting,
3 One Lord, in one great Name u - nite us all who own thee;

the Day - star clear and bright of ev - ery race and na - tion;
the whole round world com - plete, from sun-rise to its set - ting;
cast out our pride and shame that hin - der to en - throne thee;

new life, new hope a - wakes, for all who own his sway:
when Christ is throned as Lord all shall for - sake their fear,
the world has wait - ed long, has tra - vailed long in pain;

free - dom her bond - age breaks, and night is turned to day.
to plough-share beat the sword, to prun - ing - hook the spear.
to heal its an - cient wrong, come, Prince of Peace, and reign.

Words: George Wallace Briggs (1892-1955), alt. By permission of Oxford University Press. Music: *St. Joan*, Percy E. B. Collier (1892-?). Copyright © The Church Pension Fund.

The Dismsal

Postlude: Improvisation on Shepherd Me, O God

M. Haugen

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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:
Reverend Rebecca Goldberg
Frank Saunders, Music Director

Worship Leader Rota:
Intercessor
Warren Wong, Lector
Chaplain Daniel Tate, Eucharistic Minister
Usher
Alison LeBlanc, Livestream Technician

ANNOUNCEMENTS

Mother Rebecca's office hours

Starting July 1st, Mother Rebecca will be in her office on Tuesday, Wednesday, and Friday 9:30-4:30. She can be reached during office hours at 650-574-1369. If you have a pastoral emergency, please call 650 291-5289 revrebecca@stambrosefostercity.org

Coffee Hour

Join us for Coffee Hour after mass at 11:00 am in the parish hall. Please volunteer to contribute (cakes, cookies, finger food or sandwiches) 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) <https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-coffee1>

Worship Leaders Needed

Please sign up as a Lector for our 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: [Sign Up Genius](https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-worship) or Click on the following link <https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-worship>

**No 8:30am service at this time*

Sunday School 10 AM

Sunday school is at 10:00am every week Please contact Raphael Gerber raphaele.gerber@gmail.com

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.

Bible Study

Every Tuesday at 1:00pm, we meet for Bible Study on Zoom and discuss the Scriptures for the upcoming Sunday Service. Join us! For questions, please contact Daniel Tate at 650-799-7084, or dtate@ses.cdsp.edu or Warren Wong at wwong@nd.edu

Contemplative Meditation

Every Wednesday 10am-11am we meet for Contemplative Meditation on Zoom. We read a variety of authors. We have read Jimmy Carter's book 'Faith'; a couple of prayers from Jean-Pierre Isbouts 'Ten Prayers That Have Changed The World'. We are currently reading David Brooks' 'How to Know a Person...'

If interested, please contact Hamilton Fong. [hfongster@gmail.com](mailto:hfangster@gmail.com)

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 Renee Sheldon and family, Darren Su, Stephen, Carol Frisch and the Frisch family, Yvonne Sidell, Jerelyn Weber, Charlene Adolph, Miles Martin, Barbara Milligan, Ed Avakoff, Max Gumbert, Isabella, Jerry Boykin, Carol Newman, Clara Padilla, Arjun Katyan, Janet Mc Annally, Elliott Dun, Alison LeBlanc, Peggy Chapman, Ronnie Rosen, Leo Gauthier, Alice Deckel, and the pupils and staff of Sea Breeze School.

For those who have died: Arthur Labrador, Buck Schott, Ercira Puig, Zaw-Sing Su, Mike Frisch, John Miller, Eva Rios Chong, Judi Guilford, John David Tate, Martin Gardiner
[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

Presider	Date
Reverend Rebecca Goldberg	Sunday, July 07, 2024
Reverend Rebecca Goldberg	Sunday, July 14, 2024
Reverend Rebecca Goldberg	Sunday, July 21, 2024
Reverend Rebecca Goldberg	Sunday, July 28, 2024