

St. Ambrose Episcopal Church

July 28, 2024

The Tenth Sunday after Pentecost

900 Edgewater Blvd Foster City, CA 94404

(650) 574-1369 - <u>office@stambrosefostercity.org</u> - <u>http://www.stambrosefostercity.org</u> Priest-In-Charge • pastoral calls and emergencies The Rev. Rebecca Goldberg 650 291-5289

THE LITURGY OF THE WORD

PRELUDE: Morning Songs, Op.39, No.4

Nikolai Medtner

revrebecca@stambrosefostercity.org

PROCESSIONAL #505 O Spirit Of Life



Words: Johann Niedling (1602-1668); tr. John Caspar Mattes (1876-1948), alt. Reprinted by permission from *The Common Service Book of the Lutheran Church*, Copyright © 1917 and 1918 by The United Lutheran Church of America, a predecessor of the Lutheran Church in America. Music: *O heiliger Geist*, melody from *Geistliche Kirchengesang*, 1623; harm. Johann Sebastian Bach (1685-1750); arr. Alastair Cassels-Brown (b. 1927). Harmonization Copyright © by The Church Pension Fund.

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**





The Collect of the Day

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: Let us pray.

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: Increase and multiply upon us your mercy; that, with you as our ruler and guide, we may so pass through things temporal, that we lose not the things eternal; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen**

First Lesson 2 Kings 4:42-44

A man came from Baal-shalishah, bringing food from the first fruits to the man of God: twenty loaves of barley and fresh ears of grain in his sack. Elisha said, "Give it to the people and let them eat." But his servant said, "How can I set this before a hundred people?" So he repeated, "Give it to the people and let them eat, for thus says the LORD, 'They shall eat and have some left.'" He set it before them, they ate, and had some left, according to the word of the LORD.

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

Psalm 145:10-19

Exaltabo te, Deus

- 10 All your works praise you, O LORD, * and your faithful servants bless you.
- 11 They make known the glory of your kingdom * and speak of your power;
- 12 That the peoples may know of your power * and the glorious splendor of your kingdom.
- 13 Your kingdom is an everlasting kingdom;

- your dominion endures throughout all ages.
- 14 The LORD is faithful in all his words * and merciful in all his deeds.
- 15 The LORD upholds all those who fall; * he lifts up those who are bowed down.
- 16 The eyes of all wait upon you, O LORD, * and you give them their food in due season.

- 17 You open wide your hand * and satisfy the needs of every living creature.
- 18 The LORD is righteous in all his ways * and loving in all his works.

19 The LORD is near to those who call upon him, * to all who call upon him faithfully.

Second Lesson Ephesians 3:14-21

I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

Reader: The Word of the Lord.

People: Thanks be to God

Sequence Hymn - Halle, Halle, Halle



Holy Gospel John 6:1-21

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

People: Glory to you, Lord Christ.

Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five

barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world."

When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. The sea became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

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.

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

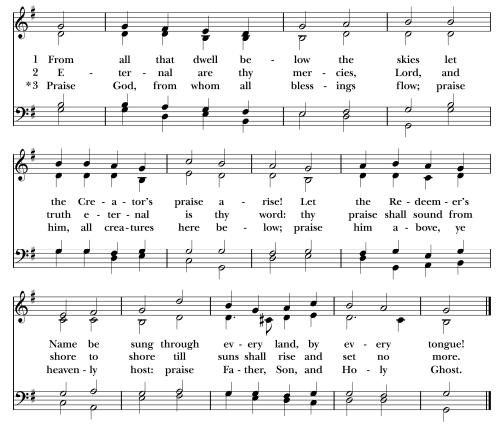
Celebrant: The peace of the Lord be always with you.

People: And also with you.

Offertory Hymn: H478 Jesus, our Mighty Lord

Doxology

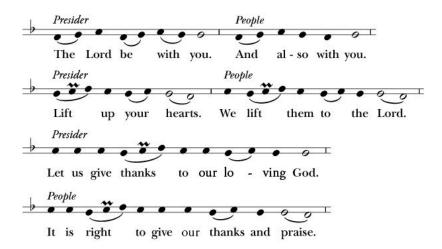
Hymn 380 From All That Dwell Below the Skies



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



Then, facing the Holy Table, the Celebrant proceeds

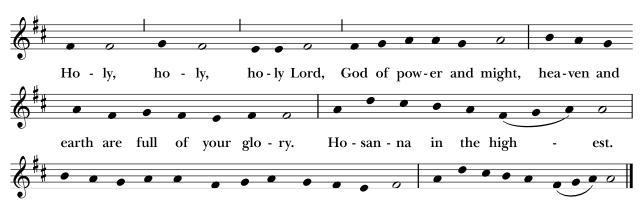
It is truly right to glorify you, Father, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever.

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 S124



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.

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 the 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*.

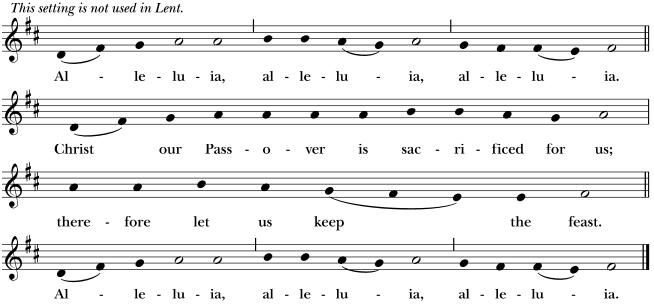
And now, as our Savior Christ has taught us, we are bold to say,

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



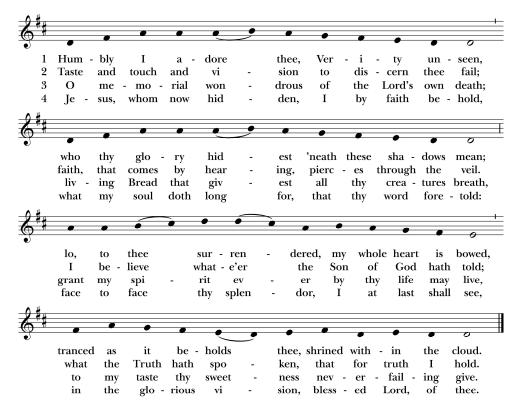
Music: From New Plainsong; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

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 314, Humbly I Adore Thee



Words: Att. Thomas Aquinas (1225?-1274); sts. 1-3, tr. *Hymnal 1940*; st. 4, tr. *Hymnal 1982*. Sts. 1-3, Copyright © The Church Pension Fund. Music: *Adoro devote*, French church melody, Mode 5, *Processionale*, 1697; acc. Charles Winfred Douglas (1867-1944), alt.

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 436 Lift Up Your Heads, O Ye Gates



Words: Georg Weissel (1590-1635); tr. Catherine Winkworth (1827-1878). Music: *Truro*, melody from *Psalmodia Evangelica*, *Part II*, 1789; harm. Lowell Mason (1792-1872), alt.

The Dismissal

Postlude: Organ Improvisation

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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 Amanda Yuxin Dai, Music Director

Worship Leader Rota:

Intercessor
Eugene Hetzer/Lector
Chaplain Daniel Tate, Eucharistic Minister
Usher
Alison LeBlanc, Livestream Technician

Presider	Date
Reverend Rebecca Goldberg	Sunday, July 28, 2024
Reverend Rebecca Goldberg	Sunday, August 04, 2024
Reverend Rebecca Goldberg	Sunday, August 11, 2024
Reverend Rebecca Goldberg	Sunday, August 18, 2024

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

Hymns and Prayers

During these summer Sundays in the season after Pentecost, we will be singing traditional hymns from both the 1982 Hymnal of the Episcopal Church, as well as more contemporary worship songs from the Gather Comprehensive book. It is hoped that we can be nourished by both the richness and beauty of our traditional hymns, and the contemporary expressions of faith found in the newer hymn collections. If you have a favorite hymn you would like to sing, please let either Amanda or Mother Rebecca know!

We will also be using different Eucharistic Prayers during this season. For July we will be using Prayer D, starting on page 372 of the Book of Common Prayer. Prayer D is one of the most universally used Eucharistic prayers in the Anglican Communion and was influenced by both Roman Catholic and Eastern Orthodox tradition. It is hoped that experiencing the variety of language and customs in these different prayers will enrich our common liturgy and give us a connection to our brothers and sisters in the wider church.

August Pizza Nights with Mother Rebecca

Come join me in our parish hall for pizza and conversation on Tuesday Evenings, August 6th, 13th and 20th, starting at 6:00 p.m. This will be an informal time for us to enjoy food and fellowship, and give me the opportunity to get to know you all better. I will provide the pizza, a salad, and beverages, so just bring yourself and your appetite!

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

Worship Leaders Needed

Please sign up as a Lector for our 10:00* am Mass by emailing <u>office@stambrosefostercity.org</u> 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 or Click on the following link https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-worship

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.

^{*}No 8:30am service at this time

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 www.uwong@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

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

<u>Prayer list:</u> 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 donated by

Elizabeth Peter: In loving memory and in honor of Helen Del Biaggio, Mildred Peter, and Mary Nicholson