

St. Ambrose Episcopal Church

August 18, 2024

The Thirteenth 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

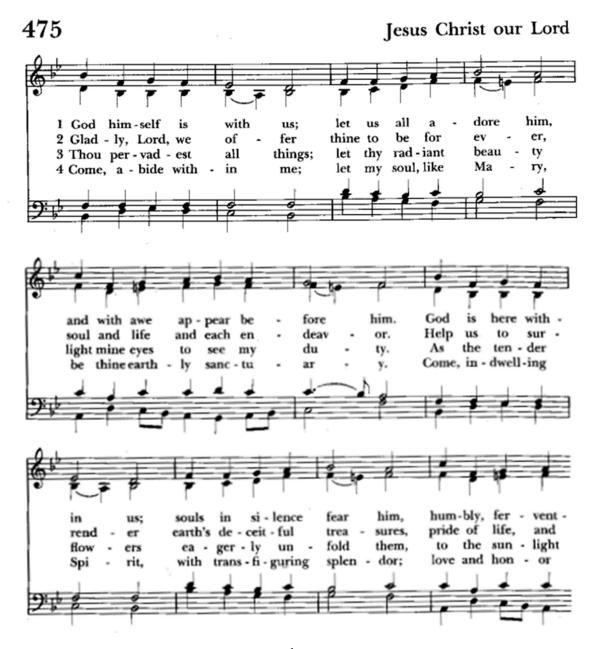
<u>revrebecca@stambrosefostercity.org</u>

THE LITURGY OF THE WORD

PRELUDE: Cradle Song, Op.13

Alexander Ilyinsky

PROCESSIONAL 475 God Himself is with Us





Opening Sentences

Celebrant: Blessed be the one, holy, and living God

People: Glory to God for ever and ever.

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: God be with you.

People: And also with you.

Celebrant: Let us pray.

Almighty God, you have given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of his redeeming work, and to follow daily in the blessed steps of his most holy life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

First Lesson Proverbs 9:1-6

Wisdom has built her house, she has hewn her seven pillars.

She has slaughtered her animals, she has mixed her wine, she has also set her table. She has sent out her servant-girls, she calls from the highest places in the town, "You that are simple, turn in here!" To those without sense she says, "Come, eat of my bread and drink of the wine I have mixed. Lay aside immaturity, and live, and walk in the way of insight."

Reader: Hear what the Spirit is saying to God's people.

People: Thanks be to God.

Psalm 34:9-14

Benedicam Dominum

- 9 Fear the LORD, you that are his saints, * for those who fear him lack nothing.
- 10 The young lions lack and suffer hunger, * but those who seek the LORD lack nothing that is good.
- 11 Come, children, and listen to me; * I will teach you the fear of the LORD.
- 12 Who among you loves life * and desires long life to enjoy prosperity?
- 13 Keep your tongue from evil-speaking * and your lips from lying words.
- 14 Turn from evil and do good; * seek peace and pursue it.

Second Lesson Ephesians 5:15-20

Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

Reader: Hear what the Spirit is saying to God's people.

People: Thanks be to God

Sequence Hymn - Halle, Halle, Halle



Holy Gospel John 6:51-58

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

People: Glory to you, Lord Christ.

Jesus said, "I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."

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, Austin our Bishop 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

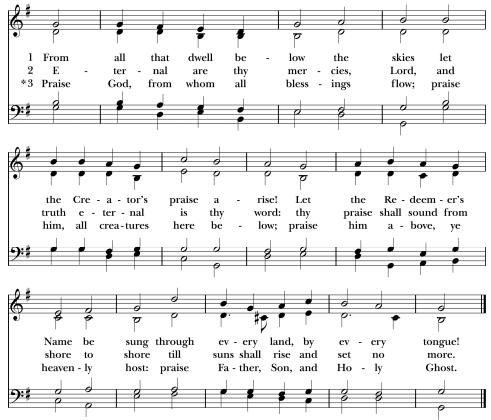
Celebrant: The peace of Christ be always with you

People: And also with you.

Offertory Hymn: H579 Almighty Father, strong to save

Doxology

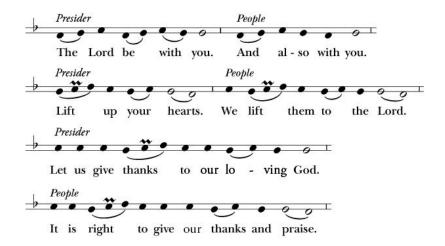
Hymn 380 From All That Dwell Below the Skies



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 2



Celebrant The Lord be with you.

People And also with you.

Celebrant Lift up your hearts.

People We lift them to the Lord.

Celebrant Let us give thanks to the Lord our God. People It is right to give our thanks and praise.

Celebrant

We praise you and we bless you, holy and gracious God, source of life abundant.

From before time you made ready the creation.

Your Spirit moved over the deep

and brought all things into being:

sun, moon, and stars;

earth, winds, and waters;

and every living thing.

You made us in your image,

and taught us to walk in your ways.

But we rebelled against you, and wandered far away;

and yet, as a mother cares for her children,

you would not forget us.

Time and again you called us

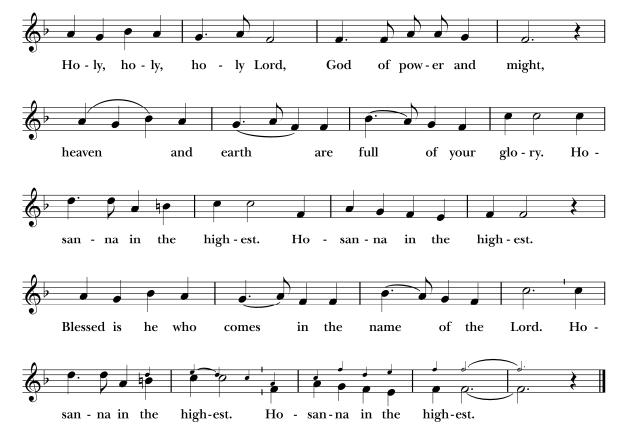
to live in the fullness of your love.

And so this day we join with Saints and Angels.

in the chorus of praise that rings through eternity,

lifting our voices to magnify you as we sing (say):

THE SANCTUS S125



125

Music: From A Community Mass; Richard Proulx (b. 1937). Copyright © 1971, 1977 GIA Publications, Inc.

The Celebrant continues

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God.

Living among us, Jesus loved us.

He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love.

Then, the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you.

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 the wine to be consecrated

On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said: "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." As supper was ending, Jesus took the cup of wine. Again, he gave thanks to you, gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Now gathered at your table, O God of all creation, and remembering Christ, crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts that they may be the Body and Blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

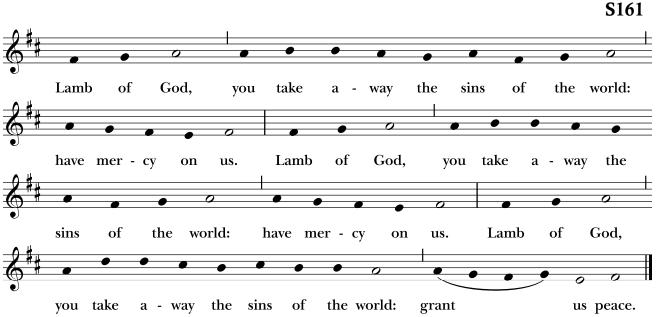
In the fullness of time bring us, with St. Ambrose and Saint Francis and all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN**.

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-161



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

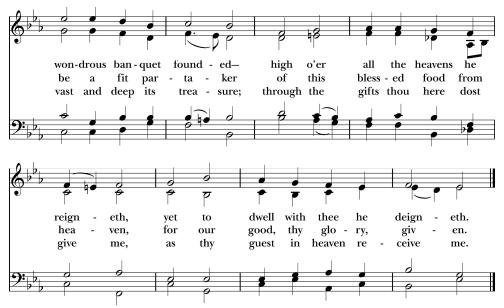
Invitation

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 blessings 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





Words: Johann Franck (1618-1677); tr. Catherine Winkworth (1827-1878), alt. Music: Schmücke dich, melody Johann Cruger (1598-1662); harm. The English Hymnal, 1906.

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 617, Blest be the Lord

617 Blest Be the Lord





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:

Jim Neubert, Intercessor
Eugene Hetzer, Janis Horne/Lectors
Chaplain Daniel Tate, Eucharistic Minister
Jim Neubert, Usher
Alison LeBlanc, Livestream Technician

Presider	Date
Reverend Rebecca Goldberg	Sunday, August 18, 2024
Reverend Rebecca Goldberg	Sunday, August 25, 2024
Reverend Rebecca Goldberg	Sunday. September 01. 2024
Reverend Rebecca Goldberg	Sunday. September 08. 2024

ANNOUNCEMENTS

Change in Eucharistic Rite

For the remainder of August and the first Sunday in September, we will be using an authorized Supplemental Eucharistic Rite, from the book Enriching our Worship I. In 1997, the Standing Liturgical Commission of the Episcopal Church developed some additional resources for Sunday celebrations, which include expansive language, and additional metaphors and symbols to help enrich our experience of worshiping God in community. This is not meant to replace the Book of Common Prayer; the service follows the order found there. We will return to using either Eucharistic Prayer A or B from the Book of Common Prayer the second week in September.

August Pizza Nights with Mother Rebecca

Come join me in our parish hall for pizza and conversation on Tuesday, August 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!

August Summer Days

St. Ambrose Church and Sea Breeze School will have a booth at the Foster City August Summer days event on Saturday, August 17, and Sunday August 18, from 11-5 on both days. We need signups for people to help staff the booth on Saturday and Sunday. There are time slots open on Saturday, 8/17, from 1:00-3 PM, and on Sunday, August 18, from 11-2. If you can, please sign up to help out. The sign up sheet is in the Narthex. This will be a great time to meet our Foster City neighbors, and share information about our church community. Thanks for your support! Please see Mother Rebecca if you have any questions.

Parking Lot Sale –Saturday, Sept 7th

We will have a Parking Lot Sale on Saturday, September 7^{th,,} 9:00 a.m. to 2:00 p.m Please come to the sale, let your friends and family know, donate items, or volunteer. Let's make this another successful sale! For donations and volunteering, please text:

Brenda: (650) 520-1140 April: (650) 703-3191

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 the service 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 Eucharist by emailing office@stambrosefostercity.org or the Church signup sheet. We also need Worship Leader volunteers for our 10:00* am Eucharist. 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

^{*}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 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 given by

The Altar Guild to the Glory of the Lord

Birthdays and Anniversaries

Blessings on Their Special Day:

Birthday: Daniel Yuen – August 23rd