

August  
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Edition



# The Ambrosian

The Monthly Newsletter of St. Ambrose Episcopal Church  
900 Edgewater Boulevard, Foster City, California 94404

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**Editor**  
*Yvonne Sidell*

## Reflections from the Interim Rector

Dearest Sisters & Brothers,

As many of you know by now, two parishioners and vestry members – Valerie Mersh and Raphael Gerber – have created a beautiful COVID poster board in our Narthex. Already the most amazing stories of anxieties, losses, and blessings are starting to emerge into a mosaic of our collective experience of the last year and a half.

I often try and reflect on what happened to our world during that time. To be honest, I cannot yet say I understand. In some ways because I know it isn't over yet and the anxiety hasn't gone away long enough to start to comprehend and understand. I say that with the experience of being vaccinated, then getting a COVID variant, and then getting over that to catch a common cold! It's hard to let our guard down (let alone our masks!) until we truly believe the threat is past. I suspect many of us did, indeed, let our guard and our masks down for a moment, hoping to breathe a sigh of relief.

As we have 're-gathered' in-person for Masses, I've noticed another strange piece of our collective mosaic that I had not predicted. When the pandemic first hit, you all had to exit St Ambrose's campus seeing your former Rector hard at work at his desk. During the pandemic you amazingly managed to give him a royal send-off into retirement. Then you got me as your "virtual interim Rector". I managed to get to know many of you as best we could – via phone; car "drive-thru"; Zoom meetings, and Zoom Bible studies, and Zoom meditation sessions, etc. Yet, something of that always felt two-dimensional as a way to get to know each other. You, of course, had an advantage over me in that you had to listen to my sermons most weeks. I, on the other hand, couldn't see you – whether you were checking your watches for "how long Father's been rambling on", or rolling of eyes, or simple smiles informing me the Spirit just spoke what you needed to hear – all those subtle cues and clues a new priest depends upon to know whether what he's saying is helpful or not.

The piece I had not predicted was that, as you saw one priest as you exited, when you came back in the doors of St Ambrose's you saw a different priest at the desk and it was something of a surprise. Even though you 'knew' me virtually, seeing a new priest in the office post-pandemic was a delayed reaction.

## **Reflections from the Interim Rector (continued)**

It just goes to show, what we all just went through - and are still going through - is going to take a lot of time to process. We are blessed to have a community to whom we can return, a loving community eager to hear your story and experiences. I sincerely hope you will allow us to share and process those experiences together. The poster board is just the beginning. I have no doubt we will all be talking about this monumental life experience for years to come. In the meantime, let us continue to serve each other, listen, talk, forgive, and just “be” with each other. We have been truly blessed to have each other – and we continue to be blessed!

P.S. We hope to offer a regular 8.30 a.m. Mass on Sundays sometime in September. Stay tuned!

Devotedly in Christ,

Reverend Canon Shane Scott-Hamblen  
(now the non-virtual Interim Rector)

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## Announcements

### Reflection and Gratitude

Summertime is here, and we hope you can share Love and Joy with family and friends!

This summer, Saint Ambrose would like to invite you to a time of reflection and gratitude, especially after the pandemic. Our community has indeed been impacted in many different ways in the past 18 months – from illness/death to job loss, isolation, racism, violence of all types, overwhelming family care or work and anxiety. Situations have been very hard to handle. Still, when facing those, God is always with us.

With this in mind, Saint Ambrose would like to invite you to pray and reflect.

*Scope of reflection:*

- 1. Reflect on how the pandemic has impacted you*
- 2. Reflect on blessings received and how church (and Saint Ambrose more specifically) has helped you navigate through this unprecedented time*

If you like, please share your thoughts! Come and write them on post-its for a poster board located in the Narthex of Saint Ambrose or send an email to St Ambrose Reflections and Gratitude ([reflections.gratitude@gmail.com](mailto:reflections.gratitude@gmail.com)) . We will copy your email on a post-it that will be displayed on the board. This way, as a community, we can be more mindful about what we went through, pray together, and share gratitude.

*Thank you for joining this project!*  
*Raphael Gerber and Valerie Mersh*

### Father Shane's Schedule

We have been working on setting a regular work schedule for Father Shane so that we can all know when it is best to contact him, and also so that he can have some routines (which include day off, Sabbath and study day).

It seems that the best days to have off are Friday and Saturday. From Monday through Thursday, he will be working at the office or from home. While we all know he is available to us when necessary, it would be best to keep communication to emergencies during his days off. Thank you!

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## **Announcements** (continued)

### **The Search Committee**

The members of the Search Committee have come together to create a Parish Profile to determine the mission, vision and values of the parish which will guide them in finding a new Rector for St. Ambrose. The goal of this group of dedicated parishioners is to implement to application process and present candidates to the Vestry.

**April Cherrington** is a long-time member of St. Ambrose and has served on many different committees and ministries. She is a former Senior Warden, and is currently on the Sea Breeze School Board, Building and Grounds, and sings in the Choir. She currently does consulting work in Math education having retired as a middle school math teach, math coach, and Math Coordinator at the San Mateo County Office of Education. Her focus has always been to improve math education and student learning for all students. She and husband Grant, have two sons and three grandchildren who live in Foster City and San Francisco. She was born and raised in Canada (Vancouver, BC), baptized and married in the Anglican Church, graduated from the University of British Columbia and immigrated to the United States in 1968.

**Nilda Chong, MD, MPH, DrPH** was received by the Episcopal Church at St. Ambrose in 2014 after being raised as a Catholic in Panama. She has served on the vestry and led the preparation and completion of the Emergency Preparedness Plan for St. Ambrose. She has worked in public health for over thirty years leading collaborative initiatives in Latin America with the World Health Organization and at Kaiser Permanente, where among other responsibilities, she recruited cultural diversity managers. While working on her doctorate at UC Berkeley, she served on the Dean Search Committee. She is a CERT (Community Emergency Response Team) member in Foster City and a HAM radio technician. She is currently the Emergency Preparedness Coordinator for Plum Island where she lives with her family-Kyn Dellinger, and Coco. Her hobbies include writing, zentangle, and pickleball.

**George Gardiner** has been a member of St Ambrose for many years, and has been involved in many church activities, including The Altar Guild, the Church Choir, and the Vestry, both as a member and Senior Warden, and has been a delegate to the Annual Convention; he is also a member of Grace Cathedral and a Member of the Bishop's Society. He was born in Vienna, and came to this country as a child with his family in 1940 after living in England for two years. Although he has been a baptized Christian all his life, George does have Jewish blood, and so has experienced the life of a Refugee as his family was forced to flee first from Austria and then from the UK because of Hitler's treatment of those with Jewish heritage, and the UK's treatment of Austrians at the start of WWII. George is a mostly-retired Space Engineer; he got his education at MIT and USC, and still does some consulting for local companies. He and his wife Janet have three children, two of whom live in the Bay area. He loves the diversity, inclusion, and outreach of St Ambrose and welcomes the opportunity to work with the Committee to help choose a new Rector.

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## Announcements (continued)

**Carolyn Moriarty** grew up in Rochester, NY as a member of St. Paul's Episcopal Church. She lived in Philadelphia, PA where she attended University of Pennsylvania and then received her Master's in Social Service from Bryn Mawr College. She and husband David and their 3 children moved to Foster City in 2010 and subsequently joined St. Ambrose after their eldest, Connor became involved with the youth group activities and advocated for the family to join. The Rector Search is Carolyn's first committee and she hopes to bring forth the welcoming nature of St. Ambrose as well as professional experience in personal counseling, group process and change to recruit the best person for this next chapter of leadership at St. Ambrose Church.

**Yvonne Sidell** was born in California on "Christmas Day" and was an air force brat living in California, Oklahoma, Maryland and returning home to California in 1989 where she married and has two wonderful grown children Josh and Mianna. She worked in Regulatory Affairs for most of her career in drug development for endemic countries and semi-retired to run her own mobile live scan and notary business. Yvonne joined St. Ambrose almost six years ago and is/has been active with the Vestry, Altar Guild, Bible Study groups, Lecture/Intercessor, Ambrosian Editor and is currently the Treasurer for the Diocese Peninsula Deanery.

**Warren Wong** was born and raised in New Zealand, where he grew up as a Christian in the Anglican Church. His formal education was at the University of Otago (M.Sc.) and Harvard University (Ph.D.). In 1964 he and his wife Nellie emigrated from New Zealand to South Bend, Indiana, where Warren was a professor of mathematics at the University of Notre Dame. After retirement they moved to Foster City, to be closer to their three daughters and their grandchildren, who all live on the West Coast, and they have been members of St. Ambrose since 2003. Warren and Nellie have been active in lay ministry, including Prayer and Bible Study groups, Welcome ministry, initiating the Fellowship Dinners Groups program, and participating in the liturgy as lectors and intercessors.

**Stephen Yuen** has been the coordinator of Outreach activities since 2003, when he joined St. Ambrose. Through its Outreach ministry St. Ambrose supports a dozen programs, large and small, that help people outside of the church. Born in Honolulu, Steve was baptized and confirmed at St. Peter's Episcopal Church, came to the Mainland for college (Yale BA, Stanford MBA), and settled in the Bay Area. Now retired, Steve worked for five different companies in various accounting and finance positions. He has been a CPA since 1978. Steve and his wife Belinda moved to Foster City in 1979 and have two sons, Nathan and Daniel.

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## **Announcements (continued)**

### **Contemplative Meditation Group**

St. Ambrose has a wonderful "Contemplative Meditation" group who meet each week on Hump Days. That's right! After the first two hectic days of the week, it's just time for a much needed 30+ minute break.

Beginning with his monastic early life, Father Shane has a lifetime of meditation. From this wealth of experience and knowledge, Father Shane draws inspiration from various forms of contemplation as well as meditation.

Of course, we all know that schedules can get in the way of participating...even on Zoom. We have been recording some of the sessions and are making them available for your practice on your own time. How about that?!

Please email me at [hfongster@gmail.com](mailto:hfongster@gmail.com) if you have any questions or would like to request access for the recordings...maybe even the Zoom link to join us.

*Thank you, Hamilton Fong.*

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## Senior Warden's Report – by Shelley Keefe

Cybercrime?

Ugh!



### Tech Talk

In the face of increasingly stealthy, sophisticated, and targeted attacks, even a small church community (or possibly *especially* a small church community) can become a victim of cybercrime. In recent years, we've seen hacks into rectors' email accounts and clever impersonators scamming our parishioners.

A cyber-attack is often a robbery and the target is data. The data can be anything that's meant to remain confidential—Social Security and driver's license numbers, health records, or other personal details of parish employees; the credit or debit card numbers of church preschool parents or parishioners who sign up for electronic donations; even information about vendors and service providers. Churches can be among the organizations that criminals perceive as having less sophisticated cyber security systems—their software might not be up to date; they may use the same password across multiple accounts; they may lack robust firewalls; they may fail to regularly back up important files; or they have inadequate anti-spyware and anti-virus software, leaving them vulnerable to phishing, worms, or Trojan horses.

We work diligently to ensure the security of stored data via password protection on all devices and software we use at St. Ambrose and there are a few simple things we can all do to protect our data and that of other parishioners:

- ✓ Do not send money or gift cards to anyone from St. Ambrose or the Diocese in response to an email. They will NEVER solicit this type of donation!
- ✓ If you receive a suspicious email purporting to come from the rector, a staff or vestry member, please report it to the office immediately so we can alert others!
- ✓ Never leave your phone, tablet or laptop at church!
- ✓ Always password-protect any personal devices you use!

Respectfully Yours,

Shelley Keefe

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## Youth Ministry and Youth Group News – by Daniel Tate

### August

#### **Service Project Sandwiches on Sunday Food Preparation Saturday**

On Saturday, August 28, we will be preparing lunches for Sunday's Sandwiches on Sunday that happens the next day at the Fair Oaks Community Center in Redwood City. Youth and their families are invited to come and help out. We will be making peanut butter and jelly, lunch meat and cheese sandwiches, with fruit and other goodies to put in lunch bags for handing out. As we have in the past, we will be doing the preparations outdoors under one of the overhangs. This is a great opportunity to be at the church outdoors doing something together in person.

#### **Youth Group Sunday Meetings 10:00 A.M.**

Bishop Marc established May 23, 2021 as our post-pandemic re-gathering date, and so the Youth Group has meeting outside in the courtyard at 10:00 a.m., the same time worship services begin. We will be maintaining protocols that protect everyone in the church (mandatory face masks, social distancing, cleaning). Join us and re-establish connections and invite your friends!

#### **Acolytes, Readers, and Livestream Technicians**

We are now resuming in-person service and need volunteers for Worship Leaders. We will need Intercessors, Lectors, Greeters, Ushers, Acolytes, and Livestream Technicians. Please email us at [Stambrose@mindspring.com](mailto:Stambrose@mindspring.com). No experience is necessary. The Signup Genius link is: <https://www.signupgenius.com/go/60b0d4fa5a82ca0f94-worship>

*I'll also be sending a distribution email with this information.* This is a great low-key way to be of service, and to learn about and be a part of the history and tradition of our church. No experience is necessary.

### Summertime

We will be continuing with maintaining and doing more planting more in our Youth Garden. Some of the wheat is maturing, and the sunflowers are coming up. We may also have another pizza day onsite in the courtyard. Be on the lookout in your email box for information and invitations.

### September

On Sunday, September 26, Bishop Marc is planning to do Confirmations at Grace Cathedral. Several of our members, both adult and youth, are ready to be confirmed or received. For the youth of the group, Confirmation is follow-up to the Inquirer's classes they took in late summer last year with Mother Swanson, Ali Le Blanc, and me. I'll be reaching out as more information becomes available.

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## **Youth Ministry and Youth Group News (continued)**

### **Musicians**

If you like to sing or play an instrument, there are plenty of opportunities to do that at St. Ambrose. During the service, the prelude, the postlude, the main anthem, the offertory, and the hymns, all offer a chance for singing or playing an instrument. If you are a beginner or expert, either one, Maureen Fromme and Frank Saunders, our music leaders are happy to teach, assist, and accompany.

Respectfully Yours,

Daniel Tate

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## Hymns for August – by Maureen Fromme

### “O Jesus, Joy of Loving Hearts”- Hymn 649

It has been wonderful to be able to sing the hymns and service music during July! Before that, I could hear several people humming. Whether we are singing or humming, being attentive to the words of a hymn can inspire, challenge or comfort us. The current hymn is no different. Many of the scripture lessons this month are from John 6, Ephesians 4 and 6, and James Chapter 1. These lessons find an outgrowth in many of the words of this hymn by offering a description or attributes of Christ: joy of loving hearts, fount of life, our true light, the peace of His love, the living bread, the fountainhead, the bringer of calm, chasing sin away, and pouring out His holy light. The list could go on, but only so much can be packed into one hymn.

The text is attributed to Bernard of Clairvaux (1091-1153), a saint, abbot and doctor from France. He was born to a family of prominence and wealth, but he chose to become a monk. He was a writer of sacred poetry. The text to this hymn comes from a much longer poem of over 50 verses. His opinions and wisdom were often consulted in difficult situations. His life is described in books, so I will not try to boil that down to a few words for this article. A famous quote from Bernard is: “the people who are their own spiritual directors have fools for disciples”. Interesting.

The music was composed by the American, Lee Hastings Bristol (1923-1979). During his lifetime, he served as an officer of the Episcopal Church and was the editor of a hymnal for the church. As a layman, he was asked to preach at Westminster Abbey. He also served as President of Westminster Choir College in Princeton, New Jersey. The tune name, 'Dickinson College' refers to the fact that he composed it originally for the baccalaureate service at the college by that name.

The translation to English in our hymnal was done by Ray Palmer (1808-1887), an American. He attended Yale College and was ordained to the ministry in 1835. He was a preacher and author as well as a translator. Another hymn for which he wrote the words is “My Faith Looks Up to Thee” (Hymn 691).

<https://youtu.be/Qt8Ekh-Dcsw>

*1, O Jesus, joy of loving hearts, the fount of life and our true light,  
we seek the peace your love imparts, and stand rejoicing in your sight.  
2. We taste in you our living bread, and long to feast upon you still;  
we drink of you, the fountain head, our thirsting souls to quench and fill.  
3. For you our restless spirits yearn where-e'er our changing lot is cast;  
glad, when your presence we discern, blest, when our faith can hold you fast.  
4. O Jesus, ever with us stay; make all our moments calm and bright;  
oh, chase the night of sin away, shed o'er the world your holy light.*

As you listen and sing along with this hymn, may we pray that the 'Light of Christ' shine through us and give us strength for each new day.

Respectfully Yours,

Maureen Fromme

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## August Outreach Report – by Steve Yuen

The return to normalcy has not only been slow, but has been punctuated by setbacks that produce frustration. If we can remember the circumstances of one year ago, when many scientists were saying that it was impossible to manufacture a vaccine in under two years, perhaps we could better control our disappointment and approach difficulties with steadfastness and gratitude, instead of anger at those who are not vaccinated.

The spread of the Delta variant is not only a danger to public health, it is also a test of our ability to act with charity and not in judgment of others. The latter has been a bedrock Christian value long before COVID-19 existed.

Too often, we group people who do not agree with us as uninformed, morally deficient, and detrimental to society. And social media have only exacerbated the opprobrium.

However, research by respected publications has shown that not all the people who are not vaccinated are conspiracy theorists. Some are elderly or infirm and do not have transportation to medical centers. Some are single parents who take the bus to work and don't have the hours to spare to get the injections twice. Some have recovered from COVID-19 and correctly believe that their antibodies afford some protection. A few are even afraid of needles and no amount of lecturing or haranguing helps them overcome that fear.

We bring up these points because anger is often the result of our own expectations that haven't been met. In Outreach, we have received signals from organizations, for example Home and Hope, that are planning to resume normal operations in the fall. Instead, we/they may have to delay those plans because of an uptick in infections. We must manage our expectations so that anger is not our response. Then we may have to rededicate ourselves to helping others in a different way.

### **Sandwiches on Sunday**

The next Sandwiches on Sunday will be on **August 29**. We will be assembling the brown bags containing sandwiches, chips and fruit at the church from 12:00 p.m. to 2:00 p.m. on Saturday, August 28.

If you would like to help or have any questions, please contact Steve Yuen (650-341-1966, [stevebyuen@aol.com](mailto:stevebyuen@aol.com)).

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## **Sea Breeze School News – by Jerelyn Weber, Principal**

We will share a report on Sea Breeze School next month! Happy August!

Respectfully Yours,

Jerelyn Weber

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## The Editor's Corner—by Yvonne Sidell



*“Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”*

*—Colossians 3:17*

Life is a celebration. Don't postpone it. Grasp the hour! Today is the first day of the rest of your life.

I came across a list of possibilities to make your day a brighter one:

*Seek out a forgotten friend.*

*Write a love letter.*

*Share a treasure.*

*Encourage someone with a kind word.*

*Keep a promise.*

*Give to a needy cause.*

*Forgive an enemy.*

*Listen.*

*Apologize if you were wrong.*

*Try to understand.*

*Read your Bible.*

*Pray for your family.*

*Examine your demands on others.*

*Appreciate a friend.*

*Be kind, be gentle.*

*Laugh a little.*

*Laugh a little more.*

*Take pleasure in the beauty and wonder of the earth.*

## August Birthdays & Anniversaries

### Birthdays

Ajit Philip	1
Ruben Neyroud	3
David Yates	8
Ashley Stewart	9
Andrew Walker	11
Marilyn Canon	12
Scott (Timothy) Chang	13
Rachel Ajit	14
Randy Jew	31



### Anniversaries

Linda & Sal Censoprano	8
Belinda & Stephen Yuen	10
Donna & Edward Avakoff	16
Michael Radovancevich & Karin Patterson	13
April & Grant Cherrington	23
Anita & Robert Richards	30
George & Janet Gardiner	31