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**2019
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 our Rector

Dear Members and Friends of St. Ambrose Episcopal Church,

Aloha and Happy 2019! This year provides many opportunities and challenges for ministry. The Year of 2018 was a year of accomplishment and change. The most significant accomplishment was conducting the Capital Campaign for Clergy Housing. Other changes include the calling of Father Jay Watan to St. Matthew, San Mateo and the calling of Fe Valentin to be the Youth Minister, and the Rev. Karen Swanson to be the Interim Associate for Children, Youth and Family Ministry. This means that our model of ministry is evolving.

We will be reviewing our ministry in 2018 at the Annual Meeting on Sunday, January 27 from 11:30 a.m. in the Chapel. The 2019 Budget passed by the Vestry will be explained to the congregation. The Vestry will be providing a light lunch following the 10:00 a.m. Holy Eucharist.

People responsible for the different ministries are asked to write reports about what was accomplished with God's help. We request that reports be turned in to the church office by **Monday, January 21** so we may produce packets.

At the Annual Meeting, we will thank outgoing members of the Vestry and delegates and alternates to the Deanery and the Diocesan Convention. We will elect new members to the Vestry as well as our delegates to the Deanery of the Peninsula and the Diocesan Convention. You may nominate members to the Vestry or delegates or alternates to the Deanery of the Peninsula and the Diocesan Convention by contacting Cathy Rincon, Valerie Mersh or Ngoc Rodriguez who are serving as the Nominating Committee. We will also recognize all the new people who have joined St. Ambrose in 2018.

As we announced for the 2019 Pledge Campaign, our theme this year is "Caring for our Communities and God's World." One way to care for the community of St. Ambrose is to get to know your fellow members a bit better. A way to do this is by participating in a Fellowship Lunch or Dinner group once a month from February through May. One way to care for God's world is to assess how you and your household use energy.

Reflections from our Rector (continued)

I hope many of you will make it a priority to attend this year's Annual Meeting, so we may encourage one another and help renew the ministry we share in Christ Jesus our Lord.

Yours,

David Y. Ota, Rector

Update on the 2019 Pledge Campaign: Caring for our Communities and God's World

Dear Members of St. Ambrose Episcopal Church,

To date we have received 64 pledges totaling \$128,984. We have also received 37 pledges of time and talent. We also received 23 pledges for Altar Flowers. **The 2018 pledge total was 79 pledges for \$151,900.** Thanks to everyone who has turned in a pledge for 2019.

Keith & Charlene Adolph	Sam and Sarah Albertson	Donna and Ed Avakoff
Kay Ballantyne	Honkai Chang and Milda Beh	Bill and Charlotte Bradford
Marilyn Canon	Christina Brockman and Stan Hui	Angela Carducci
Sal & Linda Censoprano	Eunice Chees	April & Grant Cherrington
Nilda Chong	Bettie Davis	Reena Davis & Tarunpreet Ubhi
Kyn Dellinger	Jeanne DeTorre-Ozeki	Elliott Dun & Teresa Murakami
George & Janet Gardiner	Raphael & Jacques Gerber	Leda Girardi
Don Gundry	Eugene Hetzer	Randy Jew & Katherine Ozeki
Shelley Keefe	Joanne Kerseg	June Kudzia
Alison LeBlanc	Dulce & Michael Lord	Judy Marshall
Dorothy Matsuo	Kirk & Brenda Matsuo	David McIntyre & Cathy Rincon
Valerie Mersh	Jim Miller & Torrie McAllister-Miller	Sandy Schowengerdt
John Miller & Eva Kwong	Barbara Milligan	David & Carolyn Moriarty
Kenneth & Karen Nagar	Wilfredo & Oliva Nagar	Jim Neubert
Alain & Liva Neyroud	David Ota	Clara Padilla
Karin Patterson	Don & Elizabeth Peter	Ajit Philip & Shaiji Ajit
Peggy Redmond	Teresa Rajaratnam & Dilip Selvaraj	Diane Robertson
Jimmy & Poppy Rawley	Rob & Anita Richards	Julio & Ngoc Rodriguez
Irene Stead	Frank & Barbara Saunders	Yvonne Sidell
Jon & Marilyn Stephens	Karen Swanson	Matt & Meltem Tanner
Phoebe Venkat	Andy Walker	Warren & Nellie Wong
Steve & Belinda Yuen		

If you would like to make a pledge, you still can do so. Pledge envelopes are in the foyer.

Announcements

THANKS to...

- The members of the Altar Guild who prepared the chapel for the Christmas celebrations.
- Everyone who participated in the Christmas Pageant, supported it and helped lead the worship: Michael Chang, Ryan Cherrington, Rachel Ajit, Lily Moriarty, Elliott Dun, Poppy Bradford, Mary Bradford, Henry Albertson, Leila Juha, Gabriel Juha, Fe Balamiento, Bradley Balamiento, Bella Triana, Elizabeth Rawley, Sofia Kimmins, Charlotte Rawley, Christina Rodriguez, Emily Rodriguez, Oliver Moriarty, Noah Rawley, William Bradford, Danielle Richards, Landon Matsuo, Nathan Matsuo, Julio Rodriguez, Elliott Dun, Alison LeBlanc, Connor Moriarty, Nilda Chong, Kyn Dellinger, Shaiji Aji, Carolyn Moriarty, Sarah Albertson, Milda Beh, Grace Salum, Maureen Fromme, the Rev. Karen Swanson, Yvonne Sidell, and Frank Saunders.
- Maureen Fromme, Marilyn Canon, Shelley Keefe, April Cherrington, Valerie Mersh, Barbara Saunders, David Ota and Frank Saunders for singing at the Christmas Choral Concert.
- To all the Altar Guild members who baked cookies.

Study Groups in August

- **The Monday Bible Study Group** meets on the second and fourth Mondays of the month, **January 14 and 28 from 7:00 p.m.** They are currently reading the book "God of Love: A Guide to the Heart of Judaism, Christianity and Islam," by Mirabai Starr. The location of the study group for January is yet to be determined.
- **The Tuesday Bible Study Group** meets on **January 15, 22 and 29 from 12:45 p.m. to 2:00 p.m.** in the Foyer. They are reading the Gospel according to John and are at John 4:43, the story of Jesus healing the royal official's son.

The study groups are open to any interested person.

Fellowship Lunch or Dinners 2019

FELLOWSHIP LUNCH OR DINNERS groups will meet once a month, February through May, for potluck in a home or at church.

This year groups will be organized according to interests. Some possible topics include (1) Cooking and culture (2) Faith-sharing (3) Issues with aging (4) Other

There will be a kickoff Potluck Dinner on **Saturday, January 26 at 6:00 p.m.** at St. Ambrose. To meet your group to set dates, times and places for the dinners in February, March, April and May **PLEASE BRING YOUR CALENDAR.**

Questions? Call or email Nellie Wong (650-372-0728, wwong@nd.edu) or April Cherrington (650-574-7449, aprilcherr@aol.com).

Deadline to sign up for Fellowship Dinners is Sunday, January 20.

Announcements (continued)

Mark Your Calendars

Tuesday Bible Study: **Tuesdays, January 15, 22, 29, 12:45 p.m.**, Foyer

Monday Bible Study: **Mondays, January 14 & 28**, Location TBD

Buildings and Grounds Committee Meeting: **Tuesday, January 15, 6:00 p.m.**, Parish Hall

School Board Meeting: **Tuesday, January 15, 7:00 p.m.**, Parish Hall

Fellowship Dinners (deadline to sign up): **Sunday, January 20**

Martin Luther King, Jr. Holiday: **Monday, January 21**, Office is closed

Vestry Meeting: **Tuesday, January 22, 7:00 p.m.**, Parish Hall

Fellowship Dinner Potluck: **Saturday, January 26, 6:00 p.m.**, Parish Hall

Annual Meeting of St. Ambrose: **Sunday, January 27, 11:30 a.m.**, Chapel

2019 Annual Stewardship Dinner: **Saturday, November 16, 6:00 p.m.**, Foster City Recreation Center's Lagoon and Blue Bird Rooms

The Cambodia Academy at Mongkol Borei – by the Rector

December 2018

The Cambodia Academy at Mongkol Borei



Grades 1-9. A 501c3 charity supported by
The Rotary Foundation, Rotary clubs around the world, and donors like you.

Notes From the Board

Since this is the last newsletter of 2018, we would like to take this opportunity to wish you all the happiest of holiday seasons, and a prosperous and successful 2019!

Since we have had a number of new supporters this year, here is a quick update on board activities. You can probably imagine that a lot goes on “behind the scenes” to keep the school funded and operating. We are a working board of nine volunteers based in the US (California, New York and Florida), Finland, Austria, Australia, and Thailand. The board meets once per month by conference call, and once per year in person in Siem Reap, Cambodia.

Since the current board has been placed, we have made enormous progress in creating and implementing processes and procedures that not only help things run smoothly, but will also make it possible to quickly train and transition to new board members in the future. Each board member is assigned certain routine duties each month, and those are rotated so that the workload is spread out. All board members take an active role in fundraising.

Currently, the board is undertaking a large project to select and adopt donor management/fundraising software, which will further automate some of the tasks that are currently manually done. We are also looking to refresh the website and implement a new look and feel across all of our digital properties in 2019. In 2018, we also initiated direct deposit for our faculty salaries, which is far more secure than cash disbursements, and simplifies and automates the payroll process.

As always, we invite your questions, comments and feedback. Our contact information is on our website, and we look forward to hearing from you!



School Quick Facts

- Founded in 2004 by Hans Eide as a Rotary project
- Incorporated in 2010 as a 501c3 non-profit charity organization
 - Nine volunteer working board members
- At capacity of more than 300 students in grades 1-9
- Over 180 individual donors and Rotary clubs around the world
- US \$295 per year or \$25 per month funds faculty salaries, supplies, uniforms, two meals a day, bus service, campus maintenance and upkeep, and additional planned vision and dental programs.

Oral Hygiene and Vision Programs

Gunvor Sarelin-Sjöblom and her son Sebastian Sjöblom stayed behind an extra day at the school to introduce our younger grades to toothbrushing.

Gunvor reported that many of the younger students had never brushed their teeth before, and Gunvor reports that with a little coaching and demonstration, they soon got the hang of it.



We thank Colgate Sweden for providing the toothbrushes and toothpaste! The board is currently discussing bringing a dentist to campus in early 2019 to continue this outreach program.

Look for updates in early 2019 about the planned visit to campus from Seva, a non-profit charity whose goal is to eliminate unnecessary blindness worldwide through outreach screenings, supporting direct eye care services and by providing mentoring programs that enable local eye hospitals to become more efficient to serve more people.

Thanks to our donors around the world, including the ongoing support from our friends at the Stavanger (Norway) International Rotary Club, the campus continues to be maintained in excellent condition. Thank you, Stavanger Rotary! Other donors have recently made it possible to provide the girls their own outdoor handwashing sink and install new urinals in the boys' restroom. All restroom facilities were also refurbished thanks to a donation from the Jamestown, NY Rotary Club. Thank you, Jamestown Rotary!

On their last visit in March 2017, Seva was responsible for organizing eye exams for our students, which resulted in 17 of our students being fitted for glasses to correct their vision. Seva has been a huge supporter of our school through their services, and we are grateful for their continuing support.

Please [support the Cambodia Academy](#) here.

Youth Ministry – by Fe Balamiento

Dear St. Ambrose,

Your teen may have a thousand Facebook friends, but did you know that only a handful have any real influence on your teen's life? You probably even know them by name: the good friends and the bad influences.

We're talking about Proverbs 13:20: "Walk with wise people and become wise; befriend fools and get in trouble." Your teen will learn the meaning of true wisdom (a love of God's instruction), how to choose wise friends, and how to avoid the company of fools.

Andy Stanley wrote in *Seven Checkpoints for Youth Leaders* that "friendships will determine the direction and quality of all of our lives" (Howard Books, 2001; page 126). Spend some time in prayer for your teen and for us as we gather together to talk about the powerful influence of their friends.

Parent E-mail

Once "cooties" are discovered to be a myth with regard to the opposite sex (or at the very least an acceptable risk), you can expect your teens to begin to experience a relational pull toward someone, a feeling that goes beyond friendship. You may have a rule that your teen can't date until he or she is much older, but the attraction(s) will remain and will be explored in one way or another.

The Bible doesn't have much to say about dating as we understand it today, but the Bible does address how men and women are expected to relate to and treat one another when it comes to romantic love.

Our group read the story of Amnon and Tamar, from 2 Samuel 13. It is a very raw and graphic account of romance gone wrong, but also a story from which teens can learn about valuing the feelings of others and considering consequences. Please take the time to read the story (verses 1-15), and pray for your teen to have the wisdom and protection of the Spirit of God throughout his or her dating years.

Thank you,

Fe

January Outreach Report – by Steve Yuen

St. Ambrose concluded 2018 with a busy slate of Outreach events!



Teresa and Dilip



Phoebe, Anoush, and Clara had dinner with the families

Home and Hope

During the week after Thanksgiving, St. Ambrose volunteers prepared dinner for four families who were being housed at Hope Evangelical Lutheran Church in San Mateo.

St. Ambrose is one of 30 Peninsula churches who founded Home and Hope (formerly the Interfaith Hospitality Network) in 2002. The mission of Home and Hope (homeandhope.net) is to “provide homeless families in San Mateo County with a safe haven, helping them re-establish long-term self-sufficiency”.

Thanks go to our cooks and servers:

Janet Gardiner
 Anoush Kellgran
 Clara Padilla
 Teresa Rajaratnam
 Diane Robertson
 Dilip and Jayanth Selvaraj
 Irene Stead
 Phoebe and Shai Venkat
 David Yates
 Steve Yuen

We will be making dinner again on **Tuesday, February 19** and **Thursday, February 21**. A signup sheet will be posted in the Parish Hall by February 1. If you have any questions, please contact Steve Yuen (650-341-1966, steveyuen@aol.com).

Outreach Report (continued)

Sandwiches on Sunday

We served lasagna and salad at the Fair Oaks Community Center on December 30 and will have a report in next month's Ambrosian.

Stocking Stuffers

Jill Schwab returned to the Peninsula from her home in Sonora to lead the Stocking Stuffers ministry that she founded. The annual event to assemble all the items (toiletries, scarves, paperbacks, candies, etc.) and deliver them to various charities occurred on Thursday, December 6 at the Boy Scouts center in Palo Alto.



Jill's report:

The gift bags to the homeless, veterans and seniors has been a project for 22 years and St. Ambrose has been contributing to the effort for about 20 years in some way or another (doesn't seem possible does it?). In the beginning we did about 30 or 40 for 2 or 3 years, then 400 for 2 or 3 years, then 600, then 800 and for the past years 1200 each year for a total of...drum role here.....14,520. In some way or another we have touched the lives of 14,520 people.

Here's the rundown:

120	<i>Palo Alto Veterans Hospital</i>
200	<i>Menlo Park Veterans hospital and homeless shelter</i>
500	<i>Meals on Wheels San Mateo County</i>
200	<i>Defenders Lodge, Palo Alto VA</i>
100	<i>San Jose homeless</i>
50	<i>Gilroy homeless</i>
50	<i>San Carlos Adult Day Care</i>
<u>50</u>	<i>Sonora Long Term Care</i>
1,270	<i>Total</i>

Thank you and the committee for your continuation of support

No, Jill, we thank you.

Outreach Report (continued)

Family Sharing

This year, the Samaritan House asked us to make Christmas a little brighter for the Escobar and Vasquez families of five in San Mateo. We bought an instant camera, a Minecraft toy, a doll stroller, a teddy bear, a Hot Wheels toy, and a bicycle, as well as gift cards for the adults.

Thanks go to Clara Padilla, who interviewed the parents about what their children wanted, and wrapped and delivered the gifts. Thanks go especially to St. Ambrose parishioners, who donated the \$814 that funded the purchases.

Giving Tree

St. Ambrose and Sea Breeze School, in partnership with Star Vista Learning Together, provided holiday gifts to children in need in San Mateo County. This is the tenth year of supporting the children of Star Vista, and thanks go to all who took a "red tag" and brought a present to put under the tree



Sea Breeze School News – by Jerelyn Weber, Principal**Sea Breeze Registration School Year 2019-2020**

Beginning Wednesday, January 30, and continuing through Thursday, January 31, Sea Breeze School will be registering present students, their siblings, children of St. Ambrose parishioners, and siblings of former students for Summer School 2019 and School Year 2019-2020.

Registrations will be accepted in order received and in priority placement for all classes. *All current students must register each year.* These registrations will be dated and processed in the order in which they were received.

Summer School will begin June 17. Classes will be offered for children who will be three years old by December 2, 2019 up to children who will be eligible to attend Kindergarten in August.

Sea Breeze is open five days a week between the hours of 7:30 a.m. and 6:00 p.m. School Year 2019-2020, begins in late August – full and part time classes will be offered for three, four and five year olds for Preschool and Transitional Kindergarten. After School Care is available for children attending Foster City School Kindergarten and/or Grades 1 through 3.

For applications and additional information, please email Lisa Walker, Admissions Director at: lwalker@seabreezeschool.com

Continued Blessings,

Jerelyn Weber, Principal

The Editor's Corner—by Yvonne Sidell



Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. –1 Corinthians 9:24

Well, it's that time of the year again for people to begin their New Year's diets and exercise plans. If you've ever made a resolution to get in shape and haven't been able to stick with it, you understand how difficult it is and just how diligent you need to be to make progress.

Well, growing as a Christian is something that is a lot like working out. We are training to become more and more like Jesus. It doesn't just happen. It takes persistence. From the earliest centuries, Christians have identified certain practices that have been helpful to the "disciple in training." Here are some that you might want to work on as we begin a New Year:

PRAY – Try always to remember that God is not out there someplace. As a Christ-follower, we have the assurance of the Holy Spirit's presence in our lives. Prayer is not just talking to God but living and breathing with an awareness of His presence. For years, some Christians have formed the habit of praying, "Lord Jesus Christ, Son of God, have mercy on me" throughout the day. Not difficult or complex, this prayer manages to capture the humility that is to mark Christ-followers everywhere.

FASTING – Everybody eats. Restricting foods by simply declining favorites for a time of prayer or spiritual focus is a way to physically demonstrate your humility and devotion. As an additional benefit, fasting can strengthen your "willpower muscle" — and who among us wouldn't benefit from that? An athlete doesn't lift weights just so he can lift more weights. Those healthy muscles are ready for any situation. Turn down a doughnut today and tomorrow you might be able to resist calling the person who cut you off on the freeway an idiot.

BITE YOUR TONGUE – Yes, not calling someone a fool, jerk or idiot is a frequent theme in Scripture and early Christian writings. Both place great emphasis on controlling anger. "Sticks and stones" may not break their bones, but they do affect our hearts. Sometimes it is best just to keep quiet.

MIND YOUR THOUGHTS – Jesus said that to lust in the imagination is the equivalent of actually committing adultery. Nearly all sins begin with thinking about sin. Control the thoughts and you'll have a better handle on your behavior. You may not be able to keep thoughts from popping into your brain but you can decline to entertain them.

When the Apostle Paul wrote that we should be "working out our salvation with fear and trembling," he was not trying to discourage us but to motivate us. This year, as we exercise our faith and trust in Jesus our faith will grow stronger.