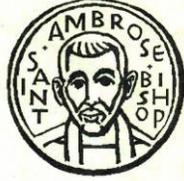


July

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! During the month of July, I will be taking four weeks off for my "sabbatical month." I have done this the past few years to give myself some time to renew and get ready for the busy program year.

This year, however, will be a little different as I will be attending to the needs of my mother, Mary Ota, who had falls on two successive days, Saturday, June 8 and Sunday, June 9. She then spent three days at St. Mary's Hospital before being transferred to the Jewish Home Skilled Nursing facility in San Francisco. I have now transitioned her into Alma Via for a month of respite care.

My mother, Karen and I have some discernment to make about how to best care for my mother. Of course, she would like to be able to recover and live at her home again. But she is in need of physical therapy and occupational therapy to help her get to that point. We are looking at all the options of care for her from respite care at assisted living facilities, to care homes to hiring caregivers to allow her to live in her own home.

I have learned as I have shared this new reality for us that many of you have already experienced this change in your lives. Thank you for your understanding and care.

During the month of July, we will have different priests and preachers. The schedule is as follows:

- July 7: The Rev. Jureck Fernandez, Celebrant and preacher
- July 14: The Rev. Karen Swanson, Celebrant and preacher
- July 21: The Rev. Rebecca Goldberg, Celebrant and preacher
- July 21: The Rev. Karen Swanson, Celebrant; Daniel Tate, preacher

Karen and I will be available for pastoral emergencies, other than the weekend of July 19-21 when we will be attending the wedding of David Neubert in Colorado.

Reflections from our Rector (continued)

During the month of July, I imagine many of you will be taking trips for renewal and refreshment. I hope you will be taking advantage of this opportunity, but will also remember to renew your soul by finding a place for worship wherever you may go.

Yours,

David Y. Ota, Rector

Announcements

Congratulations to Nathan and Connor

- Congratulations to Nathan Matsuo and Connor Moriarty who were confirmed by Bishop Marc Andrus at Grace Cathedral on Saturday, June 1.

Congratulations to Charlotte Keefe and her collaborators Alex Diaz and Robert Faulkner for producing the dance program called “Human” at Grace Cathedral on Fridays, June 7 and 21 and Saturdays, June 8 and 22. It was an inspirational performance highlighting the need to care for one another, particularly the homeless community in our midst.

THANKS to...

- Thanks to Fe Balamiento and all the folks who supported the “Dogs for Dads” coffee hour on June 16.
 - Thanks to Marilyn Canon, Eunice Chee and Dorothy Matsuo for assisting with the reception for the Elizabeth “Betty” Dial Memorial on Saturday, June 22, to Jim Neubert who served as usher, to Shelley Keefe and Cathy Rincon who served as Eucharistic Ministers, to David McIntyre who served as acolyte, and to Frank Saunders who played the organ and piano.
 - Thanks to the Rev. Karen Swanson for organizing the outing to Golden Gate Park on Sunday, June 23.
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Announcements (continued)

Welcome to...

- Jeannie Creech Avent who first joined us for worship on April 7, 2019. She is originally from South Carolina and most recently from Atlanta, Georgia. She has moved to Foster City to work in the cyber security industry. After a couple months, she has decided to join St. Ambrose as a member.
- Hamilton Fong who first joined us for worship on July 22, 2018 to visit his mother. He just moved back from Atlanta, Georgia to take care of his mother, and decided to join St. Ambrose as a member.
- Craig Baird who first joined us for worship on March 31, 2019. He is a life-long Episcopalian and lives in Foster City.
- Susan Sullivan who first joined us for worship on June 23, 2019 and is a long-time resident of Foster City.

We hope you all find a spiritual home among us.

Godspeed to...

- Sam, Sarah, Henry and Felix Albertson who are moving to Long Beach. If you would like their contact information, please contact the Rector at dyota@mindspring.com.

Study Groups in July

- **The Monday Bible Study Group** will meet on **July 9 and 23**. They are studying the assigned lectionary readings for the upcoming Sunday worship.
- **The Tuesday Bible Study Group** will be taking a break for the month of July. They usually meet on Tuesdays at 12:45 to 2:00 p.m. in the Foyer.

The study groups are open to any interested person.

Vacation Bible School Rescheduled – See article from the Desk of Rev. Karen.

Announcements (continued)

Asian Pacific Islander Commission Annual Picnic

The Rector and members of St. Ambrose are invited to join the Asian/Pacific Islander Commission's Annual picnic on **Sunday, August 4** at Coyote Point Park, Eucalyptus Group Picnic Areas 3 & 4, 1701 Coyote Point Drive, San Mateo, 94401. The event begins with an outdoor service of Holy Eucharist at 11:00 a.m. The picnic begins at Noon with games at 1:00 p.m. *(however, St. Ambrose will have its usual 8:00 a.m. and 10:00 a.m. services of Holy Eucharist on this day).*

True Sunshine Episcopal Church from San Francisco's Chinatown is providing the main dishes and ice tea. Other congregations are asked to provide fruit, salads, desserts and drinks to share. We are asked to RSVP by July 22 so True Sunshine will know how much food to provide. If you are interested in attending, please sign up on the sign-up sheet in the Parish Hall or contact the Rector at dyota@mindspring.com, or 650-574-1369.

Mark Your Calendars

Rector's Sabbatical Month: July 1 – 28, 2019

Guest Celebrant and Preacher: The Rev. Jureck Fernandez, **July 7, 8:00 a.m. and 10:00 a.m.**

Celebrant and Preacher: The Rev. Karen Swanson, **July 14, 8:00 a.m. and 10:00 a.m.**

Guest Celebrant and Preacher: The Rev. Rebecca Goldberg, **July 21, 8:00 a.m. and 10:00 a.m.**

Celebrant and Preacher: The Rev. Karen Swanson, Celebrant and Daniel Tate, Preacher, **July 28, 8:00 a.m. and 10:00 a.m.**

Vacation Bible School: **Sunday, July 28 from Noon to 4:00 p.m.** (family nature experience); **Monday through Friday, July 29 to August 2 from 5:00 – 8:00 p.m.** (regular sessions with children only) and on **Sunday, August 4 from 10:00 a.m. to 2:00 p.m.** (St Ambrose family worship service followed by congregational earth care project).

Asian/Pacific Islander Commission Annual Picnic: **Sunday, August 4,** Coyote Point Park, Eucalyptus Group Picnic Areas 3 & 4, 1701 Coyote Point Drive, San Mateo 94401, Outdoor Eucharist, **11:00 a.m.;** Picnic, **Noon;** Games, **1:00 p.m.**

St. Ambrose Booth at the Foster City Summer Days: **Friday, August 23 – 25, times to be announced,** Leo Ryan Memorial Park

Rector at Clergy Conference: **Monday, September 30 – Wednesday, October 2,** Bishop's Ranch, Healdsburg

Bishop's Ranch Weekend: **Friday, October 11 to Sunday, October 13,** Harrison House at the Bishop's Ranch, 5297 Westside Road, Healdsburg, CA 95448

170th Diocesan Convention of the Diocese of California: **Friday, October 25 to Saturday, October, 26,** Grace Cathedral, San Francisco

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

The Desk of Rev. Karen Swanson



Earth Care Befriending our Planet and One Another

WHO

You, and your friends!

Campers: Preschool through fourth grade (Ages 4-9)

Junior Counselors: Grades 5-8

Counselors: High School and College Age

WHAT

Outdoor Fun. Creative Arts. Indoor Gardening. Baking. Story Telling.

WHEN

Monday, July 29 – Friday, August 2 from 5:00 – 8:00 p.m. *Includes child friendly dinner.*

Bonus optional days include Sunday, July 28 from Noon to 4:00 p.m. Family Nature Outing w/Get Acquainted Time AND Sunday, August 2 from 10:00 a.m. to 2:00 p.m. Family Worship and Earth Care Project at St. Ambrose Church

WHERE

St. Ambrose/Sea Breeze Parish Hall

COST

\$75 per child for cost of food and materials. *Scholarships available.*

This program is sponsored by St. Ambrose Episcopal Church. Adult leadership will include the Rev. Karen Swanson, wife of Father David Ota, former Sea Breeze teacher Fe (Valentin) Balamiento and others.

Youth Ministry – by Fe Balamiento

Dear St. Ambrose,



Thank you,

Fe

July Outreach Report – by Steve Yuen

Because a few people cannot be trusted, organizations have to develop rules to guard against their behavior. These rules apply to everyone, and everything slows down. One well-known example is airport security, which causes millions of travelers to spend extra hours on each trip and undergo the loss of privacy. Though most people believe airport security to be necessary, the societal cost is many millions of dollars and lost hours.

Or take a much more mundane example, office “petty cash.” It’s much easier to pay for small expenses—postage stamps, pizzas for employees who work late, and incidental office supplies—with cash rather than go through normal accounts payable procedures (purchase order, approval, invoice coding, another approval, preparing a check, signing a check, etc.). An unguarded petty cash box, however, finds itself emptied very quickly. Soon the box has a lock, and only one or two people have the key. Everything slows down.

Americans are a generous people. We donate billions of dollars to charities each year, and a significant portion of the trillions of dollars in government spending goes toward assistance for food, shelter, medical care, and education. Distrust, however, pervades the system. Receiving assistance is contingent upon not only complying with rules on future behavior but also meeting criteria of the present, e.g., income, wealth, age, race, sex, etc.

I think that one reason that church members like to participate in Outreach activities is that they can take a break from the rules of the real world. We help people without asking any questions. We serve food to everyone, though some may look like they’re not starving. Others may be wearing nice clothes or using a cellphone or driving a nicer car than ours (yes, I’ve noticed).

It doesn’t matter. All are welcome to the table.

One of the persons whom we’ve had the pleasure of working with was Betty Dial, whose memorial service was held in June. Betty didn’t hesitate to let everyone know when she thought a rule was silly. She was also indefatigable in helping others.

In this photo from 2010, Betty and the late Peter Puig are enjoying each other’s company after making dinner for Home and Hope families. I miss them both very much.



Outreach Report *(continued)*

Sandwiches on Sunday

We served lunch at the Fair Oaks Community Center on June 30th and will have a report in the August Ambrosian. This photo is from a 2011 SOS, and everyone still participates in Outreach activities though far from home.



Sea Breeze School News – by Jerelyn Weber, Principal

I am on vacation this week and will provide an update on Sea Breeze School next month.

Continued Blessings,

Jerelyn Weber, Principal

The Editor's Corner—by Yvonne Sidell



For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.

—Exodus 20:11

It seems as though almost daily I read an email from a fellow Christian who is tired and burnt out. There is so much about life that is exhausting. I know this firsthand. It's real and it's ugly.

Many people don't even slow down enough to be faithful to God's call for Sabbath, which simply means, to rest. I received some great advice early on from a mentor who urged me to faithfully guard and protect that day of rest. My mentor was right! Without intentional action, it's simply too easy to slip into justifying non-Sabbath actions like, "I'm just going to pop into the office," or, "I'm so far behind, I just need to catch up."

I'm afraid that many Christians have little clue about what the Sabbath is or how it is observed. Certainly among Christians, there are many different views and practices of the Sabbath. There's no doubt that it can get confusing. Here's my approach to experience as many of the following as possible:

- **Relaxation.** I take it easy. I sleep in. I don't fill the day with a lot of activities. I try to maintain an attitude of rest throughout the day.
- **Recreation.** I usually feel better and accelerate my rest after some form of light exercise which may be a walk or short hike.
- **Relationships.** Any time I choose to spend time with someone on my Sabbath, it is a relationship that inspires me, breathes into me and is rewarding for me. No work, just friendship.
- **Reading.** For me, so much of my reading during the week focuses on positive affirmations.
- **Reflection/Restoration.** Reflection describes my extended time with God. I'll usually reflect on the past week, look through my calendar and think about what I might have missed that God had laid out for me. Restoration describes personal soul-care. It's my time for worship, prayer, silence, Bible, and journaling. I also attend church as part of my restoration plan.

There is no usual order to these areas. I just try to experience them all throughout the day.

My prayer is that the Sabbath becomes a day of refreshment for you and your family. My hope is that it becomes an anticipated highlight of your week!