

**June**  
**2021**  
**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*

## Senior Warden's Report

'The Search Is On'

Two pivotal events in our church life happened last Sunday – the celebration of Pentecost. It augurs well for our congregation that on the day we were able to regather in person post-pandemic, we also commissioned the committee that will take the next steps towards calling a permanent Rector to St Ambrose.

Introducing the committee:

Co-Chairs

**Marilyn Canon**

**Cathy Rincon**

Appointees

**April Cherrington**

**George Gardiner**

**Carolyn Moriarty**

**Liva Neyroud**

**Yvonne Sidell**

**Warren Wong**

**Steve Yuen**

Vestry Liaison

**Mike Lord**

These folks now have an important job to do, and we can all help by actively participating in the upcoming congregational conversations. They will help create a parish profile that accurately reflects who we are as a parish and what qualities we seek in a permanent Rector. Into the bargain, we will also be refreshing the church website.

## Senior Warden's Report

Being able to meet in person will bring a whole new energy to our church community. We could already feel the momentum on Sunday.

Stay tuned for updates on the search!

Respectfully Yours,

Shelley Keefe

### 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!

### 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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**Mark Your Calendars**

**JUNE 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 10:00 AM Choral Holy Eucharist, Chapel 11:00 AM Zoom Coffee Hour 4:00 PM Youth Group	31 1:00 PM Monday Zoom Bible Study - Daniel Tate	1	2 10:00 AM Zoom Contemplative Meditation	3	4	5
6 10:00 AM Choral Holy Eucharist, Chapel 11:00 AM Zoom Coffee Hour 4:00 PM Youth Group	7 1:00 PM Monday Zoom Bible Study - Daniel Tate	8	9 10:00 AM Zoom Contemplative Meditation 5:00 PM Altar Guild Meeting	10	11	12
13 10:00 AM Choral Holy Eucharist, Chapel 11:00 AM Zoom Coffee Hour 4:00 PM Youth Group	14 1:00 PM Monday Zoom Bible Study - Daniel Tate	15	16 10:00 AM Zoom Contemplative Meditation	17	18	19
20 10:00 AM Choral Holy Eucharist, Chapel 11:00 AM Zoom Coffee Hour 4:00 PM Youth Group	21 1:00 PM Monday Zoom Bible Study - Daniel Tate	22	23 10:00 AM Zoom Contemplative Meditation 6:00 PM Buildings and Grounds Meeting, Zoom 7:00 PM Vestry Meeting, Zoom	24	25	26
27 10:00 AM Choral Holy Eucharist, Chapel 11:00 AM Zoom Coffee Hour 4:00 PM Youth Group	28 1:00 PM Monday Zoom Bible Study - Daniel Tate	29	30 10:00 AM Zoom Contemplative Meditation	1	2	3

**DATE**

**EVENT**

Sun. Jun 6 10:00 am	Virtual Sundays Liturgy
Sun. Jun 6 11:00 am	Coffee Hour, Zoom & Courtyard
Sun. Jun 6 4:00 pm	Youth Group, Courtyard
Mon. Jun 7 1:00 pm	Zoom Bible Study
Wed. Jun 9 10:00 am	Zoom Contemplative Meditation
Sun. Jun 13 10:00 am	Virtual Sundays Liturgy
Sun. Jun 13 11:00 am	Coffee Hour, Zoom & Courtyard
Sun. Jun 13 4:00 pm	Youth Group, Courtyard
Mon. Jun 14 1:00 pm	Zoom Bible Study
Wed. Jun 16 10:00 am	Zoom Contemplative Meditation
Sun. Jun 20 10:00 am	Virtual Sundays Liturgy
Sun. Jun 20 11:00 am	Coffee Hour, Zoom & Courtyard
Sun. Jun 20 4:00 pm	Youth Group, Courtyard
Mon. Jun 21 1:00 pm	Zoom Bible Study
Wed. Jun 23 10:00 am	Contemplative Meditation
Wed, Jun 23 6:00 pm	Building & Grounds Mtg
Wed Jun 23 7:00 pm	Vestry Meeting
Sun. Jun 27 10:00 am	Virtual Sundays
Sun. Jun 27 11:00 am	Coffee Hour, Zoom & Courtyard
Sun. Jun 27 4:00 pm	Youth Group, Courtyard
Mon. Jun 28 1:00 pm	Zoom Bible Study
Wed. Jun 30 10:00 am	Zoom Contemplative Meditation

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

### **May**

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

Saturday, May 29, we prepared lunches for the next day Sunday's Sandwiches on Sunday that happens at the Fair Oaks Community Center in Redwood City. Youth and families from the congregation came to help out. We made peanut butter and jelly, lunch meat and cheese sandwiches, and along with other goodies, put them in lunch bags for handing out. It was good to be at the church outdoors enjoying each other's company in community. As always, a great service project!

### **June**

#### *Regathering*

Bishop Marc established May 23, 2021 as our post-pandemic regathering date, and so the Youth Group are welcome to meet in person now too. We have begun meeting outside in the courtyard at 10:00 a.m., the same time worship services begin. We will, of course, continue with maintaining protocols that protect everyone in the church (mandatory face masks, social distancing, cleaning). Join us and re-establish connections with your friends!

#### *Spring Summer Garden Project*

For June, we will be planting our annual wheat, vegetables, and flower garden. Part of the winter garden is doing nicely, and the second round of bulbs the Youth Group planted, near the church entrance, are now coming up too (mostly gladiolas). Be on the lookout in your email for the date in June that we'll be gathering.

### **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 received or confirmed. 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. I'll be reaching out with more information soon.

### **Ongoing Opportunities for Learning or for Service at the Church**

*Technicians:* Every Sunday, even though we have regathered, we produce an online YouTube broadcast of our worship service. We are still looking for people to train and to help out. If you are interested in learning how we produce our Sunday morning services, please contact me.

*Readers:* During each worship service, church members read the lectionary scripture for the day, and the Prayers of the People. Traditionally, adults have filled these roles, but now we're looking for our youth to take part too.

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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.

*Acolytes:* We are looking for Acolytes! 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. Please contact me if you would like a quick training and take part in a rehearsal.

Respectfully Yours,

Daniel Tate

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## Hymns for June – by Maureen Fromme

*Hymn 707 “Take my life...”*

Romans 12:1 “Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” (NIV)

This is the one, of many, scripture verses that the writer Frances Ridley Havergal (1836-1879) had in mind when she wrote the text to one of her many poems. This familiar hymn begins with the words: “Take my life, and let it be.” Some of us might think and wish that the hymn stopped there. However, Ms. Havergal was a lady of strong convictions and Christian character. The complete first sentence is: “Take my life, and let it be consecrated, Lord, to thee; take my moments and my days, let them flow in ceaseless praise.” This hymn is also known as the “Consecration Hymn”.

Frances Havergal was the daughter of an Anglican clergyman. She was a scholar, studying languages, especially Greek and Hebrew. She was also an accomplished singer and pianist. Her writings include over 50 poems, many of which have been set to music. This hymn is known as the “Consecration Hymn” -- what we consecrate to God: take my life; take my moments and my days; take my hands; take my heart; take my voice; take my intellect; take my will; take myself-- all to honor Thee. There are additional verses in her original poem.

The music for this hymn was composed by John Bacchus Dykes (1823-1876) who was an English clergyman and hymn writer (I did not find any indication that Ms. Havergal and Mr. Dykes knew one another). By the age of 10, he became the assistant organist for a church in Hull, England. Hmm-- his grandfather was the Vicar of this church-- any connection? John wrote over 300 hymn tunes, with 12 of them appearing in our current hymnal. The tune name for this hymn is 'Hollingside' which is the name of a cottage where he and his family lived while serving as Canon at Durham Cathedral.

As we enter the month of June, it is great for most of us to be able to join in worship, in person and together, in church. As we do so, let us challenge ourselves to grow spiritually as individuals and as a congregation, as we consider the words of this hymn (<https://youtu.be/DDegoFFX7H4>):

*Take my life, and let it be consecrated, Lord, to thee;  
take my moments and my days, let them flow in ceaseless praise.  
Take my hands, and let the move at the impulse of they love;  
take my heart, it is thine own; it shall be thy royal throne.*

*Take my voice, and let me sing always, only, for my King;  
take my intellect, and use every power as thou shalt choose.  
Take my will, and make it thine; it shall be no longer mine.  
Take myself, and I will be ever, only, all for thee.*

Respectfully Yours,

Maureen Fromme

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## June Outreach Report – by Steve Yuen

On Pentecost, May 23, St. Ambrose had in-person worship services for the first time in fourteen months.



The 40 people in attendance were very happy to be physically present and seemed not to be discouraged by health protocols that are still in force. Everyone was masked and maintained social distancing. Prerecorded music took the place of singing, and parishioners came up to the altar single file to receive the host only. The cancellation of coffee hour didn't dissuade impromptu gatherings in the courtyard. It was all good, and it will only get better from here.

What does this have to do with outreach? In the Episcopal Church and many other churches, there is a difference between pastoral care (Inreach) and Outreach. In the

former, we minister to the needs of church members (as the "pastor" or shepherd looks out for the flock) while in the latter we seek to help the wider community.

Over the past year, we have seen how artificial and arbitrary these distinctions can be. The barriers between work and private life have been torn down, children didn't "go" to school but were educated at home, and family and friends whom we saw on a regular basis no longer could we meet with in person.

I tuned in to the streaming services---**many, many thanks, by the way, to the dozen members plus Father Shane who showed up every Sunday to keep our church alive**---but the virtual connection did not make up fully for the loss of human contact. I did not know about the suffering, even the death, of people whom I had known for many years until some time after the fact.

In Outreach, we assist people who live outside the walls of the church, but in the past year that description applied to all of us. So, while we continue in the traditional Outreach mission, we welcome opportunities---for example, visiting assisted living facilities to meet with St. Ambrose members as well as other residents---to minister to the needs of the St. Ambrose community, too.

### **Sandwiches on Sunday**

We will report on the **May 30** Sandwiches on Sunday next month.

*If you have any questions or comments about Outreach, please contact Steve Yuen (650-341-1966 or [stevebyuen@aol.com](mailto:stevebyuen@aol.com)).*



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

Things at school are moving along smoothly. It was a great month watching the children be excited about watching the awesome process of caterpillars turning into butterflies. Each class had their own caterpillars and we watched the process that created a total of 40 butterflies! The amazement and questions that come with this project is always fun and hearing the excitement from the children when the butterflies hatch, never gets old.

The families did a great job of celebrating the teachers during Teacher Appreciation Week. There were treats on the table each day, catered breakfasts, ice cream, special drinks and lots of beautiful and generous gifts. Renee and I treated the staff to “Room Service”. Teachers were able to fill out the room service door hanger with the treats they desired and we delivered to their rooms. They had Nachos one day and a catered lunch from Baji’s Deli rounded out the week. To extend the celebration a little longer, the Vestry provided a catered lunch from Celia’s Mexican last week. The teachers truly felt appreciated.

Foster City Elementary has started children back on a school schedule of five days a week from 8:30 a.m. to 12:30 p.m. Other than a lot of traffic each day, we have not been impacted. The children are so excited to be in school and used words such as amazing, awesome and spectacular to describe their days! It is so nice to see their faces glow and to listen to them discuss their days.

Our last day of school is Thursday, June 10 and we will host a drive-through step up (graduation) on Friday, June 11. The parkway will be decorated with congratulations signs and the event will go from 9:00 a.m. to 12:00 p.m.

We have been very busy preparing for our Summer Camp, which will start on Monday, June 21. We are very excited to have over 100 children registered for the camp this year. We will be using all of our classrooms and the Parish Hall during the summer. While many of our current COVID guidelines have been dropped by the State, however we have decided to continue working in divided classrooms through the summer. We will also continue our mask mandate for everyone on campus until further notice.

While we had many great things happen this month, it has been a very emotional month for us as well. We saw a teacher get married and sadly saw another teacher lose her longtime partner after a short illness. We also had a family tragically lose a grandpa after he had been missing for a couple of days. Sadly he was found in his car submerged in a lake. While supporting all of this has been a struggle, the team has once again stepped up to support each other. We are very blessed to be here with this team.

Onward and upward is what we like to say these days.

Respectfully Yours,

Jerelyn Weber

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## **The Beginning of the End of the American Pandemic – by Hamilton Fong**

This morning a New Yorker article headline read: "The Beginning of the End of the American Pandemic"

This Pentecost Sunday, St. Ambrose held the first in-person service since COVID-19 emerged, was proclaimed a pandemic and the world locked down.

In anticipation for this service, Fr. Shane had printed a huge pile of programs. How many people were going to show up?

For almost a year and a half, Sunday mornings meant the church parking lot was empty except for the handful of cars. These belonged to our crack Live Stream team. For the last 14 months, these people brought worship into our homes via YouTube.

*Well...this morning (double take) the lot is full.*

*My hands trembled slightly while I put my mask on before entering.*

*Inside we have ushers! What a sight for sore eyes...*

*People beam in the pews. Everyone safely wore masks and observed social distancing.*

*The huge pile of programs is happily gone.*

Fr. Shane stands up to begin worship, his greeting is jubilant. His voice clearly cracks. Incredulous, Fr. Shane declares this is his first in-person call to worship since joining St. Ambrose as Rector a year ago.

Frank Saunders was at the organ console ready to play the prelude and postlude.

The missing element of the service is singing. We do not know when it will be safe to sing in church. The choir was not found in their usual section. Hymns and anthem singing had been pre-recorded during the week. So, choir members were mostly attending but scattered among the congregation. Pre-recorded singing was piped into the sanctuary through a small speaker at the appropriate time.

However, the congregation did not sit there mutely during the hymns. All around was the irrepressible audible hum of praise and thanksgiving.

**The Holy Spirit descended upon us.**

Respectfully Yours,

Hamilton Fong

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## The Editor's Corner—by Yvonne Sidell



*“Faith by itself, if it is not accompanied by action, is dead. But someone will say, ‘You have faith; I have deeds.’ Show me your faith without deeds, and I will show you my faith by what I do.”*

*—James 2:17-18*

The story is told of an old man who operated a rowboat for ferrying passengers between an island and the mainland.

One day, a passenger noticed that he had painted on one oar the word, “Works” and on the other oar the word, “Faith.” Curiosity led him to ask the meaning of this. The old man replied, “I will show you.”

Dropping one oar, he began rowing only with the oar named “Works.” Of course, the boat just went around in circles. Then he switched oars, picking up “Faith” and dropping “Works.” The little rowboat went around in circles again—this time in the opposite direction. After this demonstration, the old man picked up both oars, “Faith” and “Works,” and rowing with the two oars together, swiftly coursed over the water. He looked at the passenger and said, “You see, that is the way it is in life, as well as in rowing a boat. You’ve got to keep both oars in the water, otherwise, you’ll just go in circles.”

Rowing a boat can be compared to being a growing, useful Christ-follower. You need two important things to make the Christian life work: faith and works. Without faith, works may be helpful to other people, but they don’t make you a Christ-follower. Without works, faith is sterile.

There would be little or no growth in your life and you wouldn’t demonstrate to others a life transformed by Christ. Faith and works together will cause your Christian life to grow by leaps and bounds. Your life will have purpose and you’ll find yourself moving in the direction you want to go!

My challenge today is to check your life. Are both of your “oars” in the water? If you find yourself going in circles, be sure to employ both faith and works together.

