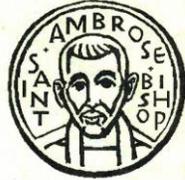


**APRIL**  
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# The Ambrosian

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 I write this, we are drafting the liturgies for Holy Week and Easter. So many people are working so hard to put the whole event together: the music, the choir, Margie with all the bulletins (reminding me of Lily Tomlin at the switchboard on "Laugh-In!"), the altar guild, the Easter Egg hunt providers, the readers, clergy, intercessors, etc. For those who have never experienced the full Triduum and Easter nor been involved in it, I can only describe it as like putting on "Hamlet" on Thursday, then switching to "Macbeth" on Friday, then switching to "King Lear" on Saturday, and then church on Sunday. All the readings change each day, as do the costumes, the lighting, the programs, the music, etc.

Growing up, my family had no experience of the richness of the Triduum (Latin for "3 Days"). They just went on Easter Sunday out of tradition - and I imagine we even slept in through quite a few Easters. Now, I have a certain regret for people who only experience liturgy at Christmas and Easter without much run-up or preparation. I wish life was only about the big celebrations of birth and life, but alas it is also about suffering, loss, and death as well. How can we truly celebrate resurrection without facing crucifixion? How can we rejoice fully if we haven't experienced the loss as well? It is what gives context.

I once heard two clergy arguing over whether a church should have a Cross or a Crucifix in the chancel. One priest was arguing "I don't want a dead body hanging there every day - depressing! I want an empty resurrection cross". The other, much older, priest said, "There is no resurrection without the crucifixion. I need the reminder that even God suffered like us and because of us. THEN I'll appreciate the resurrection". [They decided on a crucifix].

Make no mistake, we're not trying to recreate suffering. We have quite enough of it as it is (COVID, old age, Ukraine, ad infinitum). But it is an all-the-more amazing transformation to watch God transform suffering and death over three days into joy and new life.

## Reflections (continued)

This will be my last Holy Week with all of you. It has been an amazing journey - and already so much better than last year's with only a few allowed in the church. 'I have longed to have this Passover meal with all of you'. I look forward to going through this journey to Easter with you! I hope to see you all at Maundy Thursday (7:00 p.m.), Good Friday (7:00 p.m.), and Holy Saturday (7:00 p.m.). **Be sure to bring a Bell on Saturday evening to ring in Easter!**

Devotedly in Christ,

Father Shane

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## **Announcements**

### **Easter Egg Hunt**

The Easter Egg Hunt will occur on April 17, with a special appearance from the Easter bunny for the younger ones! Join us after the service for a coffee hour, along with the egg hunt!

*Thank you!*  
*Youth Group & Sunday School Teachers*

### **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!

### **Intercession Prayers**

The apostle James tells us to "pray for one another, that you may be healed" (James 5:16).

If you would like the St. Ambrose community to pray with you, please write your intercession in the Blessing book placed in the Narthex or send your request to [stambrosefc@att.net](mailto:stambrosefc@att.net). Your prayer will be included at the following mass service. Please leave your name and contact information in the booklet, in case clarifications are needed.

*Thank you!*  
*Raphael Gerber*

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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 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*

### **St. Ambrose Choir**

The choir will resume rehearsals on Thursdays at 7:30 p.m. We will be masked and correctly distanced, and would be happy for anyone who wishes to join us. If you wish to join us, please let Maureen Fromme know so she can prepare a folder for you. You may contact her at mhfromme@yahoo.com OR 415.990.6758.

### **Sunday School Outdoor Classes**

Pre-K - K5 Sunday school is back to in-person! Outdoor classes (courtyard) will be held on the 1st and 3rd Sunday of each month. Spread the word! We can't wait to see BIG smiles in the courtyard, share the good news of Jesus, and have fun altogether!

*Thank you!*  
*Teacher Raphaela and Teacher Fe*

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## Announcements (continued)

### The Search Committee Update

The Vestry approved the Parish Profile and OTM Portfolio at their January meeting and the Search Committee posted the Rector position early this month.

During a March 29 Zoom meeting, Canon Denise Obando (the Transition Minister from the Diocese) discussed and reviewed the Search Committee's evaluations of four candidates presented to St. Ambrose last week (two will move forward to second interviews before presentation to the Vestry; two will not move forward). The next item on the Search Committee agenda is to check references of the two Rectors chosen to move forward.

- ~~1. Form the Search Committee~~
- ~~2. Organize and review discernment process tasks~~
- ~~3. Create and pilot questions for Town Hall Meetings~~
- ~~4. Hold Town Hall Meetings on September 12 and 15~~
- ~~5. Analyze data gathered from the Town Hall Meetings~~
- ~~6. Write Parish Profile and OTM Portfolio~~
- ~~7. Parish Profile and OTM Portfolio approved by Vestry~~
- ~~8. Open Rector position~~
- ~~9. Evaluate application materials~~
- ~~10. Two or three Interviews with applicants~~
11. Check references
12. Submit two or three finalists to the Vestry

Your Search Committee:

*Father Shane (retired from SC)*

April Cherrington

Nilda Chong

George Gardiner

Carolyn Moriarty

Liva Neyroud

Yvonne Sidell

Warren Wong

Steve Yuen

Denise Obando (Transition Minister from the Diocese)

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

### **Easter Celebration and Easter Egg Hunt**

Come join us for all the Easter Week Services this year! Then on Sunday April 17, after the service, the Easter egg hunt will occur with a special appearance from the Easter bunny for the younger ones. Also join us after the service for a coffee hour, along with the egg hunt! Sunday School Teachers Fe and Raphaela and Youth Group Leader Daniel will all be there.

### **Youth and Community Garden**

The planting of the Youth and Community Garden has begun! We've put some wheat seeds in the ground already and have more to plant. The heirloom Sonora wheat we are planting is organic and unpatented. Our fourth year! More bulb flowers have been planted in the plots near the entrance of the church, and the ones we planted last year are already returning. Keep a look out! During April, we'll be planting more wheat, and add carrots, radishes, squashes and additional heirloom vegetable seeds of many varieties. We are looking forward to seeing seedlings come up towards the end of the month!

### **Youth Group Meets Sunday Mornings at 10:00 A.M.**

We maintain protocols that protect everyone in the church (mandatory face masks, social distancing, cleaning). Join us and re-establish connections with your St. Ambrose friends and invite your friends!

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

We always need Intercessors, Lectors, Greeters, Ushers, Acolytes, and Livestream Technicians. Please email me at [ym\\_stambrosefc@att.net](mailto:ym_stambrosefc@att.net) if you would like to join in with us. No experience is necessary. 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.

### **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, postlude, main anthem, offertory, and 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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## Hymn for April – by Maureen Fromme

### “This Joyful Eastertide” – Hymn #192

As we head in to April, we will have several more days of Lent, leading us to Palm Sunday, Holy Week, and then EASTER! The children will be looking forward to bunnies and candy. However, we all need to realize the importance of the events in the upcoming Liturgical calendar.

For our hymn this month, I am heading to Easter. The hymn I have selected speaks of the joy and wonder of Easter. The first phrase is, “This joyful Eastertide, away with sin and sorrow.” To that, I tend to say, “AMEN”, especially with having come through Lent and Holy Week and the reading of the scripture lessons describing that period of time. Here is the text of the song (in the attached recording, the order of verses is different):

*This joyful Eastertide, away with sin and sorrow!  
My Love, the Crucified, hath sprung to life this morrow.*

*Death's flood hath lost its chill, since Jesus crossed the river:  
Lord of all life, from ill my passing life deliver.*

*My flesh in hope shall rest, and for a season slumber,  
till trump from east and west shall wake the dead in number.*

*REFRAIN: Had Christ, that once was slain, ne'er burst his three-day prison,  
our faith had been in vain: but now is Christ arisen, arisen, arisen, ARISEN!*

<https://youtu.be/jX4uX9dzVo0>

The man who wrote the words and the man who arranged the music knew each other and wrote this hymn together. The text is by Gearge Woodward (1848-1934), an Anglican priest who wrote original works and translated poems from other languages into English. He was ordained in the church of England in 1874 and served in a variety of parishes during his lifetime. The melody is a 17<sup>th</sup> century tune from the Netherlands that Irish composer Charles Wood arranged. He studied at the Royal College of Music, and was taught by Charles Villiers Stanford and Charles Hubert Hastings Parry, both of whom are well-represented in our *The Hymnal 1982*. Mr. Woodward and Mr. Wood worked together in publishing a book of carols for Eastertide.

As you listen to and sing along with the recording, you will find that there are two phrases in the verse section, both of them having the same melody. In the refrain, the word “arisen” is sung four times, each one higher than the one before-- often referred to as 'word painting'. I trust you will enjoy the text and melody of this hymn.

Respectfully Yours,

Maureen Fromme

## April Outreach Report – by Steve Yuen

### Earth Day, 2022



Help to honor Earth Day by spending an hour on Saturday, April 23, cleaning up one of Foster City's twelve parks. Register through SignUpGenius at <https://www.fostercity.org/community/page/earth-day-community-clean>.

FYI, the two closest parks to St. Ambrose (both a short walk along Edgewater Boulevard north and south respectively) are Edgewater Park and Boothbay Park. (Steve Yuen signed up for Boothbay.)

As part of the City's "Healthy Waters, Healthy Parks" initiative and to celebrate Earth Day 2022, Foster City invites you to join your friends and neighbors to help keep our City clean! Select the Foster City Park you want to help clean up. Each location can accommodate up to four (4) volunteers. Be sure to check your email for more details about the event during the week of April 18. Please bring work gloves and a refillable water bottle. All other clean-up equipment will be provided:

Date: 04/23/2022 (Saturday)  
Time: 10:00 a.m. - 11:00 a.m. PDT

Before the pandemic, Foster City's Earth Day celebration was a large participatory event. Below is the account from 2011:

#### *Earth Day, 2011*

*Under sunny skies, St. Ambrose joined the rest of Foster City in celebrating the Earth Day Fair on Saturday, April 16. In keeping with the theme of "reduce, reuse, and recycle", parishioners donated hundreds of books, CD's, DVD's, prerecorded videotapes, and even vinyl records to be given away or sold at hugely discounted prices. One-of-a-kind items such as a collection of 13 Rocky-and-Bullwinkle tapes and a never-used Betty Crocker electric oven brought foot traffic to our booth. We raised a total of \$395.60, which will go to support Outreach projects such as the Heifer Project, the Rotary Elementary School of Mongkol Borei in Cambodia, and the Youth mission trip. Our thanks go to everyone who donated and especially those who helped to sort the many boxes of items and to set up, take down, and staff the booth. Clara Padilla, Eric and Nicolas Dowdy, Merle Silverman, Kay Huffman, Shelley Keefe, Fe Valentin, Daniel Yuen, and Jay and Lillian Watan and their niece Jena all performed yeomen's work. They represented us well as the friendly face of St. Ambrose to the Foster City Community.*

## **April Outreach Report – (continued)**

### **Sandwiches on Sunday – May 29**

Our next Sandwiches on Sunday will be on May 29. We will again assemble the sandwiches and brown bags the day before, i.e., Saturday, May 28 at the church from Noon to 2:00 p.m. If you would like to volunteer or have any questions, please contact Steve Yuen (mobile 650-315-9662 OR [stevebyuen@aol.com](mailto:stevebyuen@aol.com)).

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

**Life for us is always busy, always fun and almost always rewarding!**

Registration for Summer 2022 and the 2022-23 School Year opened at the end of January and we have been running ever since. While some of our programs are full, we do have a variety of openings in others. If you or anyone you know is looking for enrollment in the best school in town, please contact us or pass on our contact information.

In an effort to recruit more families to our program and our waiting lists for future years, we held our very first in-person enrollment fair. We opened up the campus to anybody that wanted to come see who we are and what we have to offer. To our surprise, we had 127 people attend the Sunday afternoon event, and we were successful in gaining several enrollments and several leads for interest for future enrollments. To help spread the word, we have been hosting weekly virtual tours followed by live Principal Q&A sessions. We have gained some enrollments this way as well. We updated our website, advertised on Nextdoor and Facebook and, even started flying our big yellow *Now Enrolling* flags at the corner. We call this gorilla marketing and it is proving to be beneficial.

Unfortunately, the talk around Foster City is that while Sea Breeze is an amazing school, the wait list is long and your chances of getting in are slim. Sadly, COVID really impacted our enrollment and we must now work to dispel the rumor and build ourselves back up. We are all working hard and I am confident that all will be well. We are hosting another in-person enrollment fair on the evening of April 7, please spread the word.

It is exciting to share lower COVID numbers and an increase in the child vaccination rate. We have been able to begin to allow families back on campus and are no longer using our valet pick-ups. Families come on campus to pick their children up from the playground or the classroom doors. Everyone is excited about this change and the big kids are looking forward to the possibility of not wearing masks outside soon. Staff and preschool children will continue to wear masks at all times.

Many Easter Blessings to you and your Families.

Respectfully Yours,

Jerelyn Weber

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## The Editor's Corner—by Yvonne Sidell



*“Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed.” --Romans 6:16-17*

Have you heard about a drunkard who was standing on the street corner one day when a minister walked up and asked him, “Sir, have you accepted Jesus Christ?”

So he thought for awhile and said, “Yeah, I think I did that once, but I’m sure not getting much fun out of it today!”

There are so many Christians today who haven’t enjoyed or experienced the fullness of life in Christ. They say, “Well, I’m going to heaven. I’ll get there by the skin of my teeth.” And they look at salvation like a fire insurance policy without any real joy.

But then there are other Christians who are not only going to heaven when they die, but they’re experiencing life in Christ along the way. Now, this kind of life isn’t just for somebody else. It’s not just for the saints of old, preachers, or missionaries. No, if you belong to Jesus Christ, then it’s your birthright as a believer to experience the fullness of his blessings!

God wants every believer, you included, to live a vibrant, victorious, and abundant Christian life. So don’t sell yourself short by just ‘getting by.’ **Live the abundant life Christ has for you by walking with him each day!**

## April Birthdays & Anniversaries

### Birthdays

Shelley Keefe	7
Emily Rodriguez	7
Keith Adolph	14
Alexandra Miller	15
Rami Amireh	15
Clara Padilla	19
Torrie McAllister	20
Kirk Matsuo	23
Paul Ota	25
Irene Stead	29



**Happy  
Anniversary**



Wendy & Doug Stewart	8
Barbara & Frank Saunders	13
Kenneth & Karen Nagar	21