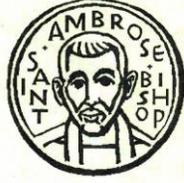


MARCH

2022

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,

By the time you receive this newsletter, we will have begun our Lenten pilgrimage to Easter. Lent, as you know, means “spring” - the 40 days of change. It is a season where we reorient ourselves, clarify our minds, slow down, recovering from distraction and concentrating on Christ’s value of God’s kingdom.

The journey begins with a small dusty cross on our heads - that hard container protecting the organ that makes decisions. Lent starts by asking us to imagine how life might be if the imprint of Christ’s compassion made itself felt and acted on rather than just politely talked about.

Lent is an opportunity to reflect on our cyclical, self-destructive repetitions. If we reach outside our own hardened little worlds, we set the scene to be helped, to help, and hopefully to change.

The 40 days that Jesus spent in the wilderness immediately followed His baptism. Coming up out of the water, He had heard the unmistakable voice of God telling Him that He was cherished, wanted, and ready. He then went into the heat of the desert, spending time with Himself, hearing other voices that wanted Him to live down to them. Yet, He knew that He (like us) was called to live a changed life apart from the submerged existence as a consumer of the world’s allure rather than as a citizen of the Kingdom, God’s new culture.

As the Book of Common Prayer says: *“I invite you, therefore, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel before the Lord, our maker and redeemer.”*

Devotedly in Christ,

Father Shane

Announcements

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.

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. 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

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.

Thank you so much to Father Shane for all his help with this process. We were sorry that he is leaving our committee as we begin to evaluate applicants. *The application deadline is March 12.* Canon Denise Obando (the Transition Minister from the Diocese, who has been coaching us every step of the way) has posted the position nationally. While we are waiting to see the applications, we are discussing the evaluation process and the interview questions.

- ~~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

April Cherrington

Nilda Chong

George Gardiner

Carolyn Moriarty

Liva Neyroud

Yvonne Sidell

Warren Wong

Steve Yuen

Denise Obando (Transition Minister from the Diocese)

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

Youth Ministry and Youth Group News – by Daniel Tate

Preparation for Easter Celebration and Easter Egg Hunt

In March, we will be planning and preparing for a community gathering in the Sea Breeze Courtyard for after church April 17 Easter Sunday. We'll have an Easter Egg Hunt for sure and maybe a balloon toss and more.

Youth and Community Garden

It is planting season again! Time to plant wheat and vegetables and flowers. We will be adding mulch this year to improve our results. Plus, we're going to be experimenting with different vegetables this time, in addition to the usual carrots, radishes, and squashes. Rev. Randal Gardner, who has done some supply preaching for St. Ambrose in the past, gave us about fifty packages of heirloom seeds of many varieties. So, this month is as good as time as any to experiment, do some planting, and see what will take root and flourish.

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 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

Hymn for March – by Maureen Fromme

“Now Quit Your Care” – Hymn #145

Did the hymn title above get your attention?

There was a fictitious character several years ago whose signature phrase was “What? Me worry?” If you remember that, you are as old as I am. My sweet mother was a strong Christian lady, but she certainly worried a great deal. We would quote verses of Scripture to her, trying to encourage her to minimize her worrying. I will list some Bible references and encourage you to take time to look them up: *Deuteronomy 31:6, Psalm 23:4, Psalm 27:1, Psalm 46:1-3, Psalm 91:1-2, John 14:27, 1 Peter 5:7, Philippians 4:6, and Hebrews 13:5-6*. There are probably others, but I will throw these out there for now.

For many of us, we do tend to worry about certain things in our lives and in our world. However, letting them overcome us and consume our time and efforts, can sometimes cause us to lose focus on what we should be doing. And, I am sure, worry raises our level of anxiety and blood pressure. Sometimes I have to sit down and have a little talk with myself and refocus my attention.

Many of the hymns for Lent are in a minor key, helping to remind us of what is to come in the Liturgical calendar. I selected this hymn because it is in a major key and seems a bit livelier than most Lenten hymns (they also, however, carry an important message). In various verses, it reminds us that “the beauty of God is nigh”, that the goal of Lent is God's glory, to “put oppression to flight”, to shine in the darkness, and that “love shall be the prize”. These words were written by the British minister and author Percy Dearmer (1867-1936). He wrote the texts for eight other hymns in our Hymnal.

The melody used is that of a French carol: “Quittes, Pasteurs” (Leave your Fields, Shepherds), harmonized by the English composer and conductor Martin Shaw (1875-1958). As we enter the season of Lent, I hope we appreciate singing all of the Lenten hymns, but keep the message of hope that is to come. <https://vimeo.com/512664659>

*Now quit your care and anxious fear and worry;
for schemes are vain and fretting brings no gain.
Lent calls to prayer, to trust and dedication;
God brings new beauty nigh; reply, reply,
reply with love to love most high.*

*To bow the head in sackcloth and in ashes,
or rend the soul, such grief is not Lent's goal;
but to be led to where God's glory flashes,
his beauty to come near. Make clear, make clear,
make clear where truth and light appear.*

Full text may be found at:

<https://www.reverbnation.com/thescholacantorumofstpetertheapostle/song/16222624-lent-hymn-now-quit-your-care/lyrics>

Respectfully Yours,

Maureen Fromme

March Outreach Report – by Steve Yuen

Below is the Outreach Report from 10 years ago. It described how we served a hot lunch, which we did from 2003 to 2019, for Sandwiches on Sunday. There is no re-opening date scheduled for the community center garden, but we are hopeful!



Under sunny skies, we served 85 people at Fair Oaks Community Center on January 29. This was a higher-than-average number of customers, but we were up to the task. Our cooks prepared enough trays of chicken and salad to serve seconds.

We had a record number of servers, including:

Jack Burleson
 Rebecca Goldberg
 Kade and Kiahra Klinghagen
 Rosalinda Lindsey
 Jim Neubert
 Troy Ryder
 Bela Valentin

Anders Zhou
 Jay and Roland Watan
 Steve Yuen
 The McIntyre family
 The Richards family
 The Stewart family



In the spirit of it's-never-too-late-to-start, it must be mentioned that Jack Burleson (seated, far right) attended his first SOS. Thanks go to all our volunteers and cooks, especially Rob Richards for picking up the brown-bag lunches from St. Pius and organizing the event.

Sea Breeze School News – by Jerelyn Weber, Principal

Sea Breeze School will update you next month! Happy March!

Respectfully Yours,

Jerelyn Weber

The Editor's Corner—by Yvonne Sidell



“You yourselves are our letter, written on our hearts...”
 —2 Corinthians 3:2

Each of us has a life story. Our stories include all of our experiences and all of the people who have been a part of our lives. Certainly, along the pages of our lives, there are people who, for better or for worse, have had a significant influence on us.

Like all stories, the pages that make up our lives are not just meant to be written, but to be read by others. The life and art of Christ-following is passed on, down the line, from person to person, from generation to generation. Discipleship is founded upon the content of the Bible. Yet, the application of that content is experienced in the trenches of everyday living. Someone has talked to you and shared the story of their life and how Jesus is a part of it. Others have actively role modeled the Christian life to you.

The Apostle Paul said, *“We loved you so much that we were delighted to share with you not only the gospel of God, but our lives as well, because you had become so dear to us”* (1 Thessalonians 2:8). Paul demonstrated that it is through our lives that the truth of the Gospel is made known to others, even as it has been made known to us.

While the stories of our lives are still being written, we are called to share them and invite others to become a part of what God is doing in our lives and world. We are called to role model Christ-following to others— to the people who make up your world, to your friends, to your sons and your daughters, to those in your community, and to other Christians in our church.

Take a look. There are people all around you, some believers and some who are not believers yet, who are looking for authentic relationships and for what it means to live as a Christian. Through your friendship, you can be a tool in the hand of God to make an eternal difference in the life of someone else, to become part of the story of their lives, even as others are part of your own.

None of us has it all together in terms of our Christian life and, none of us will, this side of Heaven. The good news is that this is okay. God is still at work in our lives, in spite of all our weaknesses and wants to use us in the life of someone else. He just needs our willingness to share our lives with others.

March Birthdays & Anniversaries

Birthdays

Elliott Dun	1
Cathy Rincon	2
Donna Avakoff	6
Hendri Tjandra	6
Shaiji Ajit	8
John Miller	14
Phoebe Venkat	14
Kenneth Nagar	16
Karen Nagar	18
Anders Zhou	18
Pearl Walker	22
Lyra Tanner	24
James Stephens	25
Grace Rawley	26



Happy Anniversary



Shawn and Phoebe Venkat	21
Eunice & Kenny Chee	30