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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 Rector

Brothers and Sisters,

ALLELUIA CHRIST IS RISEN!!

We have just finished our first holy week together and wow what a wonderful week it has been. We came together to journey with Jesus in the final days of his life. We had services that were filled with music, prayer, and scripture. I am truly amazed by how wonderful everything was.

Holy Week takes many hands to make it successful. I am most thankful to our amazing altar guild who spent countless hours getting our worship space ready for each of the services. I am as grateful to our amazing choir and music directors who rehearsed for weeks to be able to provide beautiful music for our worship. Finally, I am most thankful to all of you who attended and read at our services. My heart is full of thanksgiving.

Common Cup

Following a poll from the community I have decided that we will be returning to the common cup for communion. If you are uncomfortable with receiving the cup please know the following, full communion can be in bread only. Also if you chose you may use the intinction method "dip" taking extra caution not to let your fingers touch the wine. This change will go into effect on April 16.

Easter sermon of St. John Chrysostom

Several people have asked for the text of the sermon on the Easter Vigil. Attached is the sermon that was written by St. John Chrysostom.

Are there any who are devout lovers of God?

Let them enjoy this beautiful bright festival!

Are there any who are grateful servants?

Let them rejoice and enter into the joy of their Lord!

Are there any weary with fasting?

Let them now receive their wages!

Reflections from the Rector (continued)

*If any have toiled from the first hour,
 let them receive their due reward;
 If any have come after the third hour,
 let him with gratitude join in the Feast!
 And he that arrived after the sixth hour,
 let him not doubt; for he too shall sustain no loss.
 And if any delayed until the ninth hour,
 let him not hesitate; but let him come too.
 And he who arrived only at the eleventh hour,
 let him not be afraid by reason of his delay.
 For the Lord is gracious and receives the last even as the first.
 He gives rest to him that comes at the eleventh hour,
 as well as to him that toiled from the first.*

*To this one He gives, and upon another He bestows.
 He accepts the works as He greets the endeavor.
 The deed He honors and the intention He commends.
 Let us all enter into the joy of the Lord!*

*First and last alike receive your reward;
 rich and poor, rejoice together!
 Sober and slothful, celebrate the day!
 You that have kept the fast, and you that have not,
 rejoice today for the Table is richly laden!*

*Feast royally on it, the calf is a fatted one.
 Let no one go away hungry. Partake, all, of the cup of faith.
 Enjoy all the riches of His goodness!*

*Let no one grieve at his poverty,
 for the universal kingdom has been revealed.*

*Let no one mourn that he has fallen again and again;
 for forgiveness has risen from the grave.*

*Let no one fear death, for the Death of our Savior has set us free.
 He has destroyed it by enduring it.
 He destroyed Hell when He descended into it.
 He put it into an uproar even as it tasted of His flesh.*

*Isaiah foretold this when he said,
 "You, O Hell, have been troubled by encountering Him below."
 Hell was in an uproar because it was done away with.
 It was in an uproar because it is mocked.
 It was in an uproar, for it is destroyed.
 It is in an uproar, for it is annihilated.
 It is in an uproar, for it is now made captive.*

Reflections from the Rector (continued)

*Hell took a body, and discovered God.
It took earth, and encountered Heaven.
It took what it saw, and was overcome by what it did not see.*

*O death, where is thy sting?
O Hell, where is thy victory?*

*Christ is Risen, and you, o death, are annihilated!
Christ is Risen, and the evil ones are cast down!
Christ is Risen, and the angels rejoice!
Christ is Risen, and life is liberated!*

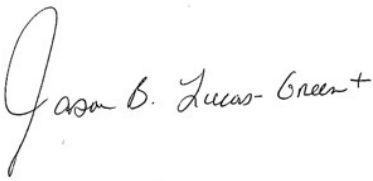
*Christ is Risen, and the tomb is emptied of its dead;
for Christ having risen from the dead,
is become the first-fruits of those who have fallen asleep.*

To Him be Glory and Power forever and ever. Amen!

--The Easter sermon of John Chrysostom (circa 400 AD)

May God's blessing be upon us this Easter Season and always.

Peace in the Risen Christ,

A handwritten signature in cursive script that reads "Jason B. Lucas-Green+".

Rev. Fr. Jason Lucas-Green
Rector

Announcements

SCAM ALERT:

Bishop Marc, Father Jason and diocesan staff will NEVER ask you to buy gift cards or money orders. Beware of these emails requesting these items.

Holy Week

Join us for Holy Week!

Palm Sunday (April 2) 8:30 a.m. and 10:00 a.m.

Maundy Thursday (April 6) 7:00 p.m.

Good Friday (April 7) 12:00 noon and 7:00 p.m.

Easter Vigil (April 8) 7:00 p.m.

Easter Sunday (April 9) 10:00 a.m. (**ONLY ONE SERVICE**)

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

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 know so she can prepare a folder for you. You may contact her at mhfromme@yahoo.com OR 415.990.6758.

Volunteers Needed

We are looking for volunteers for coffee hour, summer days and stewardship dinner. If you are interested, please contact me at valentin_fe@yahoo.com! *Thank you!*

Announcements (continued)

Contemplative Meditation Group

Welcome to our "Contemplative Meditation" group. We meet weekly on **Wednesdays at 10:00 a.m.**

That's right! We find the week kicks into gear...before you know it, we are two hectic days into it. Take a respite. Take time (40 minutes) and mindful breaths with us. Join and listen with our compassionate, contemplative, and mindful community. Be heard if you choose to share.

We choose to continue meeting on Zoom for convenience and minimal disruption of life. If you wish, an email-list reminder can arrive in your inbox Tuesday nights -- write to:

hfongster@gmail.com (Questions are welcome here)

[Click this link on Wednesday's 10am to join Zoom.](#)

Or use this QR code:



We currently are exploring excerpts from Henri Nouwen's *The Wounded Healer: Ministry in Contemporary Society*. Nouwen looks at lifting each other up with compassion from both perspectives, healer and wounded.

Thank you!
Hamilton

***Please see other valuable Announcements in the
St. Ambrose Worship Bulletins***

Sunday School News – by Fe Valentin and Raphaelae Gerber

Sunday School is back!

Teacher Fe and Teacher Raphaelae will conduct the class outdoors every week for children Pre-K and up. Class will offer story time, songs, and lots of fun! We are looking forward to seeing your kids, with their big smiles!

To support this program, we would like to engage our community. We are calling for helpers as we (Fe and Raphaelae) will each teach every other week and **will need one helper every week** (no special skills required).

Please reach to saintambrosesundayschool@gmail.com for more information.

Respectfully Yours,

Fe Valentin and Raphaelae Gerber

April Hymn – by Maureen Fromme

“ALLELUIA! GIVE THANKS” – ‘THE HYMNAL 1982’ #178

What a month we have ahead of us!

Hopefully, most of the rain is behind us. We have had a blessed, reflective, prayerful month of Lent during March. As always, time marches on and now we have April with Palm Sunday, Holy Week and Easter. The Alleluias will return, which I always enjoy.

The hymn for this month that I have selected is filled with “Alleluia” and thanks. Both the music and the text were written by Donald Fishel (born 1950), born and educated in Michigan. For many years he worked as a composer, conductor and flutist. Then in 1983, he studied computer science and became a systems programmer.

In this hymn, he refers to specific Scriptures:

1 Corinthians 12:3 (Verse 1 of the hymn)

Matthew 28 (Verse 2)

Romans 6:6 and Galatians 2:20 (Verse 3 of the hymn)

Psalm 95 (Verse 4)

May we join our voices and hearts in praise throughout Holy Week, Easter and the whole year!

<https://youtu.be/VJPMpYzx8bY>

Respectfully Yours,

Maureen Fromme

April Outreach – by Steve Yuen

Sandwiches on Sunday – April 30

We will assemble the sandwiches and brown bags the day before, Saturday, April 29, at the church from Noon to 2:00 p.m.

They will be distributed at the Fair Oaks Community Center in Redwood City on Sunday, April 30 from 11:45 a.m. to 12:15 p.m.

If you would like to help with purchasing the ingredients, making the sandwiches, or handing out the brown bags (or have any questions), please contact Steve Yuen (650-315-9662 or by email at stevebyuen@aol.com).

Respectfully Yours,

Steve Yuen

Sea Breeze School – by Jerelyn Weber

Here we are in April and we are still waiting for clear weather. The rain and multiple storms have kept me very busy trying to coordinate repairs and stay on top of things.

On a personal note, I want to send heartfelt thanks for the amazing support that I received on the death of my dear mom. The outpouring of cards, phone calls, texts and live conversations helped more than you will ever know. The service that was coordinated by all of you was perfect and I know my mom was very pleased. While thank you does not seem enough, it's all I have at the moment.

School has been busy as usual. The teachers have been working hard to be creative with activities as the children have been inside for much more time than normal. Between the storms, the wind and the rain, it has been challenging. I am very grateful that we have not had any serious damage and what needed repair has been repaired by our amazing handyman, Don Kirk!

I am sure many of you are aware of what we have named the "room one door dilemma". There has been a long time wish to add something to the opening in room one that will allow the children and teachers to have more quiet time and less interruptions during their day and especially at nap time. Father Jason heard the wish and worked hard to grant it by having accordion doors added to the space. While the teachers and families were excited about the peace the doors offered, not everyone was happy. We had a few visits from City, Fire and State officials and while they understood the need, desire and effort, they wanted us to make a few simple adjustments to the plan. We are of course working closely with all official bodies to ensure all are happy, and things are going well. No worries on this front!

Registration for the 2023-24 School Year and the 2023 Summer Camp is well under way and going well. We do still have a few openings in our three and four year old classes and we will be hosting an enrollment fair soon. If you know anyone that is looking for an amazing place to be a child, please have them contact our Admissions Director at jbriones@seabreezeschool.

This month we will host Easter Celebrations, and a Special Persons Day Celebration. The families and the children are very excited for the events.

We are also working on putting together a BINGO night and a few outdoor movie nights. I will be sure to get information to all of you once the details are ironed out! We would love to have you join us for these events.

Wishing you all Easter Blessings!

Respectfully Yours,

Jerelyn Weber

The Editor's Corner—by Yvonne Sidell



"Taste and see that the LORD is good"

—Psalm 34:8

Ruth Graves Wakefield is credited with inventing my favorite comfort food of all time, the chocolate chip cookie.

The story goes that she and her husband purchased a toll house that had been built in 1709 for the purpose of housing weary travelers. In the 1930s, they built on to the house and began serving travelers at the Toll House Inn, where Ruth's incredible desserts were well-known.

One day, while making Butter Drop Dough cookies she realized she was out of one critical ingredient, baker's chocolate. Whether she made the next decision out of necessity or ingenuity we may never know, but she made the now-famous decision to chop up a bar of semisweet chocolate and drop it into the batter thinking the chocolate would melt into the rest of the cookie. Fortunately for us, the chocolate didn't melt. Instead, it held its shape but with a wonderful creamy texture. *Voila!* The chocolate chip cookie was created.

The truth is, many of the world's best inventions started out as a mistake. What turned these mistakes into successes? Much can be attributed to the attitude, perseverance, and creativity of the person behind it all. Dale Carnegie once said, "The successful man will profit from his mistakes and try again in a different way," which is exactly what Ruth Graves Wakefield did. She later began a professional partnership with Andrew Nestle, the candy maker who agreed to place her recipe for Toll House Cookies on the back of Nestle semi-sweet chocolate. And, as they say, the rest is history.

Following Christ is often a series of sweet and successful errors. Some of these errors will seem more bitter than sweet, but if we can understand that we are on a journey with Jesus, following closely to Him and reaching for the dream He has placed in our hearts, then we are right where we belong. Yes, we might make a mistake or two along the way, but I believe the old adage is true, "It's better to have tried and failed than to never have tried at all."

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



Anniversaries

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