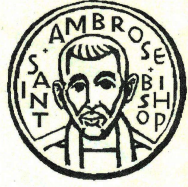


May

2023

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,

I write to you from Mexico, I have been on a Spanish immersion class for the past two weeks. While in Mexico I have been working hard at learning proper Spanish so I can be more useful to our friends at El Buen Pastor. I have been truly blessed to be able to do this as part of my continuing education, and I am thankful to all of you for your support.

St. Ambrose has a long history of collaboration with El Buen Pastor. We have helped subsidize the music program there, and we have had community outreach efforts with our brothers and sisters. We recognize that the Church is not something that is just confined in the four walls of our sanctuary, but rather the church also includes the greater community. The work that has begun at El Buen Pastor has been quite rich. It has given us the opportunity to build relationships with our friends, and to allow us the opportunity to bring the sacraments to this community. I pray that as we continue this journey, we may strengthen this bond and do even more things with our friends at El Buen Pastor. I invite you to join El Buen Pastor for worship. I will announce the Sundays I will be there; but for the month of May, I will be there May 7 and 28.

I ask you to think of some ways that we might be able to partner closer with our friends at El Buen Pastor, as well as to how we can strengthen our relationships with each other.

I also want to thank you for your amazing generosity for our Friends at Bayview Mission. We were able to send over 4 vehicle loads full of much needed items to them, which helped serve their communities. Thank you also to Daphne, who worked with her company to do a drive to help our friends. Soon we will announce our drive for May and through the Summer.

Reflections from the Rector (continued)

I miss you all and will be with you soon.

Peace in Christ,

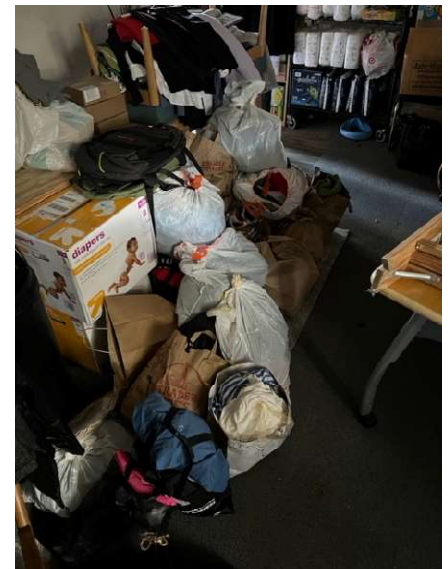
Jason B. Lucas-Green +

Rev. Fr. Jason Lucas-Green
Rector



Reflections from the Rector (continued)

Photos from the donation center at Bayview Mission.



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.

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

May Hymn – by Maureen Fromme

“AWAKE, O SLEEPER, RISE FROM DEATH”

In many hymnals, one can find the same tune used for a variety of texts. The hymn this month is one such example.

The tune, AZMON, is an area along the southern border of Israel. The word itself refers to something that is strong and mighty. (Abarim Publications). AZMON is mentioned in the Old Testament, Numbers 34:5. The tune itself has been used for over 25 texts, the most famous of which is probably, “O for a thousand tongues to sing”. However, in this hymn the text is related to Pentecost, which is the last Sunday of May.

The tune was composed by the German author, composer, teacher and conductor Carl Glaser (1784-1829). His father was his first music teacher, but then he went on to study music at St. Thomas School in Leipzig, an educational institution begun in 1212, whose list of alumni and teachers reads like a “Who’s Who of Music and Literature”. The harmony for this hymn was added by the American composer, Lowell Mason (1792-1872). Mr. Mason composed and arranged over 1600 hymns. He is often referred to as the Father of Music Education in the United States.

Francis Bland Tucker (1895-1984) wrote the text to this hymn. He was born in Norfolk, VA, the son of a minister. Bland became a rector at churches in Virginia and Georgia. He was an advisor to the commission that produced the 1979 Prayer Book as well as the committee that created the 1982 Hymnal. He was the author of texts to twenty hymns in the 1982 Hymnal. He draws from Scripture in this hymn: Ephesians 5:14 (NEV) “This is why it is said: “Wake up, sleeper, rise from the dead, and Christ will shine on you.” In general, he uses portions of Ephesians 3, 4, 5 for this hymn. In each verse, the author describes the Christian way of life. May you be blessed and inspired as you read and sing this very familiar melody with the inspired text by Rev. Tucker.

May the month ahead provide blessings and encouragement to you!

https://youtu.be/o8Jgkv22_Es

Respectfully Yours,

Maureen Fromme

May Outreach – by Steve Yuen

Check back in with us next month for our Outreach activities.

If you 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

As we continue through the School Year, Sea Breeze is thriving!

April started with us on Spring Break and the teachers all came back refreshed and ready to run the marathon to the end of the School Year. We are busy with assessments, Special Persons Day and Mother's Day activities. At the end of the month we were hit with the Covid bug and 7 teachers were unable to report to work and several children were unable to attend for this reason. This made operating as normal was difficult and we were forced to modify our operating hours for the week. The families were both concerned and supportive throughout the week and many pitched in to help where they could. We had parents working our Annual Book Fair and picking up and delivering our Pizza for the ever popular Pizza Wednesday. On Friday, the families brought Ice cream to the staff to say thank you for the hard work that was done by the staff during the week. The staff showed amazing flexibility and teamwork and together we made it with great accomplishment.

May is the last full month of school for us and it will be busy. The weather is changing a bit and we are preparing for the fun of water play outside for the children. We are anticipating the installment of a water bottle filling station outside and the excitement that new water tables and toys will bring. The month of May also brings Teacher Appreciation Week. The School Board and Vestry do a nice job each year of showing their appreciation for the teachers. The families also work very hard to arrange sweet surprises each day of the week for everyone on campus.

We are always looking for volunteers to come in and visit with our children during the day and if you are interested in joining us, please feel free to call the office and let us know.

Respectfully Yours,

Jerelyn Weber

The Editor's Corner—by Yvonne Sidell



“And from His fullness we have all received, grace upon grace”

--John 1:16

As human beings, you and I sin. We mess up. In fact, you’ve probably already messed up today!

But the Scripture contains an amazing promise for you and me. It’s found in this verse.

Do you know what “grace upon grace” means? It means that as believers, God’s grace keeps flowing into our lives like the waves of the sea that just keep coming again and again and again. It’s grace upon grace upon grace upon grace upon grace upon grace!

It’s not as though we received God’s grace five years ago and we’re still trying to hang on to that grace. No. We keep receiving grace, grace, grace, grace and more grace... His marvelous grace. We never run out of the grace of God because His grace is infinite!

God gives us His grace the moment we’re saved... and He continues to give us His grace each day... for daily strength and endurance to face the trials and temptations of life.

Lamentations 3:21-23 promise us, “The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.”

God’s grace is new every morning! And it’s my prayer today that you’d be encouraged to know you have this daily grace as a follower of Jesus Christ.

Walk in this light today... and every day... as you faithfully follow Him!

GOD’S GRACE IS SO GOOD.

May Birthdays & Anniversaries

Birthdays

Elias Dahdah	7
Linda Amireh	14
Milda Beh	14
James Bradford	17
Oliver Moriarty	17
Jim Miller	21
Shawn Venkat	21
Brenda Matsuo	23
Teresa Rajaratnam	29
Daniel Chee	29



Anniversaries

Fr. Jason & Lance Lucas-Green	1
Nellie & Warren Wong	12
Marilyn & Jon Stephens	21