

August  
2023  
Edition



# The Ambrosian

The Monthly Newsletter of St. Ambrose Episcopal Church  
900 Edgewater Boulevard, Foster City, California 94404

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Yvonne Sidell, Editor

## Reflections from the Rector

Dear Brothers and Sisters,

It is hard to believe that it has been a year since I arrived in California to become your next Rector. We have had our challenges and our successes in this past year, but we approached them together as a community. As I preached on a few weeks ago, living in a community is hard because we must look at the common good, and that might not always be what we want on a personal level. I am thankful for your support and prayers as we continue our journey together towards the future. We will approach this road together and with Christ as the Center of our lives together.

I want to share with you the news from our community as well as some great things that are happening in our community.

### Thanksgiving for the ministry of Frank Saunders and Maureen Fromme

I am so grateful for the wonderful ministry of our friends, Frank and Maureen. For many years they have led our community to sing and worship God through song. We will miss them greatly as they move onto the next chapters of their lives. We will celebrate their ministry on August 20th at the 10:00 am service. We will follow with a community potluck, and there is a sign-up sheet in the Parish Hall, if you would like to bring something for the potluck. Please join us!

### New Music Director Michael Glick

After a thorough search, I am happy to share with you that I have hired Michael Glick as our next Music Director. This will be a combined position where Michael will be our organist/pianist as well as director of the choir. I am very excited for Michael to join our community and for his future ministry. We will officially welcome Michael at the August 20th service.



## **Reflections from the Rector (continued)**

### **Keep a lookout for new programming in the fall**

Now that I have had the opportunity to learn the ropes at St. Ambrose, I am happy to share that I would like to start holding conversations about either resurrecting ministries, or developing new ministries for our community. With this in mind, I would like to ask for volunteers to join a new Education Committee. This committee will be formed to discuss and plan for Adult Education programming that we can have through the program year.

I would like to also resurrect our regular community potlucks. From what has been shared with me, these potlucks were very important to the community, as well as help cultivate relationships in our community. In order to bring these potlucks back to the calendar, I need someone who will volunteer to coordinate them. I am thinking we hold a potluck maybe every other month or every quarter.

### **Parish Retreat**

I am very thankful to Jim Neubert for his wonderful work in securing us the Harrison House for our parish Retreat. This year's retreat will be held on October 6th-8th at the Bishop's Ranch. Please stay tuned for more details.

### **Sanctuary and Parish Hall Refresh**

I am very happy to share that the vestry has approved for us to install new flooring as well as new paint in our Sanctuary and Parish Hall. On August 20th, we will have samples available for you to view and you will be able to vote for your favorite. I am hoping to have this work completed soon, and with as little disruption to our worship services and to our Sea Breeze community as possible.

### **Celebration of Graduates and Students who were Promoted and Blessing of backpacks**

On August 20th, in addition to the celebration of Frank and Maureen and welcoming Michael; we will be blessing those who have graduated from high school or have been promoted to High School. We will also be blessing backpacks on August 20th, so I invite students of any age to bring their backpacks to church on that day for a special blessing.

### **Bayview Mission Needs**

Our friends at Bayview Mission have given us their updated wish list. They are in need of; peanut butter, cans of tuna, as well as feminine hygiene products. These donations have a large impact not only in the Bayview Neighborhood, but for the larger community. Donations are accepted at any time and can be placed in the bin that is in the narthex.

### **Thank you to the Altar Guild**

I want to take a moment to thank the Altar Guild as they pulled together after the Directress was recovering from her fall. The Altar Guild went above and beyond to fill the gap, and to ensure that we have all that we need for our service; and for that I am very grateful and thankful.

## Reflections from the Rector (continued)

### Plant Sale and Parking Lot Sale

Under the amazing leadership of Brenda Matsuo, we will be holding a parking lot and plant sale. We will have this sale on September 16th. We will need your help with donations; helping to set up, help on the day of the sale, as well as clean up. If you are able to help, please contact Brenda or myself. All funds raised from this event are to help with our St. Ambrose budget. Thank you in advance for your generosity. See the enclosed Flyer for more details or contact myself or Brenda. Thank you, Brenda, for leading this amazing event.

### Prayers Requested

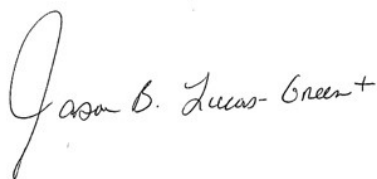
I ask your prayers for our Sea Breeze community and friends as they begin a new school year. School starts on August 15th.

I also ask your prayers for our Diocese as we discern our new Bishop. We (clergy and delegates from parishes) will gather on December 2nd to elect our new bishop.

Finally, I ask you to hold our community in prayer. As I mentioned earlier in this letter, living in a community can be difficult. I ask you to pray for each other, that we may continue to walk together this journey of faith.

There is a lot going on in our community, but as always, I invite your feedback on things we can be doing better, or issues in our community. I don't have the history that you all do; so I am not aware of what used to happen at St. Ambrose, and I won't know unless I hear from you. I still would like to come and visit you to get to know you better. If you would like a visit, please contact me. I am happy to meet during the day or in the evenings, whatever is preferable to you. If you would like to come to my office, please feel free to schedule a meeting and use this link: <https://calendly.com/frjason-1>. If for some reason you are not able to find a good time, please contact me at [frjason@stambrosefostercity.org](mailto:frjason@stambrosefostercity.org) or my cell phone 612-865-5442 and I will make the time.

Peace in 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.**

### **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*

### **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 Father Jason know!

### **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](mailto:valentin_fe@yahoo.com)! *Thank you!*

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## **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***

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## **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](mailto:saintambrosesundayschool@gmail.com) for more information.

Respectfully Yours,

Fe Valentin and Raphaelae Gerber

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## August Outreach – by Steve Yuen

### Sandwiches on Sunday

We had our third Sandwiches on Sunday of 2023 in July.

Thanks go to our volunteers who assembled the sandwiches on July 29 at the Parish Hall:



Mary Loretta Davila  
Elliott Dun\*  
Elliott Dun, Jr.  
Janis Horne\*  
Valerie Mersh\*  
Daniel Tate\*  
Steve Yuen

\*Pictured



It took 90 minutes from start to clean-up, a little longer than usual. Janis advised us that we were not slathering on enough peanut butter and jelly. Previously we had been making the layers too thin; in other words we were too skimpy on the Skippy. After three years of sandwich-making, we now know how to make a real PB&J. Another reason we need and love new volunteers!

Steve took the 80 brown bags to the [Fair Oaks Community Center](#) on Sunday, July 30. About 40 people were in line. No worries about us making too much: everyone was happy to receive two brown bags and two bottles of water. Deborah Orlor from Hearts for Humanity drove up in her van and passed out more meals to the clientele. She then sped off to other food-distribution centers on the Peninsula.

Within half an hour everything was given away. Setting aside a portion for tomorrow is normally a virtue, but not for Sandwiches on Sunday.

The next Sandwiches on Sunday is **October 29**, and we will be making the sandwiches at the Parish Hall on **October 28**. Please contact Steve Yuen ([stevebyuen@aol.com](mailto:stevebyuen@aol.com), 650-315-9662) if you have any questions.

### Foster City Summer Days

St. Ambrose will not be participating in this year's annual festival. Last year, we had a large turnout of volunteers and people who stopped at our booth. However, this summer many of our leaders are out of town, and Summer Days is occurring on the same weekend (August 19-20) as the farewell celebration for Maureen Fromme and Frank Saunders. We hope to resume participation in 2024.

Respectfully Yours,

Steve Yuen

## **Sea Breeze School – by Jerelyn Weber**

It has been a bit since I have communicated with you and boy, have things been busy around your Sea Breeze School!

Summer Camp started for us on June 20 and has been so much fun! We have an average of 86 children enrolled each week and after a few tears on Monday mornings, they are all off and running. The children have enjoyed a FOAM Party when the children had the opportunity to run in and out of organic solution that made the largest amounts of foam, a visit from the Bubble Lady when the children were put inside huge bubbles and Create Mix and Mingle when each child was taught to draw an individual portrait. We are still waiting for visits from the Bird Lady and the Insect Discovery Lab. Thankfully I will be off campus for the bug visit since bugs are not my favorite thing in the world, although the children will LOVE them.

A very exciting thing happened for Sea Breeze this Summer. We were finally able to install a flag pole on campus! This has been a goal of mine since I started 10 years ago and I am so pleased to see it come to life. Please feel free to visit the end of the courtyard where you will find a 20 foot pole with both the American Flag and the Episcopal Flag illuminated and flying proudly. We have put flowers around the bottom of the pole and a small decorative fence around the entire area to protect it from our little friends. During the School Year, the entire school routinely meets to build our community and recite the Pledge of Allegiance, sing patriotic songs, recognize birthdays and hear announcements regarding upcoming school events. Historically, this event has been held in the courtyard with children holding small flags and moving forward we will all now be able gather around our beautiful flag that will fly 24 hours a day as long as the weather permits it.

When arriving to Church, you may have noticed a large white van in the parking lot, this is now commonly known as the Sea Breeze Bus! As we continue to build our After School program, we have decided to expand our pick-up abilities and will now use this van to transport children in grades K-4 from Foster City Elementary Schools to our campus for extended care. When the new Elementary School opened last year, we lost several children due to the re-districting of students. While we knew this would impact us, we have been surprised by the number of children that now attend the new school. If you see the van going around town, give a big wave! Thank you to Father Jason for spending your day off, driving the van to us from Orange County.

Summer Camp ends on August 11 and the 2023-24 School Year officially starts on August 21. We do still a few openings in our classrooms, so if you know anyone looking for a great place to be child please send them our way!

We are looking to a very busy and eventful School Year and your continued support.

Respectfully Yours,

Jerelyn Weber

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## The Editor's Corner – by Yvonne Sidell



*“And we know that for those who love God all things work together for good, for those who are called according to his purpose.”*

*--Romans 13:8*

### **\*\* My last contribution as the Editor of the Ambrosian \*\***

Dearest Friends (who I consider my family) of St. Ambrose,

On September 1, I will be moving to Maryland to care for my 88 year old mother. Although she is currently in good health for her age, she is starting to show very subtle signs of dementia where it's better for me to move in with her (than to remain in California if something happens). My original plan was to move her here with me (to continue my business), but things have changed.

There are many of you I will miss tremendously. I joined St. Ambrose when Father David was Rector, and you all welcomed me with open arms. We laughed at St. Ambrose Christmas parties, prayed together at 8:30 a.m. (and some 10 a.m.) services, organized church business on the Vestry and ensured our church was ready to gather on the Altar Guild. I couldn't sing LOL, so I missed out on choir, but enjoyed EVERYTHING we did together as church brothers and sisters.

My cell remains 925-808-8801 if you ever want to text (LOL, please remember I will be three hours ahead of you starting September) and my email address also stays as is, at least for a while.

August is going to be hectic for me as I prepare to close my business with the State, organize movers (apartment and car), change mail, etc. – so if you see me flying around in church in a panic, please don't hesitate to stop me in my tracks and give a hug. ☺

**All the best with love!**

Yvonne Sidell



## August Birthdays & Anniversaries

### Birthdays

Ajit Philip	1
Ruben Neyroud	3
David Yates	8
Ashley Stewart	9
Andrew Walker	11
Scott (Timothy) Chang	13
Rachel Ajit	14



### Anniversaries

Linda & Sal Censoprano	8
Belinda and Stephen Yuen	10
Donna & Edward Avakoff	16
April & Grant Cherrington	23
Anita and Robert Richards	30
George & Janet Gardiner	31