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*CD & S. Rowsell*



The Ambrosian

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Edition

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Dear Members and Friends of St. Ambrose Episcopal Church,

Aloha! Alleluia. Christ is risen. The Lord is risen indeed. Alleluia. Easter Sunday is the beginning of new life, new hope and new beginnings. This past Easter Sunday was especially poignant for me as last month we gave thanks to God and celebrated the lives of Abe Schowengerdt, Dave Hoag and John Keast. These men had been active in the life of St. Ambrose when I first arrived here in 1997. Each had given of themselves for the sake of their love of God in different ways. Abe loved his family and was a good neighbor. Dave loved the church and was supportive of his family and the church. John had a heart to help people, especially those who were incarcerated. Each in his own way shared the love of God in Christ Jesus our Lord. I am grateful to have known each of them.

In this Easter Season we are reminded that the love of Christ Jesus our Lord continues to move and work through our lives. New people are sent to us and we are sent out to share the love of God with others. We continue to build on the ministry of many members of St. Ambrose who strove to be faithful to God’s call to serve.

This month we have many opportunities to invite, welcome and connect with our neighbors. Here are some of the opportunities:

* Sunday, April 3rd following the 10 a.m. Holy Eucharist, Karin Patterson and the Working Group on Community Outreach is holding a meeting for St. Ambrose to have a presence in the citiFest, formerly known as the Foster City Art and Wine Festival.
* Sunday, April 10th, our members from South India will host a “South Indian Food Fest” coffee hour following the 10 am Holy Eucharist. They are looking for helpers to cut vegetables for the feast on Saturday, April 9th at 10:30 am in the kitchen. It will give members an opportunity to get to know these faithful members of the church.
* Saturday, April 16th, our St. Ambrose Sea Breeze School is hosting its first “Family Fun Day” in the courtyard from 10 am to 1 pm. Our Working Group on Outreach to the school is sponsoring a “Cake Walk” and needs cakes to give away.

# Reflections from our Rector

## Rector’s reflections continued…



* Tuesday and Thursday, April 19th and 21st we have the opportunity to serve meals through the inter-faith program called Home and Hope to homeless families at Hope Lutheran Evangelical Church in San Mateo from 6 p.m.
* Friday, April 22nd we have the opportunity to enjoy a Giants baseball game together, as they play the Miami Marlins. Invite a friend and spend an evening at AT&T Park.
* Saturday, April 23rd some of us will drive up to the Bishop’s Ranch to plant organic Sonora wheat seed to be raised to make our communion bread. St. Ambrose was a Community Supported Agriculture last year, and our home baked communion bread comes from the flour of last year’s harvest.
* Friday, April 29th, Reena Davis, Tarunpreet Ubhi and Shaiji Ajit are organizing another movie night. The last one had a great turn-out from the school families. There will be a potluck dinner beginning at 7:00 pm with the movie, The Good Dinosaur, starting at 7:30 pm.

Finally, I want to thank Lauryn Adolph who has been our Administrative Assistant since July last year. Her last official day in the office will be Friday, April 8th. She has been a great help to us, and we are glad that she found a great job as a full-time personal nanny. We will thank her on Sunday, April 10th at the 8 am service.

Our life together continues to evolve and change. But what doesn’t change is how God’s love in Jesus the Christ continues to both sustain and transform us so we may continue to serve for his sake.

Yours,

David Ota, Rector

**Welcome**

We welcome Scott Chang and Judy Chen as new members of St. Ambrose Episcopal Church. Please keep them in your thoughts and prayers as they are expecting the birth of their first child.

**Thanks**

* Thanks to the Altar Guild who prepared the Altar and the chapel for Lent, Holy Week, Easter Sunday and the Memorial Services for Abe Schowengerdt, Dave Hoag and John Keast.
* Thanks to Shelley Keefe, Steve Yuen and David Ota for representing St. Ambrose at the Deanery meeting at St. Andrew’s, San Bruno last month.
* Thanks to everyone who provided soup, salad or baked bread for the Lenten lunches.

**2016 Vestry News**

The 2016 Vestry met on March 22nd.

* The Rector announced he reluctantly accepted the resignation from the Vestry of Yvonne Sidell due to her work commitments. The Rector and Vestry wish Yvonne well in her transition with work.
* Nilda Chong has accepted the charge to organize the Disaster Preparedness Team for St. Ambrose. She is looking for a team of five to six members who will be able to meet four times in 2016 to do its training and planning work. Their charge will be to plan and implement a disaster preparedness plan.
* The Community Outreach is focusing on the citiFest, formerly known as the Foster City Art and Wine Festival.
* The Capital Campaign for Housing worked on its mission statement, and will be doing research in 2016.
* The Outreach to St. Ambrose Sea Breeze School has brainstormed ways in which members of St. Ambrose can connect with the families of the school.
* They discussed the book, Toxic Charity: How Churches and Charities Hurt Those They Help (and How To Reverse It).

**Thank you and Godspeed be with you**

The congregation of St. Ambrose will have an opportunity to give thanks to Lauryn Adolph who has served as our Administrative Assistant, and an aide for St. Ambrose Sea Breeze School on **Sunday, April 10th** at the **8 am** Holy Eucharist.

**South Indian Food Fest**

Make a special effort to worship on **Sunday, April 10th** at 10 am and participate in the South Indian Food Fest during the following coffee hour. Our South Indian families are hosting this coffee hour. They would like volunteers to help with the food preparation on **Saturday, April 9th** from **10:30 am** in the kitchen. Come and enjoy the fellowship at both the food preparation and the coffee hour.

**Family Fun Day**

The Working Group on Outreach to St. Ambrose Sea Breeze School has decided to sponsor a “Cake Walk” during the Family Fun Day on **Saturday, April 16th from 10:00 am to 1:00 pm.** They need members to bake cakes that can be given to the participants. If you are willing to bake a cake, please contact Valerie Mersh at [valeriemersh@sbcglobal.net](mailto:valeriemersh@sbcglobal.net) or 650 571-0150.

**Saturday Evening Worship continues**

Our Saturday Evening Worship this month will be held on **April 16th** **and 30th at 5:30 p.m**. It is a worship service that children can participate in more easily than the longer worship service at 8 am or 10 am on Sundays. If you are unable to worship on a Sunday, consider coming on Saturday evening.

**S.F. Giants game outings**

St. Ambrose will go to three Giants games this year. Members and friends are invited to attend. All tickets are discounted $10 for children and youth. The seats are in View Reserve in the infield area. We have bought 25 tickets for each game.

* The first game is **Friday, April 22nd** from 7:15 pm against the Miami Marlins. Seats for this game are in VR Section 319, rows 12, 13 and 14. The cost is only $16 for adults and $6 for children and youth.
* The second game is **Friday, May 20th** from 7:15 pm against the Chicago Cubs. Seats for this game are in VR Section 317, rows 13, 14 and 15. The cost is $24 for adults and $14 for children and youth.
* The third game is **Friday, September 16th** from 7:15 pm against the St. Louis Cardinals. Seats for this game are in VR Section 314 rows 12, 13 and 14. The cost is $24 for adults and $14 for children and youth.

Tickets are available to those who sign up and pay for their tickets in advance. If you are interested in joining the group sign up on the sheet in the Parish Hall or speak with the Rector.

**Dinner and a Movie at St. Ambrose**

**What:** Let's start spring with a fun movie. Let's meetup on**Friday - April 29th, 2016 at 7:00 pm** to watch a fun-filled animated movie called **'The Good Dinosaur'** over light potluck dinner. Spread the message to all you know as this movie is a real entertainer for all ages.

**Plot Summary of 'The Good Dinosaur’:**

Pixar presents yet again a fun movie for the whole family to enjoy. Luckily for young Arlo, his parents and his two siblings, the mighty dinosaurs were not wiped out 65 million years ago. When a rainstorm washes poor Arlo downriver, he ends up bruised, battered and miles away from home. Good fortune shines on the frightened dino when he meets Spot, a Neanderthal boy who offers his help and friendship. Together, the unlikely duo embarks on an epic adventure to reunite Arlo with his beloved family.

**When:** **Friday- April 29th, 2016 at 7:00 pm**

**Dinner Time: 7:00 pm**

**Movie Start Time: 7:30pm**

**Where:**St. Ambrose Parish Hall

Signup sheet for finger food potluck will be available in the parish, so please, please, pen down the tasty food you want to share with all.

**Study Groups in April**

The Monday Book Study group meets in the foyer on **April 4th, 11th, 18th and 25th** from **12:45 pm – 2:00 pm.** They are now reading the section, “Walking Luke’s Roads of Riches,” in the book, The Hidden Power of the Gospels. This chapter focuses on how we are called to mature in the faith through loving service.

The Tuesday evening Bible Study group will not be meeting in April.

The Wednesday evening Bible Study group meets on **April 13th and 27th** in the foyer at **7:30 p.m.** They are now reading Paul’s Letter to the Philippians.

Each of the study groups is open and newcomers are invited to join.

**2016 Lenten Program: “Called to Transformation, An Asset Based Community Development Approach to ministry**

Asset Based Community Development (ABCD) is a different way to approach challenges. Some challenges require an immediate intervention, such as an international crisis. The needs are urgent and obvious. Those unaffected by the event are needed to rush in and provide support.

Years ago the Presiding Bishop’s Fund for World Relief (PBFWR) changed its name to Episcopal Relief and Development. The PBFWR focused mostly on supporting communities in the world that experienced a traumatic event. They would gather resources from the wider church and funnel resources to partners in the Anglican Communion, if possible, to help in the relief effort. This was good and important work. However, in the process of doing this work, they discovered that more was needed. There were challenges that required not only resources, but development. So the name was changed to Episcopal Relief and Development to focus on both missions: relief and development. Asset Based Community Development is in line with working with the local communities to develop their own solutions to their challenges.

In their development work they began to look at the following assets in communities:

* Human
* Social
* Physical
* Environmental
* Temporal
* Economic

They realized that a “needs based approach” to addressing challenges created a cycle of dependency. Instead of the community itself determining the needs and the solutions, outside experts would do so. When this happens, agencies began to supply solutions for communities, and these communities become dependent on the outside resources to sustain their solutions. Eventually, this devolves into a dependency on outside funding, and this dependency results in hopelessness.

But the “gifts based approach” focuses on the gifts, talents, connections, networks and knowledge within the community itself. This process of acknowledging, affirming and activating the gifts is important in finding sustainable solutions. Instead of giving resources for solutions that did not come from within the communities, Episcopal Relief and Development would send staff to serve as catalysts to help these communities develop. They would ask questions about their life, and walk alongside them, and listen deeply. They would look for connections and initiatives from the community and use their creativity to help them find solutions. This gifts based approach depends on creating a strong network of relationships. Eventually, the solutions that are generated will become more sustainable as the community grows and develops.

During the Lenten Program we took time to assess the participants’ personal gifts or assets, the congregation’s gifts or assets and the community of Foster City gifts or assets. What was interesting was the positive energy that emerged. There are so many gifts or assets that are available.

However, the challenge is to find a way to make them known. This is called “mapping.” The gifts or assets can be mapped so they can become visible to those working on a challenge.

The book Toxic Charity: How Churches and Charities Hurt Those They Help (And How To Reverse It) was briefly discussed. In short, the book highlights how when intended assistance may not be the best solution, and may only reinforce the dependency of those they seek to help. The discussion caused participants to see the connections between how we often use a needs based approach instead of using an asset based approach, and raised questions about how we may make some changes in our common life.

**The Day of Pentecost**

This year the Day of Pentecost will be on **Sunday, May 15th**. Candidates for Holy Baptism may be presented. Cameron Jew will be presented for Holy Baptism at the **10 am** service. He is the son of Randall and Katharine Jew, and grandson of Ted and Jeanne Ozeki. If you are interested in Holy Baptism, please speak with the Rector.

**Mark Your Calendars**

* Volunteer meeting for participation in “cityFest” formerly known as the Art & Wine Festival: **Sunday, April 3rd, 11:30 am,** Parish Hall
* “South Indian Food Fest” Coffee Hour: **April 10th**
* Saturday Evening Worship in April: **April 16th and 30th, 5:30 pm,** Chapel
* Home and Hope: **Tuesday, April 19th**, and **Thursday, April 21st**, **from 6:00 p.m. to 8:00 pm,** Hope Evangelical Lutheran Church, 600 42nd Ave., San Mateo
* Giants and Marlins Baseball Game Outing: **Friday, April 22nd, 7:15 pm,** AT&T Park
* 2nd Annual Planting Day at the Bishop’s Ranch: **Saturday, April 23rd, 10”00 am to 1:30 pm,** Bishop’s Ranch, Healdsburg
* Movie Night: **Friday, April 29th,** Potluck, **7:00 pm,** The Good Dinosaur**, 7:30 pm,** Parish Hall
* Equipping the Beloved Community Event: **Saturday, May 14th, 10:00 am to 5:00 pm,** St. Paul’s, Burlingame
* Day of Pentecost: **Sunday, May 15th, 8:00 am,** Holy Eucharist; **10:00 am,** Holy Baptism and Eucharist
* Giants and Cubs Baseball Game Outing: **Friday, May 20th, 7:15 pm,** AT&T Park

## Outreach Report - by Steve Yuen

One of the sadly recurring events in the life of the church is the death of its beloved members. Their loss is felt most sorely in the ministries in which they served.

In recent months we bade farewell to two such individuals who were active in Outreach programs.



Merilyn Vosburg (1924-2015) was one of the founding members of St. Ambrose. A “cradle” Episcopalian from Minnesota, Merilyn actively participated in every aspect of the church's life, from Vestry to coffee hour, from acolyte training to community service. She ran the Altar Guild for many years but still found the time to prepare dinners for the families sheltered at Home and Hope. Her entrees were sumptuous, but our personal favorite was Merilyn’s broccoli salad, which even the kids enjoyed.

John Keast (1920-2016), felt called to address the problems faced by released prisoners trying to make their way back into society. (The recidivism rate for California felons is well over 50%.) When he was *seventy-eight (78)*, John founded the Inmate Correctional Education Project (ICEP) to educate and train groups of prisoners before release, helping hundreds to get back on their feet. Local law enforcement praised ICEP for helping to reduce the crime rate. ICEP was later integrated into the New Lives Project after John moved to Santa Cruz in 2014.

At the services to remember Merilyn and John the words of the Psalmist rang true: surely goodness and mercy followed them all the days of their lives, and they dwell in the House of the Lord forever.

**Upcoming Events**

**Home and Hope**: Hope Evangelical Lutheran Church will host four families—11 to 15 people, half are children—during the week of April 17th. We need volunteers to make dinner on **Tuesday, April 19th** and **Thursday, April 21st**. Sign-up sheets have been posted in the Parish Hall. If you have any questions, please contact Steve Yuen (stevebyuen@aol.com, 650-341-1966).

**United Thank Offering:** The United Thank Offering has supported the missions of the Episcopal Church since 1889. By making daily contributions of your loose change to the UTO blue box you will help to alleviate poverty in the Anglican provinces, dioceses, and companion dioceses. Perhaps more importantly you will be cultivating an “attitude of gratitude” in you and your family. The blue boxes and envelopes will be available at the entryway in April. Please remember to place them in the offering plate on **Mother’s Day, May 8th**.

## “Inheritance” – by Rev. Jay Sapaen Watan

The economic uncertainty and brokenness of institutions that were trusted to uphold civilization – from our government to our families – have made for a very anxious world. I often hear parents share a nervous twinge when they think about who their children will grow up to be. The apprehension isn’t so much about vocations or careers, but what kind of person they will become. I think there is a hope that our children will create the success that will sustain them. Yet we really don’t know what will happen or just how they will chose to participate in this world. What I do know is that things consistently ring true about raising up our future generations:

1. Children model what they see.
2. They will wonder who they are and what their purpose will be.
3. And they will seek to love and be loved.

We all want the best for our young ones. So I ask the question, “What do we want our sons and daughters to inherit?”

This conversation undoubtedly will get to talk about money. Financial Services company HBSC lists that only 59% of U.S. parents intend to leave their children a financial inheritance. That’s the lowest among the top 15 industrial nations. Given the fact that our children face more economic uncertainty, this trend is changing. Recent articles in media sources like Forbes Magazine suggest that “good parents” believe they should leave their children an inheritance. But being human, we naturally resist things someone tells us to do, unless we share it as a common value. Life isn’t all about money, nor can it make us truly happy. There is more to leaving a legacy.

We learn in the Easter story Jesus is put to death because of people’s love for power. But God does not leave us. In Christ, God will transform death into life though the power of love. This is a love that we inherit from the Divine when we open our hearts to what God is giving. Scriptures remind us, *“There is no fear in love, but perfect love casts out fear.” (1 John 4:18 ESV)* I believe the most meaningful legacy we leave has more to do with creating wholeness for our children to live into love – for God, others, all creation, and even themselves. In other words, if we live into love in mind, body, and spirit… our kids will naturally follow suit.

Love is what we are willing to give. And the questions we ask of knowing who we are in a challenging and ever-changing world happens to be one every generation seeks to answer. We teach who we are. So if we are wondering how our children will turn out in this ever changing and complicated world, pay attention to what we are teaching them. The only thing we can truly teach our children are our values. And that will help our young ones define who they are!

Here’s a small list of values to reflect on: *Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, Personal Courage, Humility, Sacrifice, Enthusiasm, Creativity, Community, Grit, Discipline, Dignity, Empathy, Neatness, Freedom, Family, Teamwork, Compassion, Flow, Practicality, Hospitality, Growth, Innovation, Abundance, Perseverance, Open-mindedness, Presence, Hopefulness, Curiosity, Accountability, Intelligence, Spunk, Fitness, Leadership, Kindness, Initiative, Flexibility, Truth, Reason, Tradition, Grace, Resilience, Laughter, Frugality, Consistency, Alertness, Maturity, Intimacy, Calm, Health, Wonder, Faithfulness, Valor, Justice, Gratitude, Trust, Joy… Love?*

So what do you value?

## Sea Breeze School News

Spring has sprung and life at Sea Breeze continues to be a great place to be a child!

Easter celebrations are over, the eggs have all been found and the teachers and the children are enjoying their Spring Break. School comes back in session on Monday April 4th for the preschoolers and Monday April 11th for the After School Program.

This month we will be celebrating Grandparents/Special Persons Day on April 19th and 20th. This is a day that children invite their grandparents to come to school with them and enjoy a chapel service, as well as a special snack and the opportunity to make a special project with them. We recognize that not all children have grandparents that can attend, so we also open the event up to a special person that may be in their lives. This is a highly anticipated event at Sea Breeze and we greet many people on this day. It is always fun to see the excitement on the faces of the children and their special visitors. There are many Kodak moments and special memories made on this day.

Summer School planning and registration are going well. Due to the changes in the San Mateo Foster City School District calendar, we are offering one 7 week session of camp for children entering kindergarten or first grade and two 4 week camps for preschool aged children. While registration is strong and the 7 week session is full, we do still have limited space available in our preschool camps. If you know anyone looking for summer fun for their preschool aged child, please refer them to our office.

The Sea Breeze Annual Family Fun Day is here! We are excited to offer this event on Saturday April 16th from 10am-1pm, on the courtyard of the school. There will be a Castle for the children to jump in, a face painting booth, several game booths and so much more happening. This event is open to everyone, so please come out and enjoy the fun!

Hope to see you around!