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*CD & S. Rowsell*

The Ambrosian

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August

2015

Edition

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Dear Members and Friends of St. Ambrose Episcopal Church,

Aloha! The sabbatical month was very good for me, as I did not realize how physically tired I had become. During my sabbatical month I paid attention to renewing my practices of regular exercise, healthy eating, daily reflection on the day, taking time to read a few books and slowing down enough to be prayerfully grateful.

I was able to visit and worship with All Saints, San Leandro, Christ Church (Sei Ko Kai), San Francisco, St. Mark’s, Palo Alto and Trinity, Menlo Park. I appreciated worshipping with them and learned a few things.

I am grateful for the Rev. Jay Watan who took the lead in worship and providing pastoral care, for Lauryn Adolph who returned to serve as our Administrative Assistant during my absence, for Gina Perez who mentored Lauryn as she left for a new position, for Jerelyn Weber who ably led the school and to Jim Neubert our Senior Warden who handled any needs which arose.

This year the month of August will be different, because of the schedule change made by the San Mateo-Foster City School District. They have modified the schedule to begin earlier, on Wednesday, August 12th so our After School program will begin then. St. Ambrose Sea Breeze School Preschool program will start on Wednesday, August 26th.

However, our Summer Sunday School of having one joint class for the children will continue throughout the month. Shelley Keefe has completed her service as a Sunday School teacher, and I am very grateful to her for her long-time dedicated service. Some of our 2015-2016 Sunday School teachers will be taking turns leading the class for the month of August.

Long-time member Betty Dial has decided to move to Oregon to be closer to her son Everett. She has been a faithful member and leader of the congregation. I am hoping to arrange a farewell for her before she moves in August. We wish her well and Godspeed in this next phase of her spiritual journey.

Also, Deb Sakurai-Horita is completing her service as a member of the Altar Guild, and will be preparing for her move to Hilo later in the year.

# Reflections from our Rector

## Rector’s reflections continued…

I am very grateful for the many leadership tasks that she has undertaken in her time among us

Lizz Klammer will begin serving as our Coordinator for Children and Family Ministry on August 15th. I look forward to working with her.

Finally, I hope to meet with anyone interested in helping me plan our Saturday evening worship services that will begin in September. The plan at this time is hold them at 5:30 p.m. I will be contacting those of you who expressed an interest.

I look forward to being with you again.

 Yours,

 David Y. Ota, Rector

**Thanks**

* Thanks to Shelley Keefe who taught the Summer Sunday School during June and July.
* Thanks to Reena Davis and Tarunpreet Ubhi who showed the animated movie, “Home” on Friday, July 24th and organized the potluck.

**Study Groups in August**

The Monday Book Study group meets on **August 3rd, 10th, 17th, 24th and 31st** at the home of Merilyn Vosburg from **12:45 p.m. – 2:00 p.m.** They will continue their study of the book, “The Hidden Power of the Gospels.

The Tuesday evening Bible Study group meets on **August 4th and 18st** in the home Warren and Nellie Wong at **7:00 p.m.** They are studying the Gospel according to John.

The Wednesday evening Bible Study group meets on **August 5th and 19th** in the foyer at **7:30 p.m.**

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

**The Bishop’s Ranch Weekend, October 9th, 10th, and 11th, 2015**

St. Ambrose will be going to the Bishop’s Ranch for a fellowship weekend. We have reserved Harrison House and Cottage 4 and 5 which is more than enough room for 20 of us. Also, St. Mark’s Episcopal Church, Palo Alto will be there at the same time, and we will be joining them for the program. The speaker will be **the Rev. Ricardo Avila.** He is currently the Associate Rector of St. Luke’s, Long Beach. His program will be an exploration of the sacred journey we are all a part of as both individuals and as a community and the presence of the holy and extraordinary in our everyday lives. How is grace a part of our lives as we continue on our pilgrimage? If you are interested in attending, please contact the church office or sign up in the Parish Hall.

**St. Ambrose Spirit Wear**

Order your St. Ambrose SPIRIT WEAR today! T-shirts are $15; Hooded Sweatshirts are $20 and 1/4 Zip Sweatshirts are $25 with embroidered St. Ambrose Church logo. Submit payment along with order form available at the foyer to the church office. If you have any questions, please contact Ngoc Rodriguez at ngoc\_rodriguez@yahoo.com. Order forms are available in the Narthex or in the Church Office.

**Mark Your Calendars**

* Saturday Evening Worship begins: **Saturday, September 5th, 5:30 p.m.,** chapel
* S.F. Giants and San Diego Padres Game: **Friday, September 11th, 7:15 p.m.,** AT&T Park
* Commissioning of the Sunday School and Sea Breeze School Teachers and Back to School Luncheon: **Sunday, September 13th, 10 a.m. service and following**
* The Bishop’s Ranch Fellowship Weekend: **Friday, October 9th – 11th,** Bishop’s Ranch, Healdsburg, CA
* Stewardship Dinner: **Friday, November 6th, 6:00 – 9:30 p.m.,** Foster City Recreation Center’s Lagoon Room and Bluebird Room

## Outreach Report - by Steve Yuen

*The mission of St. Ambrose Episcopal Church of Foster City is to proclaim the Good News of God in Jesus Christ as we care for each other and our larger community. In the Episcopal Anglican tradition, we extend an open and inclusive invitation to all people. We care for others and the stranger, we welcome children into our family, and we serve those in need.*

People first enter the doors of St. Ambrose because they are looking for something. Perhaps they want the church’s blessing for their marriage, education for their children, or simply to be part of a community. If they find what they’re looking for, they may become regular church members. And, after a while, in addition to their pledge offerings, they often feel moved to give something back.

This spirit of service within the church can take many forms; for example, members can help with Sunday worship by ushering, singing in the choir, or serving on the Altar Guild; they can assist fellow parishioners who are recovering from surgery, they can volunteer for the Finance, Fellowship, or Worship Committees, or they can teach Sunday School. Without volunteers for these ministries, life at St. Ambrose would be vastly poorer.

Many parishioners also feel called to serve the outside community. They can do this individually or through non-profit organizations or through St. Ambrose Outreach activities.

As Christ has instructed us, we try to “care for others and the stranger.” Through programs like Sandwiches on Sunday and Home and Hope we serve local meals to the hungry and homeless. We donate food, clothing, and other in-kind items to clients of Peninsula-based Second Harvest Food Bank, PARCA, and Samaritan House. Contributions to the Cambodia Academy, Heifer Project, and the Global AIDS Interfaith Alliance can make a huge difference to the health, education, and economic wellbeing of children in faraway lands. Last but not least, we help to spread the Good News through El Buen Pastore, the Episcopal Church’s Spanish-speaking congregation on the Peninsula, and the United Thank Offering, which supports the Church’s overseas missions.

The above is just a partial list of our Outreach activities. They all began because a single parishioner saw a need, wanted to fill it, and by example caused other parishioners to take an interest. If you have any suggestions or would like to help, please contact Steve Yuen (341-1966, stevebyuen@aol.com).

**Sandwiches on Sunday (SOS)**: Our next hosting is at noon on **Sunday, August 30th**, when we will be serving baked lasagna at the Fair Oaks Community Center in Redwood City. If you can make a dish, please sign up on the sheet posted in the Parish Hall. Please contact Rob Richards (577-8924, rob.richards@tensorlabs.com) if you have any questions.

**Bread for the World:** Continuing through August, members are writing letters to Representative Speier and Senators Boxer and Feinstein. Joining Christians of all denominations, we are asking Congress to re-authorize funding for school breakfasts, summer meals, and Women, Infants, and Children (WIC) nutrition.

Please pick up sample letters and information that has been set out in the Parish Hall. Remember—handwritten letters in your own words will attract the most attention and will probably get an answer. If you have any questions, please contact Steve Yuen (stevebyuen@aol.com, 341-1966).

## "Prioritize” -by Rev. Jay Sapaen Watan

In whatever we do and wherever we are, one of the amazing truths about life is that we are naturally hardwired to seek connections and to be in a relationship. Unfortunately there will be moments where we may find ourselves breaking the heart of someone and there are people out there who consciously or unconsciously will hurt us. In this I hope there will be more moments of celebrating life, but in the times when we must mourn our losses, I pray that God will help us to find a way out of no way and that in the knowledge of peace we find strength. I believe there is a Divine synchronicity - of being at the right place in the right time - that allows us to prioritize our relationships so we can become whole people and be the real presence of Jesus Christ in the places we are called to be. The Holy Sacraments, such as Baptism and Holy Communion, can help us prioritize what matters most.

At the most basic, the Holy Sacraments, the tangible signs of God’s grace, transform us into Holy beings. But the holiness I’m talking about isn’t about being pure or acting like some goodie-goodie two-shoes person. Holiness and wholeness go together because it isn’t only about completeness or satisfaction, but what God is doing to fill the empty spaces of our heart. Holiness is about living into the fullness of God - in the good, the bad, and the ugly of life - it is about living into what we have been hard wired to do and to live into Love. To be holy means to be whole people. It is LOVE that makes us complete! The holy scripture from Ephesians 2:10 reminds us, *For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.*

We may be created from love for love but in our business lives, do we have enough time for love? Laura Vanderkam, a time management guru and a writer for USA Today believes that in most circumstances we do have more time than we think. In fact, she says it isn’t a matter of time, but a matter of priorities. *Instead of saying "I don't have time" try saying "it's not a priority," and see how that feels. Often, that's a perfectly adequate explanation. I have time to iron my sheets, I just don't want to. But other things are harder. Try it: "I'm not going to edit your résumé, sweetie, because it's not a priority." "I don't go to the doctor because my health is not a priority." If these phrases don't sit well, that's the point. Changing our language reminds us that time is a choice. If we don't like how we're spending an hour, we can choose differently.*

For all the brokenness in the world there is a half-filled heart out there seeking to be made whole. May we take the opportunity to prioritize what matters most and to be the presence of Christ in those tender spots.

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## Sea Breeze School News

Summer School is going by so quickly! Preparations for the 2015-2016 school year are well under way.

The summer program has been so busy and exciting. We have had a petting zoo where the children were able to witness one of the ducks lay an egg; the Party Line Express train came back and took everyone for rides around the parking lot and the Happy Birds show came and many beautiful birds entertained the children by singing songs and doing spectacular tricks. Each Thursday the children participate in a parade around the courtyard, and they have the opportunity to show off the artwork that they have created during the week. Many parents start their Thursday mornings with this wonderful entertainment and many pictures are taken and shared.

The 6 week Summer Session for children attending the after school program will end on July 31st, and children in this program will move on to their “big” schools. We look forward to seeing many of these children back in the program for the school year.

Summer Session #2 for the preschool children will end on Friday August 14th. The school will then be closed for a week and there will be lots of activity to get ready for school to open again on August 26th.

Once the school year starts, we will be looking for volunteers to work with our children in the afternoons. If you have some spare time and would like to spend time with the children, please feel free to contact the office. We love to see new faces.

Continued blessings,

Jerelyn Weber

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