

February

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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 Interim Rector

There is a passage from an Anglican monk, Dom* Gregory Dix from *The Shape of the Liturgy*, that is treasured by many seminarians, priests, and liturgy professors. It beautifully describes how Jesus taught us to keep the command of the Eucharist trans-historically across all time. Sadly, Covid-19 has proven to be a conundrum and an interruption to that ancient tradition. Interrupting the Eucharist for the sake of safety of the Body of Christ has been very hard, personally.

Since I was a boy, regular and frequent sharing in the body and blood of Christ has been such an integral part of my life and ministry. Not sharing it, as a priest, has hurt. Yet, celebrating the Eucharist online while those watching cannot receive it feels somewhat unfair. What normally unifies us would feel even more divided. I worry we will get used to not carrying on this treasured command of Christ after nearly a year of 'no communion'. Here are the beautiful words of Dom Gregory:

Was ever another command so obeyed? For century after century, spreading slowly to every continent and country and among every race on earth, this action has been done, in every conceivable human circumstance, for every conceivable human need from infancy and before it to extreme old age and after it, from the pinnacle of earthly greatness to the refuge of fugitives in the caves and dens of the earth. Men have found no better thing than this to do for kings at their crowning and for criminals going to the scaffold; for armies in triumph or for a bride and bridegroom in a little country church; for the proclamation of a dogma or for a good crop of wheat; for the wisdom of the Parliament of a mighty nation or for a sick old woman afraid to die; for a schoolboy sitting an examination or for Columbus setting out to discover America; for the famine of whole provinces or for the soul of a dead lover; in thankfulness because my father did not die of pneumonia; for a village headman much tempted to return to fetich because the yams had failed; because the Turk was at the gates of Vienna; for the repentance of Margaret; for the settlement of a strike; for a son for a barren woman; for Captain so-and-so wounded and prisoner of war;

while the lions roared in the nearby amphitheatre; on the beach at Dunkirk; while the hiss of scythes in the thick June grass came faintly through the windows of the church; tremulously, by an old monk on the fiftieth anniversary of his vows; furtively, by an exiled bishop who had hewn timber all day in a prison camp near Murmansk; gorgeously, for the canonisation of S. Joan of Arc—one could fill many pages with the reasons why men have done this, and not tell a hundredth part of them. And best of all, week by week and month by month, on a hundred thousand successive Sundays, faithfully, unfailingly, across all the parishes of Christendom, the pastors have done this just to make the *plebs sancta Dei*—the holy common people of God...

[...And then there was Covid-19...]

- “Dom” is a title used by monks, from the Latin “Dominus” so as to avoid the clericalism of dividing “Brothers” from “Fathers”. It is not a BDSM title! LOL.

Announcements

Father Shane’s Schedule

We have been working on setting a regular work schedule for Father Shane so that we can all know when it is best to contact him, and also so that he can have some routines (which include day off, Sabbath and study day).

It seems that the best days to have off are Friday and Saturday. From Monday through Thursday, he will be working at the office or from home. While we all know he is available to us when necessary, it would be best to keep communication to emergencies during his days off. Thank you!

Mark Your Calendars

FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 10:00 AM Choral Holy Eucharist, Chapel 11:00 AM Zoom Coffee Hour 12:00 PM Annual General Meeting 4:00 PM Youth Group	1 1:00 PM Monday Zoom Bible Study - Daniel Tate	2	3 10:00 AM Zoom Contemplative Meditation	4	5	6
7 10:00 AM Choral Holy Eucharist, Chapel 11:00 AM Zoom Coffee Hour 4:00 PM Youth Group	8 1:00 PM Monday Zoom Bible Study - Daniel Tate	9	10 10:00 AM Zoom Contemplative Meditation	11	12	13
14 10:00 AM Choral Holy Eucharist, Chapel 11:00 AM Zoom Coffee Hour 4:00 PM Youth Group	15 1:00 PM Monday Zoom Bible Study - Daniel Tate	16	17 10:00 AM Zoom Contemplative Meditation	18	19	20
21 10:00 AM Choral Holy Eucharist, Chapel 11:00 AM Zoom Coffee Hour 4:00 PM Youth Group	22 1:00 PM Monday Zoom Bible Study - Daniel Tate	23	24 10:00 AM Zoom Contemplative Meditation	25	26	27
28 10:00 AM Choral Holy Eucharist, Chapel 11:00 AM Zoom Coffee Hour 4:00 PM Youth Group	1 1:00 PM Monday Zoom Bible Study - Daniel Tate	2	3 10:00 AM Zoom Contemplative Meditation	4	5	6

Wed., Feb. 3, 10:00 am	Contemplative Meditation
Sun., Feb. 7, 10:00 am	Virtual Sundays Liturgy from the Holy Eucharist: Rite II
Sunday, Feb 7 11:00 am	Zoom Coffee Hour
Sunday, Feb. 7 4:00 pm	Zoom Youth Group
Wed., Feb. 10, 10:00 am	Contemplative Meditation
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Sun., Feb. 14, 10:00 am	Virtual Sundays Liturgy from the Holy Eucharist: Rite II
Sunday, Feb 14 11:00 am	Zoom Coffee Hour
Sunday, Feb. 14 4:00 pm	Zoom Youth Group
Wed., Feb. 17, 10:00 am	Contemplative Meditation
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Sun., Feb. 21, 10:00 am	Virtual Sundays Liturgy from the Holy Eucharist: Rite II
Sunday, Feb 21 11:00 am	Zoom Coffee Hour
Sunday, Feb. 21 4:00 pm	Zoom Youth Group
Wed., Feb. 24, 10:00 am	Contemplative Meditation
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Sun., Feb. 28, 10:00 am	Virtual Sundays Liturgy from the Holy Eucharist: Rite II
Sunday, Feb 28 11:00 am	Zoom Coffee Hour
Sunday, Feb. 28 4:00 pm	Zoom Youth Group

Zoom Coffee Hour, contact Ali Le Blanc on 650-281-9236 for questions

Join Zoom Meeting with the following link: [Zoom Coffee Hour](#)

Meeting ID: 872 7420 6121 Passcode: 681474

Zoom Youth Group Meeting, contact Daniel Tate at ym_stambrosefc@att.net or 650-799-7084

Zoom Contemplative Meditation, email Hamilton Fong ([hfongster@gmail.com](mailto:hongster@gmail.com)) or to Nilda Chong (nchongmd@gmail.com) if you wish to be included in the Zoom invitation.

Vestry Announcements – by Jim Neubert

Things to Look Forward to at St. Ambrose Episcopal Church

This year, we will see a number of changes at St. Ambrose. Of course, the best thing is that we will gradually begin re-gathering on some level and eventually to full occupancy. We're just not sure when, and we will continue to follow the path of abundant caution, with Diocesan, State and County guidance.

Among the exciting changes are that the Ladies Bathroom will be remodeled, and the Men's Room is getting new fixtures, in an effort to modernize and be more hands-free. The Rector's office has already been transformed, and the Administration office will gradually be fully upgraded in a more orderly and handsome manner. We are remodeling the Sacristy, in part with a grant from the Deanery.

We are installing a new state-of-the-art Livestream capability, with a control room in the Youth Minister office, near the organ. The worship space will have new lighting and cameras. David McIntyre has been leading this effort for the Vestry. This way, we will have both in-house worship as we begin to re-gather plus continue our YouTube weekly presentation for those who wish to attend from home indefinitely. Our deep desire is to remain connected as a church family.

The Parish Hall is now being used as a Sea Breeze classroom until the appropriate time to transition, post-COVID. It is convenient, and remarkably efficient (thank you, Jerelyn!) as coffee hour cannot be instituted, at least indoors, until after the pandemic has passed.

From the Congregational Survey, the Vestry has developed some new programs and initiatives for the congregation. Some of you are already members of various Zoom Groups (Coffee Hour, Bible Study, Choir, and Altar Guild). Another new one just getting off the ground is a Meditation Workshop led by Fr. Shane, Nilda Chong, Hamilton Fong, and special invited guests. All these persons are leading this because they have various past experiences they will bring to the table.

Another new initiative that was asked for is weekly or bi-weekly walks and hikes in the Bay area, socially-distanced and of different lengths, mostly shorter variety. Jim Neubert and a co-leader will share itineraries up and down the peninsula, based on great knowledge of places to visit and see birds, wildlife, forests or even urban walks. We hope we will have sign-ups and also suggestions on what appeals most to others. We will be starting in the rainy season, so let's stay positive! Also, please email or call Jim if you are interested in this new program.

There have been other suggestions like small group outings, rotating fellowship dinners, outdoor worship service, but all of these are ideas we are not quite yet ready for, as we focus on our health and welfare. When the pandemic is past us, we can go to museums, art galleries, concerts, sporting events, ferry rides to Alcatraz or Angel Island, restaurants, movie theatres. But not now -- not yet.

We have a lot to be thankful for as we pass through the Stewardship and Advent seasons, and we must remember that we are a community of faith and caring for one another. And the pandemic will one day be over. The school will remain and rebound, and so will we!

Vestry Announcements (continued)

New Developments with El Buen Pastore

El Buen Pastore Episcopal Church has endured a lot lately. First, Pastor Anna Lange-Soto retired early in the year, prior to the pandemic. Mother Anna and her church have been close to St. Ambrose for over 15 years. It is well-known how we have tried to support El Buen Pastore. They continue to be a part of our Outreach Program budget. Some of us have attended their services or marched with them for Immigration Reform, or been witnesses in court hearings. They continue to need our help as immigration status is now more hazardous than ever, and families of the church have been directly affected with the current Federal ICE family separation policies. With COVID-19, the Latino community has suffered a lot. Many people have lost their sources of income.

Patricia (Pati) Herrick, Senior Warden, and Manuel Morales are our two main contacts now at El Buen Pastore and Pati is now their leader. You all know them well from their performances and taking home prizes from the Stewardship Dinners the last couple of years in particular. Manuel Morales is the lead musician and director of Music for their congregation. He has also put in a number of hours doing administrative duties now for El Buen Pastore, whose needs have grown with the impacted economy and fears from persecution.

Their next issue is that their worship space at the Lutheran church at Valota Road in Redwood City has come to an end. They have been required to find a new home. The nice outcome to that is that Good Shepherd, Belmont has reached out to them and they are now worshipping there on Sundays. We need to learn more about that arrangement. They say they are very happy there, but they do need help.

After visiting with Pati, St. Ambrose has learned that there is more we can do for El Buen Pastore in these trying times. Fr. Shane and I learned that they can use the following: 1) A new banner for Guadalupe Feast Day, 2) A new Spanish language Bible, 3) Communion wafer packets (sealed), 4) a new printer for their computer, 5) a small stipend increase in Manuel's weekly pay.

Some of this Fr. Shane can do with the Discretionary Fund. Some of it can possibly be addressed with Steve Yuen and our Outreach Committee. With stewardship in mind and with the spirit of the season, we are anxious to help El Buen Pastore however we are able to. If anyone has ideas or comments, please don't hesitate to share them.

In Memoriam

Judy Marshall

Judy Marshall, a long-time member of St. Ambrose passed away late last month from COVID. She is survived by her son Michael and family members in Auburn where she is from.

Judy joined St. Ambrose in the 80s. She was a part of a women's Bible Study Group at that time and briefly served on the Vestry. Over the years she most often attended the 8 o'clock service, and participated in the Lenten Programs and lunches. She had many different jobs in the San Mateo area. Before she retired, about three years ago, she was a sales representative selling office equipment and supplies.

We are waiting to hear from the family if they would like St. Ambrose to have a service to remember her, and will let everyone know when that will be held.



Dorothy Matsuo

I met Judy during the time Sumner Walters was the Rector (mid-80s?). Judy and I were newly elected members of the vestry and during that time it was a tradition to have the new vestry go on a retreat and assist the Rector in planning the church calendar. Judy and I became friends, but she realized after serving on the vestry for about three months, "it" wasn't for her and she resigned. I can still see her storming out of the Parish Hall when she made the announcement. Judy was a very strong woman, grounded and a single mom to Michael whom she doted and loved. I can't think Judy ever served on a church ministry, e.g. outreach or feeding the hungry at the Martin Luther King Recreational Center. Judy told me before joining St. Ambrose, she was a former member of St. Paul's in Burlingame and sang in the choir. About two years ago, Judy was asked to be a Lector at the 8am service and on her first assignment, failed to show up. She was peeved with Fr. David whom she said did not "train" her and just expected Judy to show up on her assigned Sunday and DO IT. I assured her that's how we all learned. And she never spoke about being lector again.

Judy had many jobs, working in several San Mateo restaurants (remember The Shadows in San Mateo?) waitressing, cocktail hostess and even being a beautician. Just before she retired, about three years ago, I think she was a sales representative selling office equipment and supplies(?). She worked hard to provide a good home for her son.

I don't remember if Judy had any "close" friends from church. She would take personal trips and would mention "Rosemary", someone I never met. But somehow we enjoyed each other's company and at Kiyoshi's memorial service, she and Michael came to the service and Judy was touched that her son would accompany her. Maybe that is the reason he phoned me to find help when Judy was failing. Judy's family is from Auburn and she often spends her weekends there with brothers and sisters and their families. She inherited her mother's house which her niece and husband live in now.



From the Junior Warden – by Shelley Keefe



Dear Fellow St. Ambrose Parishioners,



In Memoriam

We are saddened to announce the passing of the Rev. Sumner F.D. Walters, Jr. A resident of Walnut Creek, Walters served as Diocesan Ecumenical Officer 2000-2018. He died Saturday, January 9, 2021. Details about a planned memorial service will be [posted to this link](#).

Almighty God, we remember before you today your faithful servant Sumner; and we pray that, having opened to him the gates of larger life, you will receive him more and more into your joyful service, that, with all who have faithfully served you in the past, he may share in the eternal victory of Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Link: [Rev. Sumner F.D. Walters, Jr.](#)

Respectfully,

Shelley, Junior Warden

Youth Ministry and Youth Group News – by Daniel Tate

Last month, in addition to our regular Sunday 4:00 p.m. Zoom sessions for one of our on-site church projects, we did some work in the garden, cleaning up the weeds, some pruning of the palm trees, and some more planting of flowers. Some of our early plantings in October are coming up now, cabbage, kale, and carrots. Also coming up are many of the bulb flowers. In late February, we are planning for another planting session which will include wheat, something we have done for the last three years. This is the wheat that we have used in the past that is made into communion bread. The date for the planting will be forthcoming.

We are planning to put together additional outdoor activities for the month of February and will send out invitations by e-mail.

Also last month, we again prepared lunches for Sandwiches on Sunday with our Outreach Leader Stephen Yuen. On Saturday the 30th at the church, we made about 80 sandwiches and put together some fruit and snacks into lunch bags and prepared them for giving out to people the next day Sunday at the Fair Oaks Community Center in Redwood City. This is something we will be doing throughout the year this year. The upcoming dates for making sandwiches on Saturdays for distribution the following day will be 5/30, 8/29, and 10/31.

St. Ambrose Youth Group has a ZOOM meeting every Sunday from 4:00 – 5:00 p.m. College, high school, and middle school youth, including those who have just completed the fifth grade are all welcome. Friends are welcome too! Please contact Daniel Tate by e-mail at ym_stambrosefc@att.net if you or a friend would like to join in and have not yet received a link. Usually five to ten youth participate in each meeting. Each meeting includes talking about the highs and lows that we've had during the past week, reflection on scripture, and an activity or game. **Please join us!**

Also, here are a few service and learning opportunities at St Ambrose that youth might be interested in doing in order to keep active and get out of the house and away from the online life; and to be around some nice people at the church:

Technicians: Every Sunday we produce an on-line YouTube broadcast of our worship service. We are still looking for people to train and to help out. If you are interested in learning how we produce our Sunday morning services, please contact me.

Readers: During each worship service, church members read the lectionary scripture for the day, and the Prayers of the People. Traditionally, adults have filled these roles, but now we're looking for our youth to take part too.

Musicians: If you like to sing or play an instrument, there are plenty of opportunities to do that at St. Ambrose. On Saturdays we record the music to be spliced into the live broadcast recordings on Sundays. During the service, the prelude, the postlude, the main anthem, the offertory, and the hymns, all offer a chance for singing or playing an instrument. If you are a beginner or expert, either one, Maureen Fromme and Frank Saunders, our music leaders are happy to teach, assist, and accompany.

Hymns for February – by Maureen Fromme

TWO HYMNS FOR LENT

The month of February brings us a month that is short in the number of days, but makes up for it in a major liturgical way:

February 2 - Presentation of Jesus in the Temple;
February 9 and 16 - Final Sundays after Epiphany;
February 17 - Ash Wednesday;
February 21 and 28 - First two Sundays in Lent

In looking through the wealth of hymns that are possibilities for these special days, I decided to focus on Lent and will be sharing with you two hymns that have a connection with one another – they are both based on the same hymn tune, Bourbon, named for the county in Kentucky where Freeman Lewis composed the music.

The first hymn is “Now Let Us All with One Accord” (1982 hymnal #147). The text is a translation of words originally penned by Pope Gregory, whose name has been associated with Gregorian Chant (the use of the term is another story to be dealt with at another time). The poem is a prayer for forgiveness and an encouragement for all of us to honor Christ, as well as Christians past and present, and to follow the great example set by our Lord “in love and unity and peace”.

<https://youtu.be/Qloswmies0U>

Also, suitable for the season of Lent is the hymn “Take Up Your Cross” (1982 hymnal #675). The inspiration for this hymn comes from the Gospel of Mark 8:31-38 in a poem written by American minister Charles William Everest (1814-1877). Each verse begins with the four words in the title. We are encouraged to be His disciples, and are promised to be steadied by His strength.

What can each of us do during the season of Lent is to “take up our cross”? I am sure that such a topic would lead to interesting discussion and insight.

https://youtu.be/RjAPJI1_fFc

Thank you,

Maureen

February Outreach Report – by Steve Yuen

Not one of us expects that things will go back to the way they were before the coronavirus, and St. Ambrose Outreach programs are no exception. All of them have had to change, and some will be cancelled. Those that continue will require more funding than before, and we will strive through the church and as individuals to support them.

But the Outreach ministry has always been about more than giving money.

Businesses and churches, including ours, have demonstrated enormous creativity in continuing their core missions. We will need more of that creativity to figure out how to serve the community and how to maintain a personal connection with those to whom we minister.

The answers aren't obvious, and we welcome advice about how we can move forward.

If you would like to volunteer or have any questions or suggestions, please contact Steve Yuen (650-341-1966) or stevebyuen@aol.com).

Sea Breeze School News – by Jerelyn Weber, Principal

Sea Breeze Registration School Year 2021-2022

If you have or know of anyone needing a school for next year, our registration is now open. Registrations will be accepted in order received and in priority placement for all classes. **All current students must register each year. These registrations will be dated and processed in the order in which they were received.**

Summer School will begin June 21. Classes will be offered for children who will be three years old by December 2, 2021 up to children who will be eligible to attend the first grade in August.

Sea Breeze is open five days a week between the hours of 7:30 a.m. and 5:00 p.m. School Year 2021-22 begins in late August – full and part time classes will be offered for 3, 4 and 5 year olds for Preschool and Transitional Kindergarten. We will also be offering very limited space in our private kindergarten class. After School Care is available for children attending Foster City School in Grades 1 through 3.

For applications and additional information, please email Wendy Walker, Admissions Director at: wwalker@seabreezeschool.com

Respectfully,

Jerelyn

The Editor's Corner—by Yvonne Sidell



"This is the day the Lord has made; let us rejoice and be glad in it"
—Psalm 118:24

Today you were handed from God 24 hours to live life to the fullest.

That's 1,440 minutes or 86,400 seconds.

Sometimes we get so busy and distracted we miss the fact that each rising sun brings new opportunities and adventures on this planet we call Earth. God gives us one new day at a time so that we aren't distracted by the future or paralyzed by the past.

Today is the first day of the rest of your life. Make the most of today. Enjoy God's gift to you. You can accomplish a great deal with the 1,440 minutes in a day. Today, stop and take advantage of all that God has provided for you. Here are a few suggestions:

Tell someone you love him/her.

Write a kind note to a friend.

Stop and enjoy the sunset.

Take 20 minutes of the 1,440 you have today and talk to God.

Memorize this verse: "This is the day the Lord has made; let us rejoice and be glad in it" Psalm 118:24.

February Birthdays & Anniversaries

Birthdays

Meltem Tanner	3
Nathan Matsuo	7
Andy Walker	7
Marilyn Stephens	9
Charlotte Bradford	20
Linda Censoprano	20
Joshua Franco	24
Liv Dahdah	25
Dilip Selvaraj	27
Valerie Mersh	28



Anniversaries

The Rev. David Ota & Karen Swanson	4
Charlene & Keith Adolph	5
Dilip Selvaraj & Teresa Rajaratnam	8