

July

2021

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 Senior Warden

Dear Beloved Community of St. Ambrose,

I am so thankful that we have been able to re-gather in person for the last five weeks. Our numbers are still small, but it has been such a relief to see fellow parishioners again. Although we hear so much about things returning to 'normal', all our lives have been changed during the pandemic and the life of our church has changed.

Thanks to the vision of St Ambrose's leadership team, we have good technical equipment in place to continue live streaming our Sunday, 10:00 a.m. worship services. The live stream is still well attended, and we have heard from old friends and former parishioners how much they enjoy joining us virtually. A couple of weeks ago, we started training new members of the stream team so that these duties can be assigned on a rotation rather than relying on a small number of volunteers. **If anyone would like to join the team, we'd love to include you, let me know!**

We still are not permitted to sing in church so pre-recording hymns and choral music will continue, although it is a gift to hear Frank play for us live again. The Thursday recording sessions have been very enjoyable and formed another new team within our church family.

Over the next few months, we look forward to being more present to each other through increased office hours, restoration of a second Sunday service. Some of our meetings will become an in-person/Zoom hybrid to encourage participation.

During the pandemic, we were able to complete other Buildings & Grounds projects that had been on the radar for a while. The ladies' restroom received a chic makeover and we made improvements to the electricals. In the next few months there may be some crashing and banging going on in the Sacristy while the cabinetry is replaced with more modern and manageable storage.

During the pandemic, we learned to both celebrate and mourn virtually. Sadness at the death of Judy Marshall touched our church family and, most recently, at the loss of Peggy Redmond. We hope to conduct a memorial for Peggy in July. Please send us your thoughts on how we might best remember her.

Respectfully Yours,

Shelley Keefe

Announcements



We are now resuming in-person service and need volunteers for Worship Leaders. We will need Intercessors, Lectors, Greeters, Ushers, Acolytes, Livestream Technicians, and Thursday Recording Technicians.

Please sign up on Signup Genius for as many weeks and for as many opportunities you can fill or email us at Stambrose@minspring.com. No experience necessary.

Click on the following link: [Sign Up Genius](https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-worship) or

<https://www.signupgenius.com/go/60B0D4FA5A82CA0F94-worship>

Rides for Gene Hetzer

Gene Hetzer a longtime church member and Carl his guide dog need rides on an alternating basis from church members. Please contact Jim Neubert to schedule a day for driving.

Contemplative Meditation Group

St. Ambrose has a wonderful "Contemplative Meditation" group who meet each week on Hump Days. That's right! After the first two hectic days of the week, it's just time for a much needed 30+ minute break.

Beginning with his monastic early life, Father Shane has a lifetime of meditation. From this wealth of experience and knowledge, Father Shane draws inspiration from various forms of contemplation as well as meditation.

Of course, we all know that schedules can get in the way of participating...even on Zoom. We have been recording some of the sessions and are making them available for your practice on your own time. How about that?!

Please email me at [hfongster@gmail.com](mailto:hfangster@gmail.com) if you have any questions or would like to request access for the recordings...maybe even the Zoom link to join us. *Thank you, Hamilton Fong.*

Mark Your Calendars

JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 10:00 AM Choral Holy Eucharist, Chapel 10:00 AM Youth Group 11:00 AM Zoom Coffee Hour	28 1:00 PM Monday Zoom Bible Study - Daniel Tate	29	30 10:00 AM Zoom Contemplative Meditation	1	2	3
4 10:00 AM Choral Holy Eucharist, Chapel 10:00 AM Youth Group 11:00 AM Zoom Coffee Hour	5 1:00 PM Monday Zoom Bible Study - Daniel Tate	6	7 10:00 AM Zoom Contemplative Meditation	8	9	10
11 10:00 AM Choral Holy Eucharist, Chapel 10:00 AM Youth Group 11:00 AM Zoom Coffee Hour	12 1:00 PM Monday Zoom Bible Study - Daniel Tate	13	14 10:00 AM Zoom Contemplative Meditation 5:00 PM Altar Guild Meeting	15	16	17
18 10:00 AM Choral Holy Eucharist, Chapel 10:00 AM Youth Group 11:00 AM Zoom Coffee Hour	19 1:00 PM Monday Zoom Bible Study - Daniel Tate	20	21 10:00 AM Zoom Contemplative Meditation	22	23	24
25 10:00 AM Choral Holy Eucharist, Chapel 10:00 AM Youth Group 11:00 AM Zoom Coffee Hour	26 1:00 PM Monday Zoom Bible Study - Daniel Tate	27	28 10:00 AM Zoom Contemplative Meditation 6:00 PM Buildings and Grounds Meeting, Zoom 7:00 PM Vestry Meeting, Zoom	29	30	31

DATE

EVENT

Sun. July 4 10:00 am	Virtual Sundays Liturgy
Sun. July 4 10:00 am	Youth Group, Courtyard
Sun. July 4 11:00 am	Coffee Hour, Zoom & Courtyard
Mon. July 5 1:00 pm	Zoom Bible Study
Wed. July 7 10:00 am	Zoom Contemplative Meditation
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Sun. July 11 10:00 am	Virtual Sundays Liturgy
Sun. July 11 10:00 am	Youth Group, Courtyard
Sun. July 11 11:00 am	Coffee Hour, Zoom & Courtyard
Mon. July 12 1:00 pm	Zoom Bible Study
Wed. July 14 10:00 am	Zoom Contemplative Meditation
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Sun. July 18 10:00 am	Virtual Sundays Liturgy
Sun. July 18 10:00 am	Youth Group, Courtyard
Sun. July 18 11:00 am	Coffee Hour, Zoom & Courtyard
Mon. July 19 1:00 pm	Zoom Bible Study
Wed. July 21 10:00 am	Contemplative Meditation
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Sun. July 25 10:00 am	Virtual Sundays
Sun. July 25 10:00 am	Youth Group, Courtyard
Sun. July 25 11:00 am	Coffee Hour, Zoom & Courtyard
Mon. July 26 1:00 pm	Zoom Bible Study
Wed. July 28 10:00 am	Contemplative Meditation
Wed. July 28 6:00 pm	Building and Grounds Meeting
Wed. July 28 7:00 pm	Vestry Meeting

Youth Ministry and Youth Group News – by Daniel Tate

July

We Have Re-gathered!

Bishop Marc established May 23, 2021 as our post-pandemic re-gathering date, and so the Youth Group are welcome to meet in person now too. We have begun meeting outside in the courtyard at 10:00 a.m., the same time worship services begin. We will be maintaining protocols that protect everyone in the church (mandatory face masks, social distancing, cleaning). Join us and re-establish connections with your friends! Invite your friends!

Acolytes

We are looking for Acolytes! This is a great low-key way to be of service, and to learn about and be a part of the history and tradition of our church.

Summertime

We will be continuing with maintaining and doing more planting in our Youth Garden. We may also have another Pizza Day onsite in the courtyard. Be on the lookout in your email box for information and invitations.

September

On Sunday, September 26, Bishop Marc is planning to do Confirmations at Grace Cathedral. Several of our members, both adult and youth, are ready to be received or confirmed. For the youth of the group, Confirmation is follow-up to the Inquirer's classes they took in late summer last year with Mother Swanson. I'll be reaching out as more information becomes available.

Ongoing Opportunities for Learning or for Service at the Church

Technicians: Every Sunday, even though we have re-gathered, we produce an online YouTube broadcast of our worship service. We are still looking for people to train and 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. 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.

Respectfully Yours,

Daniel Tate

Hymns for July – by Maureen Fromme

“America, the Beautiful”
Hymn 719

Ah July – the month for sun and sand, corn on the cob, cookouts and ice cream. It’s also the month when we can celebrate our country: **July 4 – Independence Day!**

I have recordings of various patriotic songs, but one of my favorites is “*America, the Beautiful*”, where we sing about the beauty of our country as well as its history.

The poet who penned the words was Katherine Lee Bates (1859-1929). She was a professor of English Literature at Wellesley College in Massachusetts. She was also a writer and a social activist. During one summer, she was invited to teach a class at a college in Colorado. The train trip across the country and her trek to Pike's Peak served as her inspiration for this song: the wide open skies, the growing crops, the mountains, the oceans. Through all of this, she wishes for God's grace upon this country.

The second verse speaks of heroes “who more than self, their country loved, and mercy more than life”. The third verse speaks of the dreams that patriots have for this country.

Her poem appeared in print in 1895 and spread to various other publications. Sometimes it was sung to various tunes, including the tune used for “Auld Lang Syne”. Eventually it was paired with a tune by Samuel A. Ward (1848-1903). He was an American organist and composer from New Jersey. He had written the tune “Materna” for use with a hymn entitled, “O Mother Dear Jerusalem”. In 1910, a music editor combined the text by Ms. Bates to the tune by Mr. Ward, the version which appears in our hymnal.

One interesting aspect of the song, which makes the music quite easy to learn, is that the four phrases of the song all contain the same rhythm. As you listen to and sing this song, be attentive to the words and the meaning that the song has for us as we celebrate Independence Day (this year that might include freedom from masks).

<https://youtu.be/MY3AH14R3mw>



Respectfully Yours,

Maureen Fromme

July Outreach Report – by Steve Yuen

Sandwiches on Sunday – May 30

For the second time this year, St. Ambrose assembled 80 brown-bag lunches for the Fair Oaks Community Center in Redwood City. Since 2003, come rain or shine, we have made meals for whoever shows up at Fair Oaks on the fifth Sunday of a month.

The process goes more smoothly each time. In January, we had to go back to the store three times because of—let's make it sound less bad by using business terminology—omissions in the bill of materials for the manufacturing line. On Saturday, May 29, we went to the supermarket only once, this time for bread.

Most bread isn't marked with the number of slices on the package, and the packages are often opaque, so it's hard to count the slices yourself. We needed two sandwiches per bag x two slices per sandwich x 80 bags = **320 slices!**

No one told us there would be math!



Thanks go to the people who assembled the sandwiches on Saturday.

Elliot Dun
Elliot Dun, Jr.
David McIntyre
Lydia McIntyre
Cathy Rincon
Daniel Tate

After retrieving the bags from refrigerators, Steve Yuen and Shai and Phoebe Venkat (pictured) distributed the lunches to 40 people. Steve took the unclaimed 12 bags and bottled water to the Catholic Worker House. The CWH is a place to leave donations like extra food including perishables, clothing, and other useful items. The materials are cleared off the porch every day.

The next Sandwiches on Sunday will be on **August 29**. If you would like to participate in Outreach 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

June was here and we were thankful to have completed a very successful school year!

On Friday June 11, we hosted a drive-thru graduation ceremony for over 100 children and their families. Edgewater Boulevard was decorated with signs of congratulations and the parking lot was filled with bubbles and sounds of excitement!

After a week of preparations, we started Summer Camp on Monday, June 21 with 100 children. After a couple days of tears for our youngest learners, all was well. We are looking forward to many fun activities this summer and have already made ice cream and slime, all while watching the silkworms grow. The children are really enjoying gathering the leaves for the worms and are amazed each day at how much they eat.

We are hopeful that within the next seven weeks of camp, the children are able to witness the entire cycle of the silkworm development.

As the teachers and children enjoy the summer activities, Wendy (our Admissions Director) and I are preparing for fall. I am pleased to say that we are fully enrolled in our preschool program and are continuing enrollment in the after school program. If you know of any families needing care for their children that attend Foster City Elementary, please send them our way. We are also continuing our Kindergarten program this year and we do still have room for a couple more children that are looking for an amazing Kindergarten experience.

I do hope you all enjoy your summer and if you are traveling, please travel safely.

Stay cool!

Respectfully Yours,

Jerelyn Weber

The Editor's Corner – by Yvonne Sidell



“If I speak in the tongues of men and of angels but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.
 –1 Corinthians 13:1-3

Sometimes I feel like I can't do much to serve God or help my family and friends. But, about the time I feel helpless, God reminds me that the greatest gift I can give to other people is LOVE!

People respond to love. People respond to you sharing your life with them. Today I want to offer you a beautiful thought about sharing:

There isn't much that I can do, but I can share my bread with you and sometimes share a sorrow, too – as on our way we go.

There isn't much that I can do, but I can sit an hour with you and I can share a joke with you and sometimes share reverses, too – as on our way we go.

There isn't much that I can do, but I can share my flowers with you and I can share my books with you and sometimes share your burdens, too – as on our way we go.

There isn't much that I can do, but I can share my songs with you and I can share my mirth with you and sometimes come and laugh with you – as on our way we go.

There isn't much that I can do, but I can share my hopes with you and I can share my fears with you and sometimes shed some tears with you – as on our way we go.

There isn't much that I can do, but I can share my friends with you and I can share my life with you and oftentimes share a prayer with you – as on our way we go.

July Birthdays & Anniversaries

Birthdays

David McIntyre	1
Lauren Yates	1
Katharine Jew	5
Joanne Kerseg	15
Doug Merkel	15
Nathan Frisch	16
Carolyn Franco	16
Marie Mendoza	18
John Paul Schwab	18
Olivia Nagar	25
Jill Schwab	25
Debbie White	27
Wilson Morales	30



Anniversaries

Charlotte and Bill Bradford	1
Randy and Katherine Jew	5
Lillian and Jay Watan	8
Fe an Andrew Balamiento	18
Jeanne and Ted Ozeki	29