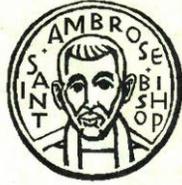


June
2016
Edition



The Ambrosian

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

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Interim Editors:
CD & S. Rowsell

Reflections from our Rector

Dear Members and Friends of St. Ambrose Episcopal Church,

Aloha! As we enter the month of June I am aware of how we are entering into a transition to our summer schedules. The choir and Sunday School will complete its program year on **June 12th**. The Sunday School will move into a Summer Sunday School schedule. The Saturday Evening Worship Services will have its last services for the school year on June 4th and 18th, until we start up again on **August 27th**. Many of you will be taking trips.

Recently I read about how people today do not suffer from a lack of commitment. On the contrary, we tend to be over-committed to many important activities. We are involved in our children's education and formation to be good citizens. We care for our aging parents. We strive to be proficient in our work duties. We seek to be involved in the local community. We seek to continue to grow in our faithfulness as Christians. These are not mutually exclusive of one another, but these commitments do put a strain on us. How do we keep body and spirit together?

One example is Sunday School for our children. The traditional Sunday School is a great opportunity for children to learn about Sabbath rest and the stories of the Christian tradition as recorded in the Holy Bible. However, as the commitments of our lives tend to overlap with one another, parents have found it more and more difficult to bring their children on a weekly basis, or even twice a month.

In a society where we multi-task and bring our work home with us via our cell phones or lap-tops, it is difficult to create the space and time to nurture our faith in a loving God. More and more we will have to nurture our own faith at home. We will have to create disciplines and practices to do at home what we would also do as we gather as a congregation.

Our Sunday School uses the Sparkhouse Sunday School curriculum which is developed by the Evangelical Lutheran Church. Our Summer Sunday School beginning on June 19th will be using the Spark Story Bible, Family edition which contains 100 bible stories with illustrations and activities. The Vestry and I have decided to purchase enough of these bibles to give one to each family of the Sunday School so they can

Rector's reflections continued...



develop the practice of reading these stories together at home.

The practices of reading the Bible, taking Sabbath rest, giving of ourselves for the sake of loving our neighbors, and prayer throughout the day are the ones that will sustain us even if we are “on the road” and unable to gather for the Holy Eucharist.

I invite you this summer to consider renewing yourselves by developing your spiritual practices so you may be able to fulfill your ministry as God's beloved people today.

Yours,

David Ota, Rector

Holy Baptisms in May

- Elizabeth Topou Rawley was baptized on the Day of Pentecost, May 15th, 2016. Congratulations to Josh Rawley and Grace Salum, her parents, and to Bill, Charlotte, Poppy and Mary Bradford and Richard Salum and Jason Salum, her godparents.
- Cameron Rocco Jew was baptized Trinity Sunday, May 22nd, 2016. Congratulations to Randy and Katharine Jew, his parents and to Jacinda Wong and Alejandro Shepard, his godparents.

May Her Soul Rest in Peace

Evelyn Harbold passed away quietly at her home on May 19th, 2016. She was laid to rest on May 24th, 2016 at Cypress Lawn Memorial Park. Her memorial service will be held at St. Ambrose Episcopal Church on **Saturday, August 27th, 2016** at a time to be arranged. May her soul and the souls of all the departed through the mercy of God rest in peace.

Thanks

- Thanks to Don and Elizabeth Peter who arranged for flowers on Mothers' Day, and the baptismal cakes for Elizabeth Topou Rawley and Cameron Rocco Jew.
 - Thanks to Sunday School Teachers for 2015-2016, Christina Brockman and Gwen Juha, preschool class; Raphael Gerber, Liva Neyroud, and Teresa Rajaratnam, kindergarten through second grade class; Sandy Schowendgert, third grade through fifth grade class; Barbara Milligan, assistant and substitute teacher, and Lizz Klammer who filled the role of Sunday School Superintendent. They worked together wonderfully to provide Sunday School classes in each Sunday
 - Thanks to Father Jay Watan for leading the youth ministry and teaching the Youth Sunday School class.
 - Thanks to Maureen Fromme for leading the 2015-2016 choir this year with grace.
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2016 Vestry News

The 2016 Vestry met on May 24th.

- The Community Outreach Working Group reported that they arranged for St. Ambrose to have a booth at cityFEST on **Saturday and Sunday, June 4th and 5th**. They are seeking volunteers to serve in the booth. They have brochures and pens to give away and promote St. Ambrose.
- The Capital Campaign for Housing reported that they will be meeting with Davey Gerhard, the Diocese of California Director of Development on **June 19th at 11:45 a.m.**
- The Disaster Preparedness Committee met on May 23rd. Vanessa Brannon, the Foster City CERT Coordinator gave an overview of preparing our families for a disaster. The committee continues to work on developing the Disaster Plan for St. Ambrose. The next two meetings are **Sunday, June 26th at 11:30 a.m. and Sunday, July 24th at 11:30 a.m.**
- The Vestry considered whether a policy for Merit or Bonus Pay should be adopted, and decided not to adopt a policy for Merit or Bonus Pay for church staff.
- The Vestry approved a proposal to purchase Spark Story Bibles, Family edition for each family of the Sunday School, as a way to encourage the families to read the bible stories together.
- The Rector informed the Vestry that he will take his sabbatical month from **July 18th through August 17th** in part to be present when Father Jay Watan is away during the mission trip from July 10th to 17th. The Rector plans to participate in a conference at Luther Seminary, St. Paul, Minnesota entitled, "Rethinking Sunday Morning" from **July 27th to 29th**.

Saturday Evening Worship for June and August

Our Saturday Evening Worship this month will be held on **June 4th and 18th at 5:30 p.m.** This worship service has been held twice a month through the school year. The Rector has decided to take a summer break for July. He has determined that there are still enough families to continue the service during the school year. He suggests that we promote the Saturday Evening Worship more in the fall. He will start the Saturday Evening Worship again on **Saturday, August 27th** and will hold services on the **second and fourth Saturdays** in the fall of 2016. If you are unable to worship on a Sunday, consider coming on Saturday evening.

Study Groups in June

The Monday Book Study group meets in the foyer on **June 6th and 13th from 12:45 – 2 p.m.** They are now reading the section, "Walking Luke's Roads of Riches," in the book, The Hidden Power of the Gospels. One of the lessons learned this past month is that as we mature in faith, we are to live not only for the moment, but to strive to live in an open and giving way. We will be able to strive for a less ego driven life when we practice the disciplines of prayer, reflection and seeking feedback from wise counselors.

The Tuesday evening Bible Study group will meet on **Wednesday, June 8th from 7 p.m.** in the Wong's home. They are reviewing the riches of The Book of Common Prayer with the help of The Prayer Book Guide to Christian Education published by Morehouse Publishing.

The Wednesday evening Bible Study group meets on **June 1st, 15th and 29th** in the foyer at **7:30 p.m.** They are now reading Paul's Letter to the Philippians. After that they will begin reading Paul's Letter to the Galatians.

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

ABUNDANCE ORCHARD VBS Camp - August 8-12, 2016

Our Vacation Bible School at St. Ambrose will focus on stories about food and eating with Jesus. Children will learn how people in our world need help getting enough to eat, and how God provides and challenges us to help. Through bible stories, songs, food and fun activities, our campers can gain confidence to share the blessings of God's abundance with all people. Faith grows with actions of compassion, gratitude & grace.

Registration is \$85 and open for children ages 4 through 10. Camp will include music, stories, crafts, games, a t-shirt, snacks, and lots of fun! A portion of the registration will go to support The Society of St. Andrews' mission to bring food to feed hungry people. **Registration will be limited to 25 campers and closes on Monday, July 25th, 2016.**

For more information, please **contact the Rev. Jay Watan at 415-309-8968 or via email at igorothighlander@hotmail.com.** Registration forms available in the church office.

Mark Your Calendars:

- Saturday Evening Worship, Saturday, June 4th, 5:30 p...m, Chapel
 - CityFest Booth: Saturday, June 4th and Sunday, June 5th,
 - Special Diocesan Convention: Saturday, June 11th, 10:30 a.m., Grace Cathedral
 - Youth Camping Trip with the Asian Commission: Friday, June 17th to 19th, Lake Oroville
 - Saturday Evening Worship, Saturday, June 18th, 5:30 p.m., Chapel
 - Capital Campaign Working Group Meeting: Sunday, June 19th, 11:30 a.m., Kitchen
 - Disaster Preparedness Committee Meeting: Sunday, June 26th, 11:30 a.m., Room 1
 - Youth Mission Trip: Sunday, July 10th to Sunday, July 17th, San Diego
 - Rector's Sabbatical month: Monday, July 18th to Wednesday, August 17th
 - Disaster Preparedness Committee Meeting: Sunday, July 24th, 11:30 am, Kitchen
 - Sandwiches on Sundays: July 31st, 11:30 am, Fair Oaks Community Center
 - Vacation Bible School: Monday, August 8th to Friday, August 12th, 8:30 a.m. to 12 Noon, St. Ambrose Parish Hall
 - Saturday Evening Worship, Saturday, August 27th, 5:30 p.m., Chapel
 - Evelyn Harbold Memorial and Reception, Saturday, August 27th, time to be arranged, Chapel and Parish Hall
 - Saturday Evening Worship, Saturday, September 10th, 5:30 p.m., Chapel
 - S.F. Giants and St. Louis Cardinals game, Friday, September 16th, 7:15 p.m.
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Outreach Report - by Steve Yuen

Sandwiches on Sunday (SOS): On Memorial Day weekend St. Ambrose volunteers served a lunch of baked chicken and rice to 60 diners. As is our custom at the beginning of the meal, we introduced ourselves to the gathering and said grace:

O Heavenly Father, we thank you for bringing us together on this beautiful day. And we thank you for the men and women of our armed forces, most especially for those who sacrificed life and limb for our nation. Help us to bring comfort to their families and honor their memory through service of our own. Bless this food to our use and us to your service, through Jesus Christ our Lord. Amen.



Several attendees said that they appreciated our profession of faith, and one lady asked Father Jay Watan to pray with her after lunch was over.

We had prepared food, and St. Pius Catholic Church had made up brown bag lunches, for double the number of people, but no worries; all was either eaten or taken home in containers.

Many thanks go to our volunteers. Cooks: Keith and Charlene Adolph, Dorothy Matsuo, Jim Neubert, David Ota, and Irene Stead. Cooks and servers: Tippy Irwin, David McIntyre, Cathy Rincon, Rob Richards, Jay Watan, Brett Yates, David Yates, Lauren Yates, Susan Yates, and Steve Yuen.

Our next hosting is on **Sunday, July 31st**, when we will be serving baked lasagna. Please contact Rob Richards (577-8924, rob.richards@tensorlabs.com) if you have any questions.

Outreach Donations: At its May 1st meeting the Outreach Committee unanimously approved \$2,300 in donations, as shown below. The Outreach budget for 2015 is \$8,100:

<u>Program</u>	Approved <u>Feb. 7</u>	Approved <u>May 1</u>
CALL Primrose – Safeway Gift cards	\$ 80	
Cambodia Academy		\$ 500
Church Divinity School of the Pacific	1,800	
El Buen Pastore – Musician	600	600
Global AIDS Interfaith Alliance (GAIA)		300
Heifer International		500
Home and Hope	300	
Hope Lutheran Church (Home and Hope supplies)	100	
Ombudsman Services of San Mateo County		400
Sandwiches on Sunday (St. Pius Church)	300	
Total from Outreach Budget	<u>\$ 3,180</u>	<u>\$ 2,300</u>

Notes on May donations:

- 1) Cambodia Academy – this donation covers the yearly cost of tuition, uniforms, books, food, and transportation for two students.

- 2) El Buen Pastore – this is the second of three \$600 installments to the Peninsula’s Spanish-speaking Episcopal ministry.
- 3) GAIA – St. Ambrose has been donating to GAIA since 2009, and its founder, the Rev. Bill Rankin, has made presentations to the congregation.
- 4) Heifer International (heifer.org) helps impoverished communities through donations of livestock and instructions about how to create income through sustainable agriculture.
- 5) Ombudsman (OSSMC)– Diane Robertson is a volunteer and Tippy Irwin is the Executive Director. OSSMC’s charter is to ensure that long-term elder care facilities comply with health and safety codes. OSSMC receives some government funding, but it is reliant on grants and donations to fulfill its mission.

If you have any questions about Outreach activities, please contact Steve Yuen (stevebyuen@aol.com, 341-1966).

“What Will They Remember?” - by Rev. Jay Sapaen Watan

As a parent of young children I wonder just how my children will remember their childhood. Will it be a joyful time? Will they learn positive values and receive the education needed to achieve fullness in life? Will they learn to trust in God and to look for what’s right around them? Will they grow up feeling loved and cared enough to be resilient and flexible in a world that can be confusing and full of challenges? Or will they need therapy because of their childhood? I’m kidding, but I certainly pray that this will not be the case. Yet I find that many of the issues many of us deal with are related to unresolved matters from our childhood. What I do know is, that with any role we are given in life, we have the opportunity to grow into it and to strive to become better a step at a time. Study, hard work, an open mind and a bit of humility are needed.

I realize almost any question we have about our children goes back to knowing who we are and trusting who God created us to be. If we want to influence others, then the change we seek can only come from within ourselves, with God’s help. Parker J. Palmer, founder of the Center for Courage and Renewal in Seattle, Washington, reminds us that *we teach who we are*. It’s an important factor to note considering how much we worry about all the negative influences out there in the world. Truth is, I believe parents and caregivers still hold the greatest influence on the younger generation. Our children may not do exactly what we want them to do, but our actions speak louder than words. They are paying attention to us.

I hear often how discouragement makes us question if we are enough and how doubt fools us to believe that we have to be more than who we are. But God is faithful and there comes a certain freedom when we are able to trust God. One of my favorite passages comes from Job:

God’s voice thunders in marvelous ways; he does great things beyond our understanding. He says to the snow, ‘Fall on the earth,’ and to the rain shower, ‘Be a mighty downpour.’ - Job 37:5-6 (NIV).

God asks the snow simply to fall and for the rain to come down to do its thing. And this scripture speaks of Divine intention to be the one God created us to be. No more and no less. While we may not fully understand God, if we’re living into the Lord’s intention, joy and the peace that passes all understanding will guide our way.

So what will my children remember? This question of legacy is a living thing. Yes, I want them to know about the unconditional love of God, to remember moments with family and friends that last a lifetime. I would like them to cherish their time learning in school, serving at church, playing

sports and finding joy in art and music. Most of all I believe what matters most will be the way they take my words and actions and translate it into their very own understanding of how to live life fully in their own unique way.

Now that will be a beautiful thing!

There are different kinds of spiritual gifts, but the same Spirit is the source of them all.
– 1 Corinthians 12:4 (NLT)

St. Ambrose Disaster Preparedness Committee – by Marilyn Stephens, member Disaster Preparedness Committee, St. Ambrose

Greetings from your St. Ambrose Disaster Preparedness Committee,

The Episcopal Church is encouraging all congregations to have a disaster preparedness plan. As a religious community, this brings up different questions and needs as well as our own family and individual safety in the event of a disaster. The Foster City Fire department has an excellent guide "Emergency Preparedness -- a Guide for Families and Individuals" that our committee is using to develop our ideas. We are attempting to blend this with what the church represents in the face of a disaster and what we as a church community can support.

At our last meeting, we had a guest speaker, Vanessa Brannon, who is our Foster City CERT coordinator. Here are some of the ideas for family emergency preparation:

- Focus on emergency supplies for 3 days or 72 hours during and after a disaster.
- Medications-prescriptions you take daily--especially heart, diabetic and respiratory medications and oxygen dependent individuals-basic First Aid Kit.
- Cash- up to \$300.00 will be needed. Banks, ATMs, debit or credit cards may not work for several days, cash is king in an emergency.
- Copies of all your important papers, insurance, identification, passport copies.--storing these with your emergency supplies.
- Food for 3 days, look for things that have long expiration dates-so you do not have to replace them frequently, 1 gallon of water per person per day.
- Plan for pets as well.
- Have an emergency bag readily available, backpack or fanny pack in case you must exit your home in a hurry, a back pack leaves your arms free.
- Practice getting out of your house and have a meeting place.
- Have a contact out of state that you can report to regarding your current situation.
- Texting is recommended as the best way to communicate in a disaster.

These are just a few of the ideas and suggestions to help secure our safety and comfort in the event of a natural or manmade disaster. Also, it was a helpful reminder that stores, banks, pharmacies will be closed and emergency service workers may not be able to reach you. Having a plan and supplies in place should give us all peace of mind that we can survive in reasonable comfort and safety.

There is one question to think about, "How can the physical and spiritual church help in a disaster?" Churches have been historically viewed as a sanctuary in times of war and disaster.

It is important that St. Ambrose continues to function as a spiritual home, even if the building is damaged, and how as members we could support this effort.

Sunday School Celebration! - by Lizz Klammer, Children & Family Ministry Coordinator

On **June 12th**, St. Ambrose's Sunday school classes will come together for an end of year celebration and look back at all the wonderful lessons, projects and activities that the children and youth have done throughout the year. The children will start the celebration off with a "Find The Word" hunt and gather clues to reveal a quote from Jesus and use the words to create an inspirational piece of art for the Church Parish Hall.

My first year as Coordinator for Children and Family Ministry has been enlightening and has given me insight on how to improve my duties. Reena Davis and Fr. Jay are developing an integrated calendar that will show Sea Breeze and St. Ambrose Family activities that will help coordinate family events. Communication is the key to a successful program and your ideas and suggestions are welcomed. My email is lizz.klammer@altavistaschoolsf.org. The recent Survey Monkey for Sunday school has shown the need for reminders for Sunday school and for family events. Postcards and emails will be sent in August for our Fall Sunday School Kickoff.

Friends ask me what my favorite bible verse is. My favorites all include the word "wisdom". This verse speaks to me this week: "Let the word of Christ dwell in you richly, in all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with grace in your hearts unto God." The joy of seeing our Sunday school teachers working, and planting the seeds of God's gift of wisdom into our youth is truly a blessing. A blessing that should be celebrated!

Sea Breeze School News – by Jerelyn Weber

June is here and as the school year begins to wind down we find ourselves amazed with the progress that the children have made and proud of all they have accomplished. This is a time of year filled with mixed emotions among all of us. So many friendships have been made and as many of the children leave us to go on to "big school". We are happy that they are ready to move forward and sad that we will not see them each day. We wish them all the best of luck.

School ends on **June 9th** for the preschoolers and on **June 15th** for the After School Program. Summer school starts for both programs on **Monday June 20th**, and our enrollment is very strong. We are preparing to learn all about the different types of transportation around us, what things live under the sea and so many other exciting things. The After School Program will be following a camping theme through the summer and will be making tents, s'mores and all the great things that go along with a camping trip.

Fall enrollment is very strong with only a few spots remaining in the morning part time programs. While looking at the needs of the families in our community we discovered a large need for After School Care for children in the elementary school, and very little need for the part time preschool programs in the afternoon. For these reasons, we found it necessary to discontinue our afternoon

preschool classes and increase the size of After School Program to accommodate a total of 70 children in grades Kindergarten through third grade. This program is fully enrolled for the fall.

Sea Breeze will be a very exciting place to be a child this summer. If you know of anyone that is looking for a great school for their child this summer, please send them our way.

Many of our teachers will be traveling this summer and we pray that they each have fun and safe travels. If you are traveling this summer, please be safe and enjoy yourself.
