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**Interim Editor:**

*CD & S. Rowsell*



The Ambrosian

The Monthly Newsletter of St. Ambrose Episcopal Church

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March

2017

Edition

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• Add a highlight or your point of interest here.

• Add a highlight or your point of interest here.

Dear Members and Friends of St. Ambrose Episcopal Church,

Aloha! As we enter the month of March we enter simultaneously into the Season of Lent with Ash Wednesday, March 1st. You are encouraged to attend Ash Wednesday services at St. Ambrose either at 12:10 p.m. or 7:30 p.m. to begin your Lenten discipline to prepare yourself to fully experience the joy of the Resurrection on Easter Sunday.

The Season of Lent is an opportunity to explore how we may have lost our way or lost our balance in living faithfully. Sometimes we push ourselves too hard to achieve what we believe is important at the time. Sometimes we focus on the small things in our lives, and don’t consider how we are part of God’s larger whole. Sometimes we act as if we will live forever, and lose sight that today is a gift, and the people we share that gift with are precious too.

We begin the Season of Lent with these words in the liturgy for Ash Wednesday: “Remember that you are dust, and to dust you shall return.” We mark one another on our foreheads with the sign of the cross to remind ourselves that we are a people called to live the Resurrection faith. As I mentioned before, the cross we bear, according to Alexander Shaia is the four-fold path of the spiritual journey as revealed in the four gospels. We are called to come to terms with change which often means loss, to struggle through the suffering we will experience because of that loss, until we rediscover that despite the change or loss we are still God’s beloved ones, and can then move out in strength in the power of the Resurrection to serve once again.

Part of what it means to remember that we are dust and to dust we shall return means that we will not be here forever. If we are to be faithful, then we must provide for those we love and leave behind with a will. The Book of Common Prayer calls the clergy of the congregation to remind the people to make wills while in health, arranging for the disposal of their temporal goods, especially if they have children, and for all people to make bequests for religious and charitable purposes. (BCP, 445) This past month the Vestry was notified that Norman and Hilda Bryan Family Trust left an endowment gift to St. Ambrose and the Diocese of California.

# Reflections from our Rector

## Rector’s reflections continued…



This was a bequest stating the importance of the ministry of this congregation and the diocese in their lives, and their desire to continue supporting it.

It is also important for members of the congregation to consider leaving instructions for burial with the clergy. This will be a gift to loved ones left behind in planning a funeral or memorial service. The form for “Instructions for Burial” is printed in this newsletter.

Also, part of what it means to remember our mortality is to pay closer attention to our neighbors, the people with whom we share our lives. I invite you to participate in the Lenten program this year which will be focused on how we may deepen our relationships with others.

I invite you to a Holy Lent, so you may be renewed in your faith and live in love and charity with all people.

Yours,

David Y. Ota, Rector

P.S. Karen and I will be on vacation from Monday, March 13th to Monday,

March 20th visiting our son Paul on Oahu. I will return to the office on Tuesday, March 21st.

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| --- |
| **INSTRUCTIONS FOR BURIAL**  “The liturgy for the dead is an Easter liturgy. It finds all its meaning in the resurrection. Because Jesus was raised from the dead, we, too, shall be raised.  The liturgy, therefore, is characterized by joy, in the certainty that ‘neither death, nor life, nor angels, nor principalities, nor things present, nothings to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.’  This joy, however, does not make human grief unchristian. The very love we have for each other in Christ brings deep sorrow when we are parted by death. Jesus himself wept at the grave of his friend. So, while we rejoice that one we love has entered into the nearer presence of our Lord, we sorrow in sympathy with those who mourn.” *The Book of Common Prayer,* page 507.  (When possible, it is suggested that you fill out the following in consultation with your clergy.)  “The death of a member of the Church should be reported as soon as possible to, and arrangements for the funeral should be made in consultation with, the Minister of the Congregation.” *The Book of Common Prayer*, page 490.  Circumstances permitting, I wish my Burial Service to take place at:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Church Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Celebrant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  “Baptized Christians are properly buried from the church. The service should be held at a time when the congregation has the opportunity to be present.” *The Book of Common Prayer,* page 490.  The service shall be “The Burial of the Dead” from *The Book of Common Prayer:*  \_\_Rite I or \_\_Rite II  \_\_ I request the Burial Office only be read.  \_\_ I request the Burial Office and Eucharist be done.  Suggested Pall Bearers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  If possible, I would like to have the following Psalms and Lessons: (for suggestions, see *The Book of Common Prayer,* pages 494 ff.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  I would especially like the following hymns: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  “The coffin is to be closed before the service, and it remains closed thereafter. It is appropriate that it be covered with a pall or other suitable covering.”  Note: Some parishes permit the use of a pall only, within the church building.  Memorials may be made to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  I prefer to be: \_\_ Buried or \_\_Cremated  Ashes at Memorial Service: \_\_\_Yes or \_\_\_No  \_\_ Before or \_\_After the Funeral  Disposal of Ashes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Location of cemetery lot deed, crypt deed, columbarium contract:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  I have made arrangements to have certain parts or all of my body donated to:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Funeral Home to use:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Coffin Specifications: \_\_ Least expensive \_\_ Mid range \_\_ Elaborate  I \_\_do \_\_do not wish to have my coffin open at the funeral home.  Other information for my survivors:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Signature Date  This guide was prepared by the Episcopal Diocese of California to encourage thoughtful funeral preparation. |

**Thanks**

* Thanks to Don Gundry, Barbara Milligan, Jim Miller and Michael Lord who joined the Rector in attending the Vestry Training workshops at Grace Cathedral on Saturday, February 11th.
* Thanks to Lizz and Brian Klammer for organizing the Mardi Gras Party on Sunday, February 26th. Thanks to everyone who helped including the Ajit and Wilson families in cutting food for the chicken gumbo and setting up the Parish Hall, Nellie Wong and Jenny Huang in bringing rice, Raphaele Gerber and Clara Padilla in bringing bread and butter, Marilyn Stephens and Eva Kwong in bringing salad, Raphaele Gerber in bringing fruit salad and an almond King’s cake, Maureen Fromme and Warren Wong in bring King Cakes, and Lizz Klammer in making the Gumbo and Red Beans and Rice.
* Thanks to Raphaele Gerber for organizing the Newcomers Gathering on February 26th.

**Study Groups in March 2017**

The Monday Bible Study group will meet on **March 6th and 27th from 12:45** **p.m.** in the foyer. They are reading the Book of Genesis. This study group is led by the Rector.

The Tuesday Evening Study group usually meets on **March 14th and 28th** from **7 p.m.** in the Wong’s home**.**

The Wednesday Bible Study group meets on **March 8th and 22nd** from **7:30 p.m.** in the foyer. They are reading the Book of Daniel.

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

**Saturday Evening Worship Discontinued**

The Rector has decided to discontinue the Saturday Evening Worship on the second and fourth Saturdays from 5:30 p.m., as the worship attendance has declined to the point that only a few people would come. He spoke to all those who attended the worship service over the past month and explained the reason. Originally, the Saturday Evening Worship service was an attempt to meet the needs of families and individuals who could not make Sunday worship due to time conflicts. The Rector is open to restarting this worship service if there are enough people who would attend it.

**Lenten Lunches and Lenten Program: Becoming Neighbors, growing in relationship**

Our practice on Sundays during the Season of Lent is to have Lenten lunches of soup, salad and bread following the 10 a.m. service of Holy Eucharist followed by a program of learning beginning at 12 Noon. The Lenten program this year will be more experiential and participatory than in past years. Instead of listening to a lecture and presentation of learnings from the Rector and others, the intention this year is to have practices that will help us grow in relationship with our families, our congregation, those newcomers who seek a spiritual and religious community, and our sister congregation, El Buen Pastor, Redwood City. The schedule for the program is as follows:

**Sunday, March 5th**: Growing in relationship with our families, the practice of FAITH 5, the Rev. David Ota

**Sunday, March 12th:** Growing in relationship with El Buen Pastor, the Rev. Anna Lange-Soto and members of El Buen Pastor

**Sunday, March 19th:** Growing in relationship around table fellowship, an Agape Meal, the Rev. Jay Watan, Nellie Wong and Eva Kwong

**Sunday, March 26th:** Growing in relationship with fellow church members, the Rev. David Ota

**Sunday, April 2nd:** Growing in relationship with newcomers, the Rev. David Ota

We hope that as many members of the congregation will participate in our Sundays in Lent program of table fellowship and learning to grow in relationship.

**Stations of the Cross in Lent**

Join the Rector for the Stations of the Cross on the following Fridays of Lent, **March 3rd, 10th, 24th, 31st, and April 7th from 12:10 p.m.** in the Chapel. This is a slow meditative practice of reading, prayer and reflection.

**Outings to S.F. Giants game**

St. Ambrose will once again attend San Francisco Giants games. The games will be as follows:

* **Friday, May 12th, 7:15 p.m.,** Giants and Cincinnati Reds, View Reserve Section 314
* **Friday, July 7th, 7:15 p.m.,** Giants and Miami Marlins, View Reserve Section 318
* **Friday, September 1st, 7:15 p.m.,** Giants and St. Louis Cardinals, View Reserve Section 319

Mark your calendars and plan to join in the fun.

**Mark Your Calendars**

Ash Wednesday Holy Eucharist with the Imposition of Ashes: **March 1st, 12:10 p.m. & 7:30 p.m.,** Chapel

Youth Confirmation Classes: **March 1st, Ash Wednesday 7:30 pm**

Administrative Assistant on vacation: **March 2nd – 8th**

Choir Practice: **Thursdays,** **March 2nd, 9th, 16th, 23rd, 30th, 2017 7:30 p.m.,** Chapel

Stations of the Cross: **Fridays, March 3rd, 10th, 24th, 31st and April 7th, 12:10 p.m.,** Chapel

Deanery of the Peninsula Meeting: **Saturday, March 4th, 10:00 a.m.,** Good Shepherd, Belmont

Children’s Choir Practice: **Sundays, March 5th, 12th, 19th and 26th, 11:15 a.m.,** Chapel

Youth Confirmation Classes**: Sundays, March 5th and 12th, 8:00 - 9:45 a.m.**

Lenten Lunches: **Sundays, March 5th, 12nd, 19th, 26th and April 2nd, 11:15 a.m.,** Parish Hall

Lenten Program, Practicing FAITH 5: **Sunday, March 5th, 11:45 a.m.,** Parish Hall

Monday Bible Study: **March 6th and 27th, 12:45 p.m.,** Foyer

Home and Hope: **Tuesday, March 7th & Thursday, March 9th,** Hope Evangelical Lutheran Church

Wednesday Bible Study: **Wednesdays, March 8th and 22nd, 7:30 p.m.,** Foyer

Lenten Program, Growing in relationship with El Buen Pastor: **Sunday, March 12th, 11:45 a.m.,** Parish Hall

Rector on vacation: **March 13th – 20th**

Tuesday Bible Study: **Tuesdays, March 14th and 28th, 7:00 p.m.,** Wong’s home

Finance Committee Meeting: **Sunday,** **March 19th**, **11:30 a.m.** Courtyard

Lenten Program, Agape Meal: **Sunday, March 19th, 11:45 a.m.,** Parish Hall

Building and Grounds Committee: **Tuesday, March 21st, 6:00 p.m.,** Rector’s Office

St. Ambrose Sea Breeze School Board Meeting: **Tuesday, March 21st, 7:00 p.m.,** Parish Hall

Youth Confirmation Class: **March 26th, 10:00 a.m.,** Holy Child & St. Martin Episcopal Church, Daly City

Lenten Program, Growing in relationship with fellow church members: **March 26th, 11:45 a.m.,** Parish Hall

Vestry Meeting: **Tuesday, March 28th, 7:00 p.m.,** Parish Hall

Lenten Program, Growing in relationship with newcomers: **April 2nd, 11:45 a.m.,** Parish Hall

Youth Confirmation Class Service Day: **Monday, April 3rd, 9 a.m. to 12 Noon,** Bayview Mission, San Francisco

Youth Confirmation Class, Palm Sunday: **Sunday, April 9th, 8:30 a.m. to 11:20 am**

Maundy Thursday Liturgy: **April 13th, 7:30 p.m.,** Chapel

Good Friday Liturgies: **April 14th, 12:10 p.m. and 7:30 p.m.,** Chapel

Great Vigil of Easter with Holy Baptism: **Saturday, April 15th, 8 p.m.,** Chapel

Easter Sunday Liturgies: **April 16th, 8 a.m. and 10 a.m.,** Chapel

Easter Egg Hunt: **Sunday, April 16th, 11:30 a.m.,** Courtyard and Playground

## Outreach Report - by Steve Yuen

**Church Divinity School of the Pacific**

The Church Divinity School of the Pacific (CDSP) has trained Episcopal clergy since its founding in 1893. Originally named Gibbs Hall after the businessman who donated the San Mateo site, the seminary was moved to Grace Cathedral after the 1906 earthquake, then relocated to Berkeley in 1924.

CDSP is a founding member of the Graduate Theological Union (gtu.edu), which is a consortium of theological schools of different denominations—Baptist, Episcopal, Lutheran, Presbyterian, United Church of Christ, Methodist, Unitarian, Catholic—that are clustered around the UC-Berkeley campus. Members of the GTU share faculty, library and other resources in order to provide students with perhaps the finest theological instruction in the country.

*Ordinations are exhausting! Rebecca Goldberg, Barbara Saunders, and Maureen Fromme outside Grace Cathedral in 2014*

Our two clergy, David Ota and Jay Watan, attended CDSP and received their Masters Degree in Divinity, an important step toward ordination. Most recently, long-time St. Ambrose parishioner Rebecca Goldberg received her MDiv degree in 2012 and was ordained in 2014.

Parishes in the Diocese are expected to contribute at least one percent (1%) of their income to CDSP. As we have for the past three years, we will donate $1,800, 21% of our Outreach budget, to the school.

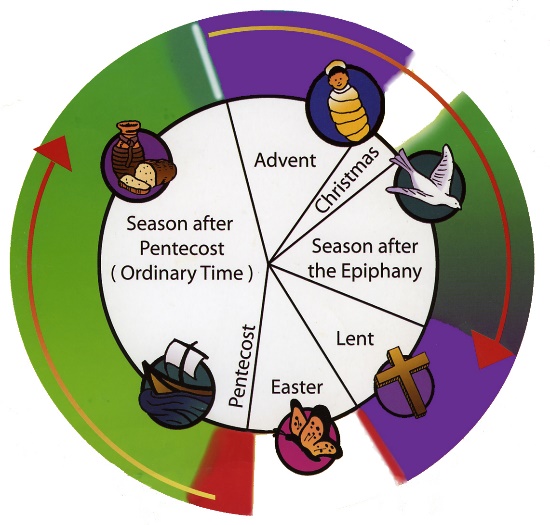
(For more information, visit the website at cdsp.edu.)

**Upcoming Event**

**Home and Hope**: It’s not too late to sign up! Hope Evangelical Lutheran Church will host four families—11 to 15 people, half are children—during the week of March 5th. We need a few more volunteers to make dishes on **Tuesday, March 7th** and **Thursday, March 9th**. Steve Yuen will pick them up at your house, or you can drop them off at the church or Hope Lutheran. 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)

# “Seasons”- by Rev. Jay Sapaen Watan

If I were to ask our school children sometime this month, “What season are we in?” most will respond by saying it’s “Spring.” Some do so because they know the beginning of Springtime has traditionally been associated with the month of March, others because it’s easy to smell fresh flowers blooming, to see the leaves on trees growing, and to feel the warmth of sunshine all around when it isn’t raining. But it’s not the only season worth observing. The Christian Church has liturgical seasons that follow the life of Jesus’ Church in a way that invites in us to enter a space for reflection, mindfulness, growth, and action. In many ways, the season of the church – Advent, Christmas, Epiphany, Lent, Easter, and Pentecost - reflect a life cycle that flows from preparation, birth, life, death, resurrection, and living life anew.



March 1st marks the beginning of Lent in 2017. Lent itself is a period of preparation in which Christians remember the life of Jesus through prayer and penance. Lenten practices such as the disposition of ashes, changing what we eat, giving up modern amenities, washing people’s feet, praying through the Stations of the Cross, or engaging in works of service may seem austere to those not familiar with the tradition. Yet such action invites us to examine who we are at our core. So, while the season of spring can be experienced outside in the world, the experience of Lent is a movement to journey inward to discover, return, and reconnect with the Divine and to live as the one God calls us to be. It’s a spiritual time that can humble our heart and open our spirit to something new.

Although Lent may evoke in us somber tones because it eventually leads us to reflect on the meaning of Jesus’ death of the cross, and to repent from the brokenness we contribute to. The Lenten season has more to do with the transforming nature of Jesus’s life and ministry. That to me is both intriguing and exciting. Because self-examination is like cleaning out the junk we thought we wanted but really don’t need in our spiritual and emotional garage. Though challenging and ego shattering, to change our thinking based on our connection with Jesus is life giving.

The scriptures of the Revised Common Lectionary (RCL) this Lent will take us from Jesus in the wilderness, to his meeting with Nicodemus and the Samaritan woman, the healing of a blind man, the raising of Lazarus, and the passion narrative, revealing to us the wonders of God’s love. We hear the stories of Jesus walking with us along the way and knowing exactly who we are. We also become conscious of God’s saving action, that while human beings may be unwilling, in Christ, God gives us second chances again, and again, and again. With God’s help, we can rise above the power of sin and death and be “born from above… of water and Spirit.” (John 3:1:17).

In all the theological language and ritual that surround the season of Lent, I have come to understand that this season is about finding answers to the question, “Who am I?” However, it’s not just about me, but also about asking, “Who am I related to?” Henri Nouwen wrote in his Genesee Diary some helpful advice when on the journey of self-discovery, connection and renewal. “*In your meditation you can ask yourself, ‘Where is the glory of God? If the glory of God is not where I am, where else can it be?’”*

God’s glory is revealed in us. We are made in the image of God. And living into this awareness of who we are positions us to flow in the go of a great cycle of undeniable love. It’s just another way of seeing things, but I find God’s intention grounding in a world that seems hell bent to blow us way off our center.

So, as we enter into Lent, I would like to thank you again for your faithfulness. May this season invite us to reflect on God’s transforming love and to seek ways to life anew. In the words found in the opening proclamation of the Ash Wednesday liturgy,

*I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us know kneel before the Lord, our maker and redeemer.”*

My friends, have a **blessed Lent**, and **God Bless You!**

# Sea Breeze School News

It is a very busy time of year for us and we are all moving very quickly. We hosted our Annual Open House on January 31st and registration for fall opened on February 1st. We had a great turnout for the Open House and saw many new faces visit that were interested in learning more about Sea Breeze. Open House is always a fun time for teachers, as they get to showcase their classrooms and the great work they do with the children each day. Registration is going well and some of our programs are already fully enrolled for next year. If you or anyone you know is looking for a quality school experience, please contact the office for more information.

Our After School program continues to be strong and is in high demand for next year. San Mateo Foster City School District has recently published their new school calendar for next year, and we are busy aligning our schedules to meet theirs. The changes they have made make it necessary for us to run a 7 week School Age summer session to meet the needs of the children attending Foster City Elementary and an 8 week Summer Camp for our Preschool aged children. Summer registration has started and is filling up quickly.

SAVE THE DATE for the Annual Family Fun Day! We will host our second Annual Family Fun Day on May 13th here at St. Ambrose Sea Breeze School. There will be fun for all. We will have a Cake Walk, A Science Booth, Arts and Crafts, Face Painting, A Bounce House, a Fire Truck, A Children’s Safety Booth staffed by Foster City Police Officers offering fingerprinting information and so many more exciting things. We hope you will come out and enjoy the fun!

We always welcome volunteers into our programs to work with the children, and if you are interested in helping out, please feel free to contact the school office.

Wishing you many Blessings.