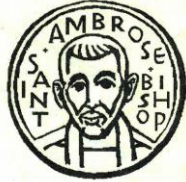


**MAY**

**2018**

**Edition**



# The Ambrosian

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

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## Reflections from our Rector

Dear Members and Friends of St. Ambrose Episcopal Church,

Aloha! During the month of May, the youth group and their parents will be hosting a Parking Lot Sale on Saturday, May 12; the Children and Family Ministry will be hosting a Mothers' Day Breakfast on Sunday, May 13; and, we will be celebrating the birth of the Church with the gift of the Holy Spirit on the Day of Pentecost, May 20.

Thanks to the leadership of Brenda Joe-Matsuo, the parents of the youth group are hosting a Parking Lot Sale to raise monies for the Youth Mission Trip. We have a Youth Fund which we use to support the Mission Trip to pay for the adult chaperones and the vans. Over the years, this fund has been well used and it is great that we are going to replenish it. So I ask you to donate items which could be sold, or to come and rent a parking lot space and sell your own things.

In the process, people will meet and greet, share stories and get to know one another. One person's item could become another person's new treasure. The Parking Lot Sale also gives the youth an opportunity to use their energy to work for the Mission Trip to Smith River with the Sierra Service project. In addition to the service they will provide, they will learn about themselves and bond to one another.

The Mother's Day Breakfast is the initiative of the Rev. Karen Swanson and the Children and Family Ministry. It will be held from 8:45 a.m. in the Parish Hall, between the 8:00 a.m. and 10:00 a.m. services of Holy Eucharist. This breakfast will provide our children an opportunity to express their thanksgiving to their mothers. Thanks to the fathers who will be making the breakfast.

On the Day of Pentecost held Sunday, May 20, we have the opportunity to be reminded how the Holy Spirit has inspired the disciples to proclaim the Resurrection of Jesus. They proclaimed the good news to Jewish pilgrims who came to Jerusalem who spoke different languages and yet they understood. As Christians, we are called to be united in the Spirit of God's love. We may come from different places, and have different upbringings, but we become part of God's family because the Spirit of Jesus is among us.

## Reflections from our Rector *(continued)*

The church through its life is called to be God's family. Through our worship and prayer, activities such as Sunday School, youth group, fellowship dinners, outreach to our neighbors in need, and care for one another, we become bound to one another as God's family. And through our life together, I hope we make room for others to join us and to find a place among us as children of God through Jesus the Christ. This is done through the Spirit who forms us and calls us to live in love and service.

Yours,

David Y. Ota, Rector

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## Announcements

### THANKS to...

- To members of the St. Ambrose Capital Campaign Executive Committee: Jim Miller and Elliott Dun, co-chairs; Marilyn Canon, Administrator; April Cherrington, Shelley Keefe, Jim Neubert, Charles Saunders and the Rector, David Ota. Thanks also to Jason Vuong Do and Christina Mathis, as our consultants for the Diocese of California's Expanding Horizon Campaign who are advising the committee.
- To everyone who donated a cake or baked good for the Sea Breeze School's Cake walk during their 3<sup>rd</sup> Annual Family Fun Day on Saturday, April 21.
- To everyone who donated food or served on Sunday, April 29 for Sandwiches on Sundays at the Fair Oaks Community Center.

### The St. Ambrose Capital Campaign

The Rector and the St. Ambrose Capital Campaign Executive Committee are in the early stages of the effort to raise monies for a Clergy Housing Fund for a future Rector or clergy. Members are asked to prayerfully consider how they may contribute to the campaign.

### Study Groups in May

- **The Monday Evening Study Group** has embarked on the Good Book Club daily lessons from Luke and Acts in the seasons of Lent and Easter. At each of our meetings, on the second and fourth Mondays of the month, we will discuss the readings we have completed to that point. For more information on the Good Book Club go to the link: <http://www.goodbookclub.org/readings/>

They will meet this month on **Monday, May 14 at 7:00 p.m.** at a place to be determined.

- **The Tuesday Bible Study Group** meets each week from **12:45 to 2:00 p.m.** in the foyer. In May, they will be meeting on **May 1, 8, 15, 22 and 29** and reading the Book of Job.

The study groups are open to any interested person.

### Outings to S.F. Giants Game

Our second opportunity to attend a Giants baseball game will be on:

- **Friday, May 18, 7:15 p.m.**, Giants and Colorado Rockies, View Reserve Section 314, Rows, 14, 15 and 16. The tickets cost \$29 for Row 14 and \$28 for Rows 15 and 16.

We have 25 tickets for each game. Mark your calendars and plan to join in the fun!

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## **Announcements (continued)**

### **Mark Your Calendars**

Tuesday Bible Study: **Tuesdays, May 1, 8, 15, 22 and 29, 12:45 to 2:00 p.m.**, Foyer

Capital Campaign Executive Committee meetings: **Thursdays, May 3, 10, 17, 24; June 7, 14, 21 and 28, 7:00 p.m.**, Chapel

Day of Discernment: **Saturday, May 5, 9:00 a.m. to 3:00 p.m.**, St. James Episcopal Church, 1540 12<sup>th</sup> Avenue, Oakland

Home & Hope: **Tuesday, May 8 and Thursday, May 10, 6:00 p.m.**, Hope Evangelical Lutheran Church, 600 42nd Avenue, San Mateo

Woods-to-Waves Fundraiser for St. Dorothy's Rest: **Saturday, May 12**, St. Dorothy's Rest, 160 St. Dorothy Avenue, Camp Meeker

Youth Mission Trip Parking Lot Sale Fundraiser: **Saturday, May 12, 8:00 a.m.**, St. Ambrose Parking Lot

A Family Affair: **Saturday, May 12, 12:00 p.m.**, Parish Hall

Eucharistic Visitor and Eucharistic Minister Training: **Saturday, May 12, 2:00 – 5:00 p.m.**, True Sunshine Episcopal Church, 1430 Mason Street, San Francisco

Mother's Day Breakfast: **Sunday, May 13, 8:50 a.m.**, Parish Hall

Monday Bible Study: **Monday, May 14, 7:00 p.m.**, Location to be determined

The Rev. Karen Swanson away to serve in the Virgin Islands: **Monday, May 14 through Thursday, June 28**

Day of Pentecost: **Sunday, May 20, 8:00 a.m. and 10:00 a.m. services**, Chapel

United Thank Offering Ingathering: **Sunday, May 20, 8:00 a.m. and 10 a.m. services**

Youth Group Meeting: **Sunday, May 20, 8:00 a.m.**, Room 5

S.F. Giants and Colorado Rockies Game: **Friday, May 18, 7:15 p.m.**, AT&T Park

The Day of Pentecost: **Sunday, May 20**, Holy Eucharist, **8:00 a.m.**, and Choral Holy Eucharist, **10:00 a.m.**, Chapel

Rector at Renewal Works Presentation: **Thursday, May 24, 10:00 a.m. to 2:00 p.m.**, St. Mary the Virgin, 2325 Union Street, San Francisco

Deanery of the Peninsula Meeting: **Thursday, May 24, 7:00 p.m.**, Transfiguration Church, San Mateo

Office Closed for Memorial Day Holiday: **Monday, May 28**

## From the Desk of The Rev. Karen Swanson

### Mother's Day Breakfast For All

Although mothers and women will be specially honored at the St. Ambrose breakfast on Sunday, May 13, all are warmly invited to join in the feast. The breakfast will be served from 8:45 – 9:45 a.m. The Sunday School children will have decorated the parish hall and prepared “gourmet” muffins for guests to enjoy, along with the scrambled eggs, sausage and fruit prepared by the team of men and boys in the kitchen. **Please sign up on the sheet in the parish hall to save your spot, and to alert the planners of your intent.**

### Rev. Karen to Lend a Hand in the U.S. Virgin Islands

The Rev. Karen Swanson will leave the Bay Area on May 14 to help with the spiritual and emotional recovery of the U.S. Virgin Islands and the Episcopal Church there. As you may recall, last fall they were hit by two successive Category 5 hurricanes, Irma and Maria. Residents are still suffering financially as the tourist-based economy slowly recovers from the devastating double punch.

In addition, the people are struggling with a sense of isolation from the rest of the church and the nation. Some are haunted by memories and nightmares of the hurricanes, and others wonder why. Rev. Karen will relieve Episcopal clergy there who have not had a vacation since the hurricanes roared in. She will preach and lead Bible studies, with a focus on pastoral care, and the re-development of the islands under the auspices of Episcopal Relief and Development. Rev. Karen will return to St. Ambrose in early July.

In her absence, Liva Neyroud will handle the administrative aspects of Sunday School and the Children and Family ministry. She can be reached at [liva.neyroud@sbcglobal.net](mailto:liva.neyroud@sbcglobal.net) or at 650-620-9545. Please keep Rev. Karen and the Episcopal Church in the Virgin Islands in your prayers.

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## From the Desk of Daniel Tate, Seminarian

Dearest Members of St. Ambrose,

It's been a wonderful experience for me this past year getting to know everyone and being in the St. Ambrose community. I've thoroughly enjoyed everything I've done and been involved with – from singing in the choir, preaching, sitting around and talking during coffee hour, to going to many various meetings, Bible studies, assisting at the altar, and more. I've learned so much shadowing Father Ota and Father Watan.

It's also been wonderful getting to know the people at the Sea Breeze School. I've enjoyed shadowing Principal Weber and the teachers. It's been a great learning experience seeing how they teach the kids while getting a general idea about how things work at the school and in conjunction with the church.

I've especially enjoyed time with the church youth group and after school kids at Sea Breeze putting together (and working on) the wheat planting and gardening project. It's been fun!

I'm sad that the year has passed by so quickly though. It's seems like I just got here! However, I'm coming back in the fall for another round, so I'll get to know everyone on a deeper level and learn even more. Although I'll be away for part of the summer, the wheat growing and gardening project will continue – and in the fall, hopefully we'll have a great harvest to celebrate!

It's been an unbelievable gift to be here. I'm grateful. See you in the fall!

Yours,

Daniel Tate

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## “Courage and Responsibility” – by The Rev. Jay Sapaen Watan

Last month my daughter, Kieran, was given an assignment from her Kindergarten teacher, Ms. Caputo, to care of a plushy hand puppet dog toy named Andy. Andy is the class mascot and since the beginning of the New Year, one member of the class is given the responsibility to care for Andy for one weekend. The young students are given a class journal to add stories of their adventures with Andy. I was amazed to see Kieran embrace her given responsibility. For one weekend Andy traveled with us and this plushy toy was part of the family. From dance class, mealtimes, and church, to the movies and even down the Coke bottle slides at AT&T Park during a Giants game, Andy joined in everything we did. Initially, I thought Kieran wanted to create a nice narrative in the class journal to compare with her classmates. But I realized having Andy with us was more than connecting a good story. Kieran really wanted to take responsibility for Andy’s well-being and do a good job at it.



Kieran & Andy

Suppose we actually value ourselves on who God created us to be, rather than what we think we ought to be? Suppose we even know how to live into the one God created us to be? As we struggle with creating connections that authentically honor our humanity and God given spirit, I wonder about the value we place on our capacity to make real connections in this place that is broken and beautiful, chaotic and creative, acrimonious and adventurous, limited and life-giving. The answer to the question, “Who am I?” seems even more important as we see more incidents of rage and violence among those struggling to find meaning, significance, and a sense of being good at something in this world.

Seems to me that we put a lot of energy into our identities. From the clothes we wear, to the cars we drive, these outer expressions of identity offer superficial glimpses of our being. Go deeper into identity and we start noticing how we passionately differentiate ourselves into ethnicity, race, culture, generation, gender, orientation, class, work, education, community, ideology, faith, and even in sports team affiliation – yet they still do not fully account for the wholeness of who we are. We are what we think about...but what about those things about ourselves that reside in the shadows of our awareness? So I wonder, when identity sinks into the subconscious, where internalized oppression, victimhood, or post-traumatic stress hinder our people from letting go and being whole, just how can we move upward without feeling inauthentic or needing retribution?

Perhaps, this is where the archetypal stories found in the Holy Scriptures and Christian Tradition can help us. Archetypes are narratives that contain a shared truth of who we are, and orientates us on how to act in the world. And the Bible does this well. St. Paul reminds in the 2<sup>nd</sup> letter to the Corinthians 13:5, “*Do you not realize that Jesus Christ is in you?*” In other words, the Christ, embodied in the person of Jesus, is actually a part of us. We hear this in John’s prologue, where the Christ that has always existed as the Logos, God’s intention meant to be shared. Creator and creation go together and shines Divine light on the part of us that still needs to grow. St. Gregory of Nyssa once said, “*Sin is the refusal to keep growing.*” And sin separates us from love.

## **“Courage and Responsibility” (continued)**

By the close of the weekend, my daughter was “*super excited*” about the things she did with Andy. She thrived on taking responsibility! The Divine light in her shined forth to guide her intention. Naturally, I was a proud father. In my observation of life, I believe there is a direct correlation between the responsibilities we bear, and the fulfillment and joy we experience. Taking courage to bear our responsibility helps us to move upward and grow. I believe this progression is a part of living into the one God created us to be. As we shine light within to answer the question of identity and purpose, we may not find wholeness or even a better tomorrow until we teach ourselves and others to take courage and embrace the responsibility to grow and glow. Healing this broken and beautiful world begins in you and I.

Thank you again for all you do. Take courage. Embrace responsibly.

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## Outreach Report – by Steve Yuen

### OUTREACH – MAY 2018

This month's column focuses mainly on volunteer activities, but readers should know that a key part of Outreach ministry is monetary support to organizations who are doing valuable work. *"For where your treasure is, there will your heart be also."* —Matthew 6:21

The 2018 Outreach budget is \$8,500. Through April the Outreach Committee has approved \$4,400 in donations:

#### **Church Divinity School of the Pacific (\$1,800)**

The Church Divinity School of the Pacific (CDSP) in Berkeley is the only Episcopal seminary west of the Rocky Mountains. Since 1893, it has trained thousands of Episcopal priests, including Father Ota and Father Watan. Parishioner Rebecca Goldberg (top row center in photo) graduated from CDSP in 2012, and "our" seminarian, Daniel Tate, is currently a student.



St. Ambrose, along with parishes throughout the Diocese of California, supports the mission of CDSP.

#### **El Buen Pastor (\$1,200)**

St. Ambrose provides financial assistance to the Episcopal Church's Spanish-speaking ministry on the Peninsula.

The Rev. Anna B. Lange-Soto visits St. Ambrose to give updates not only about EBP, but also about the problems faced by the immigrant community.

We have budgeted another \$600 donation in the fall and expect our 2018 support to EBP to total \$1,800.



## Outreach Report (continued)

### GAIA (\$300)

Dr. Bill Rankin, an Episcopal priest now retired, has spoken to us about the Global AIDS Interfaith Alliance (GAIA), the organization he founded in 2000. GAIA operates primarily in sub-Saharan Africa with a particular focus on Malawi, where hundreds of thousands of people are infected with, and hundreds of thousands of children have been orphaned by, HIV/AIDS. St. Ambrose has made annual donations to GAIA since 2009.



### Home & Hope (\$400)

Thirty (30) Peninsula churches and synagogues have joined together to help families in need of emergency shelter. St. Ambrose serves dinner four times a year to families housed at Hope Evangelical Lutheran Church in San Mateo.

Our next dinners are on **Tuesdays, May 8** and **Thursday, May 10**. A signup sheet has been posted in the Parish Hall. Please join us!



### OSSMC (\$400)

Ombudsman Services of San Mateo County (OSSMC) inspects the county's skilled nursing facilities and residential care facilities for the elderly. It is largely staffed by volunteers, who are trained by OSSMC and state-certified.

Diane Robertson (pictured volunteering at Home & Hope) is a certified inspector, and former parishioner Tippy Irwin was the Executive Director before Tippy moved away.



### Sandwiches on Sunday (\$300)

St. Ambrose serves lunch four times a year to all comers at the Fair Oaks Community Center in Redwood City. We also make donations to St. Pius Catholic Church, which administers the every-Sunday program and whose volunteers assemble 100 bag lunches every week.



## **Outreach Report** (continued)

### **Upcoming Activities**

#### **United Thank Offering**

We will have the spring ingathering of the blue boxes and blue envelopes at the offertory on **Sunday, May 20**, the Sunday after Mother's Day.

#### **Home & Hope ([homeandhope.net/](http://homeandhope.net/))**

Our next Home & Hope dinners will be on **Tuesday, May 8<sup>th</sup>** and **Thursday, May 10**. Please contact Steve Yuen (650-341-1966, [stevebyuen@aol.com](mailto:stevebyuen@aol.com)) for more information.

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## Sea Breeze School News – by Jerelyn Weber, Principal

The weather is beautiful and the children are enjoying guessing if it will be warm and sunny (or cold and wet) when they go outside each day – either way, there are loads of fun things happening each day at Sea Breeze. We are happy to see the leaves start to return to the trees as they provide the much needed shade on the warmer days of the upcoming Spring and Summer months.

April was very busy around school. The teachers held Spring conferences with families, the children prepared special gifts for their grandparents and celebrated Grandparents Day April 17-18 with a very special chapel service followed by a special breakfast and project making in the classrooms. We had many grandparents visit these days and many happy children. It is always heartwarming to watch the special relationships that are held between a grandparent and grandchild during these events. There are special memories made every year.

Week of the Young Child was held in April and culminated with our annual Family Fun Day on April 21. **Many thanks to those who baked and donated cakes for the cake walk held during the event.** Your donations allowed us to start the cake walk with over 30 cakes in total! During the event, we had visitors from San Mateo Jazz Ma Tazz Dance Group, Gold Medal Tae Kwon Do, Foster City Police Department, and Google Engineers who worked with the children to build miniature robots. The children and families also had the opportunity to build with large foam blocks, experience a large wind tunnel, jump in the bounce house and of course have their face painted if they wanted to. Much fun was had by all that attended.

Our School year is coming to a quick end and we are busy preparing for Summer Camp. Camp is available on a weekly basis and we have very limited spaces available. If you know of anyone looking for care this summer, please have them contact Lisa in the office for more information. Additionally, there are a few spaces available in our part-time program preschool for the 2018-19 school year – if you know anybody looking for a great school, please refer them to Lisa in the school office.

Have a great Month!

Very truly yours,

Jerelyn Weber, Principal

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## The Editor's Corner—by Yvonne Sidell



*He who seeks good finds goodwill, but evil comes to him who searches for it.*

*—Proverbs 11:27*

Grade school kids know there are teachers they hope and pray they don't end up with. These teachers are known for their tough demeanor, their difficult class requirements, or their huge homework assignments. These are teachers who make you stay in at lunch if you speak out of turn or who seem to be out to get you for no reason at all!

These teachers don't stand a chance! Kids know these teachers by their reputations. Students who are assigned to these teachers are already expecting the worst. No matter how nice the teacher may be, how often the teacher compliments the children or gives them treats, an impression already exists. When kids expect a hard, mean and unfair teacher, they usually find one.

Abraham Lincoln once said, "When you look for the bad in man you shall certainly find it." The opposite of this is also true. When we look for the good, we will find it as well. If you sit down with anyone long enough, you can find something good.

Behind a rough exterior may be a man who is scared because he has never known to trust anyone. Behind a gossipy encounter may be a woman who is insecure because she never had a supportive family. Behind a bad first impression may be a woman who just found out she had cancer. Behind the man who cut you off in traffic may be a man whose wife is about to have a baby.

We cannot tell about a person based on what others say about them, or even based on our own first impression. Look beyond their reputation to the reality. When you look for the good in someone, you will find it. But, you have to take the time to look.

*\*Credit: HomeWord Devotionals*