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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

Dear Members and Friends of St. Ambrose Episcopal,

In a recent Zoom clergy meeting with the bishop, Bishop Marc gave a lovely reflection on Easter for all the priests of the Diocese. He asked us all to discuss ways we've recently felt the resurrection in our lives and parishes. Being the contrarian I can sometimes be, I confessed I'm not quite to the Easter Sunday Resurrection feeling yet. Rather, I feel I'm 'in between' in a very long Holy Saturday. The Good Friday yearlong death toll of a deadly pandemic is pretty much behind us, and I see the approaching Light of a return to an almost-normal Life of coming out of our tombs... but just not quite yet.

It was a holy thing to go through Holy Week (albeit virtually) with St. Ambrose's parish. Each day of the Triduum has so much distinctive power and drama packed into it. The love, service, and togetherness of Maundy Thursday; the terror, death, and suffering of Good Friday; the exhausted grief, numb emptiness, and darkness of Holy Saturday then bursting into joy the minute the sun sets and we can impatiently celebrate the Return of Life of Easter. It was a "thin place" and a "thin time" where God felt even closer than usual.

Now that we have permission to re-gather in church on Pentecost Sunday (with all proper safety precautions in place!), I'm cautiously feeling the Easter resurrection – displaced to the last day of Easter when the 50 days have passed. It's seems so appropriate. It's often called the "Birthday of The Church" when the Spirit was breathed into us to give us life as at the beginning of all life.

Very much like shelter-in-place during the pandemic, the Disciples and Apostles were locked indoors out of fear, away from everybody. Somehow, Christ mysteriously got through our locked doors and all our fear and grief and breathed life back into us – and without a mask! Enlivened, we were then sent out to the whole world to give the breath of life, forgiveness, and love to everyone.

Reflections from the Interim Rector (continued)

As holy as Holy Week was, I believe Pentecost 2021 will be different than any other Pentecost I've ever experienced – somehow closer to the trans-historical original event. I'm delighted and excited to share that experience with all of you – whether in person or virtually. I suspect it will be amazing, fresh, and new.

“Come Holy Spirit, come! Fill the hearts of your faithful! Send forth your Spirit and we shall be re-created, and you shall renew the face of the earth!”

To that, I can give a very big, non-contrarian “Amen” (which means ‘Do It’)!

Respectfully Yours,

Reverend Canon Shane Scott-Hamblen

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!

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 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

MAY 2021

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

DATE

TIME

EVENT

Sundays, May 2, 9, 16, 23, 30 10:00am Virtual Sundays Liturgy
 Sundays, May 2, 9, 16, 23, 30 11:00am Zoom Coffee Hour
 Sundays, May 2, 9, 16, 23, 30 4:00 pm Zoom Youth Group
 Mondays, May 5, 10, 17, 24, 31 1:00 pm Zoom Bible Study
 Wednesday, May 5, 12, 19, 26 10:00am Contemplative Meditation
 Wednesday, May 26 6:00 pm Building & Grounds Mtg
 Wednesday, May 26 7:00 pm Vestry Meeting

Vestry Report – by Jim Neubert

Partnering with El Buen Pastor Episcopal Church

Last month, we looked at a capsule overview of our history with El Buen Pastor church, formerly in Redwood City, now in Belmont. Most of their parishioners actually live in East Palo Alto, to my understanding. The main piece of our relationship has been financial support. For so many years, our financial support has been unwavering and constant. Steve Yuen, Chair of our Outreach program, can provide the details.

As we move forward, post COVID, and now without Fr. David and Mother Anna, we are left with a new challenge. Can we continue and even grow our relationship in more meaningful ways? Can we try to get to know each other, to be supportive in ways that are more aware of diversity in our culture; how different faith communities live in our same neighborhoods? Writing a check to a financially struggling mission church is a good practice, but we remain ignorant of their story in this way. We hardly knew who or how we were helping. For it to continue, we must make an investment.

In about September last year, Mother Anna notified me that she, too was going to retire from her leadership at her church. I asked her how we stay in connection with El Buen Pastor, and she reminded me that we now have to either get to know each other or make a decision to just be check-writers or break off the support. She put me in touch with Pati Herrick (who we “know”), the lay leader of the congregation and also with Pamela Stevens, from the Office of Transition Ministry for the Diocese. Pamela is multi-lingual, and most members of El Buen Pastor are not, so she is the advocate and the conduit that Mother Anna was at the Diocese for the mission church.

We talked in September and December about ways we could help. It started out as a wish list of things we could buy for the church. The list included a new Our Lady of Guadalupe Banner, a new computer printer, a new Spanish language Bible, possibly some communion wafers, and a stipend increase in Manuel’s pay in our annual outreach donation. Most, but not all, of these things we have provided since December. A generous member of our congregation actually provided three Apple iPad Air Tablets only a few weeks ago, and it was a very special moment as a couple of us from St. Ambrose watched them all working on their new equipment the day they were delivered.

More than that, though, we have done a few Zoom calls with their congregation in order to literally meet each other and determine if and how we have a new way forward. The Zoom calls were very beneficial and also very moving. There was a lot of testimony about their congregations’ trials and difficulties in staying as one body of people in Christ despite the tempest of COVID, ICE detentions, Mother Anna leaving, and their place of worship closing its doors. Their congregation was impacted in every one of these categories. And the Diocese has not always stepped up like you might imagine.

But they have survived, like a bobbing rowboat on the waves. They have a new home, they’ve learned how to do Livestream, they are working more on English literacy, they have a wonderful, committed advocacy in Pamela Stevens, who is a remarkable woman in her deep commitment to the underrepresented among us.

Vestry Report (continued)

Our church is at a crossroads of its own, and our ability to stay connected in a meaningful way with El Buen Pastor is uncertain. To have a program, one needs committed contributors. We have learned that to write checks to a neighbor so close by, in our own backyard, is not enough. With our own re-growth after COVID, this may be a challenge that is too big for us right now. If there is anyone reading this who wants to become part of this ministry, please reach out to me. I am looking to see if there is anyone beyond two or three of us who wants to be part of this authentic relationship.

Respectfully Yours,

Jim Neubert

Senior Warden's Report – by Shelley Keefe

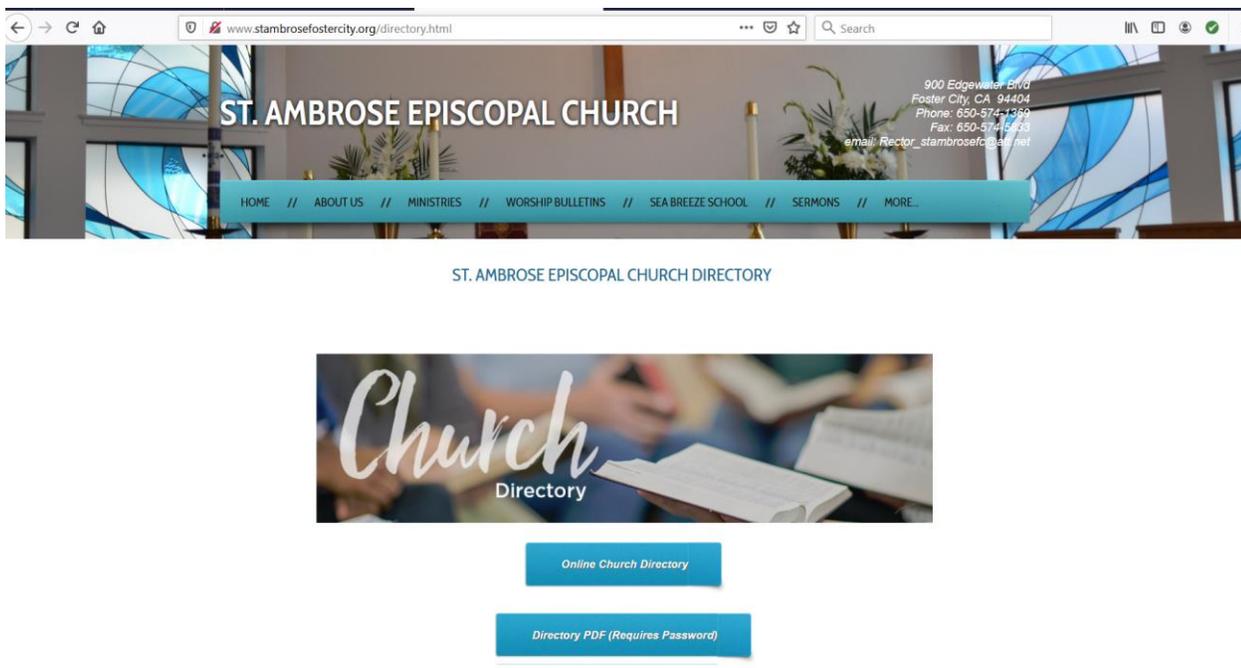
'Getting to Know You'

Dear Beloved Community of St. Ambrose,

As we approach the time when we can re-gather in person, I have a request to make of all parishioners. For Fr. Shane, it would be lovely to see your photo ahead of actually meeting you in church in person. He has worked hard to get to know as many parishioners as possible (within the constraints the pandemic has imposed upon us) and, to make this job a little easier, I would love everyone to upload a photo of themselves to the online church directory.

Here are the steps to do so:

Go the church website at www.stambrosefc.org. From the HOME page go to 'About Us', then 'Directory' and select 'Online Church Directory':



On that page you'll be asked to sign into your existing account or create an account by entering the email that is currently in the directory for you and creating a secure password. Once you create a password, you will receive an email asking you to verify your email address using the confirmation code included in the email. That, then, grants you access to the directory and you can view all the lovely photographs of our parishioners and select your own profile to 'Edit My Family', 'Update Password' or 'Choose a New Photo':

Senior Warden's Report – (continued)

The screenshot shows a web browser window with the URL <https://members.instantchurchdirectory.com/family/f4801814-9221-4242-a652-3f90db7c2d3d/99>. The page title is "Instant Church Directory" and the user is logged in as "Shelley Keefe". The main heading is "Edit My Family". Below the heading is a sub-heading: "Edit your family details or your photo and then click the Submit Edits button to post your changes to your directory administrator for review." The form contains the following fields and options:

- Family Last Name:** Keefe
- Adults/Parents:** Shelley (with an "Add Adult/Parent" button)
- Children:** Charlotte (with an "Add Child" button)
- Address:** 887 Erickson Lane

There is a photo of a woman with short brown hair and glasses, wearing a white top. Below the photo is the text "Choose a new photo".

If you've already done this – **THANK YOU**. If you have questions, let me know!

Respectfully Yours,

Shelley Keefe

Youth Ministry and Youth Group News – by Daniel Tate

April

Happy Easter Season! On Easter Sunday, the Youth Group (and some adults) had a wonderful time chasing down Easter Eggs in the Sea Breeze School courtyard at the church. Allison and I had a great time packing them with chocolates and hiding them beforehand. The weather was just right. The sun was out. We had snacks to munch on and cold drinks for refreshment. Parents were there too, and we all got to enjoy visiting with each other in person. We look forward to hopefully doing more of the same as the weather continues to get warmer still, and the threat of the pandemic recedes.

May

For May we are planning to have another outdoor pizza party along with outdoor games, and also to have our annual spring planting of wheat and vegetables. Part of the winter garden is doing nicely, and the second round of bulbs the Youth Group planted, near the church entrance, are now coming up too (mostly gladiolas). Be on the lookout in your email for the dates in May that we'll be gathering.

Opportunities for Learning or for Service at the Church

Technicians: Every Sunday, we produce an online 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. 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.

St. Ambrose Youth Group has a Zoom meeting every other Sunday from 4:00 – 5:00 p.m., plus an outdoor activity one or more Saturdays a month. 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 ym_stambrosefc@att.net or phone at 650-799-7084 if you or a friend would like to join in and have not yet received a link. 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. We also have interesting guest speakers! **Please join us!**

Respectfully Yours,

Daniel Tate

Hymns for May – by Maureen Fromme

The liturgical calendar for the month includes the last three Sundays of the Easter Season, Ascension Day and the Day of Pentecost -- and another month rich in hymns of the faith.

One of those hymns appears in three different versions (text-wise) for all three seasons. Having studied Latin in high school, I think of it as the hymn that is 'Ex Unum, Pluribus' (from one, many), a slight twist from our national motto, 'E Pluribus Unum' (from many, one). That hymn is the very jubilant "Hail thee, Festival Day" (salve festa dies).

In the 1982 Hymnal, it appears in the Easter section on page 175, with the phrase "...day whereon Christ arose, breaking the kingdom of death"; and for Ascension Day on page 216 "...day when the Christ ascends, high in the heavens to reign."; then for Pentecost on page 225 "...day when the Holy Ghost shone in the world with God's grace."

This musical idea was a product of the British musician Ralph Vaughan Williams (1872-1958). He was a composer of symphonies, operas, ballets and vocal music. While he was studying at the Royal College of Music, one of his teachers was Hubert Parry. In studying with him, he became aware of continuing the long tradition of English choral music that started with Thomas Tallis (late 1500s), and continued on with William Byrd, Henry Purcell, the Wesley's, Charles Stanford, Gustav Holst and then Vaughan Williams. Hymns composed by most of these people appear in the 1982 Hymnal, giving us a long tradition of hymns.

The text goes back to the 6th Century and an Italian man named Venantius Honorius Fortunatus. He converted to the Christian faith in his youth, and his education included grammar, literature and law. While he was a student, he was healed from an eye disease by using oil from a lamp before the altar of St. Martin of Tours. Because of that healing, he traveled to St. Martin's shrine in France (Gaul). He spent the rest of his life in that area as a poet, a chaplain and a bishop. His life is far more interesting than this brief paragraph.

I encourage you to read more about him. His texts (by translation) appear in eight hymns in the 1982 Hymnal. There are many recordings of each version of this hymn on YouTube. I am attaching one with the text and music for Pentecost Sunday. I encourage you to sing along joyfully:

<https://youtu.be/ZEPNrdKPxnU>

(sources: www.hymnary.org; www.biblicalencyclopedia.com)

Respectfully Yours,

Maureen Fromme

May Outreach Report – by Steve Yuen

Earth Day, 10 Years Ago

Earth Day – April 22 – was much more subdued this year because of social distancing, but everyone is hopeful that normal life will resume this summer. As a reminder of how it was and may well be again, we remember St. Ambrose' participation in Earth Day, 2011, at City Hall.

Under sunny skies, St. Ambrose joined the rest of Foster City in celebrating the **Earth Day Fair** on Saturday, April 16. In keeping with the theme of “reduce, reuse, and recycle”, parishioners donated hundreds of books, CDs, DVDs, pre-recorded videotapes, and even vinyl records to be given away or sold at hugely discounted prices.

One-of-a-kind items such as a collection of 13 Rocky-and-Bullwinkle tapes and a never-used Betty Crocker electric oven brought foot traffic to our booth. We raised a total of \$395.60, which will go to support Outreach projects such as the Heifer Project, the Rotary Elementary School of Mongkol Borei in Cambodia, and the Youth mission trip.

Our thanks go to everyone who donated and especially those who helped to sort the many boxes of items and to setup, take down, and staff the booth. Clara Padilla, Eric and Nicolas Dowdy, Merle Silverman, Kay Huffman, Shelley Keefe, Fe Valentin, Daniel Yuen, and Jay and Lillian Watan and their niece Jena all performed yeomen's work. They represented us well as the friendly face of St. Ambrose to the Foster City Community.



Sandwiches on Sunday

The next Sandwiches on Sunday will be on **May 30**. We will be assembling the brown bags containing sandwiches, chips and fruit at the church from noon to 2:00 p.m. on Saturday, May 29.

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

Sea Breeze School News – by Jerelyn Weber, Principal

It is difficult to believe that we are nearing the end of a very exciting School Year!

Our last day of instruction will be Thursday June 10 and we will host a drive-thru step-up program for all of our classes on Friday June 11. Be on the lookout that day for our decorations along Edgewater Blvd!

As the year comes to an end, we have been preparing for our Summer program and for the 2021-22 School Year. Our Summer program is for children who will be three years old by December 2, 2021, through the entrance of first grade. We still have a few spots remaining, so if you know anyone looking for a place for their child this summer, please send them our way.

We are planning to open our 2021-22 School Year as we did pre-pandemic and have completed our registration for the Preschool classes. We do have space available in our Afterschool program and hope to have it filled once the SMFC School District make their plans public.

We have been very fortunate this year to have been able to fill our school to capacity while following the County guidelines. We have very generous and supportive families and we thank God for this each and every day. We certainly look forward to a more “normal” year moving forward.

I do hope you are all enjoying our beautiful weather and are healthy.

Stay Well!

Respectfully Yours,

Jerelyn Weber

The Editor's Corner—by Yvonne Sidell



“Fools vent their anger, but the wise quietly hold it back.”

—Proverbs 29:11

Sometimes we feel justified in unloading both barrels and giving someone a piece of our mind, because we think that we're in the right on the subject.

So let's just say, for the sake of a point, that we are right. Even if that's the case, we don't have to scream at people. We don't have to turn it into a major conflict. We may rationalize it by saying we're more spiritual than the other people, so we need to set them right.

But if you're really a spiritual person, if you're really a godly person, then you'll be a humble person. You'll also be a loving person—not someone who's filled with anger and rage.

I have no doubt that social media feeds this. I think we spend way too much time looking at our phones and tablets and following our favorite websites, which inflames us.

Yet as believers, we should show love and forgiveness. And if we don't, we'll grieve the Holy Spirit. The Holy Spirit is God. Therefore, it's not only possible to grieve the Holy Spirit, but it's also possible to lie to the Holy Spirit, resist the Holy Spirit, and insult the Holy Spirit.

The apostle Paul wrote, *“And do not bring sorrow to God's Holy Spirit by the way you live. . . . Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior” (Ephesians 4:30–31 NLT).*

The Bible says that a person who loses his temper is a fool (see *Proverbs 29:11*). And Jesus said, *“Your love for one another will prove to the world that you are my disciples” (John 13:35 NLT).*

As followers of Jesus Christ, we are to love others and be at peace. **When Christians love one another, it's a powerful witness to a lost world.**