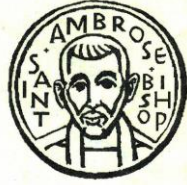


November  
2017  
Edition



# 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 our Rector

Dear Members and Friends of St. Ambrose Episcopal Church,

Aloha! November is a time to ponder for what and for whom we give thanks. How do you pause during a day, or a morning or evening to give thanks? Giving thanks is not merely an annual, monthly, weekly or even a daily practice. Giving thanks is a moment by moment practice.

While I was away in Indiana this past summer, I learned the practice of powering up my body for a new day, and how to power down for a night of rest. Although I must have known our bodies need to warm up slowly in the morning through stretches to rise, relax with stretches to rest, plus exclude electronic stimulation before sleeping in a cool room, I was used to powering through my days and nights not giving my body time to warm up or to cool down. So I give thanks to God for the body and life I have by trying to remember it is all gift. I also give thanks for my teacher who taught me the practice of powering up slowly and cooling down gently.

Breathing deeply can be a great way to give thanks for yet another moment of life. Listening intently to a visitor, a neighbor, a friend or family member is a way to give honor and thanks for the interaction. But listening intently requires putting aside one's own concern for a moment to notice and feel what is being expressed.

When I take time to ponder for what and whom I give thanks, it usually begins with people. I am fortunate to be married to Karen and to be Paul's dad. My mother Mary is now 92 years old and still able to live her own life. My brother Mike and his wife live in Honolulu. I feel fortunate to still know people from my early life in San Francisco, my time when I served in Honolulu, and all the people I have met during my 20 plus years here at St. Ambrose. Along the way, people have entered and left my life. Some have passed away, and yet when I pause to think about my time with them, I am moved to gratitude. I wouldn't be who I have become without their influence on my life. The list of people who have blessed my life is very long. I recommend it as a practice to review your life and write down the names of people who have touched you in a positive way. I believe you will be surprised at how long your list is.

## Reflections from our Rector (continued)

Fortunately, I am blessed with good health. A year ago, I was walking around in pain with arthritis in my left hip. I know I will not always have good health, and I am thankful that I am healthy today. But thanks to the help of my surgeon, the nurses and caregivers, my family and friends, I was able to recover. I am also thankful to you for being patient with me in my weakness and recovery. And a way I can show thanks is to be patient with others whose health is being challenged.

Of course, I am thankful to serve as your Rector. I have a very interesting role to play here as priest and pastor of this congregation, as head of staff and colleague to the wonderful people who work for St. Ambrose and St. Ambrose Sea Breeze School. I am privileged to be invited into the lives of many people over the years who have entrusted me with their pastoral care. It is a joy to be around the little ones of our school, and to watch children grow into youth and adulthood. It is also a privilege to walk with people as they move into their later years. So what I am saying is that I am thankful to have a meaningful life filled with purpose.

This month is a time to renew your practices of giving thanks. Start with a daily practice of giving thanks for the new day, for the meal you enjoy, for the people and pets you have to share a day with, and for the time to rest from your labor. Spend a moment or a little time throughout the day to find something or someone for whom you are grateful. And smile. Of course, spend some time giving thanks to God for the new creation of this day you have been granted.

As a congregation, we have much for which to be grateful. We will conclude our 2018 Pledge Campaign with our Annual Stewardship Dinner on Saturday, November 4th at the Foster City Recreation Center's Lagoon Room and Blue Bird Room from 6 to 9:30 pm. Thanks to everyone who has signed up to attend and celebrate with us! The Ingathering and Consecration of Pledges will be on Sunday, November 5th at both the 8 am and 10 am services.

We especially give thanks for the baptism of three children this month. Max and Ava Lechner, children of Matt and Jolie Lechner, will be presented for Holy Baptism at the 10 am service on Sunday, November 5th. Reina Nagar, daughter of Ryan and Melissa Nagar, will be presented for Holy Baptism at the 10 am service on November 26th. We have been especially blessed in 2017 to have baptized so many. We give thanks for the new life these newly baptized members and their families bring to our congregation.

On Sunday, November 12th, the Children and Family Ministry will have an art project of creating Thanksgiving trees to keep in their homes.

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## Reflections from our Rector (continued)

On Sunday, November 19th, Mary Bradford (a Senior at San Mateo High School) will be giving the sermon on Thanksgiving as we transfer the lessons from Thanksgiving Day to this Sunday.

I invite you to practice giving thanks throughout your days. May the LORD our God who has given us breath and life, and the opportunity to love others in our lives, fill your days with a spirit of thanksgiving in your hearts.

Yours,

David Y. Ota, Rector

## Stewardship Letter – by Cathy Rincon, Senior Warden

Dear Members and Friends of St. Ambrose,

I would like to thank all of you who have given generously to St. Ambrose over this past year. This year's pledge campaign began on Sunday, October 22, 2017 and we ask for your continued contribution and guidance.

*Lord, we pray that your grace may always precede and follow us, that we may continually be given to good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.  
BCP, pp 234-5.*

Our theme this year is, *Grace Abounds, Pass It On*. According to Merriam-Webster, grace has 17 different meanings, some of which include: “unmerited divine assistance given humans for their regeneration or sanctification,” “a virtue coming from God,” “a state of sanctification enjoyed through divine assistance.” For me, grace has many diverse meanings including but not limited to: any comforts or trappings that my family might enjoy; friendships and relationships; my work; and my good fortune to have become a member of the faith community at St. Ambrose.

The grace, the “unmerited divine assistance,” that I receive from St. Ambrose, comes from the clergy, parishioners, ministries, and the facilities. I am continually amazed how often I am blessed to receive the sermon that I need; that helps me to reflect on and make positive changes to my life.

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It is always important for me to remember that a faith community needs the participation of its members. Our family enjoys contributing where we can. St. Ambrose's ministries would certainly not turn you away if you felt called to participate (in alphabetical order): Acolytes; Altar Guild; Children and Family; (not the Women's) Choir; Greeters; Lay Eucharistic Ministers; Outreach (Sandwiches on Sunday, Home and Hope, etc.); Ushers; and Vestry.

The St. Ambrose community also needs your financial support, which helps make all of the above possible. Every family has different resources, needs, and abilities to contribute. I invite you to recognize the grace that has been bestowed upon you, and reflect on how much St. Ambrose is worth to you.

Our Pledge Campaign concludes with the Stewardship Dinner at the Foster City Recreation Center in the Lagoon and Bluebird Rooms on Saturday, November 4th, from 6 to 9:30 pm. I hope to see you there. The Ingathering of pledges will be on Sunday, November 5th.

Very truly yours,

Cathy Rincon, Senior Warden

## **Announcements**

### **THANK YOU to ...**

- Steve Yuen for organizing the Blessing of the Animals at the Foster City Dog Park on Sunday, October 1st.
  - Jim Neubert who organized the Bishop's Ranch Weekend from October 6th to 8th.
  - Raphael Gerber who organized the Newcomers Welcome Lunch and program on Sunday, October 15th, and to Leda Girardi who assisted her.
  - Maureen Fromme and the Children's Choir who sang "Psalm 37" at the 10 am service of Holy Eucharist on Sunday, October 22nd.
  - Charles Saunders, Barbara Milligan, Janet Gardiner, Jay Watan and David Ota for representing St. Ambrose at the Diocesan Convention on Friday and Saturday, October 27th and 28th at Grace Cathedral.
  - Everyone who provides food for the homeless at the Fair Oaks Community Center on Sunday, October 29th.
  - Alexandra Miller for her leadership of the Halloween Fun event. With humor and practical intelligence, Alexandra worked with Rev Karen to research, choose and prepare for the games and to organize the pumpkin carving.
  - Teresa Murakami and Jessica Morales for organizing the Halloween Fun potluck lunch with aplomb and skill. Thanks also to the church and preschool families who brought food items to share.
  - Father Jay and the youth group for creating an awesome Haunted House experience for the children and families of St. Ambrose and Sea Breeze during Halloween Fun. Thanks also to Father Jay for picking up the pumpkin carving tools.
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## **Announcements** (continued)

- Elliott Dun, Jr., for his work on painting the Halloween Fun sign.
- Sandy Schowengerdt, Raphael Gerber, Shaiji Ajit, Lilian Watan, Gwen Juha, Christina Brockman and Barbara Milligan for sharing their faith and wisdom with the children of our church in Sunday School this month.

### **Turn Back Your Clocks**

Daylight Savings Time comes to an end on Sunday, November 5th. So turn back your clocks on **Saturday, November 4th** and enjoy an extra hour of sleep.

### **Youth Group**

Youth group is open to all youth in middle school and high school. At youth group we'll grow in God, listen to one another, talk about current events, and if possible, take field trips and hikes to spiritual/sacred sites and gathering places in the nearby Bay Area. Youth group is on **Sundays, November 12th and 26th from 8 to 9:30 am** in Room 5.

### **Family Thank You Tree**

The Children and Family Ministry team invites you to join them on **Sunday, November 12th** from **11:30 am to 12:30 pm** in the Parish Hall for the making of Family Thank You Trees. You and your family decide the things for which you are grateful, and write one on each leaf. The leaves are then attached to a branch of your "tree" and displayed in your home for the Thanksgiving holiday. Please sign up for this event in the parish hall or by calling the church office at 650-574-1369.

### **Christmas Pageant Organizing Event on Sunday, November 19**

The St. Ambrose Christmas Pageant will form the heart of the **Family Holy Eucharist on Sunday, December 24th**. All children are encouraged to participate in the dramatic re-telling of this key Christian story, and we will create a place for every interested child. Speaking and non-speaking parts will be available.

Parents accompanying very young actors and actresses are also welcome to join the production as costumed characters. Rehearsals are critical to bringing this story to life for the whole congregation. Please review the schedule below. Rehearsals will be held in the church from 11:45 am to 12:30 pm following the church service and the children's choir practice. Lunch will precede most rehearsals.

Sunday, November 19	Informational meeting for all
Sunday, November 26	Available children with speaking parts
Sunday, December 3	All children for blocking and costuming
Sunday, December 10	Children with speaking parts only
Sunday, December 17	All children for dress rehearsal
Sunday, December 24	Arrive no later than 9 am for pageant

Prior to the informational meeting, please e-mail Rev. Karen ([karen.2.swanson@gmail.com](mailto:karen.2.swanson@gmail.com)) your child's participation preference. Choices include: non-speaking part with accompanying parent; non-speaking part; speaking part with one or two lines; major speaking part. If your child hopes to play a particular role, please also note this. Please realize, however, that although we will do our best to accommodate the children's specific wishes, this may not always be possible.

## **Announcements (continued)**

Participating families will be asked to sign up to contribute food items to one of the four child friendly lunches (November 19, December 3, December 10, or December 17.)

Your children's friends and relatives are welcome to participate. Please invite them to join in!

### **Study Groups in November**

- The Monday Book Study on *America's Original Sin: Racism, White Privilege, and the Bridge to a New America*, by Jim Wallis, meets on **November 13th and 27th** from **7 pm** at a location to be announced.
- The Tuesday Bible Study group meets on **November 7th, 14th, 21st and 28th** from **12:45 pm** in the foyer. However, on November 7th they will meet in the Rector's Office as it is Election Day. They are reading the Book of Joshua.

The study groups are open to any interested person.

### **Christmas Pageant on Sunday, December 24 at 4 pm**

This year, Christmas Eve is the same day as the Fourth Sunday of Advent. Instead of having four services on December 24th, we will have the following schedule:

(This is a change from what was originally announced. Instead of having two 4 Advent services, we will have one in the morning, and two Christmas Eve services.)

- 10 am** 4 Advent Holy Eucharist
- 4 pm** Family Holy Eucharist with the Christmas Pageant
- 10 pm** Christmas Eve Choral Concert
- 10:30 pm** Candlelight Choral Holy Eucharist

### **Mark Your Calendars:**

Asian Commission Meeting: **Thursday, November 2, 6:45 pm**, Parish Hall

Adult Choir Practice: **Thursdays, November 2, 9, 16, 30, 7:30 pm**, Chapel

Stewardship Dinner: **Saturday, November 4, 6 pm**, Foster City Recreation Center, Lagoon and Blue Bird Rooms

Daylight Savings Time Ends: **Sunday, November 5**

Ingathering of 2018 Pledges: **Sunday, November 5, 8 am and 10 am services**, Chapel

All Saints' Sunday and Holy Baptism: **Sunday, November 5, 10 am**, Chapel

Stewardship Dinner Evaluation Meeting: **Wednesday, November 8, 6 pm**, Rector's Office

Youth Group Meeting: **Sundays, November 12 and 26, 8-9:30 am**, Parish Hall

Family Thank You Tree Activity: **Sunday, November 12, 11:30 am**, Parish Hall

New Monday Study Group: **Monday, November 13 and 27, 7 pm**, at a location to be announced.

Thanksgiving Sunday: **Sunday, November 19, 8 am and 10 am services**, Chapel (Mary Bradford, a senior in High School preaches)

Christmas Pageant Organizing Information Meeting: **Sunday, November 19, 11:45 am**, Chapel

Spanish Language Table: **Sunday, November 19, 11:15 am**, Parish Hall

Building and Grounds Committee: **Tuesday, November 21, 6 pm**, Rector's Office

School Board Meeting: **Tuesday, November 21, 7 pm**, Parish Hall

Thanksgiving Day: **Thursday, November 23**, Office is closed

Last Sunday after Pentecost and Holy Baptism: **Sunday, November 26, 10 am**, Chapel

Christmas Pageant Rehearsal for Speaking Parts: **Sunday, November 26, 11:45 am**, Chapel

Vestry Meeting: **Tuesday, November 28, 7 pm**, Parish Hall

First Sunday of Advent: **December 3**, Holy Eucharist, **8 am**, Choral Holy Eucharist, **10 am**, Chapel

Christmas Pageant Rehearsal for Blocking and Costuming: **Sunday, December 3, 11:45 am**, Chapel

Second Sunday of Advent: **December 10**, Holy Eucharist, **8 am**, Choral Holy Eucharist, **10 am**, Chapel

Christmas Pageant Rehearsal for Children with Speaking Parts Only: **Sunday, December 10, 11:45 am**, Chapel

School Board Meeting: **Tuesday, December 12, 7 pm**, Parish Hall

Third Sunday of Advent: **December 17**, Holy Eucharist, **8 am**, Choral Holy Eucharist, **10 am**, Chapel

Vestry Meeting: **Tuesday, December 19, 7 pm**, Parish Hall

Christmas Pageant Rehearsal for Dress Rehearsal: **Sunday, December 17, 11:45 am**, Chapel

Fourth Sunday of Advent: **December 24**, Holy Eucharist, Chapel

Family Holy Eucharist with the Christmas Pageant, **December 24, 4 pm**, Chapel

Christmas Choral Concert: **Sunday, December 24, 10:00 pm**, Chapel

Candlelight Christmas Eve Choral Holy Eucharist: **Sunday, December 24, 10:30 pm**, Chapel

Christmas Day Holy Eucharist: **Monday, December 25, 10 am**, Chapel

## **“Mentors”** – by The Rev. Jay Sapaen Watan

I believe we all need mentors. Mentors are trusted advisors. They take learners under their wing to impart wisdom, share their experience, and offer the street knowledge or system smarts to navigate through life. I've had several mentors in my life, but the first person, aside from my parents, who really took me under his wing and believed in me was The Rev. Sancho Gaerlan. He was the vicar of St. Barnabas Episcopal Church in San Francisco from 1980-1987, the faith community of my childhood. It was a small church, rich in diversity, with a growing Filipino American contingent. Located in the ethnically diverse, working class, Excelsior District of San Francisco, this community reflected a flavor that needed wise spiritual leadership to navigate the tapestry of the *Rainbow People of God*. His experience as a connector was a blessing to our community. Fr. Gaerlan was also a family man. He served in the U.S. Navy, and loved being in the United States, but he never forgot who he was as a Filipino with Igorot roots or as a Christian.

Originally from the Philippines, Fr. Gaerlan came to our congregation from Dallas, Texas with his big family and amazing wife Isabella. Together, Fr. Gaerlan and Mrs. Gaerlan, were tag team partners of faith, sharing the responsibilities of ministry, teaching, care and service. Creating community was who they were, even opening their home for folks to gather and be that “beloved community.” They were also faithful supporters of the Filipino American community and Igorot diaspora, tireless advocates for justice and equality for all people, and dedicated to sharing the Good News of God in Jesus Christ wherever they went. Fr. Gaerlan was also big



*Fr. Gaerlan, in the green stole, with Bishop William Swing on his installation at St. Barnabas in 1980. His wife, Isabella, is in red.*

football fan who favored the Dallas Cowboys. Living in San Francisco 49ers country, we always had spirited talks about football dynasties.

I believe the words we use reflect our heart. And I will always remember Fr. Gaerlan for the thoughtful words he would share to myself and others. As a priest of the church, one of his endearing strengths was recognizing people's gifts, inspiring them to go beyond their own thinking, and inviting them to live into the one God created them to be. He would listen to people and help reframe their situation to see *silver linings* in great storms of life. Through humor, humility and positive energy, I would see over and over again his knack for engaging people that would leave them feeling uplifted, connected, and hopeful. He empowered me to have a healthy pride in being a Filipino American and an Igorot, by introducing folklore, cultural dances, music, sharing food and festivals. He was a person who I aspired to be like.

As I was growing up, he would say the things to me like, "You'll be a priest one day." I would laugh and say, "No" to him. I honestly thought he was kidding. But I've learned through my family and cultural interactions that 1st generation Filipinos have a way of saying what they mean to say through humor to allow the message to be heard without defensiveness. Also, as people of faith we know life has a way of taking us on a journey to learn what we needed to know as God walks with us on that path. I heard Jesus in Fr. Gaerlan's voice, and eventually I found myself answering the call to ministry many years later. On the day I was ordained in June 3, 2006, I said a prayer thanking him for the active role he had in my life.

Mentors usually have mantras, or mottos, that remain in the heart of the learner. Fr. Gaerlan had three sayings that continue to resonate in me to this very day:

1. **"Jesus loves you"** – Never forget you're loved! In that unconditional love, God invites us to live into love and become who we are, to do amazing things.
2. **"Love it or leave it"** – This is often used as a patriotic reference, but it was a sticker in his office as a reminder of love where you are and live with gratitude. Even when it's not where you want to be, life's a whole lot happier when we choose gratitude and joy. But if the situation is truly intolerable, and you've tried your best, know you have options and indeed make the change.
3. **"In America, you have to know who you are"** – Because if you don't know who you are in this land, someone else will tell you and you may not like it. He believed our ethnic and cultural identity was our gift to America and the world.

Fr. Gaerlan returned home to God over 25 years ago. But his legacy remains in the people he has raised and his descendants. As part of a class I'm taking at the City College of San Francisco on the Psychology of Race and Ethnic Culture, I recently contacted his daughter, Nelly Gaerlan Montgomery, who's now living in Indiana, to say "thank you" and just to let her know how much her father influenced my life (I love social media for this reason). We both shared glorious stories of the past and where we are now. We both had tears of joy and she thanked me for contacting her. I've sent her hard copy of photos and a letter to share in the family archive.

I wonder who is *your* mentor? Most of us have someone we consider a mentor in our life. Are they still in our lives today? They may be a parent or a close relative. A mentor could be a priest or pastor, a teacher, superior or a leader in the community. They could be a saint or someone who's lived a little. Mentors care enough to walk with you and me, and become an integral part of our story. Consider contacting your mentor just to say "thank you." Our words make a difference.

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## Outreach Report – by Steve Yuen

### Blessing of the Animals

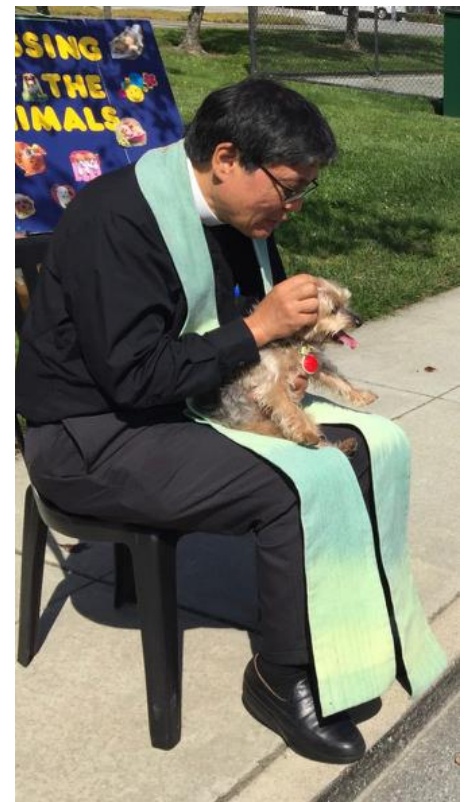


Unlike last year the weather cooperated for the Feast of St. Francis, which we celebrated on Sunday, October 1st (the canonical date is October 4th). At the Foster City Dog Park, the sky was sunny, the temperature was mild, and the breezes were light.

In preparation for this year's event, Steve Yuen distributed notices on different platforms: a listing on the marquee (the City's electronic billboard), a post on Craigslist, handbills in a few locations, and an ad in the Islander, Foster City's newspaper.

About 40 dogs and their owners, an above-average turnout, showed up to be blessed by Father Ota and Father Jay in the spirit of St. Francis, the patron saint of animals and the environment.

Eight hundred years after he lived, the humble saint who gave up every possession is honored in many lands unknown to European civilization. Eight hundred years from now, if humankind exists, Francis will likely be remembered in worlds that we cannot imagine.



## **Outreach Report** (continued)

### **United Thank Offering (UTO)**

Thanks to everyone who contributed to the spring and fall United Thank Offering (UTO) campaigns. St. Ambrose contributed \$807 to the Episcopal Church Women in October. The UTO has supported the missions of the Episcopal Church since 1889.

### **Sandwiches on Sunday**

We served a hot lunch of chicken and rice, salad and rolls to all comers at the Fair Oaks Community Center on October 29th. Please see next month's Ambrosian for a report.

## **UPCOMING EVENTS**

### **CALL Primrose's Fill a Box, Feed a Family**

For CALL Primrose, a Burlingame outreach venture founded by the Presbyterian and United Methodist churches, we are filling four food boxes this year. Due to the high cost of living, especially housing, more families have asked for food aid.

Each box will contain: 2 cans (15 oz) yams, 1 bag (16 oz) mini marshmallows, 2 cans (15¼ oz) corn, 2 cans (14½ oz) green beans, 2 cans (14½ oz) fruit (any fruit or fruit cocktail), 1 can (14 oz) cranberry sauce, 1 box (6 oz) stuffing mix, 1 box (13-14 oz) instant mashed potatoes, 1 jar/can (12 oz) chicken/turkey gravy, 1 box (8 ½ oz) cornbread / muffin mix, 1 bottle (48 oz) vegetable cooking oil, 1 bag/box (16 oz) pasta, 1 can/bottle (20 oz) pasta sauce, 1 box (5 oz) chocolate jello pudding/pie mix , 1 no-bake graham cracker pie crust, and 1 can (14 oz) condensed milk.

If you can contribute one or more items, please write your name on the sign-up sheet (it contains the above list) on each box in the back of the Parish Hall and bring your item(s) by **Sunday, November 12th**.

Thank you for sharing your blessings with some of our neighbors. If you have questions, please contact Steve Yuen (stevebyuen@aol.com, 650-341-1966).

### **Home & Hope (homeandhope.net/)**

Home & Hope is a group of 30 churches and synagogues on the Peninsula that give emergency shelter for up to four families at a time. On **Tuesday, November 28th**, and **Thursday, November 30th**, we will be feeding up to 15 people---typically half of them are children---at Hope Evangelical Lutheran Church, 600 42nd Ave., San Mateo, CA 94403 from 6 to 8 pm. If you would like to help by preparing a dish (it is not necessary to go to the dinner), serve, and/or clean up, please write your name on the sign-up sheet in the Parish Hall. Please contact Steve Yuen (650-341-1966, stevebyuen@aol.com) if you have any questions.

## Outreach Report (continued)

### Stocking Stuffers

Jill and Jerry may have left the Bay Area, but Jill Schwab is again leading the effort to prepare “stocking stuffers” for seniors, veterans, and homeless people on the Peninsula. Jill writes:

Bag stuffing will be on **Thursday, December 7th** at the Boy Scout Office on Middlefield Road in Palo Alto. It is located at the Lucie Stern Center, **1305 Middlefield Road, Palo Alto**. [Take 101 south to Embarcadero Road west, then right on Middlefield Road for one block]. There will be parking along the side streets (better than at my house or the apartment house where we stuffed them last year). It is also where the Children's Zoo is, so there is a parking lot in back of the building. We will be in a super large room with a round table that would make King Arthur cry. Kitchen, outside patio, etc. It is only about 15 minutes from our biggest drop off. We have had to eliminate a few of the organizations we donate to because our suppliers have not been able to be as generous as in previous years.

We will be in the Bay Area the second week of November and can stop by and pick up anything that people have left for me in boxes in the back of the Parish Hall.

## **LEGACY GIFTS** – by Steve Yuen

The theme of the 2018 Stewardship campaign is “*Grace abounds---Pass it on!*” One effective way of fulfilling that theme is through a legacy gift. Below is a *partial* list of convenient ways to remember St. Ambrose:

### **Bequest in Will or Trust (Most Common)**

The gift may be a specific dollar amount or a percentage-- for example, “To St. Ambrose Episcopal Church, a Not For Profit Corporation located in Foster City, California, I leave 10% of the remainder of my estate.” Find helpful information at [www.EpiscopalGift.org](http://www.EpiscopalGift.org), “Making a Will” and “Making a Bequest.”

### **Beneficiary of IRA, 401(k), 403(b) or Life Insurance Policy**

There are a number of tax-favored vehicles, such as retirement plans and life insurance, that are not part of your estate but are passed to beneficiaries, who then pay income tax on some or all of the amounts they receive. To make St. Ambrose a beneficiary (non-profit St. Ambrose does not pay income taxes on these amounts) you may use the following sample wording: “40% to St. Ambrose’s Episcopal Church, a Not For Profit Corporation located in Foster City, California” To do this, just call the toll-free number on your plan statement and ask for a “Change of Beneficiary” form. It’s easy! The same goes for life insurance—even with an employer-provided policy.

IRA and similar retirement plans are subject to income tax when inherited by anyone other than a spouse. However, St. Ambrose will receive the funds tax-free.

## Legacy Gifts (continued)

### **Beneficiary of Charitable Gift Annuity or a Charitable Remainder Trust (Provides Lifetime Income as well as Tax Deductions)**

A charitable gift annuity (CGA) will pay you assured partially tax-free lifetime income. A Charitable Remainder Trust (CRT) may enable the bypass of capital gains taxes on the sale of appreciated property while paying to you tax-advantaged lifetime income. Upon your death, St. Ambrose will receive the portion that has not been distributed to you. Find out more at [www.EpiscopalGift.org](http://www.EpiscopalGift.org)

If you have questions, please contact our Senior Warden, Cathy Rincon (650-571-1373, [cathy@cathyrincon.com](mailto:cathy@cathyrincon.com)) who is also an estate-planning attorney. Another resource is the Diocesan planned giving officer, Amanda Kiernan Martin (415) 869-7812, [amandam@diocal.org](mailto:amandam@diocal.org) who will be happy to answer any questions, even “simple” ones.

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

The excitement of Halloween is over and the children and teachers are now busy preparing for Thanksgiving. There are many fall themed activities in the classrooms and the preparations for the Thanksgiving feast in each classroom are well underway.

Foster City Elementary School was on Fall Break from October 9-20 and we held a “Fall Camp” for the children in our afterschool program. We had 20 children attend camp both weeks. There were cooking projects each day, STEM activities, field trips to Gold Medal Taekwondo and to Boothbay Park. We also had a visit from Home Depot and the children were taught to build wooden helicopters. By the level of the noise coming from the room, it sounded like everyone had a great time!

November is a busy time of year for the teachers as they are preparing for and delivering Family/Teacher conferences. Family conferences give us the opportunity to personally speak with each family about their child’s development and learn how we can best serve the family and the child. It is a great opportunity to build relationships with the families that we serve and a great way to open two way conversations in a quiet setting as opposed to trying to converse in a busy classroom.

The children in the Afterschool program are busy working with their teachers and Maureen Fromme to prepare for the Annual International Dinner. The children will dress in their native clothing, sing many different songs from different countries, and enjoy a nice dinner afterwards that will feature food from several different cultures. This dinner will be held at 6:30 pm on Friday December 1st and because our program has grown to be so large, we have had to move the event off site to the Lagoon Room at the Foster City Parks and Recreation Building.

As the Holiday season is upon us, I challenge each of you to take a deep breath and remember to take care of yourself as you care for others. Think about what is important to you and what you are most thankful for in your lives.

Happy Thanksgiving to all of you from the staff at St. Ambrose Sea Breeze School!

Important November Dates

November 10                    School Closed – Veteran’s Day  
November 23 and 24        School Closed – Thanksgiving Holiday

Very truly yours,

Jerelyn Weber

**The Editor’s Corner – by Yvonne Sidell**



*Rejoice in the Lord always. I will say it again: Rejoice!*

*Philippians 4:4*

Did you know that over 500 times in the Bible we are commanded to rejoice?

The Living Bible says, “Be full of joy.” Every morning I repeat a particular verse in the Psalms to myself. In fact some mornings, I say it while looking in the mirror, because I don’t feel joyful. Nevertheless, this verse is forever true and always helpful. Here it is:

*“This is the day the Lord has made, let us rejoice and be glad in it” (Psalm 118:24).*

The truth of that Psalm helps me get my day started on the right track. I have found that if I start my day rejoicing in the Lord, my day will be full of joy. A great preacher once said, “The surest mark of a Christian is not faith or even love but joy.”

Did you know that Jesus came to give you joy, a deep, overflowing joy that only comes from God? Jesus said, *“I have told you this so that my joy may be in you and that your joy may be complete” (John 15:11).*

God’s kind of joy is not a giddy, superficial good feeling. Rather, His joy runs deep. Even during the tough times it prevails in your soul.

**FURTHER READING**

Romans 12:12; Philippians 3:1

*Credit: HomeWord Devotionals*