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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

Dearest Sisters & Brothers,

At the recent Priests' Retreat with Bishop Marc, we focused a lot on the stress, grief, confusion, and frustration most clergy and congregations are experiencing from the last year and a half into the present. So much has changed without preparation. It's all a bit overwhelming, frightening, and exhausting to have to find new ways of being at church and many feel 'burnt-out' by the sudden (I say 'sudden' because 1.5 years is like a day in church-time) reality of virtual-church and being somewhat together again, but not quite.

One wise priest said something that stuck with me: While the present and the future are 'fuzzy' and causing a lot of anxiety, we must look to the past for our sense of security. The Bible and our Tradition show us over and over again how others before us experienced countless times of fear, anxiety, and hardship and how God always rescued and saved us. We're still here. That should give us faith and hope that God will continue to guide and rescue us, even if everything around us is different and changed.

St. Paul reminded the Romans:

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." (Romans 8:28)

As we face the myriad challenges and troubles of this world, our community, our families, our bodies, and lives, to carry on and find our sense of balance, we must trust in God's goodness. It is this goodness that we remember. We remember how God saved us in times past. And we remember moments of Grace in our lives to give us the security that "All shall be well. All shall be well. And all manner of things shall be well" (St Julian of Norwich).

Devotedly in Christ,
Reverend Canon Shane Scott-Hamblen, Th.D.
(Interim Rector)

Announcements

Reflection and Gratitude

Fall is here, and we hope you can share Love and Joy with family and friends!

This Fall, Saint Ambrose would like to invite you to a time of reflection and gratitude, especially after the pandemic. Our community has indeed been impacted in many different ways in the past 18 months – from illness/death to job loss, isolation, racism, violence of all types, overwhelming family care or work and anxiety. Situations have been very hard to handle. Still, when facing those, God is always with us.

With this in mind, Saint Ambrose would like to invite you to pray and reflect.

Scope of reflection:

- 1. Reflect on how the pandemic has impacted you*
- 2. Reflect on blessings received and how church (and Saint Ambrose more specifically) has helped you navigate through this unprecedented time*

If you like, please share your thoughts! Come and write them on post-its for a poster board located in the Narthex of Saint Ambrose or send an email to St Ambrose Reflections and Gratitude (reflections.gratitude@gmail.com) . We will copy your email on a post-it that will be displayed on the board. This way, as a community, we can be more mindful about what we went through, pray together, and share gratitude.

Thank you for joining this project!
Raphael Gerber and Valerie Mersh

Announcements (continued)

St. Ambrose Choir

The choir will resume rehearsals on Thursdays at 7:30 p.m. We will be masked and correctly distanced, and would be happy for anyone who wishes to join us. We will sing for services beginning on September 12. If you wish to join us, please let Maureen Fromme know so she can prepare a folder for you. You may contact her at mhfromme@yahoo.com OR 415.990.6758.

The Search Committee Update

Thank you to everyone who attended the two Town Hall Meetings.

Thank you also to:

- > Nilda Chong who created the agenda and the questions;
- > Carolyn, Nilda, Steve, and Warren for facilitating the meetings; and,
- > Liva for managing all the technology.

If you were unable to attend these meetings, or did attend but have other thoughts about St. Ambrose, please contact any member of the Search Committee and your comments will be included in the Parish Profile. Our next meeting is on October 6 and we will discuss all the information we have gathered and start to write our Parish Profile. Once completed, the Parish Profile will be shared with everyone and then circulated throughout the Episcopal community so interested applicants can apply to become our new Rector.

The St. Ambrose Search Committee has been meeting since early July to identify qualified candidates for Rector of our Parish. The members of this committee are:

Father Shane
Canon Denise Obando (Diocesan Transition Minister)
April Cherrington
Nilda Chong
George Gardiner
Carolyn Moriarity
Liva Neyroud
Yvonne Sidell
Warren Wong
Steve Yuen

Announcements (continued)

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!

Intercession Prayers

The apostle James tells us to "pray for one another, that you may be healed" (James 5:16).

If you would like the St Ambrose community to pray with you, please write your intercession in the Blessing book placed in the Narthex or send your request to stambrosefc@att.net. Your prayer will be included at the following mass service. Please leave your name and contact information in the booklet, in case clarifications are needed.

*Thank you!
Raphael Gerber*

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.

Announcements (continued)



172nd Convention

of the Episcopal Diocese of California

Friday, October 22 & Saturday, October 23, 2021

Delegates from St. Ambrose will be attending via Zoom the Convention.

If you are interested to join the Convention, please contact Yvonne Sidell at ceo@mobilecertservices.com or reach out to Denise Obando (deniseo@diocal.org) to be added to the Zoom roster.

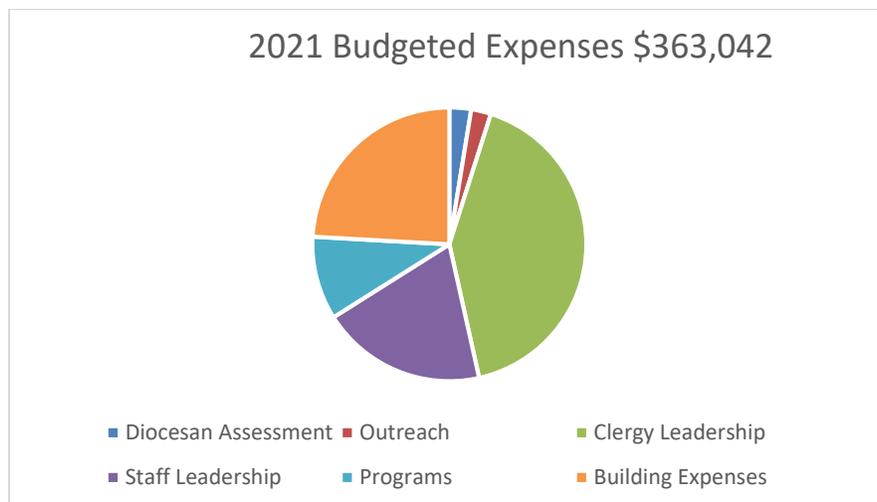
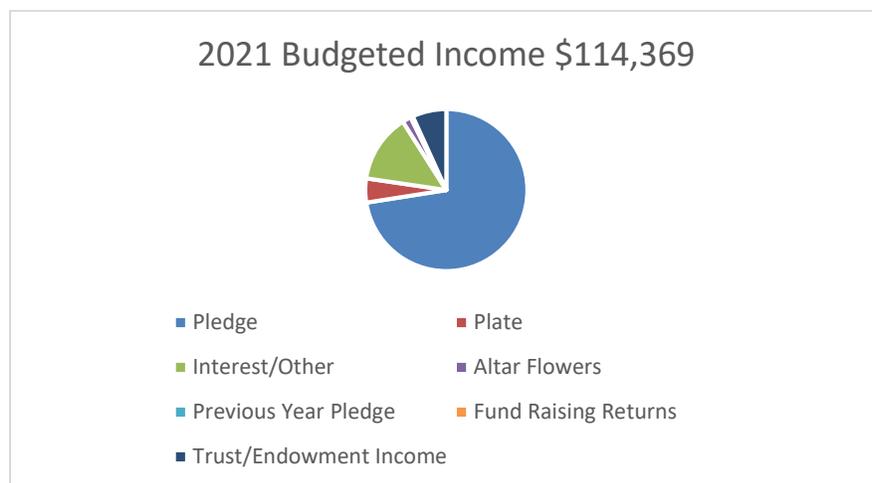
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Senior Warden's Report – by Shelley Keefe

Crunching the Numbers!



One of the most important tasks the Vestry undertakes in the Fall of each year is conducting the Stewardship Campaign and preparing the budget for the upcoming year. Here are a couple of simple charts to give you some insight into where the money comes from and where it goes to:



Senior Warden's Report (continued)

It doesn't require advanced math skills to recognize that only 31% of our 2021 expenses were covered by our income. We are very fortunate to have reserve funds from prior years and considerable ongoing financial support from Sea Breeze School, but we need to increase our income to remain a viable church community for years to come.

So we ask for your help. If you love being part of the St. Ambrose community as a member, visitor, staff member, or volunteer, please consider maintaining or increasing your pledge for 2022. Our 2022 Stewardship Campaign will kick off on October 17 with a delightful outdoor champagne brunch after the 10:00 a.m. worship service.

We hope this will be a festive start to our campaign. You will receive a few reminders via email, Evite, and paper mail. Please join me and the Vestry members of St. Ambrose in giving joyfully and with thanksgiving for the work of our church community!

- ✝ October 17 Stewardship Campaign Kickoff Brunch at 11:30 a.m.
- ✝ December 5 Pledge Ingathering and Altar Guild Bake Sale.

Respectfully Yours,

Shelley Keefe

Youth Ministry and Youth Group News – by Daniel Tate

Confirmations Sunday

Congratulations to our Confirmands! On the evening of Sunday, September 26, Elliott Dun, and Michael Chang were Confirmed, and Valerie Merish and Hamilton Fong were Received into the Episcopal Church. It was a wonderful and sacred day! St. Ambrose was well represented with members of our congregation, family members and friends in attendance to witness the event. There was even live music – strings, piano, and a solo! There were a sizable number of other churches represented as well. Bishop Marc led a pre-service conversation with the Confirmands and their sponsors, and presided over the service. Every aspect of the service was lovely, and memorable. **Congratulations again!**

October Pumpkin Event

We will be putting something together – some kind of activity for Halloween this year involving of course, PUMPKINS! I'll be sending out information soon by email.

Youth Group Sunday Meetings 10:00 A.M.

Bishop Marc established May 23, 2021 as our post-pandemic re-gathering date, and so the Youth Group has meetings outside in the courtyard at 10:00 a.m., the same time worship services begin. We will be maintaining protocols that protect everyone in the church (mandatory face masks, social distancing, cleaning). Join us and re-establish connections with your St. Ambrose friends and invite *your* friends!

Acolytes, Readers, and Livestream Technicians

We are now resuming in-person service and need volunteers for Worship Leaders. We will need Intercessors, Lectors, Greeters, Ushers, Acolytes, and Livestream Technicians. Please email us at Stambrose@mindspring.com. *No experience is necessary.*

The Signup Genus link is: <https://www.signupgenius.com/go/60b0d4fa5a82ca0f94-worship> I'll also be sending a distribution email with this information. This is a great low-key way to be of service, and to learn about (and be a part of) the history and tradition of our church.

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, postlude, main anthem, offertory, and 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.

Respectfully Yours,

Daniel Tate

Hymns for October – by Maureen Fromme

“Day By Day” – Hymn #754

Below is a brief article about a very short hymn. Although this hymn is short, the content is not trivial. It is a succinct prayer, attributed to Richard of Chichester (1197-1253).

In this prayer, he requests only three things: to see God more clearly, to love Him more dearly, and to follow Him more nearly-- day by day. I could terminate my entry there... but I won't.

Although I am usually quite adept at sleuthing, no matter where I looked, I could not find anything about the composer of the music, Arthur Henry Biggs (1906-1954). I did locate people by that name, but not with those dates, so we are left to wonder about him and why he called the hymn tune “Sumner”.

However, the life of Richard of Chichester is quite interesting, with many details about him. He was originally Richard de Wyche (a town in Worcestershire, England). He was an orphan, and decided at a young age to live a life of study and the church. He eventually attended Oxford University and later became chancellor of that University. He then studied to become priest: one who condemned corruption by the clergy and “priests who mumbled the Mass” (you see — articulation *is* important).

It is reported that he said this prayer on his deathbed in 1253. He was canonized as a saint in 1262. These words were also in a song from the musical “Godspell” (1971). I have omitted many interesting things about his life which would take a much longer essay. I would encourage you to learn more about him, as time permits. In the meantime, this prayer may be concise, but it's one that could be in the center of our prayers each day (see below).

I Thessalonians 5:16-18: “Be joyful always; pray continually; give thanks in all circumstances” and Philippians 4:4-7: “Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

<https://youtu.be/LbsswEn6JDg>

*Day by day, dear Lord, of thee three things I pray:
to see thee more clearly, love thee more dearly,
follow thee more nearly, day by day.*

Respectfully Yours,

Maureen Fromme

October Outreach Report – by Steve Yuen

We will share an Outreach report on next month! Happy October!

Sea Breeze School News – by Jerelyn Weber, Principal

Happy Fall! The air has a true feeling of Fall and we are loving it!

Things around school have been especially busy since the beginning of our school year in August. We have been busy getting to know the children and families and we are all settling into our routines. The children are happy to arrive at school and the transitions in have been seamless. We started all the enrichment classes and the children are enjoying Music and Sign Language with Teacher Courtney, Meditation and Mindfulness with Ms. Marissa, PE with Coach Perez and Chapel with Father Shane.

We are continuing to follow our COVID protocols put in place last year and things are going well. The families bring their children to the gate, we take the child's temperature and escort them to their classrooms. Everyone says goodbye at the gate and the days begin. To ensure staff is healthy, we continue to monitor and record all staff temperatures as well. There is now a mandate in place stating that all staff **MUST** be vaccinated by October 10, 2021 to enter the campus.

October typically brings the beginning of our festivities with the Annual School Picnic. Sadly, due to the continued rise in the Delta variant, we have made the difficult choice to cancel the picnic for the second year in a row. We are hopeful that things will calm down and we can look at a picnic in the spring. We are busy preparing for our Halloween excitement and will, once again, have our traditional Halloween parade with only the children. Families are not yet permitted on campus, so they will need to watch from afar. We will parade the children around the school, onto Edgewater and down Beach Park to our driveway. We will re-enter the parking lot from Beach Park and land back at the front of the school. We will try to Zoom with the families so they can still enjoy the parade virtually!

So many exciting things happening here each day!

We are all looking forward to a great school year!

Respectfully Yours,

Jerelyn Weber

The Editor's Corner—by Yvonne Sidell



“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

—Mark 6:31

One day, I pulled into a parking space at one of my favorite “fine dining” burger restaurants, Nations. At the same time, a well-dressed forty-something woman in a Chevy Suburban pulled into the space next to me. As I opened my door, I accidentally touched my car door to her door. It didn’t make any dent—just a tiny “tink” sound.

The woman went ballistic. By her reaction, you’d have thought I had taken my car keys and scrawled, “I can’t stand you or your Chevy Suburban” on her door. Out of her mouth spewed the foulest language I’ve ever heard. She didn’t just drop the F-bomb—she dropped A – Z bombs too. She didn’t want to listen. Instead, she returned to her car, showed her middle finger, slammed the door, and roared away without even buying a burger. I’m not sure what was happening in that woman’s life, but she definitely had an out-of-proportion reaction. I’m guessing that she was living a busy life with no margins. You know what margins are—in a spiral notebook they are those blank white spaces on the sides of each page. A margin is a space without activity. Many of us live our lives without margins: rushed, stressed, fatigued, and overloaded. When we live life without margins, we are just one “tink” away from exploding.

It is my observation that a life without margins is a life in (or rapidly approaching) chaos. A margin-less day is crammed with running, driving, chasing, little time to catch your breath and limited time to think something through or even to decompress. If this describes you, you’re most likely an accident waiting to happen. When you’re worn out, you have no emotional reserves available for when you are “tinked.” It doesn’t matter what the source of the “tink” is. When there is no margin, the slightest thing can set us off. We blow up and then wonder what just happened.

Jesus’ life shows us that a person can do all he was meant to do in the time allotted for him. Jesus said yes to many things, but He also said no to many other things. Jesus set boundaries. He had limits. When the demands upon him became too great, and He found Himself physically and spiritually depleted, He withdrew “to a mountain by himself” or “by boat privately to a solitary place.” He recognized that He needed time to stop, reflect, pray and nourish His life. So do we.

Today, seek to regain some margin in your life, by slowing down. Give yourself permission to rest and refuel by reconnecting with the One who provides rest for your weary soul.

October Birthdays & Anniversaries

Birthdays

Ngoc Rodriguez	4
Raphael Gerber	10
Warren Wong	16
Eugene Hetzer	22
Charlotte Keefe	22
Julio Rodriguez	22



Anniversaries

Brenda and Kirk Matsuo	2
Rami and Linda Amireh	7
Susan and David Yates	11
Christina Brockman and Stan Hui	28

