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*CD & S. Rowsell*



The Ambrosian

The Monthly Newsletter of St. Ambrose Episcopal Church

900 Edgewater Blvd, Foster City, California 94404

September

2015

Edition

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Dear Members and Friends of St. Ambrose Episcopal Church,

Aloha! I always look forward to people returning from their summer routines to re-engage with us here at St. Ambrose. It is always good to see you all and to hear about what you have been up to. Yet when I have the opportunity to listen to what has been happening in your lives, I often hear how busy you are.

This time of year also tends to be very busy in the life of a congregation, and it is easy to have good intentions to return to the life of the church community and quickly become overwhelmed. So I would like to suggest that as you move through each day you take a few moments a few times during the day to slow down and give thanks to God for something or someone in your life. And instead of focusing on all the things that you have to get done or didn’t accomplish, focus on how blessed you are to be alive, to have challenges to meet and people to love. If you are list-maker, then in addition to making a list of “things to do,” make a list of “things or people I am grateful for.” If you do, I believe you will notice that you will probably still be busy, but you will be more at peace.

This idea is based on a story I heard about Asset Based Community Development recently. When we look at a glass half-filled with water, do we focus on the half that is filled, or the half that is empty? Each of us is like the glass of water that is half-filled. The empty half represents our needs. The full half represents our gifts. When we focus on our needs, our self-image diminishes, because we forget that we are gifted. And when we focus on our gifts, our self-image improves, and our needs don’t dominate our thinking.

Asset Based Community Development is a gifts focused approach to living instead of a needs focused approach. The problem with a needs focused approach is that it identifies our lives with problems instead of opportunities. Some communities are identified as in need, and service providers then go to help those in need. Often those who are being served continue to be in need, and are not empowered to develop their gifts. For example, a congregation provided meals at a soup kitchen with increasing numbers. They may have filled people’s literal hunger, but may have missed a deeper need: the need to be needed. If a soup kitchen

continues to feed more and more people, is it missing the opportunity to

# Reflections from our Rector

## Rector’s reflections continued…

to help people meet their need to be needed and to use their gifts?

A gifts based approach perceives the people needing meals as also possessing gifts. A pastor and his congregation interviewed the people in line for meals asking, “What gifts or skills do you have?” And out of 700 people 150 of them shared what they perceived as their gifts and skills. And then they went and created a Wall of Fame listing the names of the folks and the gifts or skills they possessed. And when they looked at the Wall of Fame, they noticed that many of them had skills in construction. So this pastor created a Gifts Exchange Ministry, and found a way for them to find work together in construction.

Asset Based Community Development believes we need to acknowledge that everyone has gifts, to affirm the gifts that people have and to help activate people to use their gifts. In the process, when people use their gifts they are more likely to transform their lives than having someone else meet their needs for them. And when we use our gifts we are more likely to enter into life-giving relationships with others.

So I hope you will take some time to pause and give thanks for what God has given you, and whom God has given you to share your gifts and your life.

Yours,

David Y. Ota, Rector



**Thanks**

* Thanks to Nellie Wong who played the piano for the prelude and to Michelle Jessen who sang a solo for the Offertory on Sunday, August 23rd.
* Thanks to Christina Brockman, Raphaele Gerber, Gwen Juha, Barbara Milligan, Liva Neyroud and Teresa Rajaratnam who taught our Summer Sunday School classes in August.
* Thanks to Marilyn Stephens who organized an appreciation lunch for the Altar Guild for Deb Sakurai-Horita as she prepares to move to Hilo later in the fall.
* Thanks to Karin Patterson who accepted appointment to be our new St. Ambrose Librarian.
* Thanks to Karin Patterson who

**The Rector will be out of the office**

The Rector will be attending a workshop sponsored by The Episcopal Church Center called, “Called to Transformation” on Asset Based Community Development (ABCD) sponsored by the Episcopal Church Center. ABCD is a “gifts” based approach to building community and seeks to expand the capacity of people to share their gifts. He will be gone from **Monday, September 14th to Thursday, September 17th**. The workshop is being held at the Todd Hall Retreat and Conference Center in Columbia, Illinois. However, he will return to the office on **Friday, September 18th.**

The Rector will be attending the Clergy Retreat at the Bishop’s Ranch in Healdsburg from **Wednesday, September 23rd to Friday, September 25th**.

**Saturday Evening Worship begins**

Our Saturday Evening Worship begins on September 5th at 5:30 pm. This service will be held on the first and third Saturday of the month from September through December as a trial. It will be a simplified Holy Eucharist with shorts songs, a gospel reading and homily and Holy Communion. The service should be about 40 minutes long. The purpose of the Saturday Evening Worship is to give people an opportunity to worship when they cannot make worship on Sunday mornings.

**Sing Joyfully with the St. Ambrose Choir**

The St. Ambrose Choir returns to help lead our worship on **Sunday, September 6th at 10 am**. The Choir begins rehearsing on **Thursday, September 3rd from 7:30 to 8:30 pm** and on **Sundays from 9:30 to 9:50 am** in the chapel. Thanks to Maureen Fromme, our Choir Director and Frank Saunders, our Minister of Music who provide the musical leadership for this group. You are invited to join to sing joyfully with the choir. If interested, please speak with Maureen. You can contact her at [mhfromme@yahoo.com](mailto:mhfromme@yahoo.com) or at 415-990-6758.

**Ice Cream Social**

The Children and Family Ministry under the leadership of our new Coordinator, Lizz Klammer, will host the coffee hour on **Sunday, September 6th** following the 10 am service with an Ice Cream Social. Parents of children are invited to get to meet Lizz and plan some activities for the following months.

**Back to School Luncheon**

Our Back to School Luncheon on **Sunday, September 13th** **from 11:30 am** is being organized by Jessica Morales and Teresa Murakami this year. It is one way we can thank the Sunday School and St. Ambrose Sea Breeze School teachers and staff for their efforts in caring for the children and families in their charge. Please plan to attend at this important event in the life of the congregation.

**2015-2016 Sunday School**

On **Sunday, September 13th**, the 2015-2016 Sunday School year begins. Parents are invited to bring their children with the Sunday School registration forms to their Sunday School classes. The Sunday School teachers are looking forward to meeting the children and forming their classes into a community. Each Sunday School class will give its class a name, and each Sunday they plan to sing as well as learn a lesson. The classes and teachers are:

* Preschool Class in Room 2, Christina Brockman and Gwen Juha are the teachers.
* Kindergarten through Second Grade Class in Room 3, Raphaele Gerber, Liva Neyroud and Teresa Rajaratnam are the teachers.
* Third through Fifth Grade class in Room 4, Sandy Schowengert is the teacher.
* Barbara Milligan will assist when needed. Lizz Klammer our new Coordinator for Children and Family Ministry will support the Sunday School teachers and will substitute as needed.

**Study Groups in September**

The Monday Book Study group meets on **September 21st and 28th** at the home of Merilyn Vosburg from **12:45 – 2:00 p.m.** They will continue their study of the book, “The Hidden Power of the Gospels.

The Tuesday evening Bible Study group meets on **September 1st and 15th** in the home Warren and Nellie Wong at **7:00 p.m.** They are studying the Gospel according to John.

The Wednesday evening Bible Study group meets on **September 2nd, 9th, and 30th** in the foyer at **7:30 p.m.** They are reading the Acts of the Apostles and are at Acts 9:32.

An Introduction to the Episcopal Church will have its first meeting on **Sunday, September 27th** from **11:45 a.m. to 1:30 p.m.** in Room 1. The other classes are scheduled to be held on Sundays, October 18th and 25th and November 15th. A light lunch will be provided. The Rector is teaching this class which will cover Episcopal identity and ethos, history of the Episcopal Church and the Anglican Communion, sacramental worship and the mission and ministry of the Episcopal Church. Those who complete the class are invited to be presented for confirmation or reception in the Episcopal Church.

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

**An Art Exhibit: It’s Not As Black-and-White As We Think**

You are invited to “It’s Not As Black-and-White As We Think,” an art exhibit by John Milligan (Barbara Milligan’s husband). The exhibit, which includes about 30 samples of his pen-and-ink drawings, pastels, and paintings, opens **September 1st** and runs through **September 29th** at the art gallery in the Walker Recreation Center, 650 Shell Blvd., in Ryan Park, Foster City. You are also invited to a reception at the gallery on Sunday, September 13**th**, 2:00 pm to 4:00 pm. Admission and parking are free, and the facility is wheelchair-accessible. The gallery is open 9:00 am to 5:00 pm on weekdays and is usually closed on weekends.

**It’s not to late to sign up for the Bishop’s Ranch Weekend, October 9th, 10th, and 11th, 2015**

St. Ambrose will be going to the Bishop’s Ranch for a fellowship weekend. We have reserved Harrison House and Cottage 4 and 5. We still have room for 10 more folks. Also, St. Mark’s Episcopal Church, Palo Alto will be there at the same time, and we will be joining them for the program. The speaker will be **the Rev. Ricardo Avila.** He is currently the Associate Rector of St. Luke’s, Long Beach. His program will be an exploration of the sacred journey we are all a part of both as individuals and as a community and the presence of the holy and extraordinary in our everyday lives. How is grace a part of our lives as we continue on our pilgrimage?

The Vestry has decided to offer scholarships to anyone who would like to attend, but would need financial assistance. If you are interested in attending, please contact the Rector, the church office or sign up in the Parish Hall.

**Mark Your Calendars:**

* An Art Exhibit, It’s Not As Black and White As We Think: **September 1st to 29th,** Foster City Recreation Center
* Saturday Evening Worship begins: **Saturday, September 5th, 5:30 pm,** Chapel
* Ice Cream Social sponsored by the Children and Family Ministry: **Sunday, September 6th, 11:20 am,** Parish Hall
* S.F. Giants and San Diego Padres Game: **Friday, September 11, 7:15 pm,** AT&T Park
* 2015-2016 Sunday School Kick-Off: **Sunday, September 13th, 10:00 am**
* Commissioning of the Sunday School and Sea Breeze School Teachers and Back to School Luncheon: **Sunday, September 13th, 10:00 am service and following**
* Rector at “Called to Transformation Workshop”: **Monday, September 14th -17th,** Todd Hall Retreat and Conference Center, Columbia, Illinois
* Saturday Evening Worship: **Saturday, September 19th, 5:30 pm,** Chapel
* Rector at Clergy Retreat: **Wednesday, September 23rd, 4:00 pm to Friday, September 25th, 4:00 pm,** Bishop’s Ranch, Healdsburg, CA
* An Introduction to the Episcopal Church: **Sunday, September 27, 11:45 am,** Room 1
* Saturday Evening Worship: **Saturday, October 3rd, 5:30 pm,** Chapel
* Blessing of the Animals: **Sunday, October 4th** from **12:30 pm to 2:00 pm**, Foster City Dog Park
* 2016 Pledge Campaign Kick-Off: **Sunday, October 4th, 8:00 am and 10:00 am,** Chapel
* The Bishop’s Ranch Fellowship Weekend: **Friday, October 9th – 11th,** Bishop’s Ranch, Healdsburg, CA
* Diocesan Convention: **Friday, October 16th and Saturday, October 17th,** Grace Cathedral
* Saturday Evening Worship: **Saturday, October 17th, 5:30 pm,** Chapel
* An Introduction to the Episcopal Church: **Sunday, October 18th, 11:45 am,** Room 1
* An Introduction to the Episcopal Church: **Sunday, October 25th, 11:45 am,** Room 1
* Stewardship Dinner: **Friday, November 6th, 6:00 – 9:30 pm,** Foster City Recreation Center’s Lagoon Room and Bluebird Room
* An Introduction to the Episcopal Church: **Sunday, November 15th, 11:45 am,** Room 1
* Thanksgiving Sunday: **Sunday, November 22nd, 10 am,** Sermon by Charlotte Keefe
* Christmas Pageant Organizing Meeting: **Sunday, November 29th, 11:30 am,** Chapel

## Outreach Report - by Steve Yuen



During the month of August we bade a fond farewell to long-time parishioner Betty Dial, who moved to Oregon. Betty actively volunteered in many of our church’s ministries, including Outreach. She was one of the founding participants in the Interfaith Hospitality Network (IHN), which was started by 26 Peninsula churches to provide shelter to displaced families.

From the archives:

IHN, 2009: Peggy Redmond, Betty Dial, Kay Huffman

Betty Dial did her famous Sloppy Joes. Thanks also to Merilyn Vosburg, Joanne Kerseg and Peter & Ercira Puig who brought desserts and cared for the children and also thanks to Tippy Irwin who provided buns.

---*Diane Robertson, October 1, 2002*

We will indeed miss Betty and “her famous Sloppy Joes!”

IHN was renamed Home and Hope in 2011, and the membership has grown to 30 churches and synagogues. At St. Ambrose more volunteers have departed than have been added. Diane, Tippy, and Irene Stead are the only original members who remain active.

Won’t you join us? For four non-consecutive weeks a year we serve dinner on Tuesday and Thursday nights to four families who are temporarily housed at Hope Evangelical Lutheran Church (a block from 42nd and Alameda de las Pulgas) in San Mateo. On a typical night we serve an entrée, potato or rice, a hot vegetable dish, salad, and dessert.

It is also a custom of Home and Hope for servers to sup with the guests, though it is not necessary for everyone to be present. Our next dates of service are **Tuesday, September 22nd**, and **Thursday, September 24th**. We normally have dinner with the H&H families—about 15 people, half of them children—from 6 to 8 p.m. There are sign-up sheets on the wall in the Parish Hall. If you have any questions, please contact Steve Yuen (341-1966, stevebyuen@aol.com).

**Sandwiches on Sunday (SOS):** We will have a report on our **Sunday, August 30th** hosting at the Fair Oaks Community Center, Redwood City, in next month’s newsletter.

**Bread for the World:** Thanks go to everyone who wrote letters to Representative Speier and Senators Boxer and Feinstein in support of re-authorizing school breakfasts, summer meals, and Women, Infants, and Children (WIC) nutrition programs. These programs have traditionally been supported by politicians from both parties but are in danger of being cut back.

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## Sea Breeze School News

It is Back to School and we are moving at full speed! Over the summer we were fortunate to have the interior of the school painted and the teachers are very excited to start the year in fresh new rooms.

The teachers and children have returned and are getting settled into routines. We are excited to have many new children join us this year and it is always fun to see our returning children arrive with big smiles. After some first day jitters were calmed, everything was smooth sailing. We are excited about the new year and all that it holds!

Summer Session #2 was a success and the children really enjoyed the new and exciting activities that happened and the special visitors that joined were enjoyed by all. This session, the children enjoyed an Insect Show where they had the opportunity to touch and hold some very interesting critters. The Bubble Lady came and made bubbles of different sizes and shapes and even put some of the children inside the bubbles! As one of the children said, it was “beautiful, amazing and really fun”! The end of the session was shared with the visitors from the Marine Institute as we learned about many different sea creatures. Much fun was had and many memories were made.

We said a sad good-bye to 1 of our teachers this summer, and are very excited about the new teacher that has joined our team. Verene Ferona has joined the Sea Breeze Team and will support throughout the programs. She will spend time in all of the rooms and will work to build relationships with the staff and the children. There will be much learning this year for both the children and teachers.

Each year we welcome volunteers into our program and would love to have some of you join us. If you have an extra hour or so and would like to spend time with some fantastic children, please contact the office and we will be happy to show you around.

Important Dates in September:

September 7th: Labor Day – School Closed

8th: Back to School Night

13th: Teacher Installation at 10 am worship service

Have a Wonderful September

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