In this Issue:

*Reflections (cont) …...P 2*

*Announcements …..P 2-5*

*Outreach Report ....P 6-7*

*“Try, Try Again” ..….P 7-8*

*Sea Breeze School*

*News …………………P 8*

**Interim Editor:**

*CD & S. Rowsell*



The Ambrosian

The Monthly Newsletter of St. Ambrose Episcopal Church

900 Edgewater Blvd, Foster City, California 94404

September

2016

Edition

***Individual Highlights:***

Inside Story 2

Inside Story 3

Inside Story 4

Inside Story 5

Inside Story 6

Inside Story 7

Last Story 8

***Special Interest Articles:***

• Add a highlight or your point of interest here.

• Add a highlight or your point of interest here.

• Add a highlight or your point of interest here.

Dear Members and Friends of St. Ambrose Episcopal Church,

Aloha! It is great to be back among you. I had a great sabbatical month, and I feel great because I am feeling rested and renewed. I am grateful to you all for allowing me this sabbatical month for the second time in two years. I learned a lot at the “Rethinking Sunday Monday Morning Conference” at Luther Seminary in St. Paul, Minnesota. I am excited to share what I have learned and have begun to implement one of those learnings in small ways already.

The learning I am talking about is a practice called **FAITH5**. The practice has five components:

* **Share** your highs and lows with your family.
* **Read** a bible verse or story. It could be from the Sunday worship service.
* **Talk** about how the bible reading might relate to your highs and lows.
* **Pray** for one another’s highs and lows.
* **Bless** one another before turning out the lights for bed.

The FAITH5 practice is an acronym for **F**aith **A**cts **I**n **T**he **H**ome. It was created by Dr. Rich Melheim, a Lutheran pastor and youth minister, who is the founder of Faith Inkubators which creates alternative programs for Christian formation.

The rationale behind FAITH5 can be found in his book, Holding Your Family Together, 5 Simple Steps to Help Bring Your Family Closer to God and Each Other. Dr. Melheim has used this practice in his own family to keep them close to one another and God. Simply put the rationale is based on the principles that if a family gathers together before the children or youth go to sleep and use FAITH5, they will know what is happening in one another’s lives, will invite God to be part of their lives, will be lovingly supported in prayer, and will know that they are blessed by God and their family. He also believes that if families use this practice at bedtime they will be giving one another a restorative night’s sleep.

In my first week back I used an adapted process in the Monday Book Study and Wednesday Bible Study groups. I even hope to find a creative

# Reflections from our Rector

## Rector’s reflections continued…



way to include the practice in the Saturday Evening and Sunday morning worship services.

So I hope you will try this practice for your own life. For those who live alone, it could be adapted to be used in the groups in which you participate. This is the key learning that I want to share with you all this month.

Also, a lot is happening here at St. Ambrose in September. In this letter I want to bring attention to three Sundays:

* September 11th: Sunday School begins with registration, and the Choir returns.
* September 18th: Commissioning of Sunday School teachers and the St. Ambrose Sea Breeze School teachers and staff followed by the Back to School Luncheon, and Sunday School Open House
* September 25th: Guest Preacher, the Rev. Margaret Dyer-Chamberlain, Archdeacon, Diocese of California. She is one of two archdeacons who provide oversight and support for the deacons of the Diocese of California.

There is much more happening this month, and I invite you to read the rest of the Ambrosian newsletter to find out. Although I have been back for two Sundays now, I still look forward to seeing many of you at worship. I hope you’ll be pleasantly surprised to see me with the changes I made for myself. I wish for God’s blessing to be upon you, and that you’ll be a blessing to others.

Yours,

David Y. Ota, Rector

**Rector at the Clergy Conference**

The Rector will be at the Clergy Conference at the Bishop’s Ranch in Healdsburg from **Wednesday, September 21st to Friday, September 23rd.**

**Study Groups in September**

The Monday Book Study group continues to read the Hidden Power of the Gospels on **Mondays, September 12th, 19th and 26th from 12:45 to 2 p.m.** in the foyer.

The Tuesday Evening Study group meets on the **second and fourth Tuesdays** of the month, this month being **September 13th and 27th from 7 p.m.** in the Wong’s home.

The Wednesday evening Bible Study group meets on **September 14th and 18th** in the foyer at **7:30 p.m.** They are now reading Paul’s Letter to the Colossians.

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

**Saturday Evening Worship**

The Saturday Evening Worship Services are held on **September 10th and 24th from 5:30 p.m.** The services will be held on the second and fourth Saturdays of each month through December 10th. It is intended to be a family Holy Eucharist that is about 40 minutes including an interactive sermon.

**Giants Game**

Join members of St. Ambrose to attend a San Francisco Giants and St. Louis Cardinals game on Friday, September 16th at 7:15 p.m. Tickets are available for $24 for adults and $14 for youth and children. Seats are in section View Reserve 314, rows 12-14. As of now there are still 18 tickets available. Sign up for tickets in the parish hall if you are interested, or call the office at 650 574-1369.

**The Annual Stewardship Dinner Celebration**

Plans are underway for the annual Stewardship Dinner Celebration scheduled for **Saturday,** **November 5th from 6 to 9:30 p.m.** at the Foster City Recreation Center’s Lagoon and Bluebird rooms. Each year we celebrate our life as a congregation and give thanks for the ministry we share. Members are invited to play music, sing or perform some other talent. Also, members are invited make a gift basket to give as door prizes. If you are interested in helping in any way, please contact the Rector.

**Children and Family Ministry at St. Ambrose**

**Psalms 74:17** “It was you who set all the boundaries of the earth; you made both summer and winter.”

The summer is coming to an end and a new fall will begin in a few weeks. Summer Sunday school was very successful and our children enjoyed reading from the new Spark Bibles. This reminds me of Proverbs 30:25, “Ants are creatures of little strength, yet they store up their food in the summer.” Our children were given the food of scripture and thrived. Each Sunday, students had an arts and crafts activity to take home. Thank you to the volunteer Sunday school teachers and assistants who taught this summer.

Fall Sunday school and registration will begin on **September 11th** and pre-K to 5th grade teachers will be using the Spark Curriculum for the 2016-17 year. All parents will be requested to update their registration forms. Our teachers will be:

* Gwen Juha and Christina Brockman teaching the Preschool and Transitional Kindergarten children in Room 2.
* Raphaele Gerber, Liva Neyroud, Shaiji Ajit and Lois Thampi teaching Kindergarten through 2nd grade in Room 3.
* Sandy Schowengerdt teaching the 3rd through 5th grade in Room 4.

After a meeting with teachers and parents, the “Kickoff to Fall” has been postponed till September 18th, 2016. On this Sunday at the 10 a.m. Holy Eucharist will be the Commissioning of both the Sunday School teachers and the St. Ambrose Sea Breeze School teachers and staff. This will be followed by the Back to School luncheon organized by Jessica Morales.

Teachers will have an open house after the 10 am service for the parents, visitors and congregation in Room 2. Sunday school teachers will welcome parents, describe our program, provide an event schedule and show students work as part of the St. Ambrose community. Food provided in the Parish Hall may be brought to Room 2 for the meeting. Childcare will be provided during the short parent meeting.

This school year we will continue to enjoy family movie nights, the annual Christmas Pageant and Easter Egg Hunt. I welcome your ideas and suggestions on improving our children and family programs. I look forward to serving St. Ambrose in the coming school year.

Your Servant in Christ,

Lizz Klammer, Children and Family Ministry Coordinator

**COME ONE,  COME ALL** --- interested singers!   As the days of summer are coming to an end, the beautiful season of autumn is not far away-- changes of weather and schedules are taking place.

As director of the St. Ambrose choir, I have been looking through music since we soon resume our choir rehearsals.  How wonderful it would be to have some new choir singers join our ranks.  The choir has members of diverse backgrounds, but when it comes to singing, we all have one thing in common-- the privilege to be a part of the worship services at our church.  We would just like to add to our numbers and encourage any men, women or youth to come try choir.

There are many verses in scripture that encourage us to sing to the glory of God.  Probably one of the most favorite is Psalm 100:2- "Serve the Lord with gladness: come before His presence with singing."

Our first rehearsal for this coming year begins on **Thursday, September 8 at 7:30 p.m.**  There is no audition-- just come and join us in song.  If you enjoy singing, but are a bit reluctant, have no fear-- we are a happy group. We are looking for sopranos, altos, tenors and basses.  If you do not know which part you should sing, I will be more than happy to help you with that.  If you are a seasoned singer, but have not been a part of our choir, please come join us!!  The rewards and fellowship are great.

**Women Who Knew Jesus - A Fall Retreat on Two Saturdays**

Presented by the Rev. Dr. Bonnie Ring, author of the book by the same title.  
  
The women who encountered Jesus were forever changed by their experiences.  The Rev. Michael Arase-Barham invites you to spend two Saturdays with some of these women and let them inspire and nourish you. By allowing these Biblical women to speak with their own voices, participants will discover their similarities to the women, uncover the richness of their own stories, and deepen their relationship with Jesus. Each day’s schedule includes the retelling of several Gospel accounts of these women’s encounters with Jesus, followed by guided meditations, dyad and small group discussion, time for quiet reflection, journaling and worship. Join us at the beautiful campus of Holy Family Episcopal Church, located in lovely Half Moon Bay on the Coastside.Registration covers materials, continental breakfast, and lunch both days. Copies of the book *Women Who Knew Jesus* will be available for purchase on retreat days ($25 for hardback; $19 for paperback).

**When: Sept. 17th & Oct. 1st, 9am-4pm**

**Where:**Holy Family Episcopal Church, 1590 Cabrillo Hwy. South, Half Moon Bay 94019

**Cost:**$55 both days ($35 single days)

**Registration:** click here <https://allyallbeloved.wufoo.com/forms/myob5ap1pj3da0/>

**Deadline:** Friday, September 2, 2016

**Contact:**the Rev. Michael Arase-Barham ([vicar@holyfamilyhmb.org](mailto:vicar@holyfamilyhmb.org))

**Link:**[www.holyfamilyhmb.com](http://www.holyfamilyhmb.com)

**Mark Your Calendars**

* Capital Campaign Working Group Meeting: **Thursday, September 1st, 7:00 p.m.,** Parish Hall
* Labor Day Holiday, **Monday, September 5th** Office Closed
* Choir Practice, **Thursdays, September 8th,  15th, 22nd, and 29th, 7:30 p.m.**, Chapel
* Saturday Evening Worship**, Saturdays, September 10th and 24th, 5:30 p.m**., Chapel
* Sunday School Registration: **Sunday, September 11th, 10 a.m.**, Rooms 2, 3 and 4
* Outreach Committee Meeting: **Sunday, September 11th, 11:45 a.m.,** Room 1
* Prayer Group: **Sundays, September 11th,** Room 2**; September 25th,** Room 1
* Book Study: **Mondays, September 12th, 19th and 26th, 12:45 p.m.**, Foyer
* Bible Study: **Tuesdays, September 13th and 27th, 7:00 p.m.**, Wong’s home
* Bible Study: **Wednesdays, September 14th and 28th 7:30 p.m.**, Foyer
* S.F. Giants and St. Louis Cardinals game, **Friday, September 16th, 7:15 p.m**.
* Altar Guild Meetings: **Saturday, September 17th, 8:30 a.m.,** kitchen; **October 8th, 9 a.m., kitchen**
* Deanery of the Peninsula Meeting: **Saturday, September 17th, 10 a.m.,** St. Edmund’s, Pacifica
* Commissioning of the St. Ambrose Sea Breeze School Teachers and Staff and the Back to School Lunch: **Sunday,** **September 18th, 10 a.m.**, Chapel and Parish Hall
* Sunday School Open House: **Sunday, September 18th, 11:30 a.m.,** Room 2
* Home and Hope: **Tuesday, September 20th** and **Thursday, September 22nd, 6-8 p.m.**, Hope Lutheran Church
* School Board Meeting: **Tuesday, September 20th 6:00 p.m.**, Parish Hall
* Rector at the Diocesan Clergy Retreat: **Wednesday, September 21 to Friday, September 23rd**, Bishop Ranch
* Youth Outing, White Water Rafting: **Friday, September 23th to Saturday, September 24th,** South Fork of the American River
* Disaster Preparedness Committee Meeting: **Sunday, September 25th, 11:45 a.m.,** Rector’s Office
* Vestry Meeting: **Tuesday, September 27th 6:30 p.m.**, Parish Hall
* The Blessing of the Animals: **Sunday, October 2nd, 12:30 p.m**., Foster City Dog Park
* The Sea Breeze School Picnic: **Sunday, October 9th, 11 a.m.,** Booth Bay Park
* Annual Stewardship Dinner Celebration: **Saturday, November 5th, 6-9:30 p.m.,** Foster City Recreation Center’s Lagoon and Bluebird rooms

## Outreach Report - by Steve Yuen

**Sandwiches on Sunday:**

For the third time this year it was our turn to serve Sandwiches on Sunday to the teeming masses (okay, it was 60 people, but when they fed five thousand from a few loaves and fishes they may have rounded up, too) at the Fair Oaks Community Center on July 31st.

If a minister is present, he or she says the blessing; otherwise, Rob Richards or Steve Yuen does the honors. Rob did a conversational meditation, informal and inviting, but ended with the formal Sign of the Cross. The majority of Episcopalians no longer do the sign when "in the name of the Father, Son, and Holy Spirit/Holy Ghost" is uttered, but many in the audience responded, indicating perhaps that they may have had a Catholic upbringing.

We served the lasagna, distributed the bag lunches, and scooped the leftovers into take-home containers. Sometimes the patrons linger, but today we were finished in an hour.

Thanks go to all who prepared dishes and especially to our servers:

Rob Richards Danielle Richards Susan Enochs

Brett Yates Lauren Yates Maia (Lauren’s friend)

David Yates Ashley Stewart Shane Stewart

Doug Stewart Clara Padilla Steve Yuen

The fourth and final SOS date for 2016 will be on **October 30th,** when the main dish will be chicken and rice.

Please contact Rob Richards (577-8924, rob.richards@tensorlabs.com) if you would like to help or have any questions.)

**Home and Hope:** the next dinners will be on **Tuesday, September 20th** and **Thursday, September 22nd**. If you can help by preparing an entrée, vegetable, salad, potato or rice, or dessert, please sign up on the sheet in the Parish Hall. You are welcome to join us at Hope Evangelical Lutheran Church in San Mateo for dinner with four families—about 15 people—but if you can’t attend, Steve Yuen will be happy to pick up your dish at St. Ambrose or your home.

If you have any questions about Home and Hope or any other Outreach activities, please contact Steve Yuen (stevebyuen@aol.com, 341-1966).

**St. Ambrose Outreach Donations:** Total expenditures approved to date are $6,080 from an Outreach budget of $8,100.

|  |  |  |
| --- | --- | --- |
| Program |  | Approved YTD 2016 |
| CALL Primrose – Safeway Gift Cards |  | $80 |
| Cambodia Academy |  | 500 |
| Church Divinity School of the Pacific |  | 1,800 |
| El Buen Pastore – Musician |  | 1,800 |
| Global AIDS Interfaith Alliance |  | 300 |
| Heifer Project |  | 500 |
| Home and Hope |  | 300 |
| Hope Evangelical Lutheran Church (HH supplies) |  | 100 |
| Ombudsman Services of San Mateo County |  | 400 |
| Sandwiches on Sunday (St. Pius Church) |  | 300 |
| Total from Outreach Budget |  | $ 6,080 |

# “Try, Try Again”- by Rev. Jay Sapaen Watan

|  |
| --- |
|  |

A fun fact about wooden instruments, like ukuleles and guitars, is that they generally sound better when they are played more. Certainly one’s musicianship improves over time. But the instrument itself actually changes. The volume gets louder, tones become warmer, and the highs ring brighter, because the vibration of playing actually helps the wood become more stable. Thus sound resonates and amplifies more freely. In other words, musical instruments need a little love. We’ll need love too.

For nearly 10 years I’ve had a very nice ukulele sitting in my house inside protective case collecting dust. This made in Hawaii uke is simple and beautifully made of Koa wood with a Rosewood fretboard. I picked it up from a music shop in Hawaii back in 2007 when my family traveled to attend a wedding with the intention of playing music. But life happened and upon returning home the uke sat around un-played. Every time I saw the case I had an excuse… “I just don’t have time,” “It’s too hard to learn at my age… I wish I did this when I was younger,” or “My playing sucks.” It became a metaphor for stagnicity in my life. So this summer, after returning from Hawaii again, I made a commitment to pick it up, join a jam session of ukulele enthusiasts, and just start playing. Yes, I do feel the love.

Much of the ongoing research on creating fulfillment in life attributes **grit** and **determination** as key values to long-term **joy**. Joy is important because it is Holy Spirit energy and when it resonates in our heart, it can be how we discern where God is calling us to be especially when the challenge presented to us is difficult or daunting. ***Grit*** is about our ***perseverance*** and our ***passion*** for long-term goals. ***Determination*** is the ***positive emotion*** ***of continuing*** to try to achieve or overcome a challenging goal.

***“Tis a lesson you should heed: Try, try, try again.***

***If at first you don't succeed, Try, try, try again”*** *―* [*Thomas H. Palmer*](https://www.goodreads.com/author/show/5420757.Thomas_H_Palmer)

This saying is linked to American educator Thomas H. Palmer from his Teacher’s Manual published in 1840. It was a popular quote that was often inscribed in classrooms 100 years ago. I often heard this growing up from my parents, teachers, and also in popular media and literature. I saw it again inscribed in the Bay Area Discovery Museum last month and it occurred to me that I really have not heard this phrase quoted in recent memory. What I do hear nowadays sounds more like, “If you don’t like it you can quit!” Since when did quitting before really trying become a cultural norm? I’m not about forcing people to do things they are not called to live into, nor should we do things to appease someone else. But I do believe we shouldn’t allow ourselves, or our kids, to give up without fully engaging the challenge and “giving it a go.” Through grit and determination we can discover joy and give ourselves a little love. If someone is struggling in something worth pursuing, especially if they were the ones who initiated interest to begin with, sometimes the life lesson is all about keeping the faith, following up and following through. In a world that sometimes feels so out of tune and broken, imagine what happens when we get to where we need to go? It’s ok to love ourselves in the way God loves us… Try, try again.

## Sea Breeze School News

It is Back to School and we are moving at full speed!

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 is a typical time for change for families and for staff and this summer the Sea Breeze teaching team saw some changes. One of our teachers moved out of the Bay area and another one accepted a position out of the education field. We were fortunate to find new teachers to join our team and everyone is settling in well. Additionally, our registrar, Wendy Walker made the difficult decision to leave the area and she is currently living in the East Bay and seeking employment there.

During the 2015-2016 school year we hope to work on some activities with the church. There will be opportunities to sing with us at the Atria, join us in our Annual School Picnic at Boothbay Park or come and experience the excitement of Family Fun Day.

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 5: Labor Day – School Closed

13: Back to School Night

18: Teacher Installation at 10:00am worship service

Have a Wonderful September!