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**Interim Editor:**

*CD & S. Rowsell*

 

The Ambrosian

The Monthly Newsletter of St. Ambrose Episcopal Church

900 Edgewater Blvd, Foster City, California 94404

March

2014

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! How are you doing with your spiritual journey? As we enter the month of March we will be ending the Season after the Epiphany with a Shrove Sunday Pancake Dinner in the Parish Hall on Sunday, **March 2nd** from **5:30 p.m**. This has been a fun event before we enter the more somber Season of Lent when we renew our spiritual practices of prayer, almsgiving, scripture reading and reflection.

 Lent begins with Ash Wednesday on **March 5th** at **12:10 p.m**. and **7:30 p.m.** with the Holy Eucharist and the Imposition of ashes to remind us of mortality. You are encouraged to begin your Lenten discipline by coming for one of these worship services.

 On the Fridays of Lent beginning on **March 7th** and each Friday through **April 11th** at **12:10 p.m.** those of us who gather will walk through the Stations of the Cross and offer reflections and insights.

 On the Sundays in Lent beginning **March 9th** through **April 6th** following the 10 a.m. Holy Eucharist, we will have Lenten Healthy Lunches followed by the Lenten Program which will begin at **11:45 a.m.** As I mentioned last month, the program will be based on the book, A Failure of Nerve, Leadership in the Age of the Quick Fix by Edwin H. Friedman. This program will present how family systems theory may help you in making healthier choices in your life, choices that will help you to grow and mature as well as your families and organizations in which you participate. We will be learning about why this is important, the basic methods and concepts of family systems theory, as well as understanding our societal context as explained by Friedman, the emotional barriers which prevent individuals and organizations from maturing, and an examination of how we can develop ourselves as self-differentiated leaders.

**March 9th:** Why we are studying “A Failure of Nerve, Leadership in an Age of the Quick Fix, Who is Edwin Friedman? Basics about Family Systems Theory

# Reflections from our Rector

## Rector’s reflections continued…



**March 16th:** Signs of an emotionally immature social order, and the emotional barriers keeping people from acting to improve their lives

**March 23rd:** Self differentiated leadership as a key to healthy relationships

**March 30th:** The immune system as a metaphor for understanding self-regulation and self-differentiation

**April 6th:** Emotional Triangles and Sabotage when we make healthy self-differentiated decisions

 This year, I hope that we as individuals and as a congregation as a whole will become healthier in our expectations of ourselves and one another, so that we may have an abundant life full of growth and adventure. I am hoping that our Lenten program will stir in us a new awareness for how each of us is called to be a leader in some situations, and how each of us can make a difference at least in our own lives and in the lives of the people we are connected.

 Yours,

 David Ota, Rector

**Updated Website**

Thanks to Merle Silverman, our volunteer webmaster since the inception of our first website, for updating our website at [www.stambrosefostercity.org](http://www.stambrosefostercity.org). She along with Senior Warden Bettie Davis, Vestry members Rob Richards and Warren Wong and the Rector met with the Rev. Joseph Peters-Mathews, Working Group Head for Communications for the Diocese of California. Joseph reviewed the old website with the small group and Merle implemented the changes needed in the new website with a program from weebly.com. The Rector is looking for a new volunteer webmaster, as Merle desires and deserves a break from this responsibility. You can find old sermons, the announcements, the Ambrosian newsletters, and the calendar on the website. Please view the website and send any recommendations to the Rector at dyota@mindspring.com.

**Guest Preacher**

The Rector has invited the Rev. Joseph Peters-Mathews to be our guest preacher on Sunday, March 9th at both the 8:00 a.m. and 10:00 a.m. services on the First Sunday in Lent. He will share with us some insights for how to better communicate with the public.

**Best wishes to the Torrey Family**

Brian and Patty Torrey and their children Joseph, Daniela and William will be moving in March to their new home in Prague, Czechoslovakia. They are excited about moving for Brian’s work assignment. We wish them all the best and Godspeed.

**Lenten Meditations 2014 from Episcopal Relief and Development**

For the past several years we at St. Ambrose have been using the Lenten meditations written by members of the Episcopal Church for Episcopal Relief and Development. These meditations help us connect our lives with others we do not see, but who are connected to us in the wider world. Our actions express our faith that we are all connected to one another. You can pick up a booklet in the foyer for your daily time of reflection this Lent.

**Bible Studies in March**

The Monday Bible Study group continues to study the Gospel according to Luke on Mondays, March 3rd, 17th and 24th from 12:45 to 2:00 p.m. in the home of Merilyn Vosburg. They are at Luke 8:40. They have been reading the texts in comparison with the gospels according to Mark and Matthew. This Bible Study is led by the Rector.

The Tuesday evening Bible Study group meets on March 4th and 18th in the home of Warren and Nellie Wong at 7:00 p.m. They are studying the Book of Isaiah. Shelley Keefe is leading this study.

The Wednesday evening Bible Study group meets on March 12th and 26th in the foyer of the church at 7:30 p.m. They are studying the Gospel according to John. The next session will begin with Chapter 11:45.

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

**Shrove Sunday Pancake Dinner**

The pancake dinner has been changed back to Sunday, March 2nd from 5:30 p.m. in the Parish Hall due to a conflict with the School Open House on Tuesday, March 4th. Troy Ryder is organizing the dinner. If you are able to assist in the dinner, please speak with him. Also, if you plan to come, please RSVP to stambrose@mindspring.com or leave a message at 650 574-1369 to let us know if you are able to join us.

**Children and Family Ministry Event: St. Patrick’s Day Parents’ Night Out**

On Friday, March 14th, a Parents’ Night Out event is being held in the Parish Hall and led by the Children and Family Ministry. The theme will be on St. Patrick. Please sign up with Fe Valentin if you are interested. You may contact her at valentin\_fe@yahoo.com or call at 925-216-1588. The event begins at 6:00 p.m.

**Time to review your final plans**

The Season of Lent is a good time to review your final plans in regards to your will and instructions for Burial. We often delay looking at what is needed at the end of life, but it is a blessing to those we leave behind that we put our affairs in order. It is also helpful to consider having a durable power of attorney for loved ones who may be approaching a time when they will need assistance from a family member or trusted friend. Below you will find “Final Directions and Instructions upon the death of” as created by the Diocese of California Gift Planning Department.

Episcopal Diocese of California

Gift Planning Department

Instructions for My Family & Friends

Final Directions & Instructions upon the death of:

Name

Date

*File this information where it will be found easily upon your death. It is suggested that you file this with your local church or your attorney, and notify your heirs that this form has been completed for their information*.

Name (Complete) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birthdate\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Place of Birth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Baptism Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Spouse’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birthdate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Place of Birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Baptism Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Father’s Full Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Birthdate/Place\_\_\_\_\_\_\_\_\_\_\_\_\_ Living \_\_Yes \_\_No

Mother’s Full Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Birthdate/Place\_\_\_\_\_\_\_\_\_\_\_\_\_ Living \_\_Yes \_\_No

Names, addresses, and phone numbers of living brothers and sisters:

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Names, addresses, and phone numbers of persons to notify upon my death:

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Occupation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Employer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Social Security Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Last Will/Trust Executed dated: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Will/Trust is located at: \_\_\_\_\_\_\_\_\_\_\_­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Representative’s name and address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Bank Accounts/Savings Institution Account/Other Income Producing Accounts:

Name of Institution

Type

Account Number

1

2

3

4

5

Safe Deposit Box Number & Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location of Safe Deposit Box Key: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Investment counselor or banker’s name and address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Insurance agent’s name and address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Life Insurance

Company

Type

Amount

Certificate #

Beneficiary

1

2

3

4

Insurance policies are located at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Credit Cards and Charge Accounts:

Company

Address

Account #

 INSTRUCTIONS FOR BURIAL

“The liturgy for the dead is an Easter liturgy. It finds all its meaning in the resurrection. Because Jesus was raised from the dead, we, too, shall be raised.

The liturgy, therefore, is characterized by joy, in the certainty that ‘neither death, nor life, nor angels, nor principalities, nor things present, nothings to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.’

This joy, however, does not make human grief unchristian. The very love we have for each other in Christ brings deep sorrow when we are parted by death. Jesus himself wept at the grave of his friend. So, while we rejoice that one we love has entered into the nearer presence of our Lord, we sorrow in sympathy with those who mourn.” *The Book of Common Prayer,* page 507.

(When possible, it is suggested that you fill out the following in consultation with your clergy.)

“The death of a member of the Church should be reported as soon as possible to, and arrangements for the funeral should be made in consultation with, the Minister of the Congregation.” *The Book of Common Prayer*, page 490.

Circumstances permitting, I wish my Burial Service to take place at:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Church

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Celebrant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“Baptized Christians are properly buried from the church. The service should be held at a time when the congregation has the opportunity to be present.” *The Book of Common Prayer,* page 490.

The service shall be “The Burial of the Dead” from *The Book of Common Prayer:*

 \_\_Rite I or \_\_Rite II

\_\_ I request the Burial Office only be read.

\_\_ I request the Burial Office and Eucharist be done.

Suggested Pall Bearers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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If possible, I would like to have the following Psalms and Lessons: (for suggestions, see *The Book of Common Prayer,* pages 494 ff.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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I would especially like the following hymns: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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“The coffin is to be closed before the service, and it remains closed thereafter. It is appropriate that it be covered with a pall or other suitable covering.”

Note: Some parishes permit the use of a pall only, within the church building.

Memorials may be made to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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I prefer to be: \_\_ Buried or \_\_Cremated

Ashes at Memorial Service: \_\_\_Yes or \_\_\_No

 \_\_ Before or \_\_After the Funeral

Disposal of Ashes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location of cemetery lot deed, crypt deed, columbarium contract:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have made arrangements to have certain parts or all of my body donated to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Funeral Home to use: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coffin Specifications: \_\_ Least expensive \_\_ Mid range \_\_ Elaborate

I \_\_do \_\_do not wish to have my coffin open at the funeral home.

Other information for my survivors: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Signature Date

This guide was prepared by the Episcopal Diocese of California to encourage thoughtful estate planning and funeral preparation. For additional copies or for information on how to remember your parish, mission, or diocese in your will, contact:

Ms. Amanda Kiernan

Gift Planning Officer

Episcopal Diocese of California

1055 Taylor Street

San Francisco CA 94108

415 869 7812

amandak@diocal.org

## Outreach Report - by Steve Yuen

After a two-month respite following a very busy December, Outreach volunteers are gearing up for spring activities.

**Sandwiches on Sunday (SOS)**: On four to five Sundays every year St. Ambrose serves lunch to all comers at the Fair Oaks Community Center in Redwood City. For many diners the SOS lunch is their only hot meal of the day, and dinner consists of the brown-bag sandwiches prepared by St. Pius Catholic Church that are handed out as they leave. In recent years the number of attendees has about doubled; 100 people, 20 of them children, were hosted on December 29th.

Sandwiches on Sunday has become a popular family Outreach activity, with St. Ambrose children and teens scooping entrees and pouring fruit punch under the watchful eye of their parents. Our next hosting is at noon on **Sunday, March 30th**. If you can prepare a dish and/or help serve lunch, please sign up on the sheet in the Parish Hall. We will need eight (8) salads and eight (8) trays of lasagna (most of the cooks buy the lasagna frozen and bake it two hours on Sunday morning).

If you have any questions, please contact Rob Richards (rob.richards@tensorlabs.com).

**Home and Hope:** For twelve years St. Ambrose has been a participant in Home and Hope (formerly known as the Interfaith Hospitality Network), a network of 31 Peninsula churches and synagogues that provide emergency shelter for 4-5 families at a time. Half the churches have sleeping facilities, but those congregations cannot do it alone. St. Ambrose is a member of “Team Hope,” a sub-group of four churches that assists Hope Lutheran Church of San Mateo when Hope Lutheran is the host. St. Ambrose will serve dinner to the families, usually 15-20 people, on **Tuesday, April 1st**. If you would like to help or have any questions, please contact Kay Huffman (345-4529, kaysandra220@hotmail.com).

**CALL Primrose- Four (4) Food Boxes:** This is the fourth year that St. Ambrose has been filling boxes of food and donating supermarket gift cards to families who are clients of CALL Primrose, a Burlingame outreach venture founded by the Presbyterian and United Methodist churches. If you can contribute items such as a can of vegetables or a box of mashed potatoes, please check them off the lists stapled on each box and bring them to the Parish Hall by **Wednesday, April 9th**. Thank you for making Easter a little brighter for some of our neighbors. If you have questions, please contact Steve Yuen (stevebyuen@aol.com, 341-1966).

**Outreach Calendar for 2014:**

Won’t you join us? We invite any member of St. Ambrose who is interested in Outreach to attend *short* (less than 30 minutes) meetings which are normally held on the first Sunday of the month after the 10 a.m. service. The subject matter is typically about upcoming events and consideration of donations to charitable organizations. If you have any questions, please contact Steve Yuen (341-1966, stevebyuen@aol.com).

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Month | Outreach Meeting  | Home & Hope  | Sandwiches on Sunday | CALL Primrose | United Thk Offering | Blessing of Animals  | Stocking Stuffers  | Family Sharing  |
| January | None | 7 |  |  |  |  |  |  |
| February | None |  |  |  |  |  |  |  |
| March | 2 |  | 30 |  |  |  |  |  |
| April | 6 | 1 |  | 9 |  |  |  |  |
| May | 4 | 6 |  |  | 11 |  |  |  |
| June | 1 |  | 29 |  |  |  |  |  |
| July | None |  |  |  |  |  |  |  |
| August | 3 |  | 31 |  |  |  |  |  |
| September | 14 | 30 |  |  |  |  |  |  |
| October | None |  |  |  |  | 5 |  |  |
| November | 2 |  |  |  |  |  |  |  |
| December | 7 |  | 30 | 14 |  |  | 4 | 14 |
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## The World Needs Your Kid – by Rev. Jay Sapaen Watan

Several years ago, at an international conference for leaders and organizers who advocate for children and youth, the Dalai Lama was asked the question, “What is the greatest challenge facing our time?” After some deep thought, he spoke these words, “The greatest challenge facing our time is not weapons of mass destruction or terrorism or ethnic cleansing… It is that we are raising a generation of passive bystanders.” He noted in his observation that children today are afraid to stand up, to stand out, or to be counted. He was critical of parents, grandparents, teachers, and mentors for shielding the world from the younger generation, and for not teaching our children to take courage, act with compassion, and contribute to community. The Dalai Lama believes that *the world needs your kid*. And I agree! Our children are the greatest contribution we offer to the kingdom of God. So where do we begin?

I have heard many young people share the experience of a world that is less compassionate, more self-serving, and just downright mean. They have seen ambivalence, anger, and abuse. Their personal experience has showed them that *the world is a vampire*. Unfortunately we know their experience is not exclusive. So what kind of world are we creating for our children if negativity dominates the outlook for so many of our youngsters? Give them a world dominated by the language of fear and they may not have a vocabulary to be aware of what is right in the world. And I do not believe we can make good choices out of fear. And we certainly not see anything difference if we do not know what to look for. If all our children can see is the glass half empty rather than the glass half full, we have done them a great disservice. Fear has a way of giving us an emotional heart disease, where more of us are inclined to simply check out because it is far easier than finding solutions to challenging issues and difficult circumstances.

Listen to the words we hear around us “*Whatever… I’m bored… Who cares?”* Indifference, boredom and disenfranchisement are the words we use where we are not connected, inspired or empowered to take action. Yet more and more we hear that our younger generation is consistently self-defining themselves as such. It is a language that comes when we are not living into whom God created us to be. Our words are powerful!

But it’s not too late… we can reverse this heart disease starting by teaching the words that lead with love! I believe our words that come out of our mouth are a reflection of our heart. The soft skills of communication and understanding culturally seems to be a growing challenge, so rather than teaching our children how to debate, lets teach them a better way… how to create dialogue. More so, when we use the language of love to teach from our heart, we invite future generations to see the world through the eyes of their heart and make the connection that they too are connected. “Y*ou matter… Life is awesome… I care!”*  Love is an action and we must set that example of courage, compassion, and community if we expect the young ones to follow.

Every generation is capable for turning a negative into a positive. And this includes our current generation of elders and adults. For every broken or angry heart there is a tender spot, a hole in the soul that yearns to be made healthy and whole. These are sacred places where the love of God can make a difference. Keep the faith. Love is greater than fear. Go and lead with love… the world needs your kid!

## Sea Breeze School News

## Things are very exciting for all of us at Sea Breeze.

## Summer and Fall registration opened in February and we are excited that many of our current students have registered to continue their enrollment with us. We do still have limited openings in some of our programs and if you are interested in learning more about Sea Breeze and the opportunities that are currently available, please contact our Registrar, Wendy Walker at

650-574-5437. We will host an Open House on March 4th and we would love to see any of you there.

To celebrate Valentine’s Day this year, the children participated in the Valentines for Vets Campaign and together with the Church, there were over 200 valentines that were delivered locally. Each classroom also had small celebrations in their classrooms and the children had the opportunity to create and share Valentine cards and treats with their friends. You could sure feel the excitement around campus that day! Saint Patrick’s Day will be here soon, and I am certain that the magical leprechaun will be visiting all of us.

We are finalizing plans for Summer Sessions and we are looking forward to many exciting things. We will have different themes for each week and will have many visitors coming to share exciting events with the children. If you have any special skills that you would like to share with the children please feel free to contact us. We would love to have you.

As always, if you would like to spend some time working with our children we certainly welcome you to join us.

Many Blessings to you and your Families from all of us at St. Ambrose Sea Breeze School.