

JULY
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Edition



The Ambrosian

The Monthly Newsletter of St. Ambrose Episcopal Church
900 Edgewater Boulevard, Foster City, California 94404

Reflections from the Rector

Please stay tuned for our new Rector Rev. Jason Lucas-Green's first reflection!

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Editor
Yvonne Sidell

Announcements

St. Ambrose Stewardship Dinner

You are cordially invited to the St. Ambrose Stewardship Dinner on **Friday, October 28 at 6:00 p.m.** at the William E. Walker Recreation Center, 650 Shell Boulevard in Foster City. Please ensure you RSVP at [Stewardship Dinner](#)

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

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. If you wish to join us, please let Maureen know so she can prepare a folder for you. You may contact her at mhfromme@yahoo.com OR 415.990.6758.

Announcements (continued)

Sunday School Outdoor Classes

Pre-K - K5 Sunday school is back to in-person! Outdoor classes (courtyard) will be held on the 1st and 3rd Sunday of each month. Spread the word! We can't wait to see BIG smiles in the courtyard, share the good news of Jesus, and have fun altogether!

Thank you!
Raphaele and Fe

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

Volunteers Needed

We are looking for volunteers for coffee hour, summer days and stewardship dinner. If you are interested, please contact me at valentin_fe@yahoo.com! *Thank you!*

Free Notary for St. Ambrose

As a seasoned California Notary Public, Yvonne Sidell always offers free notary services for St. Ambrose parishioners. If you need a document notarized, please text or leave a voicemail for Yvonne at 925-808-8801. *Thank you!*

Vestry Report – by Michael Lord

St. Ambrose Parishioners,

I just want to remind people about a few big events that are coming up.

We are going to need to say farewell to our Interim Rector, Father Shane. He has really come into a tough role as Interim Rector as our wonderful long-standing Priest after Father David's retirement. Equally, he has been here through the COVID pandemic and supported us all even when the church was empty. **I know he will be missed.**

Then, we get welcome Father Jason who will be joining us in the middle of August. He will be here just in time for the start of the Sea Breeze school year and the Summer Days festival in Foster City (August 19, 20 and 21 - reach out to Steve Yuen to sign up to help). Hopefully, you'll get the chance to meet the Foster City Community that weekend with Father Jason. Stop by the St. Ambrose booth if you are around or you can volunteer to be a part of the City-Wide celebration and greet your neighbors.

In addition, we are bringing back the Stewardship Dinner in late October (we are forming a committee to plan the event). We will be in the Lagoon Room and will have a nice catered meal hopefully with all the usual events including Gift Basket Raffles and featured performances from the St. Ambrose Youth. Reach out to Brenda Matsuo if you would like to participate.

Please keep Father Jason in your prayers to successfully move to California and keep Father Shane in your prayers to hope for a wonderful new assignment within the California Diocese.

Respectfully Yours,

St. Ambrose Vestry

Youth Ministry and Youth Group News – by Daniel Tate

Sandwiches on Sunday Service Project in July

On Saturday, July 30, from 12 Noon to 2:00 p.m., we will be preparing lunches for Sunday's Sandwiches on Sunday that happens the next day at the Fair Oaks Community Center in Redwood City. Youth and their families are invited to come and help out. We will be making peanut butter and jelly, lunch meat and cheese sandwiches, with fruit and other goodies to put in lunch bags for handing out. We will be practicing safe distancing, with gloves provided. This is a great opportunity to be at the church doing something together in person. **Please join us!**

Youth and Community Garden

Check out the Youth Garden! The wheat is over three feet tall, and tomatoes are appearing! Carrots, yellow squash, zucchini, pumpkins, plus other vegetable varieties and flowers are getting going. Keep a look out for what comes up.

Youth Group Meets Sunday Mornings at 10:00 A.M.

We maintain 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 always need Intercessors, Lectors, Greeters, Ushers, Acolytes, and Livestream Technicians. Please email me at ym_stambrosefc@att.net if you would like to join in with us. No experience is necessary. 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

Hymn for July – by Maureen Fromme

“All Who Live and Serve Our City” – Hymn 571

When I think about July, I almost immediately think of July 4 - Independence Day. With all the history of this important day, I also think of what it might mean to us. With “independence” comes patriotism and responsibility. In the world that surrounds us, we can be overcome with all the news, all the needs, and what we can do to make a difference.

In this hymn, Erik Routley could be describing our present day living. He is inclusive in his words right at the beginning: “All who love and serve your city...”. As the text continues, he mentions those who bear the stress, those “who cry for peace and justice”.

While doing some research about this hymn, I came across this paragraph in an article from “History of Hymns”, published by the United Methodist Church:

Episcopal hymn scholar Ray Glover notes, “The poet sees the city as a place over which the Risen Lord reigns as Judge and Glory. He challenges the city dweller, in the midst of strife and stress, to seek the Lord, the source of life. Though surrounded by ‘wealth and plenty, wasted work and wasted play,’ he reminds us that, in the words of Jesus, ‘I must work while it is day.’”

Mr. Routley (1917-1982) wrote texts to hymns and wrote the music for hymns as well. In the 1982 Hymnal, he wrote the text to “New Songs of Celebration” (413), and the music for “Go Forth for God” (347), “Let All the World” (402), and “What Does the Lord Require” (605). He was a minister, composer, and musicologist who served as a minister and chaplain in England. He moved to the United States where he was Professor of Music at Westminster Choir College and also taught at Princeton Theological Seminary.

The hymn tune is called, “Charleston”, published first as a folk hymn in Charlestown, South Carolina. May we all rise to civic duty, as we are able, and “work while it is day”. Here is a video of the hymn:

https://youtu.be/genI_JRVbB8

Respectfully Yours,

Maureen Fromme

July Outreach Report – by Steve Yuen

Sandwiches on Sunday – May 29



Valerie Mersh on Saturday.

Rob Richards brought over the ingredients to the St. Ambrose kitchen on Friday.

The volunteers on the Saturday assembly line were able to complete their task in two hours. They filled 85 brown paper bags with sandwiches, fruit, snacks, and Easter candies.

In keeping with our steadily improving supply chain management, *not once* did we have to run over to Lucky, Safeway, or Costco because we had miscalculated the production requirements. Into two refrigerators went the bags for storage overnight.

There were 30 people in line at 11:45 a.m., and 20 more showed up in the next half hour.

The Venkat family—Shawn, Shai, and Phoebe—distributed the brown bags and bottled water at the Fair Oaks Community Center in Redwood City. Some customers took two bags while others grabbed three, but there was at least one for everyone.

Deborah Orlor, who founded [Hearts for Humanity](#), a San Mateo non-profit organization that aids the homeless, was a surprise visitor at noon. She brought extra food and desserts to add to the St. Ambrose offerings. Deborah was keenly interested in the program and may well join the rotation of churches who provide meals for Sandwiches on Sunday.

Our next SOS will be on **July 31**. We will again assemble the sandwiches and brown bags the day before, i.e., Saturday, July 30th, at the church from Noon to 2:00 p.m.

If you would like to volunteer or have any questions, please contact Rob Richards (650-465-9511, rob.richards@tensorlabs.com) or Steve Yuen (650-315-9662, stevebyuen@aol.com)



Shawn, Shai, and Phoebe Venkat

Foster City Summer Days – August 19-21:

St. Ambrose will set up a booth to tell our story to the community and answer questions about St. Ambrose and Sea Breeze School at Foster City's annual fair, Summer Days (<https://www.fcsummerdays.com>) from August 19 to August 21. If you are interested in helping out, please contact Michael Lord (miclord58@yahoo.com) or Steve Yuen (stevebyuen@aol.com).

Sea Breeze School News – by Jerelyn Weber, Principal

Summer is here and we are excited about all that is happening around the school!

This summer, we will learn about Pirates, Camping and the Outdoor World, Mermaids and Under The Sea and the Magic of Magicians. We will have lots of visitors come to see us and we will do so much exploring.

The teachers are all very excited to be teaching in full sized classrooms again. Because the COVID numbers have declined and restrictions and loosened, we have removed the barriers in the classrooms. We actually all forgot how big and beautiful our classrooms are. We have also moved out of the Parish Hall, so you can all begin to gather inside again. **We are very thankful for the use of the Hall over the last couple of years as it helped us to work in stable groups and to keep the spread of COVID to a minimum!**

Summer gives us an opportunity to get some work done around the campus and we are already working on things. We have had the trees around campus cleaned up/trimmed and we are working on getting the lights all around replaced or repaired. Additionally, we will be having surveillance cameras installed near the Church and School entrances, on the playground and in the courtyard. The unfortunate situation in Uvalde has heightened our concerns for the safety of all of us and we now find it necessary to make this upgrade. There will be no internal cameras at this time.

Sadly, we had several staff members move on at the end of the school year. Some have moved away, two finished college and are moving into different careers, and one is staying home to be a new mommy. This of course makes it necessary to add new teachers to our team and thankfully we have been able to add two new teachers that will start during summer to get prepared for the upcoming school year. We continue to actively search/interview qualified candidates for open positions. If you know anyone that teaches preschool, we would love to add them to our team.

As a reminder, if you have any used clothing or shoes that you need to find new homes for, we have a donation bin in the parking lot. This is an ongoing fundraiser for the school as we will receive money for each pound of clothing and shoes that is donated. Please pass the word to all that you know.

I hope you all enjoy the summer. For those that will travel, please do so safely.

Respectfully Yours,

Jerelyn Weber

The Editor's Corner—by Yvonne Sidell



“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

—Galatians 5:22-23

Summer is one of my favorite times of year. Not simply for the longer days and warmer weather, but also for summer fruit. I love going into the grocery store, seeing the produce aisle stocked with a smorgasbord of delicious, brightly colored fruit and bringing some home to enjoy.

The book of Galatians talks about spiritual fruit. These “fruits,” love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control are characteristics we hope for in ourselves but also look to receive from others. Similar to summer fruit in the produce aisle — these spiritual fruit are appealing and refreshing both when others encounter them in our lives and when we encounter them in others’ lives.

For Christians, the fruit of the Spirit comes in a complete set. When you believe and the Holy Spirit is working in you, others should see this fruit daily growing in you. Not just one piece, but all. It’s not like going shopping and picking out only two kinds of fruit; we get the party pack — all nine fruits of the Spirit. These are natural characteristics of Jesus that He gives to us through the Holy Spirit. They are fruit we should seek to grow.

A part of being a Christian means growing each attribute. We all have opportunities each day to demonstrate and put these fruits to practice. Each day, we can choose to display these spiritual fruit to others around us. The more we do that, the more those around us will see Jesus apparent in our life.

July Birthdays & Anniversaries

Birthdays

David McIntyre	1
Lauren Yates	1
Katharine Jew	5
Joanne Kerseg	15
Nathan Frisch	16
Carolyn Franco	16
Olivia Nagar	25
Jill Schwab	25
Wilson Morales	30



Happy 
Anniversary

Charlotte & Bill Bradford	1	
Katherine & Randy Jew		21
Fe & Andrew Balamiento	21	
Jeanne & Ted Ozeki		29