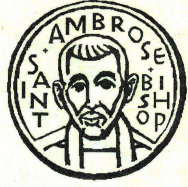


September
2024



The Ambrosian

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

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Editor

Suzanne Canada-Tjandra



From the Priest-in-Charge

Greetings, Friends in Christ. Even though the calendar still says summer, the first hints of autumn are starting to appear. Evening is falling more quickly, and the sun is no longer directly overhead. There is a crispness to the air of a morning and an evening, and some leaves are beginning to turn. Traffic is growing, as schools are back in session, and people have returned to work from their summer travels. Life seems to be picking up, the pace changing from the fallow, mellow, laid back days of summer to the brisk, busy, and sometimes hectic pace of fall. Calendars are quickly filling with commitments, as fall sports, community and civic groups, and church activities, will soon be in full swing. The sound of children's exuberant laughter as they gather at Sea Breeze to learn and play is with us once more. Yet, even though I look forward to the fall, anticipating the activities and opportunities for ministry, I'm always a bit sad to see the more relaxed, fallow days of summer leave us once again.

It is important for us to remember, in the midst of all the wonderful opportunities for work, for service, for nurturing the bonds of love with our families and friends, to make sure that we are nourishing our spiritual lives as well. We need to drink of the living, restoring and refreshing water that Jesus provides, and let our souls rest in the grace and peace of God. As Chaplain Daniel Tate said last week in his sermon, Jesus is saying that "we need to eat and drink his words, live the example of his life. Jesus says if we take him, God the Father, and the Holy Spirit in ourselves, we abide in him, and when we do so, we also abide with one another." We need to set aside time in our busy day to reflect on our lives, to be in the moment, and discover where God is present and active, and what he is drawing us toward, what he is calling us to do and be. Week by week, it is important to also gather as community, as the Body of Christ in this place. Through

sharing of the Scripture, the prayers, and the breaking of bread, we are knit together in love and we learn to care for and support each other.

If you're like me, it is easy to get so busy, too busy, during these fall days. There is a tendency to overcommit, and it seems like the clock spins and there is never enough time in the day. Thinking about time, I have found it helpful to consider *chronos* and *kairos*, two ancient Greek words for time. *Chronos* is the forward, linear movement of time that we measure with watches and clocks. *Kairos*, on the other hand, is not a sixty second minute, but a deep moment, an opportunity to discover grace, and the movement of the Spirit. It is, in a sense, time outside of time, when we sense God's invitation to draw near, to listen, to be aware of the still small voice that beckons us to taste and see, and then go forth in renewed love and service. *Kairos* time expands, invites us to slow down, to be grateful, to be aware of the age-old rhythms of life in which we can know the Mystery of God. *Chronos* passes, and is gone, though we try to grasp it. *Kairos* time is gracious, expansive, inviting reflection, connection, tears, joy, sorrow and compassion.

So friends, as we return to our routines, let's remember, in the midst of our busy days, to be open to the inbreaking of *kairos*, the moment of opportunity, of grace, of a refreshing new point of view, of the chance to experience the presence of Emmanuel, God with us, who fills our ordinary, busy days with purpose and joy.

In God's love,

Mother Rebecca+

St. Ambrose News

From Dulce Lord, newly appointed coordinator of the Outreach Program Ministry:

I am pleased to have been appointed as the new coordinator of the Outreach Program Ministry by Mother Rebecca. As a long-standing Ambrosian and a member of this ministry for a few years, I have drawn inspiration from Steve Yuen's Outreach leadership and the exceptional work he has undertaken. I intend to fulfill this new role to get us until the year's end, or until an announcement is made regarding a new coordinator at the beginning of next year.

Since my appointment, I have started collaborative efforts with Valerie Mersh (for whom I am thankful) to begin organizing Outreach's upcoming events and recipients for 2024. We aim to finalize the list of members willing to contribute in various capacities to endorse this meaningful ministry. Please contact me or Valerie if you want to continue your membership or become a new member.

To reach out to me, please email me at dulcelord@yahoo.com or text or call me at 650-918-8691. Thank you!

Announcements

Parking Lot Sale

Date: Saturday, Sept 7th **Time:** 9 am to 2 pm

We need your help!

Come to the sale, let your friends and family know, donate items, or volunteer. Let's make this another successful sale!

For donations and volunteering, please text:

- **Brenda:** (650) 520-1140 **April:** (650) 703-3191



Concerts at St. Ambrose: Mark your calendars!

Saturday, September 28, 2024 at 3:30 pm

St. Ambrose Chapel

Hamilton Fong, tenor in concert with pianist **Angela Cheng**

tickets \$20

Saturday, October 5, 2024 at 3:30 pm

St. Ambrose Chapel

Amanda Yuxin Dai, Piano and **Jeffry Li**, Cello

tickets \$20

Sunday School

St. Ambrose has a Sunday School Program for children at 10:00 a.m. each Sunday. It is taught by Raphaelae Gerber and Kay Ballantyne, in Room 1. Children come in for their program, and then join their parents at the Peace so they can participate in the liturgy of the Holy Eucharist. We are currently working on developing the curriculum and hope to add some singing each week. All children are welcome, so invite your friends, neighbors, and colleagues to join us for a service and bring their little ones! If you have any questions, please contact Raphaelae, Kay, or Mother Rebecca.

Tuesday Bible Study

Remember that our Bible study group meets on Tuesday at 1 pm over Zoom to study the scriptures for the following Sunday's service. There is good discussion, and it usually lasts about an hour. For information and Zoom link, contact Warren Wong at wwong@nd.edu

Card Ministry

Every month our members receive birthday and anniversary cards and sometimes, get well or sympathy cards. In August, we sent out 7 birthday, 6 anniversary, and 1 get well cards.

If you become aware of a member's good news, illness, or a family loss, please let Kyn Dellinger know at (650) 291-6208 or email her at bonanzalady@gmail.com.

Contemplative Meditation Group

Welcome to our "Contemplative Meditation" Zoom group, meeting Wednesdays at 10:00 a.m. Enjoy a 40-minute respite of mindful breaths, compassionate, and contemplative community. Be heard should you choose to share. If you wish, an email-list reminder can arrive in your inbox Tuesday nights then write to: hfongster@gmail.com (Questions are welcome).

[Click this link on Wednesday's 10am to join Zoom](#). Or use the QR Code below:



September Birthdays

September 1	William Bradford (son)
September 2	Barbara Milligan
September 5	Nilda Chong
September 7	Kay Umeda
September 8	Shaiji Ajit
September 9	Bill Bradford (dad)
September 14	Mary Bradford
September 15	Charlene Adolph and Kyn Dellinger
September 17	Christina Rodriguez
September 20	Hugo Franco
September 20	Karin Patterson
September 21	April Cherrington
September 30	Eunice Chee

September Anniversaries

September 6	Suzanne and Hendri Tjandra
September 10	Philip and Shaiji Ajit
September 17	Scott Chang and Judy Chen
September 30	Raphaelle and Jacques Gerber



The Editors' Corner – by Suzanne Canada

Dear Ambrosian Readers,

I am grateful for all the positive feedback that I have received from you readers about the Ambrosian in recent months. Two changes that will happen starting next month: We will be changing to a bi-monthly publishing schedule (every two months). Also, I will be accepting material from the wider St. Ambrose community as long as it is relevant for St. Ambrose and appropriate for our readership. Please keep sending me any content that you want to share with our congregation at 421srcanada@gmail.com.
Regards, Suzanne
