

Everything Under the Sun....



Dear Friends,

As we journey together as disciples of Jesus, I have been aware that many of our brothers and sisters struggle with our worship services, but for many different reasons. In response, here are some things we have done.

- I reached out to Marin County Mental Health and we sent a team from our congregation to receive training in Mental Health First Aid on May 22 – please see article on **page 6** for more information.
- The Board of Ministry has spent many months discussing how to make worship beneficial for all people and trying different changes in worship.
- On Sunday, May 22, we began talking about a “Comfort Covenant,” a sacred promise to one another that will empower all to fully participate in worship so that all can benefit from this sacred time with God and one another.

Here are some ideas that we are going to be trying as we seek to build a Comfort Covenant with each other.

First, the congregation and I agreed on Sunday that if anyone needs to take a break from worship either for the day or in the middle, there will be no negative judgment. Anyone is welcome to leave the sanctuary, take a break, take a walk, or rest in my office, and we will check in with you after the worship service ends.

Second, over the summer months we are going to try something a little different with the prayer time. Instead of just passing a microphone, we are making available cards for people to write down their joys and concerns, and if you so desire, Pastor Tracy will lift up your written prayer as well. It is our hope that this will accomplish several things.

- First, it will empower those who may not feel comfortable standing and addressing the congregation with a microphone to lift up their prayers in a more private and comfortable manner.
- Second, if someone has a prayer that might be disturbing to sensitive listeners, Pastor Tracy can use judicious language during worship and then address the concern privately immediately after service.

The Ministry Team and I welcome feedback about this approach. We sincerely hope that it will be beneficial to everyone, but at the same time we are open to modify or change this system.

I have noticed that over these past few months our congregation has been engaging in deep conversations about what it means to be in covenant with each other and what it means to truly follow

(continued on page 2)

Pastor Tracy's letter Continued

Jesus' path. Some of the hardest work we do is listening to one another and finding paths forward in community while always striving to welcome the most vulnerable among us.

I ask that you pray with me that our congregation will continue to have these critical but sometimes difficult conversations, and that we will discern and follow God's call for us to be the body of Christ in community. I ask that you pray with me for patience and calm and new inspirations as we seek new ways to live into our promise, "No matter who you are or where you are on life's journey, you are welcome here."

Blessings,

Pastor Tracy

MEMORIAL SERVICE FOR MARIE DOUGLAS - JUNE 4

There will be a "Celebration of Life" for Marie Douglas on Saturday, June 4, at 2 pm in the Sanctuary, hosted by her family, Sher, Greg and Blair Ripley.

Marie was an attending guest and member of our church for 20 years. Marie had a wonderful love for God, our Church and its family. Although health issues in recent years kept her away from Sunday Services, she continued to support FCC and was always in our prayers.

Marie was 93 years old and died peacefully on May 4. Her ashes are going back Akron, Ohio, to be buried on June 9 with her husband. Remember Sher, Greg, and Blair in your prayers as they take Marie on her final journey "Home" to their Family in Ohio on June.



PRAYER PARTNERS

Please remember the following members of our church family in prayer. Pray for their welfare and growth in faith and discipleship.



May 29 - June 4
Jeff Paul and Trista

June 5 - 11
Milagro Ramirez

June 12 - 18
Lucinda Ray and Charles Little

June 19 - 25
Greg and Sher Ripley

June 26 - July 2
Joan and Russell Roane

Come
Worship
w i t h u s !

June 5 I Kings 19:1-16

Elijah on the Mountaintop We will explore Elijah's struggle, his appeal to God, and God's answer in Pastor Tracy's sermon, "The Different Voices of God." This will be a healing service and all will be invited to lift up their appeals with an interactive and tactile experience. Pastor Tracy will also be available immediately following service for private prayer and anointing.

June 12 James 1:22, 2:14-17

Guest Preacher Helen MacLam

Helen MacLam is a graduate of Heidelberg College, where she majored in sociology. She also holds an MA in Library Science from the University of Michigan and an MA in African American Studies from Boston University. She was the collection development librarian for social sciences at Dartmouth College and later became social sciences editor at CHOICE Magazine. A native of Brooklyn, Helen married a Vermonter and lived most of her adult life in Vermont with her husband and two sons. As a social activist, she has been involved in many community organizations. Most recently, she served as a member of the Uprooting Racism Task Force of the Department of Mission, Vermont Conference, UCC. She now lives in Novato.



June 19 Tobit 4

Father's Day The book of Tobit is part of the Apocrypha, and one of the most endearing stories of the Bible. We will dig into the trials and tribulations of a beleaguered father – Tobit – and his hopes for his son who does not face an easy road ahead. In honor of Father's Day, all fathers are invited to join us for a special blessing during the worship service.

June 26 Galatians 5:13-25

Guest Preacher Dr. Randi Walker

A UCC Perspective on Life in the Spirit Rev. Dr. Randi Walker is Professor of Church History at Pacific School of Religion and Director of their Doctor of Ministry Program. She is ordained in the United Church of Christ and served as a pastor in the Southern California Conference before teaching at PSR. Dr. Walker's scholarship focuses on the histories of Christianity in the Pacific World including narratives of why people are/were attracted to Christianity, how Christianity interacts with other religious and various cultures, and what kind of spiritualities emerge in Christianity in Pacific contexts.



BOARD OF MISSION MISSION MATTERS

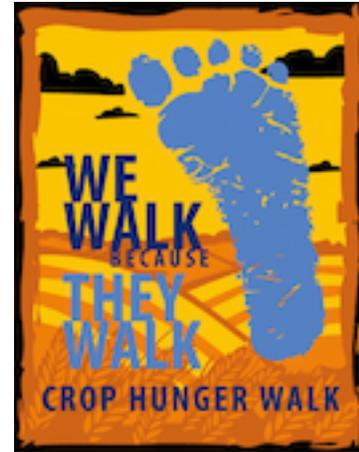
CROP WALK - JUNE 12

The 18th annual Marin CROP Hunger Walk will be held Sunday, June 12. The starting point: First Presbyterian Church of San Rafael, 1510 Fifth Street, San Rafael. Start time: 1:30 p.m.

This year in Marin we expect participants from congregations, youth groups, and organizations to walk the 3-mile course through downtown San Rafael to raise funds and increase awareness of the huge hunger problem, locally and around the world.

There are various ways you can participate:

- Sponsor a Walker with a donation. Get a corporation or business to match your gift! Be as generous as you can be.
- Sign up to be a Walker, and get your CROPWALKER ENVELOPE. Find as many sponsor/donors as possible and collect all donations. (Checks should be made payable to CWS/CROP.)
- Volunteer on the Walk Committee to help with refreshments, water stations, or at the registration table. Join in the festive atmosphere!



Our church goal is to uphold our first-place-in-Marin record, raising over \$3,000 – all for the benefit of the international aid organization, Church World Service, and three local service organizations: the SF/Marin Food Bank, St. Vincent de Paul free dining room in San Rafael, and the Marin Interfaith Street Chaplaincy. So, how do we meet that goal? Well, one way is just to start asking neighbors, family members, co-workers, friends, etc. Each time we ask for a donation, it gets easier. Asking for donations by email tends to work very well.

You can explain why you are supporting the Hunger Walk and how easy it is to donate on line. Check out the website for directions, or just ask Sue Spofford (415-305-4042) for a "How-to-donate-on-line Sheet." Remember, anyone can donate on-line via our Marin CROP Hunger Walk website: www.crophungerwalk.org/sanrafaelca/



PILLOW SUNDAY, JUNE 26

The Board of Mission of our church has proclaimed Sunday, June 26, as our annual Pillow Sunday. The Board is planning on a carload of pillows for distribution to Homeward Bound's Next Key (their gate way out of homelessness). Therefore we want to have lots and lots of pillows pile up around the Communion table on June 28th. This is one item that they need most, so let's do our part in helping to fill those needs.

Lynn Grant, one of the Mission Board members who is involved with delivering the pillows to Homeward Bound, commented, "I wish you all could hear the staff's joy when we deliver the pillows to them. It is truly heartwarming to know that our little church is part of their blessing." If you sometimes wonder how you can help homeless people, here is one good way! Bring some pillows to worship on June 26.

NEWS ABOUT KIDS



Tuesday, June 7 - OWL Celebration in the Courtyard

6:30 PM - 8:30 PM

Five youth from First Congregational Church of San Rafael joined with seven youth from Unitarian Universalist Congregation of Marin to spend a year studying the Our Whole Lives curriculum for grades 7-9. All are welcome as we gather in the courtyard for both a special blessing and closing ritual. We will also be grilling fajitas, toasting marshmallows, and dancing under the stars.

Monday, June 20 - Friday, July 29 - Academic Summer Program Begins. All of you are invited to participate as teachers or classroom aides according to your comfort level.

Friday, July 29 - Academic Summer Program Celebration - 9 AM - 12 Noon. Please plan to come celebrate with the kids!

Wednesday, August 24, 2016 - Homework Club Resumes at 4:00 PM in the Oak Room.



**TERRIFIC SUMMER CAMPS
FOR KIDS
REGISTER NOW!**

Many members of our congregation have wonderful memories of Camp Cazadero, and a number of our youth in the past have found it a transformative experience. There are camps available for grades 4-6, 5-8, 7-9, and 9-12.

Camp Cazadero is located outside Guerneville, in Sonoma County. Camp Caz has electricity and hot and cold water in each cabin, a big lodge and meeting areas. Food is cooked by the management staff. There is a big field for sports, a dancing/game slab, a fire bowl, vesper point, and pool in the midst of a mixed redwood, pine and broadleaf forest that provides the backdrop for life changing experiences. Camp Tamarack, also wonderful, is in the high Sierra, east of Fresno.

The UCC Youth Camp Cazadero and Tamarack (all ages) have an early bird registration for youth attending the camps this summer. The following link will give you specific summer camp information, dates, registration, and prices (the range is from \$265 to \$500 per week).

<https://ncnuc.org/yomc/>

MENTAL HEALTH FIRST AID TRAINING AND **NEW TEAM**

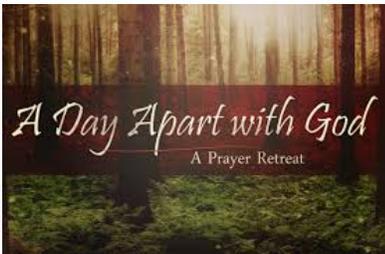
People from all walks of life can struggle with mental health. Sometimes this is due to unexpected circumstances in their lives such as a past trauma or a recent stressor such as the loss of a loved one or loss of employment. Sometimes it is temporary and sometimes it requires life-long management. Sometimes it is due to aging or physical illness, and sometimes it is due to side effects of recreational or prescription drugs. Often times, it is in someone they love.



On May 21, 2016 a team from our church attended a training on Mental Health First Aid that our church hosted with a trainer from Marin County Mental Health. Our team of first responders includes **David Knopf, Colleen Beery, Lynn Grant, Hilary Spaulding, and Pastor Tracy**. If anyone finds themselves in crisis or is concerned about someone they know, these folks are all trained to assist, assess, comfort and stabilize until the individual stabilizes, help arrives, or a plan for professional intervention can be made.

This team plans to meet next month to discuss multiple issues, such as how to make a plan should someone experience a mental episode during worship, attending an additional Mental Health First Aid for Youth training course in June, and reaching out to people who have withdrawn from church activities who may be struggling with mental health issues.

If you have any questions, or if you or someone you love need support around mental health, please contact any member of the team. Watch for more information and continuing conversation around this issue in upcoming months.



PRAYER CHAIN RETREAT - JULY 9

All members of the prayer chain, and all interested in the prayer chain are cordially invited to join us for a meditative and restorative morning of prayer and fellowship, on July 9 from 10 AM until noon. The group will meet at the home of Jamie Cline, 11 Northview Ct., San Rafael.

Light refreshments will be provided. Please bring finger foods to share. For more information, please contact Jamie Cline (415 858-5722).

SAVE THE DATE - FALL RETREAT - September 24 and 25

Our annual church family camp retreat will be held at Walker Creek Ranch on Saturday and Sunday, September 24 and 25, 2016. This year's theme is

“Telling Stories of GooDness” Seeing GOD in the Good

Activities include: games, nature walks, crafts, folk dancing, meditations, campfire and songs, worship, chocolate cake, and plenty of free time.



Lower priced lodging available in bunk beds or tents, and semi private lodging also available as in past years. Sign up with Mary Dowling after church in the Community Room. Donations to the Retreat Scholarship Fund are gratefully appreciated. See Mary Dowling or Judy Girard for details.

MOVIE NIGHT - JUNE 24 - *EMPEROR*

At the end of World War II in 1945, one of the most critical decisions facing the Americans was the future role of Japan's Emperor.

There was tremendous political pressure inside the U.S. to try him as a war criminal for the attack on Pearl Harbor and the atrocities committed by the Japanese army across Asia.

Many Asia experts, however, believed that removing the Emperor would trigger a massive outbreak of violent rebellion throughout Japan, dooming our plans for reconstruction.

Emperor is a dramatization of the ten days during which Gen. Douglas MacArthur, as the newly-arrived Supreme Commander of the occupation, had to formulate his recommendation to President Truman on this crucial question.



The drama centers on his intelligence head, Gen. Bonner Fellers, who is charged with finding hard evidence one way or the other, regarding the Emperor's role in wartime decisions. He soon discovers that there are no simple answers when it comes to the man/god leader of a 2,000 year old civilization.

Emperor was a joint American/Japanese production in 2012, thoughtfully directed by Peter Webber ("The Girl with the Pearl Earring") and starring Matthew Fox as Gen. Fellers and Tommy Lee Jones as Gen. MacArthur.

7 PM Friday June 24 in the De Haan Center at Pilgrim Park.

Emperor makes it clear this was a devastating war for both sides, with repercussions far beyond 1945. There's room to credit American and Japanese leadership for their joint efforts to find a common foundation for rebuilding, even as there was still simmering hatred in both quarters. *Emperor* is a solid and important look at a sometimes-forgotten chapter in the World War II saga.

Richard Roper – *RogerEbert.com*

The trailer for *Emperor* and links to complete reviews are on the FCCSR website.

ACADEMIC SUMMER PROGRAM

JUNE 20 - JULY 29

The First Congregational Church of San Rafael, with a grant from Pilgrim Park, will be hosting our second annual Academic Summer Program, beginning on June 20. The summer program will be held in the meeting rooms at the church.



We have an exciting curriculum this year, including multiple chemistry classes, computer programming, biology, mathematics, code-breaking treasure hunts, drama, art, music, and more. This year we will have two tracks for our STEM (Science, Technology, Engineering and Mathematics) classes - one for elementary students and one for middle-school aged youth.

We have hired Becca Rhodes, our new Administrator for the summer. She started in mid May and will be working hard over the next weeks to coordinate the details of the program in order to launch our first day of classes on June 20. Her contact information is below. If you have any questions, please feel free to call her.

Becca Rhodes
 Administrator of Academic Summer Program
 First Congregational Church San Rafael / Pilgrim Park Community
 academicsummerprogramfcsr@gmail.com
 c: 214-632-9235

Academic Summer Program

First Congregational Church of San Rafael / Pilgrim Park Community
 8 N San Pedro Rd, San Rafael, CA 94903

Grades K-9
 Monday – Friday, 9am – Noon, June 20th – July 29th

Classes offered:



Chemistry
 Biology
 Math
 Reading Club
 Business Development
 Computational Science



Python Programming
 Environmental Science
 Treasure Hunts
 Yoga & Mindfulness
 Trust-Building Challenges
 Dance

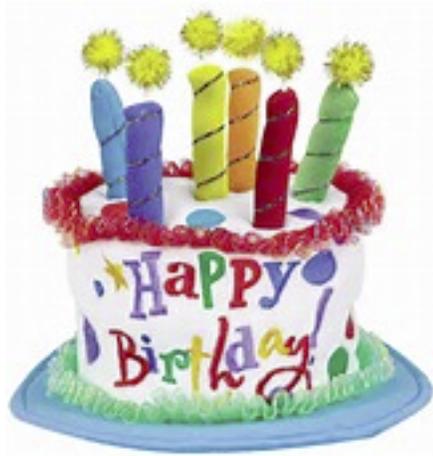




Robot Building
 Music & Theatre
 Painting
 Creative Writing
 Cooking & Nutrition
 Spoken Word

Cost: \$5 per family per week. Register TODAY for the Academic Summer Program!

Questions? Contact Becca Rhodes: 214-632-9235 or academicsummerprogramFCSR@gmail.com



JUNE BIRTHDAYS

- 4 — Nancy Sangster
- 7 — Sean Kaufman
- 11 — Martha Girard
- 14 — Russell Roane
- 18 — Robert Smith
- 28 — Randall MacKenzie
- 28 — Inham Girard
- 30 — Bob De Haan
- 30 — Christine Bandettini

GOLDEN GALS — Tuesday, June 14

The Golden Gals will meet on Tuesday, June 14, at 10 AM, at the home of Jean Nadell. Bring a bag lunch.



MEN'S GROUP — A June Saturday to be announced



Do you want to discuss a wide range of important topics, including current events? Stay tuned for an announcement about the exact date of the June meeting. We generally meet at 8:30 a.m. in the community room at Pilgrim Park. Bring your favorite sweet roll. Coffee is provided. We normally meet for about two hours.

TIE DEADLINE for the July-August Issue - Monday, June 20

The deadline for articles and news for the summer (June and July combined) 2016 issue of The TIE is Monday, June 20. Please have all articles for the summer issue at the church office by Sunday, June 19th. Or, email your articles to lucindaray@aol.com.



CHURCH OFFICE HOURS

Rev. Tracy Barnowe – *Pastor*

Tuesday 9:00 AM - 1:00 PM

Available by appointment on other days

Cell Phone (510) 703-0108

revtracybarnowe@gmail.com

Gwendolyn Morgan – *Office Manager*

Tuesday 9:00 AM – 1:00 PM

Wednesday 9:00 AM – 1:00 PM

Thursday 9:00 AM – 1:00 PM

Office Phone: 415-479-2747

FCC Calendar June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>29 10 am  Worship, Church School & Child Care</p>	<p>30  Memorial Day</p>	<p>31</p>	<p>June 1</p>	<p>2 7:40 pm  Chair Rehearsal</p>	<p>3</p>	<p>4 2 pm  Memorial Service for Marie Douglas</p>
<p>5 10 am  Worship, Church School & Child Care</p>	<p>6</p>	<p>7 6:30 pm - 8:30 pm  OWL Celebration</p>	<p>8</p>	<p>9 7:40 pm  Chair Rehearsal</p>	<p>10</p>	<p>11</p>
<p>12 10 am  Worship, Church School & Child Care 1:30 pm - 3:30 pm  Main CROP Hunger Walk</p>	<p>13</p>	<p>14  Flag Day 10 am  Golden Gals monthly meeting</p>	<p>15</p>	<p>16 7:40 pm  Chair Rehearsal</p>	<p>17</p>	<p>18</p>
<p>19  Father's Day 10 am  Worship, Church School & Child Care</p>	<p>20 9 am - 12 pm  Academic Summer Program 9 pm TUE Deadline for JUNE issue</p>	<p>21 9 am - 12 pm  Academic Summer Program</p>	<p>22 9 am - 12 pm  Academic Summer Program</p>	<p>23 9 am - 12 pm  Academic Summer Program 7:40 pm Chair Rehearsal</p>	<p>24 9 am - 12 pm Academic Summer Program 7 pm  Movie Night: Emperor De Huan Centre P. Grimm Park</p>	<p>25</p>
<p>26 10 am  Worship, Church School & Child Care 10 am Pillow Sunday</p>	<p>27 9 am - 12 pm  Academic Summer Program</p>	<p>28 9 am - 12 pm  Academic Summer Program</p>	<p>29 9 am - 12 pm  Academic Summer Program</p>	<p>30 9 am - 12 pm  Academic Summer Program</p>	<p>1 9 am - 12 pm  Academic Summer Program</p>	<p>2</p>

This calendar is also available on the church's website in interactive form. There you can click on any event to see more details. Check it out at www.FccSanRafael.org.