

March 2019

First Congregational Church of  
San Rafael

# The TIE

## TRAINS OF THOUGHT by REV. SALLY TRAIN



### Music and Meditation

“Lent” is the season in the Christian calendar that precedes Easter. It is traditionally a time self-assessment and spiritual focus to help us prepare our hearts for Easter. This year, Lent begins on March 6 and Easter is on April 21.

Our theme for Lent is Music and Meditation. Both can open our hearts in powerful ways and lead us into a deeper awareness of the Divine. With that in mind, we will be looking for ways to incorporate more music and meditation into our personal lives as well as into our church life.

We will begin with a Community Sing-Along on March 3 following worship. We will invite the residents of Pilgrim Park to join us for this festive event.

The Board of Ministry is offering a series of Meditation classes under the leadership of Cathi Fuller. Together we

will pray with some of the great Christian mystics, contemplate their writings, and share our own experiences of sitting in silence.



On Wednesday, April 3, we will host a musical concert to raise money for Every Dollar Feeds Kids. It is a wonderful opportunity to be together, celebrate the gift of music, and share some of our surplus with children in need. Invite your friends and neighbors!

Our worship services may include more hymns or Taizé songs. We will learn a couple of meditation techniques and practice together. Some members will share their own experience of spiritual growth that came through music or meditation. If you have an inspiring or uplifting story to share, please let me know.

Do you play a musical instrument or have the ability to sing solo? We would love to include your special gift in worship, perhaps as the offertory, prelude, or introit. Please contact me or our Music Director, Jeffrey Paul.

What are your three favorite hymns or songs of a spiritual nature? What are the songs that lift your

heart, or speak to your soul? I want to put together a list so we can include them in worship. They may be from our hymn-book but they do not have to be. They do not have to be “church” music. They can be from any genre – Broadway musical, Beatles, pop, jazz, blues, rock ‘n roll,

(continued on the next page)



(continued from page one)

contemporary, classical, anything. I want to know what music feeds your soul and helps you grow spiritually.

Many people choose to give something up for Lent as a spiritual discipline – such as television, chocolate, coffee, swearing, alcohol, or clothes shopping. (A friend of mine gave up house cleaning one year...but that did not work out very well.) Another approach is to add a spiritual practice for the season of Lent. I urge you to commit to something that will help you grow spiritually in the weeks ahead.

### Suggestions:

- Commit to a time of daily meditation and prayer, perhaps using the Upper Room or another devotional book.
- Meditate on a Bible passage every day.
- Sing in the Church Choir for Lent & Easter Sunday. (Rehearsals are Thursday at 7:40 PM & Sunday at 9:20 AM)
- Read a book with religious or spiritual content.
- Be of service: Volunteer a day (or several days) to beautify our church (See David Knopf for suggestions)
- Commit a random act of kindness every day.
- Do an art project with a spiritual/religious theme.
- Forego some luxury and donate the money you would have spent to a good cause.

Allow this Lent to be a special time in which you attend to your soul and your relationship with the Holy One. There is nothing more important. Give yourself that gift.

*Pastor Sally*



### MARCH CARE TEAM

The Care Team for March is lead by Hilary Spaulding (415-215-5769), with Cathi Fuller, Annie Song-Hill.

### PRAYER PARTNERS

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



#### February 24 - March 2

Bob and Sue Spofford

#### March 3 - 9

Tessa and Colin Templeman

#### March 10 - 16

Dorothy Trotter

#### March 17 - 23

Colleen Trudeau

#### March 24 - March 30

Jim Turner



# *Come and* **Worship** **w i t h   u s !**



**March 3**

**Transfiguration Sunday**

**Communion**

**Community Sing-Along**

**\*\*Mountaintop Experiences\*\*Mystical Visions\*\*Glimpses of Reality\*\*Spiritual Awakenings\*\***  
Our text is Luke 9:28-36 which describes a rare moment when the disciples saw Jesus transfigured before them, conversing with two prophets, Moses and Elijah. They also heard the voice of God. Those of us who grew up in the scientific era may find it difficult to believe such occurrences are real since they cannot be proved through our scientific methodology. But what is “reality”? Pastor Sally will share stories of some life-changing mystical experiences she and others have had and reflect on their deeper meaning. Plan to stay for a while on Sunday. Following worship, we will enjoy a Community Sing-Along and a soup lunch.

**March 10**

**First Sunday of Lent**

**“the word is near you, on your lips and in your heart”**

The word of faith is what strengthens us and sustains us. The word of faith is what guides our actions. We will read Paul’s letter to the Romans 10: 5-17 and Pastor Sally will reflect on the power of faith and its central importance in our lives.

**March 17**

**The Inner Sanctuary**

**Liturgist Training**

Psalms 27 is described as a “Triumphant Song of Confidence” and so it is. It was clearly written by someone whose life was firmly anchored in their relationship with God. We have much to learn from it. The writer asks “to live in the house of the Lord all the days of my life...”

We each carry within us an inner sanctuary where we are safe and can commune with God. We will take a few moments to find our way into that sanctuary and sit with the Holy One.

Following worship, Pastor Sally will lead a short class on how to be a Liturgist. Those who choose to participate will get some practical hands-on experience that will give them more confidence to serve in this important ministry.

**March 24**

**Soul Hunger**

“Why do you spend your money for that which is not bread, and your labor for that which does not satisfy?” Isaiah 55:2. We will reflect on the very real experience of soul hunger and the ways it can (and cannot) be satisfied.

**March 31**

**The Prodigal Son and His Brother**

Some people need to go on a journey before they can come home and see it for what it is. Pastor Sally will reflect on this much loved parable of separation, reunion, forgiveness, and celebration. Come to the party!



## MUSIC AND MEDITATIONS DURING LENT

### MARCH 13, 20, APRIL 10, 18

This Lent the First Congregational Church of San Rafael will be holding a Lenten series of Soup Suppers entitled “Music and Meditations.” Readings will be from the Christian mystics: Hildegard of Bingen, Thomas Merton, St. Theresa of Avila, St. Francis of Assisi, Dr. Howard March 13, 20, and April 10.

On Maundy Thursday, April 18, the “music and meditations” will culminate with a soup supper and service at the church. Please join us. More information will be forthcoming.

If you would like to volunteer your home for one of the gatherings, or offer to bring a soup, salad or bread, please email Hilary Spaulding at [Hilary.Spaulding@gmail.com](mailto:Hilary.Spaulding@gmail.com).



### MARCH 17 LITURGIST CLASS - AFTER WORSHIP



Worship is central to the life of the church and therefore leading worship is a profoundly important ministry. Worship is not a performance, but rather a spiritual practice that the whole congregation does together. It is important that lay people be involved in leading worship. The lay leader, or liturgist, extends the welcome, sets the tone, and reads the scripture.

If you feel that this is a ministry you would like to explore, please come to the Liturgist Class. Pastor Sally will explain the role of the Liturgist and the allow each participant to practice in this safe and supportive environment. You will have the opportunity to ask questions, practice with the microphones, and get used to standing behind the lectern. We hope many of you will take this opportunity to serve the church in such a joyful and meaningful way.

### CHURCH FACILITIES USE INCREASES

Our church is being used even more by the Marin community this winter. AARP is once again offering free tax help on Tuesdays, Wednesdays, and Saturdays during the daytime in our community room. They are very busy!

Head Start is renting the Plum Room two days a week for parent-child interaction groups during February and March.





## NEW GIVING OPTION: PAYPAL

Now you can pay your pledge or make other contributions to FCCSR campaigns via PayPal, the world's largest and most familiar online payment system. You don't have to have a PayPal account to use it, and you can make one-time payments or set up regular monthly contributions. Most importantly, this means you can once again use a credit or debit card for your contributions. (We used to offer credit card payment, but our old online service stopped accepting them several years ago.)

Complete details are on the church website: <http://fccsanrafael.org/online-giving/>



## SEARCH UPDATE

Our Search Committee is now reviewing profiles of candidates to be our settled pastor.

## THE INTERIM PROCESS -- HERE ARE THE NEXT STEPS:

- ☒ We appoint an Interim Search Committee to locate and recommend an interim pastor
- ☒ We hire an Interim Pastor - **Rev. Sally Train began November 8.**
- ☒ We appoint a Search Committee -  
**Megan Fuller, David Knopf, Alana Intrater, Anice Flesh,  
Michael Meehan, Helen MacLam, Annie Song-Hill, Oak Dowling**
- ☒ We create our Church Profile, a description of our church to be read by potential pastors
- ☒ The Search Committee will consider all potential candidates
- ☐ The Search Committee will select possible candidates
- ☐ The Search Committee will interview these candidates
- ☐ One candidate will be recommended to the congregation
- ☐ The congregation will have an opportunity to meet the candidate
- ☐ We will vote on the recommended candidate
- ☐ We will join in worship to install our new pastor

# Choral Concert



Featuring Portola High School Choir  
from Orange County, CA  
Adrian Rangel-Sanchez, Director

Wednesday, April 3, 2019 at 7 pm

First Congregational Church of San Rafael  
8 North San Pedro Road, San Rafael, CA 94903

**acfea**  
Tour Consultants  
Performing Arts Tours Since 1995

\$20 suggested donation at the door,  
benefiting Every Dollar Feeds Kids, Inc.  
For more information contact [concerts@acfea.com](mailto:concerts@acfea.com)

This concert is a great opportunity to hear some wonderful music and to support Every Dollar Feeds Kids. The concert by a traveling chorus from Portola High School in Orange County will be a great break in the week.

Sean Dougherty, president of the board of VAMOS! will be there to give an update of the good work EDFK supports. EDFK works directly with VAMOS! to provide nutritious lunches for children in Cuernavaca, Mexico. Let all your neighbors and friends know. Refreshments will be served following the concert.

**LET'S PACK THE PLACE!**

## MOVIE NIGHT MARCH 29 - WON'T YOU BE MY NEIGHBOR

During the run-up to the recent Oscars, one documentary was mentioned most often as the movie that should have been nominated, but wasn't. Here's what critic Ann Hornaday of the Washington Post thought of it.

*"Won't You Be My Neighbor?"* Morgan Neville's admiring portrait of public television pioneer Fred Rogers, feels reverse-engineered to soothe the rapidly fraying nerves of a country mired in political and pop-culture food fights. Revisiting Rogers's signature TV show, "Mister Rogers' Neighborhood," and the kind but steadfastly enigmatic man behind it, Neville has created a film that operates both as a dewy-eyed nostalgia trip and stirring appeal for civility.

"With his singsong voice and reassuring demeanor, Fred Rogers presented a benign, maybe even milquetoasty figure in his cardigan and lace-up sneakers. Underneath the bland exterior, he was acting as an ambassador for ground-breaking work in child psychology and what we now call media literacy, simply by acknowledging children's fears and insecurities, and gently prodding them to question the values they were being sold elsewhere on the TV dial.

"But to his everlasting credit, Neville doesn't stop there. Rather than a wistful look back at the way things used to be, *"Won't You Be My Neighbor?"* leaves viewers wrestling with our own collective conscience in the here-and-now, contemplating our own commitment to the unconditional love and acceptance that Rogers championed so passionately. As an empathic, enlightened call to arms, *"Won't You Be My Neighbor?"* winds up being as quietly, cozily radical as its subject."



**7 PM Friday March 29 In the De Haan Center at Pilgrim Park**

You can view the trailer for *Won't You Be My Neighbor* on the FCCSR website.

*Beautiful hands are they that do  
Work that is good and kind and true.*

submitted by Denise Walker



## MARCH BIRTHDAYS



8 — Sue Spofford  
10 — Colleen Trudeau  
11 — Jackie Dema  
19 — Jim Girard  
19 — Charles Little  
24 — Blair Ripley  
25 — Milagro Ramirez  
26 — Sue MacKenzie

## GOLDEN GALS — March 12

The Golden Gals will meet on Tuesday, March 12, at 10 AM, at the home of Jean Nadell. Bring a bag lunch.

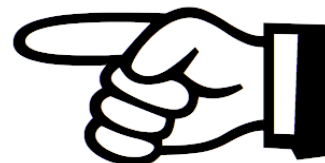


## CHURCH COUNCIL MEETING MARCH 27

The Church Council will meet on Wednesday, March 27, in the Plum Room, beginning at 7 PM.

## TIE DEADLINE for the April Issue - Monday, MARCH 25

The deadline for articles and news for the April 2019 issue of The TIE is Monday, March 25. Please have all articles for the February issue at the church office by Sunday, March 24. Or, email your articles to [lucindaray@aol.com](mailto:lucindaray@aol.com).



## CHURCH OFFICE HOURS

**Rev. Sally Train** – *Interim Pastor*

Wednesday 10:30 AM - 2:30 PM

Phone (925) 216-9706

[sallytrain@comcast.net](mailto:sallytrain@comcast.net)

**Amy Powers** – *Office Manager*

Tuesday 11 AM- 2 PM

Wednesday 9:30 AM - 2 PM

Thursday 9:30 AM - 2 PM

Office Phone: 415-479-2747

[office@fccsanrafael.org](mailto:office@fccsanrafael.org)

# FCC Calendar MARCH 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24 10 am Worship, Church School & Child Care	25	26	27	28	March 1	2
3 10 am Worship, Church School & Child Care 11 am - 12 pm Community Sing Along and Soup Lunch	4	5	6 Ash Wednesday	7 7:40 pm Choir Rehearsal	8	9
10 Daylight Saving (Start) 10 am Worship, Church School & Child Care	11	12 10 am Golden Girls' monthly meeting	13 6 pm Music and Meditation	14 7:40 pm Choir Rehearsal	15	16
17 St. Patrick's Day 10 am Worship, Church School & Child Care 11:30 am Liturgist Class	18	19	20 6 pm Music and Meditation	21 7:40 pm Choir Rehearsal	22	23
24 10 am Worship, Church School & Child Care 11:30 am Board of Mission Meeting	25 5 pm TIE Deadline for April 2019 issue	26	27 7 am Church Council Meeting 7 PM	28 7:40 pm Choir Rehearsal	29 7 am Movie Night: "Went You Be My Neighbor" De-Haan Center Dilemma Dark	30
31 10 am Worship, Church School & Child Care	1 April Fool's Day	2	3 7 am Choral Concert - EDEK Benefit	4 7:40 pm Choir Rehearsal	5	6

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](http://www.FccSanRafael.org).