

TRAINS OF THOUGHT by REV. SALLY TRAIN



In the Good Old Summertime

As June approaches, I find myself humming “In the good old summertime, in the good old summertime...” My mind wanders off to images of swaying hammocks and long warm evenings. Naps in the shade of a tree. Watermelon. The word that comes to mind is “LAZY.”

But is it really laziness that my soul yearns for? Or a little self-care? Self-love? We talk a lot in church about loving others, but I was reminded recently

that the commandment is to “love your neighbor AS YOURSELF.” If we do not take care of ourselves, we can not take care of anyone else. If we do not show love to ourselves, it is very difficult to show love to another. There are times when we need REST.

“Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work.”

A balance of work and rest are built into the foundation of our religion. That balance is necessary to maintain harmony with the Divine. That balance is necessary to maintain harmony with our souls.

As summer approaches, I invite you to savor the moments of relaxation you can find. Remember that sense of freedom you knew as a child when school finally let out and the summer stretched before you like an eternity. Remember to enjoy the beauty of God’s earth and the company of your loved ones. Remember to get lost in a good book. Remember to sit in silence and meditate on the miracle of life. Remember to soak in the warmth of the sun.

“Be still and know that I am God.”

Pastor Sally



JUNE 30 - POT LUCK LUNCH - FOR BETTER SOUND

It won't be the Sounds of Silence or Silent Night, but Sunday, June 30, we will launch our final push to improve the acoustics in the Community Room with a potluck after worship.

Currently the room echoes too much, making it hard for many to hear conversations or speakers.

Our architect-friend and member, Louis Frost, has created a plan for installing acoustic panels and adding improved speakers. We have a little more than half the total cost (\$7000) in dedicated funds, but in order to finish the job without raiding our on-going budget, we need just a little more.

We will have great food, soft conversations, and maybe some sound surprises. So quietly throw a check in the kitty (or offering). Make the check to FCC San Rafael and put Sounds of Silence in the memo line.



SATURDAY JUNE 8 PRAYER RETREAT

Prayer, Plein Air and Patisserie

Join us in the garden for meditation and intercessory prayer followed by creating a stain-glass window design while listening to contemplative music and gathering for croissants and quiche and fruit lunch.



When: Saturday, June 8, 2019 from 9-12:30am

Where: Fuller-Knopf garden (or in home for grey weather)

Who: All are welcome!

RSVP to Cathi is helpful and call Cathi if you need a ride: 415.479-4346

PRAYER PARTNERS

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



June 2 - 8

Anne Dannecker

June 9 - 15

Bob De Haan and Nancy Sangster-De Haan

June 16 - 22

Jackie Dema

June 23 - 29

Tim and Saba Dempsey,
Sam, Jacob, Ben

June 30 - July 6

Julie Dowling



Come and Worship with us!

June 2 Communion Sunday The Amazing Power of Praise

The apostle Paul writes, "Rejoice in the Lord always; again I will say Rejoice....Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." (Philippians 4: 4-6) Acts 16: 16-34 tells the story of Paul and his companion Silas being unjustly arrested, beaten, and thrown into prison. While there, Paul follows his own advice and spends the time singing hymns to God and praying. And amazing things happen! Pastor Sally will reflect on the power of praise and share with you a modern day story that shows once again that amazing things can happen when we rejoice and pray.

June 9 Pentecost Sunday Wear Red!

Red is traditionally the color for Pentecost Sunday, so let's fill the church with red! It is the day we celebrate the coming of the Holy Spirit. It is the day we celebrate the birthday of the church. We will read the story of Pentecost in Acts 2: 1-8, 12. We will also read Paul's description of the gifts of the Spirit in I Corinthians 12: 4-13. Pastor Sally will reflect on the way the Spirit has sustained and guided the church for over 2000 years and will continue to guide it into the future.

June 16 Meditative Taize Worship Service

We will gather to worship in the style of Taize. We will enjoy a beautiful, meditative hour singing Taize songs, praying, and reading scripture. The Taize music was designed to help people sink deeper and deeper into contemplative prayer and a soul connection with the divine. It is a wonderful means of opening our hearts to the true Beloved. Pastor Sally will attend the Annual Gathering of the Northern California Nevada Conference of the United Church of Christ June 13 – 15. On Sunday, June 16 she will spend the day with her family taking a much-needed rest.

June 23 May They All Be One

June 25 marks the 62nd anniversary of the United Church of Christ. Ours is a united and uniting church. Our slogan is "Unity in Diversity." Maintaining unity in the midst of diversity is not always easy. In the Gospel of John 17:11-23, Jesus prays for his disciples "that they may all be one." Pastor Sally will reflect on this passage and what it can tell us about creating and maintaining unity. She will also share an inspiring story about Mahatma Gandhi, one of the great spiritual leaders of our age.

June 30 The Spirit of Love

In the Gospel of John 14: 15-23, Jesus promises the disciples that after his death, God will send them an Advocate, the spirit of truth to be with them. Like the whole Gospel According to John, this passage is a bit complex, profoundly wise, and spiritually true. Jesus says that those who love him will keep his commandments and "I will love them and reveal myself to them." Pastor Sally will share some of her own struggles with trying to keep Christ's commandments through the years and how the Spirit has come to help her when she needed it.



BOARD OF MISSION MISSION MATTERS



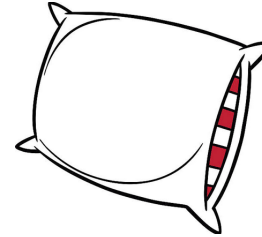
PILLOW SUNDAY - JUNE 9

The Mission Board's collection of pillows for Homeward Bound/New Beginnings will be held on June 9 this year.

New Beginnings is an 80-bed shelter for single, homeless adults. The Center combines job training and work experience opportunities with shelter. The residents are expected to engage in developing plans for stable housing. 16 beds are provided for homeless veterans.

New Beginnings offers on-site training in their Fresh Starts Culinary Academy, in addition to paid apprenticeships in janitorial and building maintenance and in landscaping and garden maintenance.

Let's see how many pillows we can provide for some of these 80 beds!



VOLUNTEER FOR A HABITAT FOR HUMANITY WORK DAY THIS SUMMER

Want to help with the problem of homelessness? Want to actually DO something that will help house people?

The Board of Mission is looking for volunteers to help build a Habitat for Humanity house this summer. A typical Saturday work day runs from 9 AM to 3 PM. The build

location is in Graton, near Sebastopol.

Please contact Lucinda Ray (lucindaray@aol.com or 707-480-3233) if you are interested and available. She and her husband Charles Little have signed up for Saturday, July 6, but other dates are also available in July and August.

DON'T FORGET THE FOOD BANK

People in our community are hungry all year long. Peanut butter, rice, pasta, tuna, beans, are all great to donate. No glass jars please. The Food Bank barrel is in the Community Room near the doors. Thank you!



PILGRIM PARK NEWS

General – As we end our 2018/2019 fiscal year, we can report close to budgeted results, no vacancies for many months and many improvements. Pilgrim Park remains in strong financial condition.



Improvements – Major landscaping, three new second level decks, repairs to the second level entrance to the manager's apartment and renovation of three apartments. When we did the major renovation about 13 years ago, we were unable to repair 7 of the second level decks. We had found that all second story decks were experiencing structural rot due to inadequate waterproofing during initial construction. The three decks we did this year were the last ones unrepaired.

The major new landscaping includes the area seen from the pastor's office. To add interest we have pruned a young oak into a large Bonzai, added a rock, some succulents and a blooming tree. Later we'll plant spring blooming bulbs.

At year-end, we are working on replanting the areas on either side of the entry to the church and Pilgrim Park. The last phase of the relandscaping will be on North San Pedro just to the right of the sidewalk leading to Pilgrim Park and on church property.

Community Garden – A near miracle is occurring near the church as the tenant tended vegetables close to the Oak Room. Just go through the gate and turn left to see tomatoes, strawberries, radish, garlic and many other veggies literally leap up from the care of PP tenants. Some tenants visit their plots several times a day to urge growth. One tomato plant has three large green tomatoes.

Directors' Activities – The six directors continue to meet quarterly and recently in a partial day retreat to monitor the management and to consider the future of Pilgrim Park.

Tenant News – Tenant activities including Saturday yoga, Zumba, monthly movies by Bob Spofford, five day a week free food deliveries and computer activities continue. Several residents, in a spirit of community, volunteered to assist another tenant who suffered a series of unexpected illnesses. She is doing better.

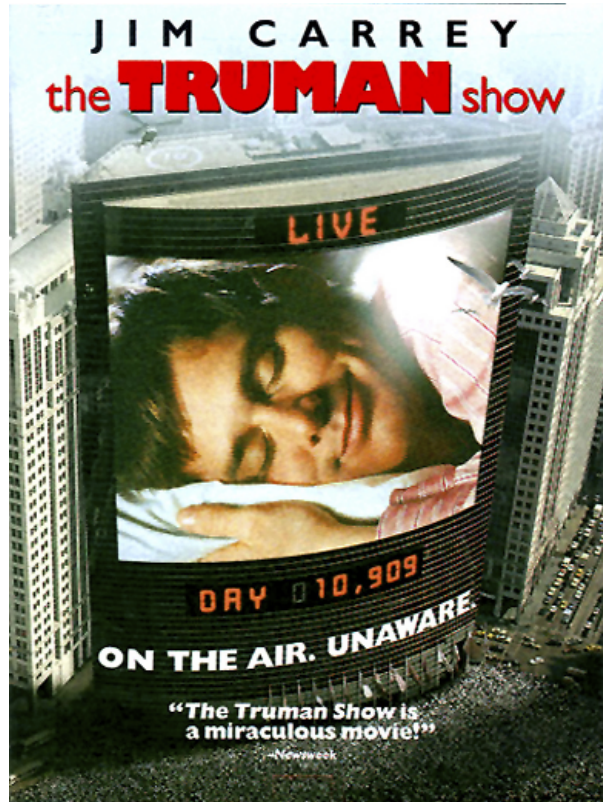
Coming Attractions – This is the summer for the Pilgrim Park picnic for residents and church members. Stay tuned for a date announcement which will probably be in August.

Bob De Haan

MOVIE NIGHT JUNE 28 - *THE TRUMAN SHOW*

This year Movie Night is alternating between current films and classics from years gone by. Our June film is a mere 21 years old, and is only now starting to be seen as a “classic.” That’s because it starred Jim Carrey, who at the time was known only for broad, clownish characters, and because it was marketed as a lightweight summer comedy.

In reality, *The Truman Show* is a serious satire on the world of TV and our public obsessions with made-up characters. It was directed by Peter Weir (*The Year of Living Dangerously*, *Dead Poets Society*) and Carrey’s co-stars were “serious” A-list actors: Laura Linney and Ed Harris.



Carrey plays Truman Burbank, who from the day he was born, has been the unwitting star of a 24-hour reality TV show. His neighbors, his co-workers, even his wife are all actors, and his every move is broadcast by hidden cameras. Truman is the only one not in on the joke. He believes this is the real world, and the drama kicks in when he starts asking questions.

“The Truman Show is Candid Camera run amok . . . One of the smartest, most inventive movies in memory, it manages to be as endearing as it is provocative.”

Rita Kempley, *The Washington Post*

Friday June 28 7 PM in the De Haan Center at Pilgrim Park

You can view the trailer for *The Truman Show* on the FCCSR website.



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, 2017.**
- ☒ 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



JUNE CARE TEAM

The Care Team for June is lead by Jackie Dema (415) 446-0125, with Denise Walker and Tessa Templeman.

MEETINGS, MEETINGS, MEETINGS

JUNE 2: The Board of Mission meeting will be on Sunday, June 2, in the Oak Room.

JUNE 18: The Board of Trustees meeting will be on Tuesday, May 21, at 7 PM in the Plum Room.

JUNE 26: The Church Council meeting will be on Wednesday, May 22, at 7 PM in the Plum Room.





JUNE BIRTHDAYS

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

GOLDEN GALS — JUNE 11

The Golden Gals will meet on Tuesday, June 11, at 10 AM, at the home of Jean Nadell. Bring a bag lunch.



TIE DEADLINE for the JULY-AUGUST Issue - Monday, JUNE 24

The deadline for articles and news for the July-August 2019 issue of the TIE at the church office by Sunday, June 23. This combined issue should include news for both months. Or, email your articles to lucindaray@aol.com by June 24.



CHURCH OFFICE HOURS























Rev. Sally Train – Interim Pastor

Wednesday 10:30 AM - 2:30 PM
Phone (925) 216-9706
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

FCC Calendar May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26  Worship, Church School & Child Care 11:30 am Board of Mission Meeting	27  Memorial Day	28	29	30 7:40 am  Choir Rehearsal	31 June 1	
2 10 am  Worship, Church School & Child Care 11:30 am Board of Mission Meeting	3  Memorial Day	4	5	6 7:40 am  Choir Rehearsal	7	8 9 am - 12:30 pm  PRAYER RETREAT at Gabe Fuller's home
9 10 am  Worship, Church School & Child Care 11:15 am PILLOW SUNDAY	10	11 10 am  Golden Gate monthly meeting	12	13 7:40 am  Choir Rehearsal	14 Flag Day	15
16 Father's Day 10 am  Worship, Church School & Child Care	17	18 7 am  Trustees Meeting 7 AM	19	20 7:40 am  Choir Rehearsal	21	22
23 10 am  Worship, Church School & Child Care	24 5 pm  THE Deadline for June 2019 issue	25	26 7 am  Church Council Meeting 7 AM	27 7:40 am  Choir Rehearsal	28 7 pm  Movie Night: The Truman Show, De Haan Center Pilgrim Park	29
30 10 am  Worship, Church School & Child Care 11:15 am  POTLUCK LUNCH	1  Worship, Church School & Child Care	2	3	4  Independence Day	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.