

## PASTORAL REFLECTIONS REV. JEFFREY COCHRAN-CARNEY



### Lent: A Time for New Beginnings

It seems like we just took down our Christmas tree, and here we are on the verge of Lent! At least with Lent comes the hope that spring will not be far behind. I remember when we were living in New Jersey. By the beginning of Lent we were hoping to see tulips begin to poke through the snow, and the forsythia blooming as a sure sign of spring. It is not as dramatic here in that regard, but after a long winter, long nights and cold temperatures, we are ready for spring, which is often heralded by the beginning of Lent. Perhaps it is symbolic of new possibilities for us as we begin our spiritual journey towards Easter.

Lent officially begins on Wednesday, February 26, and lasts for forty days before giving way to Holy Week. The word Lent originally came from the Latin “lencten” and was translated roughly as meaning “spring” or the lengthening of days. Today we use the season to prepare ourselves for Easter

The observance of Lent dates back to the early Christian Church in the 2nd century A.D. It was marked by a period of fasting, prayer and penitence. The custom was shaped by the example of Jesus retreating into the wilderness where he fasted and prayed for forty days.

Today it is still meaningful for Christians to prepare for Easter by observing spiritual practices that are important to them. You may want to read Lenten devotions every day or spend time in contemplative prayer.

Somewhere in the winter of the soul, signs of spring will slowly stir. May you experience God’s rich promise of new life during these days. Soon we will be able to echo the sentiment in the Song of Solomon: “See! The winter is past . . . Flowers appear on the earth; the season of singing has come.” (Song of Solomon 2:11-12)

*Lenten Blessings,  
Pastor Jeffrey*



## MEETINGS, MEETINGS, MEETINGS



The Board of Ministry will meet on Sunday, February 9, after worship.

The Board of Mission will meet on Sunday, February 16, at 11:30 AM in the Oak Room.

The Trustees will meet on Tuesday, February 18th, in the Plum Room, beginning at 7 PM.

The Church Council will meet on Wednesday, February 26, at 7 PM in the Plum Room.



### JOHN PHILIP NEWELL CELTIC SPIRITUALITY RETREAT IN FEBRUARY

Celtic author and speaker John Philip Newell will be offering a Celtic spirituality retreat at Bishop's Ranch in Healdsburg on February 18-20.

Pastors Jeffrey and Cynthia will be attending if you are interested in going. More information may be found at [Bishopsranch.org](http://Bishopsranch.org).

## FEBRUARY AGAPE TEAM

Agape - Providing compassionate connection to our church community through words of encouragement, cards, calls, and visits. Our Agape leader for February is Jackie Dema (415-259-8610) with Denise Walker and Tessa Templeman.



## PRAYER PARTNERS

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



**February 2 - 8**

Cyndi Siroky and Chris

**February 9 - 15**

Debra Smith

**February 16 - 22**

Annie Song-Hill and Robbie

**February 23 - 29**

Hilary Spaulding and Bruce Weir



# *Come and* **Worship** with us!



## **February 2    Communion Sunday** **Are You Blessed?**

**Psalm 15; Matthew 5:1-12**

In the Beatitudes Jesus taught the disciples what it means to be blessed – not as the world defines it, but rather life lived in harmony with God's values.

## **February 9    Becoming Salt and Light**

**Matthew 5:12-20**

"You are the salt of the earth.... You are the light of the world." Jesus is not just addressing the crowds that followed him from Galilee. Today he calls us to be salt and light as we are encouraged to bring light to the dark places in the world, and come to know our deepest, truest, and most authentic self.

## **February 16    Howard Thurman: Mystic and Social Activist**

**Amos 5:2-24; Matthew 22:34-40**

Howard Thurman was both a mystic and an activist. He shows us why we need to be both heavenly minded and earthly good in order to bring about equality and justice.

## **February 23    Transfigured**

**Exodus 24:12-18; Matthew 17:1-9**

Howard Thurman was both a mystic and an activist. He shows us why we need to be both heavenly minded and earthly good in order to bring about equality and justice.

**EVERY SUNDAY: 10-11:15 AM - Church School and Child Care**





## ANNUAL MEETING

The annual meeting of the First Congregational Church of San Rafael was held on Sunday, February 2, 2020, immediately following worship. There were brief reports from the various Boards and Committees, including the Pilgrim Park Board. The treasurer,

Caryl Hodges, presented the church budget, which was discussed and approved. A full slate of officers and members of boards and committees was presented and elected. Printed copies of the full annual report are available in the church office.

The meeting was followed by a delicious pot luck lunch in the Community Room.

### OFFICERS

Moderator: Lynn Grant

Vice Moderator: Michael Meehan

Treasurer: Caryl Hodges

Financial/Pledge Secretary: Val Sherer

Clerk/Recorder: Annie Song-Hill

### BOARDS

Board of Ministry: Chair: Hilary Spaulding, Charles Little, Cathi Fuller

Board of Mission: Chair: Caran Cuneo, Lucinda Ray, Cathi Fuller, Megan Fuller, Judy Girard, Lynn Grant, Sue Spofford,

Board of Trustees: Chair David Knopf, Caryl Hodges, Michael Meehan, Bob Spofford, Val Sherer, Jim Turner

### COMMITTEES

Golden Gate Representative: Louis Frost

Christian Education Committee: Chair: David Knopf, Cathi Fuller, Caryl Hodges

Facilities and Maintenance Committee: Louis Frost, David Knopf

Hospitality Committee: Jackie Dema, Mary Dowling, Louis Frost, Cathi Fuller, Megan Fuller, Sue Spofford

Landscape Committee: Convener: Cline Meehan Family, David Knopf, Greg Ripley, Sue Spofford

Nominating Committee: Lynn Grant, Annie Song-Hill

Pastor Relations Committee: David Knopf, Caran Cuneo, Megan Fuller

Get the Word Out Committee: Bob Spofford, Oak Dowling, Michael Meehan, Val Sherer, Lucinda Ray, Jackie Dema

Special Events: Jim Turner, Val Sherer, Cathi Fuller, Lucinda Ray, Megan Fuller, Jackie Dema

Immigrant Support Committee: Annie Song-Hill, Cathy Fuller, Louis Frost, Megan Fuller

Prayer Chain Committee: Coordinator: Julie Dowling

TIE: Editor: Lucinda Ray, Jackie Dema, Judy Girard



Outgoing Moderator  
Louis Frost





## BOARD OF MISSION MISSION **MATTERS**



### DON'T FORGET THE FOOD BANK IN THE NEW YEAR

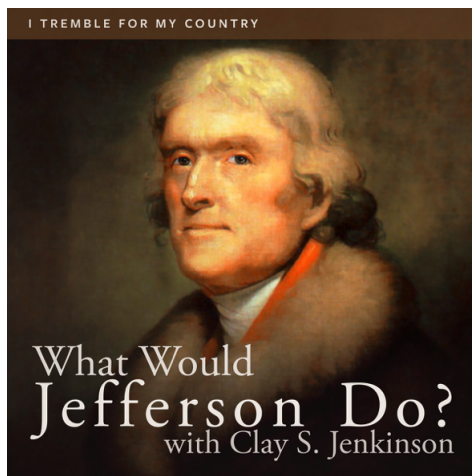


You can leave your contributions for the Food Bank in the Community Room. Peanut butter, tuna, canned soup, pasta, rice, and other staples are **always needed**.

Please donate generously!



### FEBRUARY IS BLACK HISTORY MONTH



What is the point of Black History Month? What is the point of Black History Month for us, here, at First Congregational Church of San Rafael?

In the year 1785, Thomas Jefferson wrote: "... I tremble for my country when I reflect that God is just: that his justice cannot sleep for ever...."

Jefferson was a slaveholder himself, and he was writing about his native state in his Notes on Virginia. In spite of his ownership of slaves, Jefferson was conflicted about slavery and the role of Africans in the life of the—then quite new—United States.

We're not slaveholders. But we live in a country where black Americans still suffer from the after effects of slavery in income, housing, education, incarceration and employment. Do we tremble for our country now? Should we? How should we feel about the history of black Americans in the U.S.? Perhaps more importantly, what should we do?

## PILGRIM PARK NEWS

It has been some time since I've put in information on Pilgrim Park. Rest assured that PP is doing great in every respect under the day to day attentions of Nancy Smith, Margie Rollman and Francisco Galindo and quarterly oversight by the Directors. Among other activities, Pilgrim Park has experienced a few changes in tenants (but always 100% occupied); has improved its financial position; has stayed on top of major repairs; and is investigating installing a generator for the community center.



**A week in the life of Pilgrim Park's onsite management team** – As I visit PP weekly to consult with Nancy and the team, I thought it would be interesting to tell about some typical events that occur:

- Barry, the owner of the roofing company has postponed reroofing the old community center. He is recovering from major heart surgery.
- Two single tenants were found during the power outage to have fallen and couldn't get up. The paramedics took both to the hospital; one tenant had a stroke and won't return. Until the doctor decided that, the rehabilitation center staff and PP residents pitched in to pay her rent. The other tenant has multiple health issues but is expected to return.
- The available apartment has triggered the possibility of multiple moves to rebalance apartment sizes with family size.
- Woops – Damian fell off the trellis while putting up the Christmas decorations. He's been to the doctor and is fine. However, the slight damage to the trellis disclosed some flaws in its construction. So, we've engaged our architect to redesign the construction of the trellis.
- We have one proposal to repair/maintain the Pilgrim Way driveway. However, we need one (or preferably two) more to confirm how best to do the work.
- Francisco repaired two of the church choir chairs whose legs were loose.

Bob De Haan

## TRUSTEE'S REPORT

### Around the church from 5-6 AM?

If you are a very early riser you might notice our church being used between 5 AM and 6AM several days in February. One of our renting churches, Ministerios de Dios Latinos, is holding prayer vigils to support their Central American mission projects.

### HELP! Taxes!

Preparing taxes is anxiety provoking and overwhelming for many. Again this year the AARP Tax-Aide program will be using our facility several days a week from February until April to help people with tax preparation and filing. They serve all comers. A high percentage of their clients are seniors and low income people. Exact days and hours will be posted in February.



## MOVIE NIGHT FEBRUARY 28 - *HAROLD AND MAUDE*

Our February movie will take us back almost 50 years to an odd dark comedy that became a cult phenomenon. Throughout the 70s and into the 80s, independent theaters around the country held monthly screenings of “Harold and Maude” for devoted audiences that could recite every line.

The film is the coming-of-age story of Harold, a wealthy, lonely, friendless 20-something whose only entertainment is attending funerals and staging elaborate suicide scenes for the benefit of his truly awful mother. Then he meets Maude, a 79-year-old free spirit who shares his interest in funerals. She introduces him to life without rules, love and, eventually, wisdom.

*Harold and Maude* stars Bud Cort and the marvelous Ruth Gordon. It was shot entirely on location in the Bay area, and part of the fun is identifying the various locations as they were in 1971. The film was nominated for only a few acting awards back then, but in the years since, it has risen to number 45 on the AFI list of the 100 funniest movies of all time and has been preserved by the Library of Congress.



**7 PM Friday February 28th in the De Haan Center at Pilgrim Park**

You can view the trailer for *Harold and Maude* on the FCCSR website.





## FEBRUARY BIRTHDAYS

6 — Ralph Sherer  
11 — Samuel Dempsey  
12 — Taeveon Thompson  
15 — Richard Walker  
18 — Jasmin Morales  
25 — Rachael Knopf

## GOLDEN GALS — FEBRUARY 11

The Golden Gals will meet on Tuesday, February 11, at 10 AM, at the home of Jean Nadell. From there, they will go out to lunch.



## TIE DEADLINE for MARCH 2020 Issue - Mon., Feb. 24

The deadline for articles and news for the March 2020 issue of The TIE is Monday, February 24th. Please have all articles for the January issue at the church office by Sunday, February 23rd. Or, email your articles to [lucindaray@aol.com](mailto:lucindaray@aol.com) by Monday, the 24th.



## CHURCH OFFICE HOURS

**Rev. Jeffrey Cochran-Carney** – *Pastor*

Mondays and Thursdays 8 AM - 4 PM

Please call first for an appointment

Phone (908) 487-8855 or

(415) 479-2747

[revjcc@msn.com](mailto:revjcc@msn.com)

**Amy Powers** – *Office Manager*

Tuesday 11 AM- 2 PM
















Wednesday 10 AM - 2 PM

Thursday 10 AM - 2 PM

Office Phone: 415-479-2747

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

# FCC Calendar FEBRUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> <b>Grounding Day</b>  10 am Worship, Church School & Child Care <b>11 am</b> Annual Meeting and Potluck	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> 7:40 am  Choir Rehearsal	<b>7</b>	<b>8</b>
<b>9</b> 10 am  Worship, Church School & Child Care 11:30 am Board of Ministry Meeting	<b>10</b>	<b>11</b> 10 am  Golden Cold monthly meeting	<b>12</b>  Lincoln's Birthday	<b>13</b> 7:40 am  Choir Rehearsal	<b>14</b> Valentine's Day	<b>15</b>
<b>16</b> 10 am  Worship, Church School & Child Care 11:30 am Mission Board Meeting	<b>17</b>  President's Day	<b>18</b> 7 am  BOARD OF TRUSTEES MEETING	<b>19</b>	<b>20</b> 7:40 am  Choir Rehearsal	<b>21</b>	<b>22</b>
<b>23</b> 10 am  Worship, Church School & Child Care	<b>24</b> 5 pm  TIE Deadline for March 2020 Issue	<b>25</b>	<b>26</b> 7 am  Church Council Meeting	<b>27</b> 7:40 am  Choir Rehearsal	<b>28</b> 7 am  Movie Night: Harold and Maude: De Haan Center Pligim Park	<b>29</b>

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).