

## PASTORAL REFLECTIONS REV. JEFFREY COCHRAN-CARNEY



### What Will You Take With You?

What will you take with you when the pandemic is over? Well, experts tell us it will not really be “over.” But when the new normal becomes our daily routine, whatever that means . . . when social distancing replaces being in a crowd, and hugs and handshakes become a thing of the past, what will you remember? What will have made an indelible impression on you? What lessons are there to be learned?

I have to limit how much news I watch these days, and I am someone who has always devoured both newspapers and broadcasts. Over 60,000 people have died of the virus in the United States alone as of this writing, and over 220,000 worldwide. Horrific. Mind boggling. We would like to forget. Except we can’t. T.S. Eliot spoke the truth when he said, “Humankind cannot bear too much reality.” Yet it is this generation’s enduring burden to bear. Almost everyone knows

someone who has been affected by the virus. As a church, we have prayed many prayers for victims and their families. We have been concerned for each other.

My grandmother used to say, “There is always a silver lining . . . you just have to look.”

Yet it *is* difficult to look, that is, until we begin seeing stories at the end of the nightly news about extraordinary acts of kindness and dedication. There are the health care workers who risk their lives to care for patients with COVID-19. Some nurses quit their jobs across the country so they could go to New York City to volunteer. Other nurses hold iPads near a patient’s bedside so that they can communicate with family members. Recovered

patients donate plasma. Postal workers continue to deliver packages, risking contamination. Bus drivers are exposed so others can go to the doctor or an essential job. I have been reminding myself lately to thank the grocery clerk for enabling us to put food on the table. Others volunteer to deliver groceries to the most vulnerable who cannot get out of their house to go to the store.

Strangers on the street seem exceptionally kind and courteous. Children draw hearts on the sidewalk with chalk.

I do not know where this is all going to end. However, I hope that what will not end is all the kindness and compassion that has brought out the best in humanity.

(continued on the next page)



(continued from page 1)

There is a lot to learn and a lot to be grateful for. When I do go out of the house to take a walk or go to the store, I look at life and people in a more intentional way. I imagine a story behind every face, and their hope that tomorrow will be a better day. It is all there when you take time to notice. So what will you take away from this pandemic? How will you be different?

Hopefully our beloved congregation will gather again soon for worship. There will be some visible changes – face masks, hand sanitizer, social distancing in the pews, and a different way to take communion. Yet many things will be the same – maybe even better. I say better because we can behold in a new way the gifts we have been given, such as an awareness of the fragility of life, the hospitality of strangers, and a deeper appreciation for one another. We will not be able to hug each other, but we can behold in one another the divine nature that God has instilled. When we look at each other, we can see Christ reflected in a face. And when we speak our words, they can reflect the Word from somewhere deep within. It is something to think about. We will never forget these times, and we can be sure that God will never forget us.

*Blessings,*  
*Pastor Jeffrey*

**“HE WILL REPLY, ‘TRULY I TELL YOU, WHATEVER YOU DO FOR THE LEAST OF THESE, YOU DO UNTO ME.’”**

## **MAY AGAPE TEAM - EXPANDS**

Agape - Providing compassionate connection to our church community through words of encouragement, cards, calls, and visits.

Our Agape leader for April is Anice Flesh (415-306-7902) with **all** the Agape team members participating: Cathi Fuller, Annie Song-Hill, Charles Little, Jim Turner, Amy Kaufman, Jackie Dema, Denise Walker, Tessa Templeman, Anice Flesh, Caran Cuneo, and David Knopf.



## **PRAYER PARTNERS**

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



**April 26 - May 2**  
Barbara Alexander

**May 3 -**  
Kelly Anderson

**April 12 - 18**  
Jack Bransford

**April 19 - 25**  
Paul and Marcy Burks

**April 26 - May 2**  
Cara and Eric Caindec



# *Come* *Worship* with us! virtually, that is

***PASTOR JEFFREY IS PROVIDING A COMPLETE WORSHIP SERVICE VIA EMAIL EVERY WEEK. IT INCLUDES MUSIC, PRAYERS, AND A VIDEO OF THE SCRIPTURE READING AND SERMON.***

## **May 3 The Shepherd as Spiritual Guide**

**Psalm 23; John 10:22-30**

In his day, Jesus took on the role of both teacher and comforter. He was often known as the good shepherd, borrowing an image that was also attributed to King David. In this time of pandemic, he can also teach and comfort those who are looking for resources to lead them through challenging times.

## **May 10 Let Not Your Hearts Be Troubled**

**John 14:1-14**

In this discourse, Jesus was addressing the disciples shortly before his death. Today it is also a promise made to us. Jesus acts as a spiritual companion to those whose hearts are troubled about both this life and the next. It is a promise made for the departed. It is also a promise to the living. In this message, the pastor talks about a dream he had regarding eternal life

## **May 17 A Glimpse of God**

**Exodus 33:12-23**

In today's lesson, God tells Moses to lead the Israelites out of captivity to the Promised Land. Moses was tentative. He wanted reassurances and signs that God would accompany him. Finally, God said, "I will allow you to catch a glimpse of me when I pass by." It was thought that no one could look upon the face of God and live, so brilliant was the light. So God told Moses to hide in the cleft of a rock, and covered his eyes. As a result, Moses was only able to catch a glimpse or shadow of God. Sometimes today a glimpse of God is all we need for assurance and courage to move forward with our life.

(Continued on the next page)

# *Come* *Worship* with us! virtually, that is

## **May 24 Ascension Sunday - Between the Times**

**Acts 1:1-11; Luke 24:44-53**

Jesus dwelled on the earth with the disciples and friends for fifty days following his resurrection. During that time he ate and drank with the disciples and friends and encouraged them to go forth and minister in his name. At the end of that time, the Bible says that he ascended to be with God in heaven. It was a time of waiting between the time Jesus ascended and the Holy Spirit came. It was a time of longing and hope. What is the implication for us today as we live between the time of the covid virus and the longing for a new normal?

## **May 21 Festival of Pentecost - The Power of Pentecost**

**Acts 2:1-11**

Christians were gathered in Jerusalem for an agricultural festival when the rush of a mighty wind and flames descended upon the people. In what has become known as the Church's birthday on that first Pentecost, Christians received the Spirit of the departed Christ as they went forward to live lives of new courage and conviction. Today we can still be influenced by the indwelling of that divine spirit. Perhaps Acts can offer us courage and a vision as we reemerge as the Church following the pandemic.

### **ZOOM MEETINGS LET US GATHER TOGETHER SAFELY Fridays at 5 PM**



On Friday evenings, members of the congregation gather together via a video meeting tool called Zoom. We could see one another, talk to each other, and share our experiences of the past several weeks. It is like being in a room together. Most people find it easy to do. Give it a try!

Pastor Jeffrey sends out instructions about how to join beforehand. You can use either your computer, your cell phone, your tablet, or even just call in from your land line.

## WEATHERING FINANCIAL HARD TIMES AND.... SOME **GOOD NEWS !!**



These are troubling financial times for everybody, including the church. All of our major renters have told us they are unable to pay rent in April and May. The Hispanic churches are dependent on offering plate collections, and they are unable to meet. The preschool does hope to be able to re-open sometime in May.

The church has applied for one of the Payroll Protection Program's forgivable loans. The Redwood Credit Union told us on April 30 that we are approved.

Initially it appeared that contacted employees like Jeff Paul, our music director, and Damian Vilchis, our janitorial services worker, could be included. We are continuing their pay. Recent guidance from the federal government now says they cannot be included, so we will get less than we originally hoped. Still, the amount of the loan should just about make up for our lost rental income and can be used to help cover payroll and utilities.

With no church services we expect our donation income to be less as well. **HOWEVER, IF** we keep up with our pledges, and add a little from the government virus rebates, we should be able to manage this financial drought.

You can mail a check to the church (8 North San Pedro, 94903), or donate through the website and PayPal ([www.fccsanrafael.org](http://www.fccsanrafael.org)). Details about giving are below.



### PLEDGES AND OFFERINGS KEEP THEM COMING!!

Welcome to the new world of 2020! First Congregational Church is still here, as are our wonderful members and friends. Unfortunately, even though we're unable to gather on Sundays for the moment, the church still has ongoing expenses. If you are at all able, please continue to keep up your pledges to the church. You have 2 options.

#### **Option 1**

**Use PayPal.** Go to [fccsanrafael.org](http://fccsanrafael.org). On the home page, you will see the words GIVING ONLINE. Click on this and you will end up on a screen with a PayPal logo. Click on it and you'll see a place to enter your pledge or offering amount.

You can use a credit card or your PayPal account. You have the option to do a monthly donation this way as well. For your first time donating this way, Val Sherer will be happy to email you confirmation that she received your donation.



#### **Option 2**

**You can mail a check to the church.** Deposits will be made less frequently until we resume Sunday services, so don't panic if your check is not cashed as quickly as usual.



Feel free to email Val with any questions.

Val Sherer, Financial Secretary

[valpub@yahoo.com](mailto:valpub@yahoo.com)





## BOARD OF MISSION MISSION MATTERS



### DON'T FORGET THE FOOD BANK



Donations are needed now more than ever for the Food Bank. Since the Food Bank is not currently coming to pick up food from our church, donate it at your grocery store.

Also, the Food Bank needs **money**.

You can donate to the San Francisco Marin Food bank on their website:

<https://www.sfmfoodbank.org/>

Or you can send a check to:

San Francisco-Marín Food Bank  
2550 Kerner Boulevard  
San Rafael, CA 94901

### BREAD FOR THE WORLD OFFERING OF LETTERS

Our Board of Mission normally participates in this letter-writing project in the month of May. However, we will postpone this activity until we are able to re-convene together.

---

---

### DON'T FALL FOR AN UNETHICAL SCAM

Pastor Jeffrey is aware that scam artists are making the rounds of numerous churches. He advises the congregation to ignore and delete texts and emails asking for money. Unless, of course, the requests are coming from our church, as on the previous page of this newsletter!

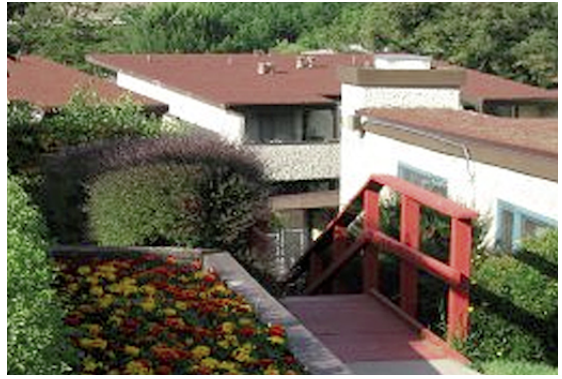


## PILGRIM PARK NEWS

Unfortunately, I have to report that Bill Harrison passed away a few days ago. The letter below to his family best describes what Bill's talents have meant to Pilgrim Park. We will miss him.

### **Pilgrim Park's response to the Virus**

The staff have adopted strict procedures to keep everyone safe. So far so good. Food Bank food and Extra Food deliveries continue with social distancing procedures strictly followed. Several residents have lost their jobs. Fortunately, they are in Section 8 units, so the staff recertifies their income at the new level. Therefore, Pilgrim Park has not lost any rent.



### **General**

Pilgrim Park remains fully rented with a strong financial position.

Bob De Haan

To the family of William Harrison:

We, the management and directors of Pilgrim Park, are deeply saddened at the passing of our friend, Bill Harrison. To you, his family we express our deepest sympathy for your loss and your grief.

More than any other person, Bill was singularly responsible for the success of Pilgrim Park. Today Pilgrim Park is a very successful affordable housing complex, home to 125 people, in San Rafael. But it wasn't always the greatest place to live. About 30 years ago Pilgrim Park had mediocre on site management, a property management company under investigation by the Federal Government and a significant drug culture.

After discharging the management company, the Directors hired Bill and his Santa Fe Associates. Bill brought in the present on site manager, Nancy Smith. Bill then formed a team of management, directors and government agencies to rid Pilgrim Park of the drug culture. A few years later, Bill recognized the need to refinance Pilgrim Park to build a new community center and take care of most pent up major repairs.

After he retired Bill joined the Pilgrim Park directors to continue to use his experience and skills to further improve the complex. And, after leaving the Board, directors occasionally sought Bill's advice and counsel.

Yes, we all will profoundly miss Bill Harrison.

Sincerely,

Nancy Smith, Site Manager  
Greg Ripley, President  
David Knopf, Director  
Caryl Hodges, Director

Margie Rollman, Assistant Site Manager  
Robert De Haan, Vice President  
Lynn Grant, Director  
Eric Caindec, Director

## MOVIE NIGHT - MAY - *DOC MARTIN*

Last month we shared a list of recommended binge-worthy streaming TV series to help get through a long time with no movies. For May, we look at an old favorite that seems particularly well-suited to our long lock-down.

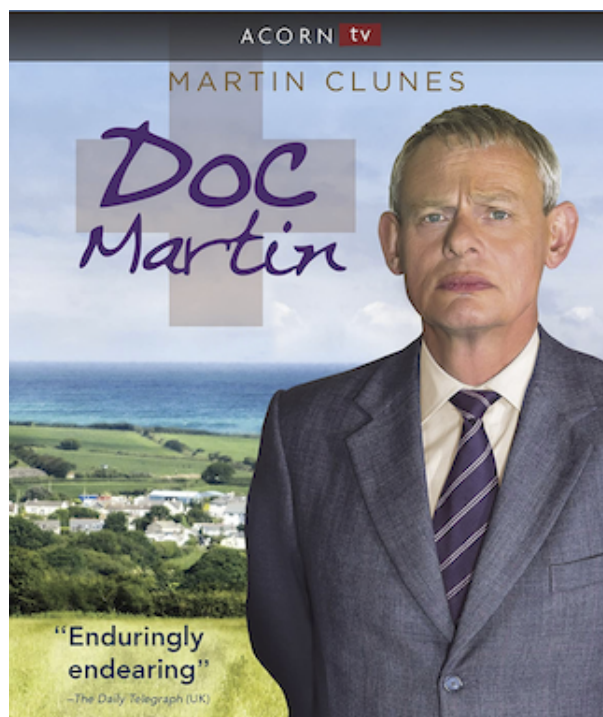
*Doc Martin* is a series from Britain's ITV that first started airing in 2004 and is still producing new episodes for the 2020 season. The first five seasons – 7 or 8 episodes in each – are available streaming on Hulu, and the more recent seasons are on Acorn TV (which offers a 30 day free trial.). Also, all seasons can be rented on DVD from Netflix or purchased at Amazon.

Martin Ellingham MD is a brilliant and successful vascular surgeon in London, but his surgical career is cut short when he develops a severe fear of blood. As the series starts, he has moved to a quiet seaside village in Cornwall to serve as the local GP. Despite an aloof, abrasive personality he gradually becomes part of the village.

Unlike many TV series, *Doc Martin* moves at a gentle pace. While there are long story arcs (like Martin's uneven progress toward love with the local school teacher) each episode is self-contained. By the end of each episode, a situation has been resolved and a medical mystery or emergency has been brilliantly dealt with, all with abundant smiles and more than a few laughs.

"The comedy may be gentle, ambling and — yes — rather predictable, but after 15 years, it's become as warm and welcoming an autumn fixture as a bowl of hot soup."

Claudia Connell, *The Daily Mail*



### CHURCH COUNCIL ZOOM MEETING MAY 21

The Church Council will meet via Zoom on Thursday, May 21, at 5 PM. Log in details will be sent closer to the meeting date.



## MAY BIRTHDAYS



2 — Joshua Siroky  
4 — Jean Nadell  
10 — Val Sherer  
10 — Brandon Siroky  
11 — Mary Dowling  
23 — Cathi Fuller  
23 — Loreen Jackson  
25 — Colin Templeman  
28 — Lynn Grant

## GOLDEN GALS — postponed this month

The Golden Gals usually meet on Tuesdays at 10 AM. However, the meeting will be postponed this month.



## TIE DEADLINE for JUNE 2020 Issue - Mon., May 25

The deadline for articles and news for the June 2020 issue of The TIE is Monday, May 25th. Please email your articles to [lucindaray@aol.com](mailto:lucindaray@aol.com) by Monday, the 25th.



## CHURCH OFFICE HOURS

**Both Amy and Jeffrey are working from home.**

**You can contact them via email**

**NOTE: Pastor Jeffrey's new email: [fccsrpastor@gmail.com](mailto:fccsrpastor@gmail.com)**

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

Mondays and Thursdays 8 AM - 4 PM

Please call first for an appointment

**Phone (908) 487-8855**

[fccsrpastor@gmail.com](mailto:fccsrpastor@gmail.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 MAY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>26</b>  10 am VIRTUAL WORSHIP	<b>27</b>  5 am TIE Deadline for May 2020 issue	<b>28</b>	<b>29</b>	<b>30</b>	<b>May 1</b> 5 am - 6 am ZOOM Meeting online	<b>2</b>  7 am Movie Night at home. See suggestions on page 8
<b>3</b>  10 am Virtual Worship, Church School & Child Care	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> 5 am - 6 am ZOOM Meeting online	<b>9</b>  7 am Movie Night at home. See suggestions on page 8
<b>10</b> Mother's Day  10 am Virtual Worship, Church School & Child Care	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> 5 am - 6 am ZOOM Meeting online	<b>16</b> Armed Forces Day  7 am Movie Night at home. See suggestions on page 8
<b>17</b>  10 am Virtual Worship, Church School & Child Care	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>  7 am - 8 am Church Council Meeting via Zoom	<b>22</b> 5 am - 6 am ZOOM Meeting online	<b>23</b>  7 am Movie Night at home. See suggestions on page 8
<b>24</b>  10 am Virtual Worship, Church School & Child Care	<b>25</b>  Memorial Day  5 am TIE Deadline for June 2020 issue	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> 5 am - 6 am ZOOM Meeting online	<b>30</b>  7 am Movie Night at home. See suggestions on page 8
<b>31</b>  10 am Virtual Worship, Church School & Child Care	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> 5 am - 6 am ZOOM Meeting online	<b>6</b>  7 am Movie Night at home. See suggestions on page 8

Stay  
Healthy  
Everyone

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).