

PASTORAL REFLECTIONS REV. JEFFREY COCHRAN-CARNEY



Black Lives Matter, Now More Than Ever

You may recognize the name Henry Louis Gates, Jr. He is Professor of African American Studies at Harvard University. His program Finding Your Roots is regularly featured on PBS. But I knew him as “Skippy.”

Skippy and I were classmates at the Piedmont, West Virginia Elementary and High School in the 1960s. Piedmont, WV is a mill town of about 900 people nestled on the Appalachian Plateau. Skippy had a brilliant mind for as long as I had known him, which was pretty much since the first grade. Everybody always knew he would go far. He frequently came into our family bakery and deli. Sometimes I would be there after school and we would hang out.

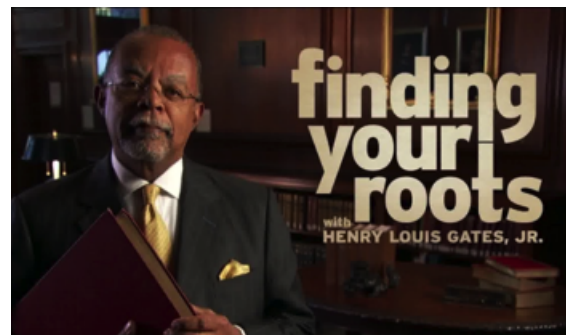
Later on Skippy even wrote a book about growing up in Piedmont, WV, entitled, Colored People. In the book, he chronicled what it was like growing up in a small, segregated town in West Virginia, and how it shaped life for him and his family in ways that I was not aware of then.

However, it was what happened to Skippy some years later that troubled and angered me. On July 20, 2009, while returning to his home from Harvard University, he was arrested by a police officer investigating a report of a robbery in progress. He had returned from a trip to China to find his front door jammed. With the help of a cab driver, they forced the door open. He had been inside for a few minutes when Sgt. James Crowley of the Cambridge Police Department appeared at his door and asked him to step outside. (1)

Gates told the sergeant that he lived there and showed his Massachusetts driver’s license and his Harvard identification card, but Sergeant Crowley still did not seem to believe that Professor Gates lived in the home, a few blocks from Harvard Square.

While outside on the porch, there was a heated exchange between Gates and the officer. The next thing he knew, Gates was arrested and handcuffed and charged with disorderly conduct. Professor Gates was held at police headquarters for hours before being released on his recognizance. He had been the victim of racial profiling.

That was over ten years ago, and sadly, racial profiling continues, often with deadly conse-



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quences. On the evening of February 23, 2020 Ahmaud Arbery, a 25-year-old black man was shot while jogging in a South Georgia neighborhood. He was followed by two white men in a pickup truck. A struggle ensued, and Mr. Arbery was shot dead. (2) A third man who took video of the encounter refused to intervene. Months passed before any arrests were made. Racism is still rampant, and one is left to wonder if any progress has been made during the decade between these two troubling incidents.

I went jogging in our neighborhood today, and I confess I did not spend one second worrying if I would be stopped or questioned about what I was doing in the area. Yes, it was a moment of white privilege – one of many I have taken for granted throughout my life. I am not the only one. But today a sliver of reality slipped in. Many people of color do not feel comfortable going for a walk or jogging where they live, because they have heard too many stories that turned out tragic.

We can do better. We have to do better. We can reflect on what it means to be white in America today, and all the privileges we have been born with and have come to expect because of the color of our skin. We can think together about what we can do as a church to combat racism in our country and in our county. But today it starts with ourselves. It starts the next time you go out for a walk on a warm summer day, and imagine, if only for a moment, what it must feel like for so many others who do not feel safe to do the same. Skippy and I would have a lot to talk about today.

Blessings,
Pastor Jeffrey

(1) The New York Times, July 20, 2009.

(2) The New York Times, June 4, 2020.

JULY AGAPE TEAM

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

Our Agape leader for July is Hilary Spaulding (415-446-0125) with the Agape team members Cathi Fuller and 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.



June 28 - July 4

Bob De Haan and Nancy
Sangster De Haan

July 5 - 11

Jackie Dema

July 12 - 18

TJ and Saba Dempsey,
Sam, Jacob, and Ben

July 19 - 25

Julie Dowling and Doug
Shannon

July 26 - August 1

Mary and Oak Dowling



Pastor Jeffrey is providing a complete worship service via email every Sunday. It's a video including music, prayers, scripture and sermon. Check your email on Sunday morning.

July 5 When You're Weary and Heavy Laden

Matthew 11:16-19, 25-30

"Weary and heavy laden." These words are as applicable today as they were when spoken by Jesus. In his teaching today, Jesus invites us to look beyond ourselves and find strength in helping others as well as sources of inner strength and encouragement for the living of these days.

July 12 Seeds for the Soul

Isaiah 55:10-13; Matthew 13:1-9, 18-23

In this parable Jesus invites us to see God as the wild sower of seeds. What seeds have taken root and are growing in your life? What seeds yield fruit and an abundant harvest? What seeds might God be planting in you right now? In our church? In our country? Only an extravagant and gracious God would go to such extremes to sow abundant seeds in the soil that is our lives.

July 19 A Ladder to the Heavens

Genesis 28:10-19

What a rich and provocative story we have through Jacob's dream and his realization that God is everywhere and the ground around him is sacred. Jacob's ladder afforded him a glimpse of the other side, and it changed the way he saw everything. Today we can have experiences of "thin places" and find the sacred in our midst.

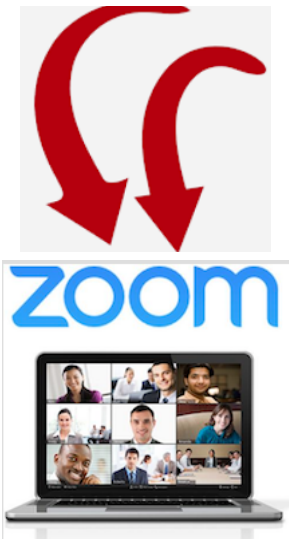
July 26 What Do You Treasure?

Philippians 3:7-11; Matthew 13:44-46, 51-53

The parable was Jesus' favorite method of teaching. Over one third of the gospels are parables. Implicit in his teachings is for us to imagine new parables today that speak to our life. We are invited to reflect on where we might find our treasure today. Jesus used earthly examples from everyday life to convey spiritual truths. Today we can discover and celebrate the treasure of diversity that includes all people, and work for equality and justice for all.

All sermons are posted on the website in PDF format.

See the next page for our Sunday AM Zoom Coffee Hour Meetings.



ZOOM MEETINGS LET US GATHER TOGETHER SAFELY on **Sundays at 10 AM**

We are holding weekly Zoom meetings on Sunday mornings, so members of the congregation can gather together for “Coffee Hour” via a video meeting tool called Zoom. We can see one another, talk to each other, and share our experiences of the past several weeks. It is like being in a room together, but safely. Most people find it easy to do. Give it a try! You can use either your computer, your cell phone, your tablet, or even just call in from your land line.

Link to join all church Zoom meetings:

<https://us04web.zoom.us/j/813993981>

Meeting ID: 813 993 981

Password: 594741



PLEASE CONTINUE TO SUPPORT THE WORK OF OUR CHURCH THROUGH YOUR PLEDGES AND OFFERINGS

Thanks to all our members and friends who have continued to keep up with their pledges. We especially want to thank the members who have sent their complete 2020 pledge. Our expenses do continue so this helps us keep on track.

You have 2 options:

Option 1

Use PayPal. Go to 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

MEETINGS, MEETINGS, MEETINGS -- VIA ZOOM



(See the Zoom instructions at the top of this page.)

JULY 7: The Board of Ministry meeting will be on Tuesday, July 7, at 11 AM.

JULY 21: The Board of Trustees meeting will be on Tuesday, July 21, at 7 PM.

JULY 22: The Church Council meeting will be on Wednesday, July 22, at 5 PM.

NEWS FROM THE BOARD OF MINISTRY



MUSIC

We are grateful for Jeff Paul's music each week and we welcome contributions by other members.

If you would like to send a video contribution of instrumental or vocal music to be offered as part of our Sunday worship, we welcome your gift. Please contact Pastor Jeffrey or Jeff Paul regarding your offer.

Music in Memory of Nancy Mahl

FCC members, friends and family offered Memorial gifts in honor of Nancy toward enriching our music selection during worship. The Nancy Mahl fund has enabled us to purchase: 20 new traditional hymnals and a copyright subscription that allows for the use of hundreds of hymns and songs. We are also in the final stage of purchase of contemporary songbooks. We are immensely grateful for the enumerable ways that Nancy Mahl graced our lives and continues to enrich our church community.

OUTREACH

A number of church members had the joy of a car caravan celebration of graduation from Terra Linda High School for Jacob, Michael, Taylor and Tristan Cline-Meehan and a door stop delivery for Josie Hill.



Julie Dowling has been kept busy with prayer chain updates. We are grateful for her inspiring messages and urgent updates that accompany each week's message. Please email Julie and/or Pastor Jeffrey with any joys or concerns, and keep Cyndi and Chris Siroky in your prayers.

WORSHIP

Board of Ministries had a ZOOM meeting on June 9th to discuss the County's reopening for church gatherings and the requirements to do so. Based on responses from a number of church members, the Board of Ministries decided that with our highly vulnerable community and the currently increasing numbers of cases of Covid in Marin, we would continue our on-line services. We are in discussion regarding additionally holding services in the Courtyard in the future.

You will be receiving a survey regarding your comfort in attending Courtyard services. The survey will be emailed from FCC office. Please respond and return by email. If you do not have access to email, you will receive a phone call from a FCC Board of Ministry or Agape Team member to hear your responses.

DISCUSSION GROUP'S NEW FOCUS: THURSDAYS 1 - 2 PM

A Book Club was started as planned in early June, using a book on Celtic spirituality and was well received with thoughtful discussion. The following week, discussion moved to the urgent concerns in the current context of the death of Floyd George and protests around racial injustice and the systemic health, economic, and social inequities for people of color. We decided to defer our study of Celtic spirituality and continue self-examination and study with engaging discussion around racial injustice and biases as inspired by recommended thought-provoking articles, books and movies. If you wish to join the Book Club discussion, please contact Amy, our Office Manager (at office@fcc.org) so she can add you to the weekly ZOOM meeting invitation. **(See the Zoom instructions at the top of page 4 of this issue of the TIE.)**

Current topics are the documentary "13th," available free on YouTube, and the book *White Fragility*, by Dr. Robin DiAngelo.

GETTING READY FOR SAFE AND PARTIAL USE OF OUR CHURCH FACILITY

Although our church council will decide when we can have services for our congregation, we are getting our church facility ready to follow the Marin County requirements and guidelines for ourselves and our renters.

On June 5th, the County announced that faith communities could meet if they:

- Complete a Covid-19 Reopening Plan
- Meet outside
- Maintain 6 ft social distancing
- Wear face masks
- Keep a list of all attendees and their contact information
- Not admit anybody symptomatic
- Recommend vulnerable people access services electronically
- Follow a recommended set of "Best Practices" mostly based on CDC guidance.



We have completed this plan which specifies many safety practices, particularly regarding disinfecting and public reminders. The recommendations also include a variety of ways to maintain social distance by reducing interaction before, during, and after services.

To implement the best practices we will be having our custodian contractor, Damian Zilchis, disinfect restrooms, surfaces, chairs, knobs and handles prior to our services and 3 times a week, depending on our renter's scheduling. We have purchased several touchless hand sanitizers, wipes, and other disinfecting supplies. We anticipate only using metal chairs, since unlike the fabric covered chairs, they can easily be wiped with disinfectant. We also have patio shade sails to make the patio more comfortable for daytime services.

As of June 29, just a few renting groups are using our facility. The Aqui Montessori Preschool has partially started up again and anticipates expanding in July. The Ministerios de Dios Latinos has started up an early Wednesday morning prayer group and is hoping to start some services in July. The Wednesday Yoga group will bring their own floor covering, mats, masks, and fans and meet in the Plum Room. The three 12-step groups, 4H, and the Church of God (7th Day) are also not yet meeting.

Previously the state had suggested churches open indoors at 25% of room capacity. Marin County has not authorized indoor services, and with the recent surge in new cases this seems unlikely in the near future.

Currently, the only use of the sanctuary is for the weekly video-taping of the sermon and any music Jeff Paul performs.



FAREWELL TO THE INTRATER FAMILY

we wish a very fond farewell to the Intrater family: Alana and Brandon, and their children Emma and Jack. They will be moving in July to New England. We will miss them very much but wish them well on this new chapter of their lives.

Construction activity -- Reroofing of the Head Start and maintenance shop building is finally complete.

Board News -- The board recently head a Zoom meeting to approve the budget for the year beginning 7/1/20 and transact other business. Bob De Haan



SCHOOL SUPPLIES SUNDAY: AUGUST 1

A collection of colorful school supplies including a wooden ruler, a red book, a yellow book, a yellow backpack, a glue bottle labeled 'GLUE', a pair of scissors, several colored pencils, a pencil case, and a red calculator.

She has volunteered to take them all to Ritter Center, as they will be distributed to the kids by Ritter Center in early August. Here's what is needed:

- There is always a GREAT NEED for department store gift cards and cash donations

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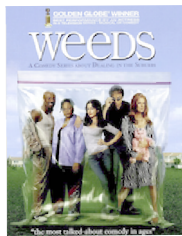
MOVIE NIGHT - JULY

Bob Spofford has been very busy this month making excellent videos of our worship service. So for the month of July, your TIE editor has decided to re-provide several of his suggestions from the past few months.

Here are some ideas for great online entertainment we can share virtually. And, since we have a LOT of empty hours to fill, our recommendations are binge-worthy series, rather than feature films:



Slings & Arrows – A marvelous series from Canada that was never aired in the U.S. It follows the lunatic ups and downs of a major Shakespeare Festival through three seasons. Each season centers on the production one play . . . “Hamlet” . . . “Macbeth” . . . “King Lear” . . . and the backstage action mirrors the plot of that play. Available on Acorn TV (Lots of great British video. One-week free trial, then \$5 per month.)



Weeds – In order to hold her family together, a widowed soccer mom (played by Mary-Louise Parker) becomes the marijuana dealer for her picture-perfect Southern California community. The series won many Emmys when it aired on Showtime in 2005 – 2010. Available on Netflix



Arrested Development – A comedy about the dysfunctional family of an ethically-challenged real estate developer in Newport Beach. It originally aired on Fox and won critical raves and many awards, but never found a large audience. Now a cult favorite. Available on Netflix



The Man in the High Castle – Based on a Philip K. Dick novel, this dramatic series starts from the premise that the U.S. lost WWII. New York is the capital of the German-occupied east, San Francisco is the capital of the Japanese west, and the mountain states are a lawless no-man’s land – a home to resistance guerrillas and the mysterious man of the title. Gripping drama. Available streaming on Amazon.



The Marvelous Mrs. Maisel – A Jewish-American Princess from the Upper West Side in the 1950s discovers her talent for stand-up comedy while coping with all sorts of family and marital issues. It swept all the comedy awards in its first season. Available streaming on Amazon.

JULY BIRTHDAYS



- 1 — Dorothy Trotter
- 3 — Jack Intrater
- 5 — Saba Dempsey
- 6 — Cyndi Siroky
- 26 — Tristan Cline-Meehan
Michael Cline-Meehan
Jacob Cline-Meehan
Taylor Cline-Meehan
- 27 — Louis Frost
- 29 — Catherine Hills

GOLDEN GALS — Meeting postponed

The Golden Gals will not be meeting this month due to the Shelter in Place order but hope to do so some time in the future.



TIE DEADLINE for AUGUST 2020 Issue - Monday July 27

The deadline for articles and news for the August 2020 issue of The TIE is Monday, July 27th. Please email your articles to lucindaray@aol.com by Monday, the 27th.



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

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

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

FCC Calendar JULY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28  10 am Worship, Church School & Child Care 10 am - 11 am ZOOM Meeting: virtual coffee hour!	29	30	July 1	2  1 pm - 2 pm Discussion on ZOOM: Racism and Social Justice	3	4  Independence Day 7 pm  Movie Night at home. See suggestions on page 9
5  10 am Worship, Church School & Child Care 10 am - 11 am ZOOM Meeting: virtual coffee hour!	6	7  11 am - 12 pm Board of Ministry Meeting 11AM via ZOOM	8	9  1 pm - 2 pm Discussion on ZOOM: Racism and Social Justice	10	11  7 pm Movie Night at home. See suggestions on page 9
12  10 am Worship, Church School & Child Care 10 am - 11 am ZOOM Meeting: virtual coffee hour!	13	14	15	16  1 pm - 2 pm Discussion on ZOOM: Racism and Social Justice	17	18  7 pm Movie Night at home. See suggestions on page 9
19  10 am Worship, Church School & Child Care 10 am - 11 am ZOOM Meeting: virtual coffee hour!	20	21  7 pm - 8 pm BOARD OF TRUSTEES MEETING via ZOOM	22  5 pm - 6 pm Church Council Meeting via ZOOM	23  1 pm - 2 pm Discussion on ZOOM: Racism and Social Justice	24	25  7 pm Movie Night at home. See suggestions on page 9
26 Parents' Day 10 am  Worship, Church School & Child Care 10 am - 11 am ZOOM Meeting: virtual coffee hour!	27  5 pm TIE Deadline for August 2020 issue	28	29	30  1 pm - 2 pm Discussion on ZOOM: Racism and Social Justice	31	1  7 pm Movie Night at home. See suggestions on page 9

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.