

October 18, 2020



Opening Song *For the Beauty of the Earth*



FOR THE BEAUTY OF THE EARTH

[Click here](#) for PDF of hymn

Opening Prayer *A Prayer for Breathing*
adapted from a prayer by m barclay, enfleshed.com

Holy One, Breath of Life, remind us to breathe in your love.
We can hear you whispering to us to
Breathe in your inherent belovedness.

Breathe out the messages that you are expendable.
Breathe in love that makes your heart soft.
Breathe out any anger that is being misdirected.
Breathe in acceptance that all cannot be immediately solved.
Breathe out the need to control.
Breathe in the wisdom of ancestors who labored for collective love and justice.
Breathe out the temptation towards the superficial.
Breathe in a breath of humility. Breathe out all that makes you shrink.
And then remember the trees.
Their giving and receiving of breath.
See them holding so much for us.
Offer a prayer of gratitude.
And let your roots sink deep into the soil of Divine Mystery.

Scripture verses Matthew 13:31-32



Sermon *Spiritual Redwoods and Small Seeds* Cynthia Cochran-Carney

[Click here](#) for PDF of sermon

Closing Words

Go now on your journeys.
May we take the hope which has been given to us and share it with all.
May we offer the peace which the Holy One has poured into our lives.
May we plant seeds of compassion in the world.
May the redwoods remind us of the beauty of creation and the Divine Artist.

Postlude *Adagio for Strings* by Samuel Barber

278 cellists from 29 countries made this video to connect with other cellists across the world, and create something to collaborate on during COVID



"Adagio for Strings" by Samuel Barber

About the Preacher Today

Cynthia Cochran-Carney was born and grew up in Santa Ana, California. She attended the University of Oregon where she was an English major. She graduated from SFTS, and celebrated 32 years of ordained ministry this month.

She came to be the pastor at First Presbyterian Church in San Rafael in April, 2019. She and pastor Jeffrey met in Bloomington, Indiana in 1990.

ZOOM GATHERINGS

Sundays 10:00 AM

Join us on Zoom for coffee and conversation

All gatherings and meetings are on Zoom.

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

Meeting ID: 813 993 981

Password: 594741

Call in number 1-669-900-6833

[Zoom link](#)

Announcements

Pastor Jeffrey is on vacation October 13-19.

Zoom Sunday will continue as usual.

Meetings

Board of Trustees
Tuesday, October 20 at 7 pm

Church Council
Thursday, October 22 at 5 pm

Board of Ministry
Tuesday, October 27 at 11 am

Prayer Requests

Please send your prayer requests to Julie and she will include them in the prayer chain. (Isabella1472@comcast.net)

Please be aware not to respond to requests for money through email or text.

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