

PASTORAL REFLECTIONS REV. JEFFREY COCHRAN-CARNEY



Re-emerging

What a difference a year makes! I can't help but think back to a year ago when we were several months into the Covid lockdown. There were more questions than answers, and a collective fear gripped the nation as deaths and the infection rate climbed.

A year ago there was a deep sense of loss – cancelled family celebrations and special events. Some things happened virtually on Zoom, but many other gatherings had to be canceled. Travel was almost non-existent.

There was another crisis that emerged – one that was not widely reported. There was a mental health crisis. There was the physical toll and the alarming numbers of infections and deaths, but quietly another ominous crisis gripped our country. Depression, panic, and fear were spreading almost as quickly as the virus.

Isolation and online learning exacerbated the problem in some cases. Others who survived Covid developed longer-term symptoms or experienced PTSD.

That brings me to today. Slowly but surely, we are beginning to re-emerge, both as a country and as a congregation. For me, Easter was a real celebration as we held our first in-person worship service in many months. It was the first time many of us saw each other.

Now people everywhere are proceeding cautiously, and thinking about what it means to resume life – not a “normal” life by any means, but a new normal. We are living into it. We enjoyed getting together with our boys and going out to dinner – simple pleasures that had been denied for well over a year. Many of you have said the same thing.



As I was walking on a beautiful morning recently, and thinking about what to write this month, the idea kept coming back to me – Easter is a good paradigm to live into this next chapter. Those who heard about the risen Christ or experienced him in person were frightened, tentative, and anxious. It took them a while to re-emerge and imagine a new future.

(continued on the next page)

Today we can be filled with new life, hope, and anticipation about what the future holds. We can step out into a new day – step out to go to worship, go out for lunch or dinner, and sit down with family or friends for a long overdue visit. What a joy it has been to gather together for outdoor worship. Your Board of Ministry and Council are evaluating ways to ease restrictions in worship and re-emerge safely as a church.

Later this month, my wife and I are going to do something we have not done in a long time. We are going to fly down to Orange County to see our son. Such a simple thing. It was something we used to do without giving it a second thought. Only I will not take it for granted. I will savor every moment. It will probably feel like it is Easter all over again. What would you do with a new day if you were free to move about, and go anywhere you wanted? It is easier to be mindful and appreciative at a time like this.

A verse of scripture came to mind as I was writing this that sums up my sentiments. It comes from 1 Peter, and this is *The Message* translation:

“We’ve been given a brand-new life and have everything to live for . . . and the future starts now! God is keeping careful watch over us and the future. The day is coming when you’ll have it all—life healed and whole.” 1 Peter 1:4-5

May you enjoy it all—life “healed and whole” as we re-emerge to see what God has in store.

*Blessings,
Pastor Jeffrey*

JUNE AGAPE TEAM

Agape - Providing compassionate connection to our church community through words of encouragement, cards, calls, and visits. Our Agape leader for June is Anice Flesh (415-306-7902), with David Knopf and Caran Cuneo.



PRAYER PARTNERS

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



May 30 - June 5

Kelly Anderson

June 6 - 12

Bob and Christine Bandettini

June 13 - 19

Paul and Marcy Burks

June 20 - 26

Caran Cuneo

June 27 - July 3

Anne Dannecker



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



Outdoor worship is being held every Sunday, weather permitting, with masking and social distancing.

June 6 Pray for Life Matthew 6:1-8

Today Jesus gives some practical tips on prayer. What is it? How do you do it? How often? Jesus was a master when it came to prayer. It was a lifeline, and we often find Jesus praying prior to important moments in his ministry. Today's message also highlights the value of having certain places in the home for prayer, and cultivating holy habits. Pray as if your life depends upon it, for more often than not, it does.

June 13

Pastor on vacation. Pulpit supply.

June 20 Father's Day God, Baseball, and Fatherhood

Philippians 2:19-24; Corinthians 4:14-17

Although the Apostle Paul was never married or had children of his own, he had a deep affection for Timothy, and regarded him in some instances as an adopted son. Paul often speaks tenderly of Timothy, and considered him as indispensable in preaching the gospel and starting new churches. In today's message, the pastor also reflects on the meaning of baseball and the spiritual parallels in own his growing up, and how it became a bonding experience with his own boys.

June 27 Be Healed! Psalm 30; Mark 5:21-43

There are many stories in the gospels of Jesus healing people. Today we hear the twin stories of Jesus healing Jairus' daughter, and the woman with the hemorrhage who was healed when she touched the hem of Jesus cloak. These are among the best known of the healing miracles. What does it mean for us today to be healed? Where do you need healing in your life or in that of a loved one? Healing can happen in many ways, including physical, emotional, or spiritual. The pastor shares a healing miracle in one of his congregations.

WELCOME SUBSTITUTE KEYBOARD PLAYER

Patricia Diaz

Welcome our substitute keyboard player, Patricia Diaz. Tish Diaz is an accomplished pianist and keyboard player with experience in a wide variety of genres. Her career has been a musical journey through classical, jazz, rock and roll, hip-hop, country, gospel choirs, and Broadway orchestra pits. Tish played keyboards and supplied background vocals for the hit Broadway show, *Jersey Boys*, during its successful residency in Las Vegas. Other artists she's had the pleasure of working with are Grammy winner Thelma Houston, Sarah Dash (LaBelle), Francine Reed (Lyle Lovett's Large Band), Tony-award winner Liliane Montivecchi (Nine), Huey Lewis, Grammy-nominated country band "Wild Rose" and Erich Bergen (Madame Secretary, Jersey Boys), as well as some old-school performers such as legendary crooner Andy Williams, Robert Goulet, Pat and Debby Boone, Phyllis Diller, Rich Little, Regis and Kathie Lee, Glen Campbell and the amazing ventriloquist Shari Lewis.



Tish has been involved as a coach and musical director for Broadway Dreamers, a performing workshop and camp for grade school and high school students, sponsored by the Positively Arts Foundation, and was involved with the Summer Sing-Along series at Keck Amphitheatre, Disney Hall, as part of their community outreach program sponsored by the Los Angeles Music Center. She has also been a support musician, accompanist, composer and co-songwriter in the Composer/Songwriter Showcase, a monthly event at the Smith Center, that showcases original music written and performed by cast members from the various shows in Las Vegas.

Tish studied piano at the University of Southern California (USC) in Los Angeles, and is an active member of the USC Latino Alumni Association, as well as a recipient of an Arts Grant from the Hispanic Women's Council of Los Angeles.

ZOOM MEETINGS LET US GATHER TOGETHER SAFELY

Sunday Mornings at 10 AM

In addition to outdoor worship, we are also holding weekly Zoom meetings on Sunday mornings, for members of the congregation can share time together who cannot attend worship outdoors.

Link to join all church Zoom meetings:

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

Meeting ID: 813 993 981

Password: 594741

Call in number 1-669-900-6833



MEETINGS, MEETINGS, MEETINGS -- VIA ZOOM

JUNE 3 (and likely June 10 and 17): The Music Director Search Committee will meet on Thursday, June 3, at 6:30 PM.

JUNE 8: The Board of Ministry meeting will be on Tuesday, June 8, at 12:00 noon.

JUNE 22: The Board of Trustees meeting will be on Tuesday, June 22 at 7 PM.





BOARD OF MISSION MISSION MATTERS



DON'T FORGET THE FOOD BANK

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



CHURCH COUNCIL REPORT



Much of our Council Meeting on May 26 involved ways to move forward as COVID 19 requirements are easing. Some discussions involved plans for meeting in the sanctuary in July. Masks required and distancing from each other seem to be wise. As Comcast has finally finished upgrading our Internet (See the Trustees report on page 6), we will be working on videoing the services to those who can't be with us in person.

As we continue to worship outdoors through June, Pastor Jeffrey and the Board of Ministry are discovering ways to deliver communion elements safely to us. Left in their capable hands, I am sure that we all will be celebrating communion spiritually and safely.

The Board of Ministry is also working on ways to increase attendance to the Sunday morning Zoom events. We recognize that this Zoom event is vitally important for those unable to be with us in person.

We are hoping to ease requirements as Marin County. and the State allow. We will be doing this gradually, safely, and with input from all of you.

Please speak to the pastor, David Knopf, or me if you have comments and suggestions.

Lynn Grant, Moderator

CHURCH DIRECTORY UPDATE COMING!



Please confirm that your information listed in the directory is correct (address, phone, cell phone, birthday). The office will be updating the directory soon. Email the office with any change.

PILGRIM PARK NEWS

May has been kinda slow at Pilgrim Park. A contractor is replacing the trellis around the Community Center. We are anticipating two upcoming move-outs. One will require an complete renovation of the apartment. The other apartment has been renovated.

We are in the process of beginning to solicit proposals to repave all the blacktop on Pilgrim Way and the driveway off Meridale. The annual budget process is underway. It will culminate with a board meeting in late June to approve the budget for the fiscal year beginning July 1. Pilgrim Park remains in strong financial condition.



Bob De Haan – Board member since about 1974



TRUSTEE'S REPORT

Music Director Search Committee Progressing

The Music Director Search Committee is working on the first steps of finding a new Music Director. They have reviewed the proposed contract and developed a plan for finding applicants, with the hope for having the new person start with the choir by Labor Day. The committee includes Louis Frost, Charles Little, Michael Meehan, Lucinda Ray, Val Sherer, and Tessa Templeman, along with Pastor Jeffrey Cochran-Carney.

Trustees Planning Church Enhancements

The Trustees have decided to go ahead with some long delayed improvements to enhance the visibility of the church.. The street sign lettering will be redesigned, repainted, and brightened. The landscaping around the entrance cross will be revamped with drought tolerant plants and drip irrigation. After the landscaping, LED lighting will be installed on this cross as well as on the cross at the end of the sanctuary. The overhead light for the stairs to the preschool will also be converted to LED.

Pilgrim Park Apartments is donating the labor costs for the landscaping. Some memorial funds will pay for the plants and materials. Your donations to the Building Fund could help with costs of the sign updating and lighting upgrading.

Finally! Adequate Internet Installed

In the last week of May, Comcast completed the installation of a higher speed internet for the church. We anticipate that this will give us more options for worship, communication, and live streaming. We hope to be able to live stream Sunday services via Zoom to those unable to attend in person.

BOARD OF MINISTRY REPORT

Music

We are grateful to Pianist, Matt Bourne, for sharing his gift of music with us this past month, providing special music and keyboard accompaniment to Pastor Jeffrey singing hymns during our Sunday worship in the courtyard. A Music Director search committee has been established (more on this from our Trustees on page 6).

Worship

We have continued to have in-person worship, outside, in the courtyard for most of May. It has been heart-warming to see church members resume roles in the worship along with Pastor Jeffrey Cochran-Carney. If you would like to read scripture or present special music during worship, please contact Pastor Jeffrey or our Office Manager, Amy Powers, at the church office.



Special appreciation to David Knopf, Damien Zilchis, and Bob Spofford for coordinating the weekly set up of sunshades, tables, chairs, and sound systems, and to all of who have helped put things away after worship.

Communion will be served the first Sunday of each month. The bread and grape juice elements will be offered in individual servings prepared with special no-contact precautions. If you would like to help with weekly Communion Table flowers or Communion elements on first Sundays, please inform our Office Manager, Amy, by leaving a phone message at church or sending an email.

A survey was done of those attending outdoor worship. Unanimously, congregants stated that they felt comfortable with the possibility of returning to indoor worship in July (with continued Marin County Public Health Covid prevention recommended measures) when we suspect that outdoor worship will become uncomfortably hot.

The Trustees report that we will likely be able to video services for those unable to attend in person now that Comcast has completed our Internet upgrade.

Community

Meanwhile, we will continue to offer an informal community gathering Zoom hour at 10 am on Sundays for those who are unable to attend worship in person. Cathi reports that it was meaningful to recite the Lord's Prayer together in closing at the last gathering.

If you have a brief story you would like to share with the congregation, Cathi would like to write it up to share in The Tie. We can get to know our community members and church history a bit better. Feel free to call or email Cathi Fuller if you have something to share.

Our Agape team this month is Anice Flesh, Caran Cuneo and David Knopf.

If you are aware of a need for a ride, a meal, a phone call, a card or a visit please contact Anice. For prayer requests for Joys or Concerns for the Prayer Chain, contact Julie Dowling.

Spiritual Retreat

The Board of Ministry has already started planning toward a Fall retreat in mid September.

Next Meeting: Tuesday, June 8, 2021, 12 Noon

NEWS ABOUT OUR CHURCH FAMILY



Congratulations Melanie (Frost) Sakskul

Melanie graduated May 28th with a Bachelor of Arts degree in Sociology from California State University, Long Beach.

Melanie has grown up at First Congregational Church of San Rafael. She was one of our youth who participated in the Youth Study and Work trip to Cuernavaca, Mexico, to paint a new Vamos! program center, visit and play with the children at many of the child care, help with English homework in the after-school program, join a field trip with the high school students, see the meals and vitamins provided by our Every Dollar Feeds Kids program feeding the children, and enjoy the worship and amazing hospitality of the Benedictine Sisters.



We are grateful the multitude of times that Melanie has shared her exquisite vocal gifts in worship, whether performing a solo or joining with the choir. Congratulations and Best Wishes in your next adventures, Melanie!

What's been happening for the Kaufman Family?

Congratulations to Sean Kaufman who is graduating from Davidson Middle School in June. He was accepted and is headed to Marin Academy in the fall. He just earned his Scout First Class rank.



Alli will be promoted from the fifth grade (Sun Valley School) and will be going to Davidson Middle School in the fall. She has been playing softball this spring and is excellent at first base, as a catcher, and is leading the team in hits, home runs, and RBIs. Go Alli!



Amy is continuing toward completion of her Master's degree program at San Jose State University.



Update on the Intrater Family

We miss the Intrater Family but are so glad that their move to Concord has been so right for them.

Alana Intrater sends her gratitude to her church family for all the love and prayers and cards received. She is through the risky post-surgical period and is healing after her aneurysm surgery. This past fortnight, she has "turned the corner" experiencing relief from pain, severe headaches and fatigue. She has even started exercising again and is looking forward to the summer with family trips to the beach in Nantucket.

Brandon has been working hard, and the family look forward to an upcoming visit from his family. Jack and Emma are thriving in their school, enjoying riding the school bus and frequent visits with cousins. **Emma** enjoys violin and soccer and looks forward to drama camp this summer. **Jack** enjoys biking in the trails behind their house after school, loves drawing and looks forward to art camp this summer.

MOVIE NIGHT JUNE: NATURE'S SECRETS

One of the joys of streaming TV is the enormous wealth of nature and science programming available for leisurely exploration. Here are two standouts.

Inside Animal Minds

Streaming on PBS

This two-part Nova special takes a serious look at what “intelligence” means in a non-human context. It looks at recent research on three iconic creatures we all know are “smart” – dogs, birds, and dolphins – and shows how their intelligence has developed in very different ways than ours, based on their environments and the unique senses they have evolved.

Here’s a teaser: experiments suggest that dogs can tell time using their sense of smell!



Secrets of the Whales

Streaming on Disney Plus

Documentaries on whales are everywhere, but this series goes way beyond the usual eye-candy. Producer James Cameron, working with a big budget from Disney and film crews from National Geographic spent three years exploring the behavior of five very different whale species.

Again and again, they captured the first-ever footage of behavior that had been known only through secondary evidence or old sailors’ folklore. For example, this team was the first to capture footage of sperm whales diving thousands of feet straight down to feast on giant squid.



JUNE BIRTHDAYS



- 4 — Nancy Sangster De Haan
- 7 — Sean Kaufman
- 27 — Amy Hodges Kaufman
- 28 — Randall MacKenzie
- 30 — Bob De Haan
- 30 — Christine Bandettini

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 JULY/AUGUST issue - Mon., June 27

The deadline for articles and news for the July/August 2021 issue of The TIE is Monday, June 27th. This means anything you want to let people know about for the rest of the summer needs to be in the July/August issue!! Please email your articles to lucindaray@aol.com by Monday, June 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 JUNE 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30  10 am OUTDOOR Worship, Church School & Child Care 10 am - 11 am ZOOM Meeting, "virtual coffee hour"	31  Memorial Day	June 1	2	3  6:30 pm - 7:15 pm Music Director Search Committee	4	5  Movie Night at home. See suggestions on page 8
6  10 am OUTDOOR Worship, Church School & Child Care 10 am - 11 am ZOOM Meeting, "virtual coffee hour"	7	8  12 am Board of Ministry Meeting 12 noon via ZOOM	9	10  6:30 pm - 7:15 pm Music Director Search Committee	11	12  Movie Night at home. See suggestions on page 8
13  10 am OUTDOOR Worship, Church School & Child Care 10 am - 11 am ZOOM Meeting, "virtual coffee hour"	14 Flag Day	15	16	17  6:30 pm - 7:15 pm Music Director Search Committee	18	19  Movie Night at home. See suggestions on page 8
20 Father's Day  10 am OUTDOOR Worship, Church School & Child Care 10 am - 11 am ZOOM Meeting, "virtual coffee hour"	21	22  7 pm - 8 pm BOARD OF TRUSTEES MEETING via ZOOM	23	24  6:30 pm - 7:15 pm Music Director Search Committee	25	26  Movie Night at home. See suggestions on page 8
27  10 am OUTDOOR Worship, Church School & Child Care 10 am - 11 am ZOOM Meeting, "virtual coffee hour"	28  5 pm TJE Deadline for July/August 2021 issue	29	30	1	2	3  Movie Night at home. See suggestions on page 8

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.