

PASTORAL REFLECTIONS REV. JEFFREY COCHRAN-CARNEY



The Spirit of Pentecost

The festival of Pentecost is one of the most important days on the church liturgical calendar. The story of Pentecost is told in the second chapter of the book of Acts. Historically, Pentecost was a major Jewish holy day, the roots of which are described in the Old Testament. Jews from all over the world made a pilgrimage to Jerusalem. A city whose population was 100,000 could easily grow to be a million at Pentecost.

In the New Testament, the Pentecost story takes place 50 days after the resurrection of Jesus, and comes from the Greek word *pentekostos*, meaning fiftieth. The story is exciting . . . confusing . . . and miraculous all at the same time. It is sometimes referred to as "The Birthday of the Church," because the church in the modern Christian era began after the disciples and followers of Jesus received the power of the Holy Spirit on that first Pentecost.

According to Acts, the disciples were gathered together in one place when a sound like a mighty wind blowing from heaven filled the house where they were gathered. Then they saw what looked like tongues of fire that came to rest upon each of them. They were filled with the Holy Spirit that descended like flames of fire, and they were empowered to speak and act in bold ways they could not have done on their own. (Acts 2:1-4) Even the once cowardly Peter was able to preach with courage and conviction after he was filled with the Spirit.

How will Pentecost change you? How will you be different because of God's Spirit being poured out, or when you have a powerful encounter with the Divine? God

is not finished with us yet. When we encounter the Holy Spirit, it is no longer us acting out of our own limited resources, but God working through the power of the Spirit in and through us in order to accomplish God's plan for our lives and for the world.

There are certainly things I could not have done well on my own, such as starting a new church, studying abroad, or being a good parent. Sometimes it is not about us, but God working in us.



I pray that you will catch the same winds of God that has carried away so many over the centuries, and be consumed by the fire God places in your heart that will never go out. I would like to end with a Pentecost poem by one of my favorite writers, Jan Richardson.

Blessings, Pastor Jeffrey

Pentecost Blessing

Jan Richardson, *The Painted Prayerbook*



On the day when you are wearing your certainty
like a cloak, and your sureness goes before you
like a shield or like a sword,
may the sound of God's name spill from your lips
as you have never heard it before.
May your knowing be undone.
May mystery confound your understanding.
May the Divine rain down in strange syllables
yet with an ancient familiarity,
a knowing borne in the blood, the ear, the tongue,
bringing the clarity that comes
not in stone or in steel
but in fire, in flame.
May there come one searing word:
enough to bare you to the bone,
enough to set your heart ablaze,

MAY AGAPE TEAM

Agape - Providing compassionate connection to our church community through words of encouragement, cards, calls, and visits. Our Agape leader for May is Cathi Fuller (415-246-6571) .



PRAYER PARTNERS

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



May 2 - 8
James Turner

May 9 - 15
Denise Walker

May 16 - 22
Lise Adams

May 23 - - 29
Barbara Alexander

May 30 - June 3
Kelly Anderson



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

May 2 On His Way Rejoicing

Acts 8:26-40

Our story today features the rather serendipitous encounter between Philip and an Ethiopian eunuch. Philip was a deacon in the very first church in Jerusalem. He waited on tables and distributed food to widows and the poor, much as a Deacon would do today. It shows the rapid spread of Christianity throughout the known world and the growth of the church in the third century. This morning's story of Philip and the conversion of the Ethiopian eunuch is a glimpse into how God uses ordinary people and situations to spread the gospel.

May 9 Mothers Day You've Got a Friend

John 15:9-17

This part of John brings us near the end of Jesus' life. He offered practical advice, and taught the disciples life lessons to guide them when he was gone. Central to that teaching is his commandment to love one another. "This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you." We will explore the role of friendship in the bible and in our daily lives.

May 16 Thin Places Everywhere

Micah 4:1-2; Psalm 84:1-2, 10

It's not clear who first uttered the term "thin places." The ancient pagan Celts, and later, Christians, used the term to describe mesmerizing places like the wind-swept isle of Iona (now part of Scotland), or Saint Brigid's well in western Ireland. Heaven and earth, the Celtic saying goes, are only three feet apart, but in thin places that distance is even shorter. Thin Places are where the eternal world and our physical world meet and mingle. They can also be found in everyday life. Maybe even in your own backyard. While you will not find the words "thin places" in the Bible, there are nonetheless many sacred places and encounters that can be considered "thin."

(continued on the next page)



May 23 Pentecost The Promise of Pentecost Acts 2: 1-8; 12-21

Pentecost is celebrated on the fiftieth day after Easter, and occurs on the seventh Sunday of Easter. The resurrected Jesus had been with the disciples just a few days earlier, but now he was gone – ascended into heaven. Jesus promised to send the Holy Spirit from God to instruct and comfort in his absence. The disciples were in Jerusalem, many of them immobilized, huddled together in the upper room – fearful and distraught. This is how things were prior to that first Pentecost. But then something happened -- something surprising and powerful. Soon their lives would be changed. Pentecost offers the same hope and promise for us today.

May 30 Moses, Memories and Memorial Day

Deuteronomy 34:1-12; Matthew 26:6-13

Tomorrow we commemorate Memorial Day and give thanks for the veterans who died in service to their country. For many it also brings to mind other loved ones who died, and perhaps an occasion to ponder their own legacy. We will look at the life and legacy of Moses, and the woman at Bethany who anointed Jesus as a loving act in order to remember. How do you honor the memories of the deceased? What legacy will you leave?

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

MAY 4: The Board of Ministry meeting will be on Tuesday, May 4, at 12:00 noon.

MAY 18: The Board of Trustees meeting will be on Tuesday, May 18 at 7 PM.

MAY 26: The Church Council meeting will be on Wednesday, May 26, at 5 PM on Zoom.





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



— FROM ANNIE SONG-HILL

I want to let you know how grateful I am for your prayers. I have never had the experience of having a group of people praying for me. It was and is an amazing experience. I literally felt held and lifted up, so that when I could not pray I felt the strength of people praying for me. There was a sense of calm and peace going into surgery and during

the blurry pain mitigation medicine fog that followed. It really was the peace that surpasses all understanding.

With so much gratitude for my spiritual family,

Annie

MODERATOR'S THOUGHTS

Never let it be said that First Congregational Church of San Rafael has-
n't the most versatile, talented and flexible members in its congrega-
tion. Note the quick cancellation of an outdoor service and the timely
replacement of a Zoom service. Yes, the rain didn't actually come to
San Rafael, but who knew? It wouldn't have been really comfortable
outdoors that morning anyway. My hat is off to Pastor Jeffrey, and the
Board of Ministry, Bob Spofford and anyone else who aided this turn-
around. We do plan to be outdoors for the May services, but do stay
tuned to What's Happening.

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

Pilgrim Park – 1971 –2021 – Yes, Pilgrim park is 50 year's old this year. Probably later in the year we will have a birthday party.

Board Meeting – The board met recently to hear management reports and to review operating results to date. Pilgrim Park's operating results remain close to budget; the project is in excellent financial condition. The board also approved the auditors for the 20/21 audit. The final action was to approve Caran Cuneo as a new board member.



Bob De Haan – Board member since about 1974



TRUSTEE'S REPORT

Church upgrades internet access.

At the end of April, Comcast installed a high speed internet cable to the church. This should give the church better access to the digital age and make more feasible using zoom and other digital techniques at church. Our previous service through AT&T could not be upgraded because AT&T does not yet have their new fiber optic system in our area.

Landscape improvements coming

The landscaper of Pilgrim Park apartments, Audel, will soon begin the relandscaping the area around the parking lot cross. The church will pay for the materials, and Pilgrim Park has offered to pay for his time. The plans are to remove most of the existing plants and roots, recondition the soil, add a drip system, and plant heat and drought tolerant Mediterranean-type plants such as lantana, sage, succulents, and lavender. Bulbs and plants that bloom near Easter will also be planted. After the landscaping, the trustees hope to light the cross to help make the church a more visible presence.

WELCOME SUBSTITUTE KEYBOARD PLAYER MATT BOURNE

Meet our substitute keyboard player for May, Matt Bourne. Matt is a pianist who performs and accompanies for vocalists and choral groups all around the Bay Area. He is a musical director and conductor for theatrical productions at many local companies. He is staff accompanist for Campolindo High School and the San Francisco Girls Chorus, a piano teacher, and a composer. He is a Bay Area native and a graduate of the music program at UCLA.



BOARD OF MINISTRY REPORT

Worship

During Holy Week, we worshipped together in a variety of ways from pre-recorded service, Zoom gatherings and even outside live (masked and at a distance). Palm Sunday was celebrated together in our on-line worship. We met for communion and meditation on Zoom for Maunday Thursday. Individual meditation on the scriptural passages of the crucifixion was experienced in a labyrinth walk on the patio.



In Person Worship outdoors on the patio started on Easter Sunday and will continue, weather permitting.

Folk have expressed joy, hope and a sense of Resurrection in three dimension reunion. The Easter service was triumphantly opened with Trumpet music by Adrian Quince, familiar hymns were played by our guest pianist, Kenji Higashihama and Pastor Jeffrey Cochran-Carney offered a joyful guitar piece. Having resumed the practice of using liturgist to read scripture and provide welcome, Michael Meehan read scripture. Pastor Jeffrey offered a message of Resurrection and communion (served in individually wrapped packages). Members took home bulbs or Memorial flowers that brightened the patio and bunnies made by the Scout group that meets at FCC.

Thank you to those who provided rides to church or flower deliveries to those unable to attend our outdoors Easter service. Thank you to those who participated in worship and for all who came and set up and put away. Thank you Bob for providing our technical sound support and to David and Pastor Jeffrey for prerecording the service so those not attending in person could be a part of worship. Thank you to the 4-H group for our cute bunnies and yummy Easter egg. Thank you to Ralph for keeping our Zoom gatherings going for those of us unable to attend the outdoors service.

Memorial lilies honored the memory of the loved church and family members who have passed away this past year. We look forward to more varied services as members resume roles reading scripture or providing special music.

Special thanks to Lise Adams for sharing her musical gift last week.

(Zoom gatherings will continue to be offered in May at 10 am on Sundays as well for those who cannot attend in person.

Sunday School:

Our Sunday school youth were given surprise eggs for opening during each day of Holy Week. They also received “tools” and treats so they could share the thought and activity of the day with their families.

Emma and Jack Intrater had the following to say, Jack said “...we loved it so much...” and Emma “...we really appreciated it and have a Happy Easter!...”

Next Meeting: Tuesday, May 4th at Noon



Richard Andrew Walker 1927 - 2021

Born Richard Andrew Walker on February 15, 1927, in the environs of London, England, to a loving family, his parents were Herbert Rowley and Ada Margaret Walker. This navigator has seen, witnessed, done, accomplished and experienced more than most.

As a young boy, Richard witnessed and experienced the fear and hardships engendered by the conflagration of World War II... air-raids, bomb-shelters, and planes fighting in the air above London as he walked to school.

Upon graduation from the University of Southampton Naval College, he apprenticed to the British Merchant Navy and became “The Navigator” in profession and spirit. Aboard the Silverteak and other merchant vessels, he saw many ports of call and witnessed Nazi subs in “Wolf-packs” the North Atlantic.

During Christmas 1946 and New Year’s of 1947, he met Denise Allen. In July of 1949 they married and emigrated from England to America. They settled in Prescott, Arizona, and became naturalized citizens. Here, they had three children (two sons and a daughter).

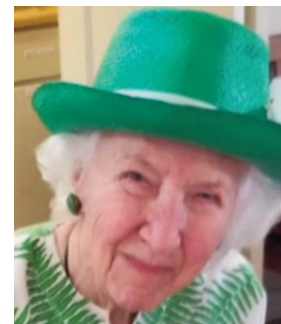
He continued to guide others by moral compass and spiritual sextant, helping others to find port contentment with the man from Galilee. - ”Steady as She Goes”

This Navigator of Sea, Life, Love, and Family passed peacefully February 16, 2021.

Marion E. Long 1922 - 2021

Marion Long, 98, died on March 18, 2021, in her home in San Rafael California.

The daughter of George Willemsen and Emily Mardos Willemsen, Marion was born in New York, NY in 1922. She and Jack married in 1946, while living in Beechhurst, Queens NY, and raised their family in Ossining, NY, while Jack worked as an art director at Time & Life. They were married for 63 years.



In 2014, she had relocated to California to be closer to her family. Always active, and a role model for many, she continued socializing, baking, working out at the gym, and driving into her latest years until she had suffered a fall on March 3 of this year.

Known for her prodigious creative energy in making a home life for her family, Marion was the force that kept the generations together. She was a consummate decorator, gardener and hostess. She succeeded at quilt making, basketry, and, especially, flower arranging—for which she received multiple blue ribbons. One of her trademark recipes, among many, was her sour cream cake.

Marion is survived by her two sons, Jeffrey of San Rafael, CA and Brian of El Prado, NM, her son-in-law, Ed Galvez of San Rafael, her niece Sally Willemsen of Sacramento, CA and eight other nieces and nephews.

Donations in Marion’s memory can be made to the Mass Audubon – Wellfleet Bay Wildlife Sanctuary.

MOVIE NIGHT MAY: COMEDIES WITH A DIFFERENCE

About Time (streaming on Netflix)

In this film by Richard Curtis (*Four Weddings and a Funeral*, *Bridget Jones' Diary*) the men in an otherwise ordinary English family (headed by the wonderful Bill Nighy) have the ability to travel backward in time at age 21. They can't change history in any big ways, but they can make little adjustments in their personal story, like speaking to a girl they admired from afar, or undoing a social gaffe.

The story centers on Tim (Domhnall Gleason) who decides to use this ability to create the love life he never had. Of course, it all goes terribly wrong in amusing ways until everything works out in the end. Reviews were positive, and fans who saw it loved it, but it flopped at the box office in the 2013/14 Christmas season. Luckily, this little gem has been given a second life streaming on Netflix.



Everything's Gonna Be OK (streaming Hulu)

Nicholas is a neurotic, gay 25-year old still living at home with his single dad and two teenage half-sisters, one of whom is high-functioning autistic (Played by actress Kayla Cromer, who is herself on the spectrum.) As the series opens, the father announces he is terminally ill, and it quickly becomes obvious that the only way to hold the family together is for Nicholas to become head of the household and the girls' legal guardian.

Through 11 episodes we follow this unlikely trio as they work out their roles in the family and their own versions of impending adulthood. Critics loved the freshness of the humor and the fact that – unlike so many TV series – none of the characters are stereotypes defined by a label.

Note: one thing that makes the characters so authentic is that, just like real young people, they talk about sex . . . constantly! . . . in very explicit terms. You have been warned.

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 — 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 JUNE 2021 Issue - Mon., May 24

The deadline for articles and news for the June 2021 issue of The TIE is Monday, May 24th. Please email your articles to lucindaray@aol.com by Monday, May 24th..



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 MAY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 10 am - 11 am ZOOM Meeting, Virtual coffee hour 10 am OUTDOOR Worship, Church School & Child Care	26 5 pm TLE Deadline for March 2021 Issue	27	28	29	30	May 1 Movie Night at home. See suggestions on page 8
2 10 am OUTDOOR Worship, Church School & Child Care	3	4 12 pm Board of Ministry Meeting 12 noon via ZOOM	5	6	7	8 Movie Night at home. See suggestions on page 8
9 Mother's Day 10 am OUTDOOR Worship, Church School & Child Care	10	11	12	13	14	15 Armed Forces Day Movie Night at home. See suggestions on page 8
16 10 am OUTDOOR Worship, Church School & Child Care	17	18 7 am - 8 pm BOARD OF TRUSTEES MEETING via ZOOM	19	20	21	22 Movie Night at home. See suggestions on page 8
23 10 am OUTDOOR Worship, Church School & Child Care	24 5 pm TLE Deadline for March 2021 Issue	25	26 5 pm - 6 pm Church Council Meeting via ZOOM	27	28	29 Movie Night at home. See suggestions on page 8
30 10 am OUTDOOR Worship, Church School & Child Care	31 Memorial Day	1	2	3	4	5 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.