October 2021 First Congregational Church of San Rafael

The TIE

PASTORAL REFLECTIONS REV. JEFFREY COCHRAN-CARNEY



Friends for Life

This month we will celebrating the Blessing of the Animals (rescheduled to October 24). It is going to be extra special this year since we had to cancel it last year. On that day you are welcome to bring your pets safely secured (leash, harness, crate). You are also welcome to bring a picture of your pet if you prefer. Some people in the past at my churches have brought pictures of pets who are deceased and we bless the memory and sanctity of their pet. I do believe we will be reunited with our beloved pets someday. A few years ago I had an amazing dream about that very thing.

I have always been a pet person. Over the years I have had ten dogs, two cats, a rabbit, parrot, and two turtles. I had four dogs when I met my wife, and she married me anyway! My son also raised a yellow lab for the Seeing Eye Foundation, and Eliot went on to be a wonderful guide dog for a blind man.

So I have been well initiated into the pet

world throughout my life. It is hard to explain how much dogs in particular have meant in my life in a short article. A best friend, a faithful companion, and a walking buddy would all be accurate descriptions. Most mornings I walk for about an hour with Sophia, my Golden Retriever. I have often said she has heard more of my prayers than most people, since I often pray while I walk! She is usually by my side while writing sermons, during Zoom meetings, and curled up at my feet while watching T.V. In short, she is a constant companion. Dogs have been by my side during the best of times and the worst of times.

About four years ago, we suddenly lost our beloved Golden Retriever Chase. He was by my side day and night. After a short while, I realized there was a place in my heart that only a dog could fill. One day I was looking at a Golden Retriever rescue site that I knew about in Pennsylvania. I happened upon a picture and description of a dog named Sophia. The more I thought about her, the more interested I became. I emailed the link to my wife, not knowing what her reaction might be to getting another dog so soon.

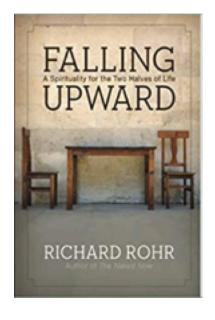
I said, "Look, I found this great dog named Sophia. You know, Sophia means 'wisdom' in the Greek!" She said, "Well, if her name means 'wisdom,' maybe we ought to take a look!" I filled out an application, and the next week we drove five hours to the rescue center to meet her. Not surprisingly, it was love at first sight. "Maybe this was God's wisdom," I pondered. She didn't replace the dog I lost, but it did open my heart to love a dog again. That's my pet story. As someone once said, "My goal is to be half the person my dog thinks I am!" I've got a ways to go on that one, but Sophia will be with me wherever the road leads, and she will be in worship on October 24.

Blessings, Pastor Jeffrey

BLESSING OF THE ANIMALS SUNDAY, OCTOBER 24

Come one, come all! Invite your friends and neighbors. Bring your pet on a leash, or bring a picture, but COME.





SMALL GROUP ON RICHARD ROHR'S BOOK

Continuing on Mondays in October, from 7–8 PM, Pastor Jeffrey is leading a small group based on Richard Rohr's *Falling Upward: A Spirituality for the Two Halves of Life*. Rohr's book has been widely acclaimed, particularly as it addresses the opportunities and challenges to fashion a spiritual life in the second half of life. There are advantages as we age to integrate life lessons and wisdom that may not have been accessible in earlier years.

This is not a class to be "taught," but relies on group participation based on the readings, reflection, and personal life experience. We encourage a commitment to regular attendance and reading the chapter ahead of time. Rohr would suggest that the present moment brings rich opportunities to grow spiritually and draw closer to God. The book is available in a variety of formats,

and is available on Amazon. There is also a helpful companion journal available with questions and insights that is recommended as some of the questions and reflections will come from the journal. The group will begin meeting on Zoom and run to the end of October.



OCTOBER AGAPE TEAM

Agape - Providing compassionate connection to our church community through words of encouragement, cards, calls, and visits. Our Agape leader for September is **Jackie Dema (415-466-0125)** with the Agape team members Val Sherer, Denise Walker, Tessa Templeman.

PRAYER PARTNERS

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



September 26 - October 2 Caryl Hodges

October 3 - 9
Lorene Jackson

October10 - 16 Ann Jolly October 17 - 23 Amy Kaufman, Sean and Allison

October 24 - 30
David Fuller and Cathi Knopf,
Rachael and Rebecca

2 of 13



Worship is now being held outdoors every Sunday, with masking and social distancing.

Oct. 3 You Are What You Eat 1 Corinthians 10:14-17; Mark 14:22-25 World Communion Sunday

In 1936, for the first time, the first Sunday in October was celebrated as World Communion Sunday in the United States and overseas. After a few years, the idea spread, and today World Communion us celebrated in Christian churches around the world. Today we are reminded that we are a family beyond church walls as we observe the sacrament of the Lord's Supper with Christians everywhere

Oct. 10 I Want to See!

Psalm 34:1-8, 19-22; Mark 10:46-52

No one wants to see Jesus more than a blind man. The Gospel of Mark tells two stories of Jesus restoring the sight of blind men. In our Gospel lesson today, we have another story of Jesus healing Bartimaeus in Jericho. Bartimaeus sat by the roadside, begging for a living. He was excited when he heard one day that Jesus was coming to town. Before Jesus healed, he asked a question: "What do you want me to do for you?" How would we respond? The other thing to notice is that BartImaeus plays an active role in his own healing.

Oct. 17 Walking with God Micah 6:8; Isaiah 30:21; Mark 1:1-4

Walking is used throughout the bible as a metaphor – "Walk humbly before your God," or "Walk in faith." Yet often overlooked is the time and opportunity literal walking provided to think, plan and pray. Walking was the primary mode of travel in the bible unless one was fortunate enough to travel by ship (e.g. Apostle Paul), or have access to a donkey. Jesus, Paul, the disciples and many others undoubtedly used the time while walking to plan the next missionary journey or to reach the next town for ministry. Today the simple act of walking is being rediscovered as a spiritual activity -- for example, walking the Camino de Santiago, or the annual pilgrimage to Mecca. Your pastor often uses the time while walking to notice the beauty of creation or pray. Walking can be a time to draw closer to God. We will explore the merits of walking not only as physical exercise but as a spiritual activity.



Oct. 24 All Creatures Great and Small

Psalm 104:10-27; Job 12:7-10; Matthew 6:25-26

Today we return to the Blessing of the Animals service which was skipped last year due to covid. You are invited to bring your pet to the outdoor service, secured on a leash, harness or crate. You can also bring a picture of your pet if it is not convenient to bring them in person. Our pets come in all shapes and sizes and offer many blessings. Let us gather to celebrate all of God's creatures and give thanks for the pets in our lives.

Oct. 24 Cassie Caroll Preaching

Pastor Jeffrey is on vacation.



In addition to worship outdoors, we are also livestreaming our 10 AM worship service on **Zoom** for those who can't attend in person. Check your email on Saturday nights for more details!

ZOOM MEETINGS LET US GATHER TOGETHER SAFELY

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 -- VIA ZOOM

OCT. 12: The Board of Ministry meeting will be on Tuesday, Oct. 12, at 12:00 noon.

OCT. 19: The Board of Trustees meeting will be on Tuesday, Oct. 19, at 7 PM.

OCT. 30 Zoom Retreat for Falling Upwards group 10:30 - 12 noon.





BOARD OF MISSION MISSION MATTERS



NEIGHBORS IN NEED OFFERING - OCTOBER 3

In 2021, Neighbors in Need "Unfailing Love" offering is focused on supporting organizations and projects that are serving homeless and immigrant neighbors or communities. One-third of NIN funds support the Council for American Indian Ministry (CAIM). Two-thirds of this offering is used by the UCC's Justice and Witness Ministries (JWM) to provide funding grants to UCC



churches and organizations leading justice initiatives, advocacy efforts, and direct service project - in their communities.

This special UCC offering is part of World Communion Sunday, October 3rd. Make your check to FCC San Rafael and mark Neighbors in Need on the memo field.

Thank you for your generous contribution.



UPDATE ON FILLING THE FOOD BANK BARREL

The SF Marin Food Bank is continuing to serve twice the number of households as they did pre-pandemic. Even though businesses are reopening, it will take time for those most impacted by the crisis to get back on their feet, and we do not see the increased need changing in the near future. Because of this, the food bank operations team does not have the resources to drop off food barrels and pick up donations.

However, there are other options for a food drive. We can hold a virtual food drive by registering for a customized fundraising page. We can also hold a food drive without barrels and bring the food to the warehouse in boxes and bags.

During October please remember to bring your non-perishable food items in plastic jars (no glass due to the danger of breakage). Let's fill the barrel and then the Board of Mission will transport items to the warehouse.

We appreciate your support and flexibility as we navigate these challenging times.

UPCOMING MISSION PROJECTS

Warm coat collection—watch for coming dates and locations for collection of warm coats.

Educational Outreach – Hosting a community education presentation with hopes to schedule Heidi Kuhn, Roots of Peace to present their mission and needed assistance for Afghan refugees that FCC can support.

SEPTEMBER 29 BROWN BAG LUNCH DISCUSSION NOTES

On September 29, following worship, about 25 members of the congregation gathered around three tables to discuss our experiences with church in our past and our hopes for this church congregation in the future.

We all want to continue the brainstorming but also start doing the work!



GROUP A Where to go as a church

- 1. **Rebuild attendance.** Pastor needs to call, greet people before and after worship
- 2. Social or educational outreach to young families:
 - Welcome bags to new families through NextDoor
 - Group project to make bags. Include an updated brochure in the bags.
- 3. **Mission board have educational events** here to invite neighborhood to speaker events: Film series topical (fire, criminal justice, immigration) then a speaker or general discussion
 - Need to attract others already interested in topic
 - Communicate with other local churches

GROUP B Desire: We want to SURVIVE and to GROW

1. Continue to survive \rightarrow We need to make the current situation vital

Energy and enthusiasm
Excited about being together
Improve music

2. Grow through Outreach \rightarrow Pastor part of Rotary, etc.

Stronger online presence

Develop more contact with Pilgrim Park and learn their interests

Organize events in venues other than the church

3. Generate enthusiasm→ We need to talk up our congregation outside our walls

More secular events and concerts that are informal.

More involvement by ourselves in event we organize.

Bob De Haan notes he would welcome monthly/semi-monthly brown bag discussions to help our church survive. As winter approaches, we could meet in a widely spaced circle in the community room. He would welcome getting to re-know all of us. His life has changed from even several years ago. We need to know ourselves and be enthused about what we are doing together before we can be enthused/motivated about inviting folks to join us.

GROUP C

Welcome visitors Need to think about how we all approach visitors, not just the pastor.

Consider the comfort level of diverse visitors in our community.

A welcome committee → Contact ongoing → Consider the comfort level of each person

Ask people to sign up to be contacted – card w/choices

How to contact and bring back/connect with people who have "left"

How to grow? How to draw younger members?

Other Ideas → How to support people in health crises?

Bus stop →something for kids getting off bus → community outreach

Public event Pilgrim Park event – monthly

Group C's Top Suggestions

- 1. More organized welcome for visitors
- 3. Start small and slow focus energy
- 5. Bus stop treat for children, parents
- 2. Neighborhood outreach/welcome
- 4. Agape group re-organize, plan
- 6. Around holidays community support drop off while shopping

BOARD OF MINISTRY REPORT

Worship

We have been enjoying worship under the trees, with flashes of hummingbirds, shy appearances by our neighboring mourning doves and the occasional red-tailed hawk screech. We will continue to meet for worship on the patio while the weather permits. For rainy days, worship will move indoors, socially-distanced and masked, with Zoom recordings continuing to be offered if you are unable to attend. We are grateful that Kenji Higashihama will be joining us again through Oct. 10th to inspire us with music.



Choir rehearsal is on hold for now but singing masks were approved and will be ordered for the choir.

Thank You to All

Appreciation has been expressed for congregants thoughtful and consistent use of masks during and after worship.

Our Sound System for Outdoor Worship: Thank you Bob!

Most of us do not see the "before" and "after" preparations that take place to allow worship to run smoothly and allow the congregation to hear well both in-person or virtually. Outdoors sound set up takes extra effort and has additional challenges. Deep appreciation for Bob Spofford who has volunteered innumerable hours of his time through the years to be our "sound master". The Trustees have been trained in the set up. In consultation with Bob, they are exploring ways to enhance our sound system while attempting to make it less difficult (for the mostly non-engineers among us). Ways to offer improved connections for hearing assistance are being explored as well

October Worship and a Retreat

- October 3rd is World Communion Sunday. We will celebrate with churches around the world. "Bread" from many cultures will be shared in individual servings.
- October 24th is the Blessing of the Animals. We will celebrate our animal kinship following the Feast of St. Francis. Feel free to bring your pets or photos for the blessing toward the closure of the service. As always.. "all are welcome here!". Please extend your welcome to your neighbors and their pets.
- October 30th Saturday from 10:30 am- 12:00 Noon. A Morning Retreat will be led by Ruah Bull on Zoom. We enjoyed a meaningful retreat that she led last winter. Ruah Bull, M.A., M.Ed. has been in private practice as a spiritual director since 2001, working with people in a variety of traditions. Ruah has taught centering prayer through Contemplative Outreach, worked as adjunct faculty at Mercy Center in Burlingame, and has facilitated retreats in prayer, eldering and Incarnational spirituality.
- October 31st (All Hallowed Eve) Guest Pastor, the Reverend Cassandra Carroll will be leading worship. We welcome her back with enthusiasm.

Book Study

Our Book Study on Zoom continues, Mondays at 7 pm. We are discussing the ideas in the chapters from readings in Richard Rohr's book, Falling Upwards, as well as sharing personal stories and thoughts related to our spiritual journeys as are inspired by the readings. Please join us at any time if you are interested.

TRUSTEE'S REPORT



Forgiveness!

We are great believers in forgiveness, but we don't usually expect it from banks or the federal government. In September we received news that our second Payroll Protection Program loan of a little more than \$15,000 has been forgiven by the federal government and we owe Redwood Credit Union nothing! The money was used to support two months of payroll costs for our pastor and office manager. This has been particu-

larly helpful since for more than a year our renting churches were not meeting here, and thus unable to pay their rent. Much is forgiven!

Ministerios de Dios Latinos now Real Life Church

The church we have known as Ministerios de Dios Latinos (MDDL) has changed its name to the Real Life Church. The church is an affiliate of the Southern Baptist Convention and features a lot of amplified music with drums, guitars, and voice. In September they expanded to 3 nights a week. Before the pandemic they were meeting 5 nights for worship, Bible study, prayer, and music rehearsal, and plan on doing so again very soon. They also will be adding a Leadership Institue on Thursday nights in the Oak Room.

Signs for the Times

The Trustees have begun looking at actual designs from graphic artists for the street sign of the church. The plans include adding a changeable line in the middle we would hope to vary every month. What short phrase should we have that says something inviting about our church? We'll start with "ALL are welcome here!" with the "ALL" in rainbow letters. What do you think of:

- "God is Still Speaking!"
- "A big little church with a lot of heart"
- "Do justice, love mercy, walk humbly"
- "Open and Affirming since 1994"
- "Advent is Hope, Love, Peace, and Joy"
- "How will you show love today?"

God loves you!

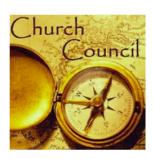
What other short phrases of would you suggest?

Making Outside Services work

Since many have enjoyed worship outside and some want to continue once a month even after Covid, the Trustees, through Louis Frost and Bob Spofford, are working on having a permanent, wired outside speaker and amplification system. The plan is to have a weather-proof electronic cabinet build to the right of the portico and have the amplifiers and transmitters for microphones and hearing assistance permanently wired and ready to go with a flick of the switch. Waterproof outside speakers will make the system even simpler. We have some specified donations for this project, but if you would like to help this project along, send to the church a check marked "outside sound system."

CHURCH COUNCIL REPORT

Things are happening at FCC. We will be extending a community invitation to our October 24 Blessing of the Animals. Pamphlets will be distributed at Pilgrim Park and neighborhood bulletin boards to invite folks to come with their animals, or just come and enjoy ours.



The *Falling Upward* book discussion continues on Monday evenings on Zoom.

We enjoyed a lovely outdoor gathering on Sunday, Sept. 25. Plans were made to beef up our vitality and share it with others. Welcome bags to newcomers to the area, presentations of current topics open to all. Lots of brain-storming resulted in new ideas. See page X of this TIE for a more complete summary of our conversations.

While it is lovely to meet outdoors, weather, hopefully rain, will put us back indoors before long, We will all continue safety measures both indoors and out.

The search for a choir director has started again as Kevin Navarro had to resign. Due to a chronic illness, he requires a full time job with health benefits. Our very able committee is starting the process meeting and looking for candidates again.

We are having to do extensive and expensive work on some pines that have suffered a deadly beetle attack.

As Moderator, I continue to feel blessed with the many dedicated members who quietly continue doing whatever is needed for FCC to be vital and a safe, well maintained church.





PILGRIM PARK UPDATE

JUNE BOARD MEETING – The board of Directors met in June to, among other business, approve the budget for the year 21/22, learn that two vacant apartments are being readied for new tenants, and hear that the repairs to the Community Center trellis have been completed and the building repainted.

VACANT APARTMENTS – Invariably one vacant apartment results not only in a new tenant but a reshuffling of Section 8 assignments and tenant occupancies, to better match tenant needs with apartment sizes. The current two vacancies, for example, resulted in 6 such changes.

CHURCH LANDSCAPING – Pilgrim Park was pleased to provide the labor to relandscape the area by cross on the end of the church and to install an automatic drip irrigation system and bark to cover the bare ground.

SUMMER PICNIC AND BIRTHDAY CELEBRATION – Now that the virus has cooled down (and assuming it stays cooled down) Pilgrim Park held an end of summer picnic this year for church and residents. As Pilgrim Park was opened 50 years ago, Pilgrim Park will celebrate the event with a Birthday Party at the end of the year, between Christmas and New Years.

COMMUNITY GARDEN –To see unbelievable tomato and other veggie plants, walk through the pedestrian gate between the church and Pilgrim Park; turn left and peer through the fence at almost 8 feet talk tomato plants. I suspect there's a little competition to see which tenant can grow the biggest/most tomatoes. These giant plants put to shame my puny two feet tall patio tomatoes.

Bob De Haan

DOROTHY TROTTER DID YOU KNOW?

Did you know...Dorothy Thompson (now Trotter) was born in 1928 in Fort Sam Houston Military Hospital in Texas. She is the youngest of three sisters, Ruby, Nita, then "Dottie." An early memory among her Air Corp family's many moves was hula dance class in Honolulu as a preschooler.

She was impressed by the local parade near Shreveport, Louisiana, where she spent her primary school age years. After a year in Mountain View when her father was stationed at Moffitt Field, she moved to Hamilton Air Force Base while her father was sent to March Field in Riverside and to a small airfield in England at the end of World War II. She attended the Middle School on E Street in San Rafael and remembers the base car that took them to school, picking up last the student whose father ranked highest among them, allowing that student the precious extra time to get ready in the morning. She noted that when one lived "on base" and moved frequently, families borrowed furniture from the base supplies. They were always extremely careful with the borrowed furnishings, as unannounced home inspections occurred often.

While living at Hamilton, during World War II, wounded soldiers arriving in San Francisco by ship were brought to Temporary Quarters until they were stable enough to be sent to hospitals. By that time, both her sisters worked at Hamilton Field and would visit recuperating servicemen. Their family dinners often offered lonely and recuperating young servicemen family warmth and home-cooked meals. Food rationing offered some creative challenges, but humor was abundant.



Although Dorothy's future husband, Cliff Trotter, a new serviceman likely had crossed paths with Dorothy's father in England at the end of the War, Dorothy did not meet him until a number of years later. She had moved to San Rafael and was working at "Ma Bell" telephone company. She started there during the summers of her junior and senior years, then full-time after graduating. She had moved in with the Murphy family downtown, so she could walk to work or ride the bus for a dime. She made \$33 weekly, working a 6-day week.

Mr. Murphy was the head engineer at San Rafael's radio station KTIM, where Cliff was employed in sales. Dorothy met Cliff as a "blind date" at a KTIM beach party which she attended with the Murphys.

In 1950, Cliff and Dorothy married. They bought their first home on a GI loan (for a \$1300 down payment and monthly payments of \$87!). Their first purchases were bare essentials: a stove, a fridge, a bed and a radio ("but with no table on which to place it"). Dorothy recalls watching TV in the store window for a "night out," alongside others doing the same. Stores which sold televisions would place one in the front window with loud speakers and folk would gather to watch while sitting in their cars.

continued on page 11 Page 10 of 13

The Trotters joined First Congregational Church of San Rafael after they settled in to their home on Las Gallinas Avenue, to raise their young family (son Greg followed by daughters Sandy and Terry). Except for five years in the early '60's, when they lived in Lompoc, Dorothy has been an active and faithful member of FCC of San Rafael for 63 years. First Congregational is blessed to have Dorothy. At age 93 years, she is a wonderful friend, parent, grandparent and great-grand, a vibrant participant and a very loving, cherished church family member!

MOVIE NIGHT OCTOBER -THE CHAIR

The great Sandra Oh stars in this satire of academic politics and political correctness on a college campus. She plays the newly-elected chair of the English department at a "lesser Ivy," the first woman in the position. Jay Duplass co-stars as a spellbinding teacher who is both her department's greatest asset and problem. In a passionate lecture about the Nazi era, he accidentally triggers "Cancel Culture in all its fury, and she has to somehow save both her position and his career.

The Chair is a topical comedy that skates close to the edge of reality, and some critics wondered if it were a little too close. However, all agreed that the writing and performances deserved an A+.

Streaming on *Netflix*



AND WE ALSO HAVE FUN! - TAKE ME OUT TO THE BALLGAME





OCTOBER BIRTHDAYS



6 — Alan Miller

13 — Benjamin Dempsey

17 — Ann Dannecker

19 — Jean O'Leary

23 — Sher Ripley

25 — Tessa Templeman

25 — Deb Smith

31 — Bruce Weir

GOLDEN GALS — Meeting

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 NOVEMBER issue - Mon., October 25

The deadline for articles and news for the November 2021 issue of The TIE is Monday, October 25th. Please email your articles to lucindaray@aol.com by Monday, October 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

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 Wednesday10 AM - 2 PM Thursday 10 AM - 2 PM Office Phone: 415-479-2747 office@fccsanrafael.org

FCC Calendar OCTOBER 2021

Sat Sat Morie Night at home.	Movie kight at home.	Newtess Day Move Noh at home.	23 Movie Night at home.	30 Movie Night at home. NO30 am - 12 pm ROOK-Cloup, RETREAT Zoom	Move Night at home.
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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.