

March 2022  
First Congregational Church of  
San Rafael

# The TIE

## **PASTOR JEFFREY'S RETIREMENT CELEBRATION SUNDAY, FEBRUARY 27, 2022**

We met for worship at 11a.m. (for the first time since just before Christmas) outdoors in the Courtyard. We had glorious sunshine and Pastor Cynthia, Pastor Jeffrey's spouse, was able to join us.

The choir sang, Pastors Jeffrey and Cynthia sang and played, the congregation sang, Our music director played, and we all enjoyed delicious box lunches afterward.





## DAYLIGHT SAVING TIME BEGINS SUNDAY, MARCH 13

Don't forget to change your clocks (set them ahead one hour) on Saturday night, March 12!

### WORSHIPPING SAFELY DURING THE MONTH OF MARCH

Church service will be at 10 AM, inside the sanctuary, on Sunday, March 6. For the following Sundays, please check your email, as we will be following the county's guidance.

Here are the safety protocols will be following on March 6, and until further notice:

- All will be required to wear masks with the exception of the minister and the liturgist when they are speaking.
- Full vaccination will be required including booster shot.
- The choir will not sing this week
- The first two rows of pews will not be occupied.

The service will be live on Zoom also.



### TWO THINGS TO REMEMBER

After February 28, Pastor Jeffrey's personal church email (fccsrpastor@gmail.com) will no longer be in use. Please delete it from your contact list. The next pastor will provide his or her own email for church business.

Please remember to keep up with your pledges and offerings. They can be mailed or placed in the box outside the church office.

### PRAYER PARTNERS

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



**February 27 - March 5**  
Lucinda Ray and Charles Little

**March 6 - 12**  
Greg and Sher Ripley, Blair

**March 13 - 19**  
Tracy Shelton

**March 20 - 26**  
Val and Ralph Sherer

**March 27 - April 2**  
Cecil Sherrod

# Come and **Worship** with us!



***We will be worshipping at 10 AM inside the sanctuary beginning March 6,  
and for as long as it is safe to do so.***

***Check your email on Saturday and Sunday mornings.***

***The service will also be available simultaneously at 10 AM on Zoom.***

## **March 6 1st Sunday in Lent**

### **Guest preacher: Reverend Kristi Dunham**

The Rev. Kristi Denham, is a graduate of San Francisco Theological Seminary and ordained in the Northern California Nevada Conference of the United Church of Christ. She did her ministry internship here at the First Congregational Church of San Rafael, where she helped establish the Marin Interfaith Youth Outreach Center before taking a call to serve as Associate Pastor in Atlanta, Georgia. She was ordained at FCC in 1997 and moved from Atlanta back to California in 1999 to serve as pastor of the Congregational Church of Belmont until her retirement in 2019.



## **March 13 2nd Sunday in Lent**

### **Guest preacher: Reverend Elisabeth Meddelberg**

The Rev. Elisabeth Meddelberg left her native land, the Netherlands, in 1984 to come to the United States. Here she completed her license as an Art Therapist, a Marriage and Family Therapist and she finished her Master's degree in Theology at Pacific School of Religion in 2001. She started the spiritual care department at Kaiser San Francisco, after receiving her chaplaincy training from CPMC and from the Zen Hospice program in San Francisco. In 2003 Rev. Middelberg became the pastor of the MCC church in Guerneville and served that community with grace and passion for 12 years. She currently works as the Spiritual Care Director at Piedmont Gardens, a retirement community in Oakland. There she facilitates several support groups, some Buddhist meditation groups, and she leads a Vespers Service every Sunday night. In all her various ministries, she offers a healing presence, a capacity for deep listening, and an unwavering commitment to a grounded spirituality accessible to all people.

## **March 20 3rd Sunday in Lent**

### **Guest preacher: Kim Williams**

## **March 27 4th Sunday in Lent**

### **Guest preacher: Garrett House**

## ZOOM MEETINGS LET US GATHER TOGETHER SAFELY

We are also providing our Sunday worship service simultaneously at 10 a.m. on Zoom 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://us02web.zoom.us/j/2011092691?pwd=c2V0RXEvWXF4STNNSTlxbWFFTENuZz09>

Meeting ID: ID: 201 109 2691

Password: FCCSR!

Call in number 1-669-900-6833



## MEETINGS, MEETINGS, MEETINGS -- VIA ZOOM

**MARCH 15:** The Board of Trustees meeting will be on Tuesday, March 15, at 7 PM.



**SAVE THE DATE**

**SPIFF UP  
THE CHURCH DAY**

**APRIL 9**

Save Saturday, April 9, for your next chance to join in making our church sparkle for Easter and Palm Sunday. We clean, polish, garden, and fix—with the additional help of a crew from the Real Life Church from 9-12. Come for an hour, come for the whole time!





## BOARD OF MISSION MISSION MATTERS



### WHAT IS ONE GREAT HOUR OF SHARING?

**One Great Hour of Sharing** is the refugee, relief and development special mission offering of the UCC. OGHS is at work all around the year, all around the world—sharing resources and changing lives. The UCC works with domestic and international partners, to provide support to health, education, refugee, agricultural, and emergency relief initiatives.

This year's special offering for OGHS is set for March 27, 2022. Our theme for 2022 is Love Remains, based on 1 Corinthians 13. In the theme scripture, the Apostle Paul helped newly converted Christians at Corinth embrace the virtue of love. Love is an active decision to think of others before self; to work on behalf of others; and to care for other with acts of kindness and advocacy. Paul taught that community is less about “me” and more about “us.”

We would ask you to consider making this special offering during the month of March, by including a check made payable to FCC San Rafael, with OGHS 2022 on the memo line.

### FCC RECEIVES THANKS FOR IMMIGRANT SUPPORT

Our church's generous benevolences, through the Board of Mission, are acknowledged below. These thank yous give you a flavor of how our donations benefit our community.

#### **From North Marin Community Services:**

“Thank you for your recent gift of \$250. We are honored that you have chosen to partner with us in assisting our neighbors in need, and warmly welcome you to our caring community of donors. In 2022, your donation will be used to help:

- ★ Keep hundreds of families and aging adults housed with emergency rental assistance;
- ★ Provide mental health care and youth enrichment services to children and teens; and
- ★ Fuel longer-term case management programs, such as Thriving Family Initiative and Amigos de la Familia, which provide up to two years of support to lift families out of crisis and bring them into safety and stability. “

#### **From Canal Alliance:**

“Thank you and your congregation for investing in the health and wellness of the immigrant community!

As you know, the COVID-19 crisis has had a disproportionate and devastating impact on the Latino immigrant community. That's why your support matters so much.

Thanks to you, we are building a community that embraces immigrants and celebrates their contributions. Thank you for being a champion of immigrants!”



## BOARD OF MISSION MISSION MATTERS



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### From West Marin Community Services:

“Thank you so much for your generous contribution. Your support will help us strengthen our safety net, community projects and continue to aid community members still facing hardships through COVID-19.

We count on the support from community members to strengthen our ability to respond to our neighbors in West Marin who are experiencing health, housing, and financial hardships. Our community is our priority and with your help we can meet the increasing need of our services. Because of donors like you we were able to increase capacity this year and add the Youth and Young Adults Services that serves the youth of West Marin.

From the bottom of our hearts, we thank you for helping us help our friends in need of a helping hand. We couldn't do what we do without the generosity of donors like you.”

### DON'T FORGET THE FOOD BANK



As we return to in-person worship services, remember to bring food items with you and deposit them in our Food Bank barrel.

In addition, please contribute here:

<https://donate.sfmfoodbank.org/page/5009/donate/2>

Or, send a check to:

SF-Marin Food Bank  
2550 Kerner Boulevard  
San Rafael, CA 94901



## PILGRIM PARK NEWS

**Spring is here:** You can tell spring is here from the tenants' soil preparation and new plantings in their community garden.

**Paving is almost complete:** The final quarter of the once-every-25-years project will be started on March 14th. Hooray!

**The Ukraine tragedy is closer than you think:**

About six Pilgrim Park residents have family in Ukraine. Bob spoke with one couple—the husband was born in Russia and served two years in the Russian army; his wife was born in Ukraine. They are in touch with their relatives in Ukraine via text messages. The relatives do not live in one of the large cities and so far are OK.

**New Residents:** Over the last few months, three babies have been born at Pilgrim Park, including one to our manager, Les Santos. Another baby is expected soon. The box score is three boys and one girl.

Bob De Haan.



## TRUSTEE'S REPORT



### Thanks to Pilgrim Park Apartments

Our parking lot was resurfaced in February, thanks to Pilgrim Park Apartments. New disabled parking requirements have resulted in a widening of all the spaces nearest the courtyard.

### Save the date for Spiff-up-the Church Day

Save Saturday, April 9, for your next chance to join in making our church sparkle for Easter and Palm Sunday. We clean, polish garden and fix with the additional help of a crew from the Real Life Church from 9-12. Come for an hour, come for the whole time!

### Our Church Facility Serves Many

Our three most frequent renters have returned. Acqua Montessori Preschool is downstairs weekdays. The Real Life Church uses part of our facility now 6 days a week, and the Church of God (7th Day) is in the Oak Room Saturday afternoons. A small yoga meeting is held Tuesday afternoons in the Plum Room, and 4H has youth activities Sundays and Mondays.

### AARP is offering tax help Tuesdays and Thursdays in the Community Room until April

**The Threshold Choir**, which sings at bedside as part of an often hospice-linked service, plans on returning in March for twice monthly rehearsals. We have not heard from the three 12-step groups.

### Tree Work Completed

In February Bartlett Tree Experts removed another beetle-infested pine tree. The arborist is still hopeful the other pines will not be infested. The Trustees also decided to have the Eucalyptus by the street sign removed to reduce our fire hazard. Bartlett has offered to plant a replacement tree and has pruned some courtyard area trees.

## BOARD OF MINISTRY REPORT

### Our Team

We welcome our new 2022 Ministry Team members, Jackie Dema and Cyndi Siroky who will join the continuing members Cathi Fuller, Charles Little and Gerry Grosz. We are immensely grateful to our wonderful team members who have participated in these past years: Rev. Jeffrey Cochran-Carney, Louis Frost, and Tessa Templeman. We especially appreciate Gerry participating last year even in his informal guest music director role.



Welcome to Gerry Grosz in his formal role as our Music Director. We have already had the joy of experiencing his talent and inspiring musical gift as our guest pianist.

Pastor Jeffrey, we are grateful for the leadership on our Ministry Team, for meaningful worship, spiritual and intellectual growth through retreats and book studies and for your “shepherding” during tough times these past years.

We wish you health, peace and joy in your retirement while continued guidance by the Spirit of Love in the ever continuing journey of faith. May God “...make you to shine like the Sun and May God hold you in the Palm of God’s Hand.”

### Music

In February, we celebrated Black History/ African Heritage Month with a wealth of music written by Black writers and musicians. Gerry has inspired us with beautiful jazz and gospel pieces. On Sunday, Feb. 27, the introit that he played was the Ukrainian national anthem!

### Pastor Jeffrey’s Retirement Celebration on Sunday, February 27th

We met for worship at 11a.m. (for the first time since just before Christmas) outdoors in the Courtyard. The later schedule was chosen in hope of more weather warmth (we had glorious sunshine) and to allow Pastor Cynthia, Pastor Jeffrey’s spouse to join us.

Pastor Jeffrey led us in a “transforming” and “enlightening” worship service on this Transfiguration Sunday. Worship was enhanced by Gerry Grosz’s inspiring special music and piano accompaniment to favorite hymns (“Be Thou My Vision” and “We are Marching in the Light of God”). Special music included a guitar solo by Pastor Jeffrey and, following the formal parting ritual (“The Service of Release”), the choir sang the moving musical benediction of “May the Lord Bless You and Keep You.”

Following worship, we celebrated Pastor Jeffrey’s ministry with us with words of appreciation, with Gerry’s piano renditions of “What a Wonderful World” and with Pastors Jeffrey and Cynthia’s guitar and vocal gift of “Sweet Baby Jesus”. We presented gifts for Pastor Jeffrey, photo memories book, cards and a gift B&B retreat and nature activity at the beautiful Monterey coast to demonstrate our heart-felt gratitude. We followed the festivities with the luncheon “communion” of breaking bread (sandwiches) together and catching up in person! Thank you Pastor Jeffrey for your ministry during these very challenging “Pandemic” years.

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In the words of John O'Donohue, one of Pastor Jeffrey's favorite Celtic poets, we wish him blessings:

BLESSING FOR RETIREMENT from *Bless the Space Between Us*  
by John O'Donohue

This is where your life has arrived,  
After all the years of effort and toil;  
Look back with graciousness and thanks  
On all your great and quiet achievements.  
You stand on the shore of new invitation  
To open your life to what is left undone;  
Let your heart enjoy a different rhythm  
When drawn to the wonder of other horizons.  
Have the courage for a new approach to time;  
Allow it to slow until you find freedom  
To draw alongside the mystery you hold  
And befriend your own beauty of soul.  
Now is the time to enjoy your heart's desire,  
To live the dreams you've waited for,  
To awaken the depths beyond your work  
And enter into your infinite source.

**Thank you to our Retirement Party Team and tech support:**

Annie, Bob, Caran, Cathi, David, Louis, Lucinda, Lynn, and Megan  
Thank you Amy for your extra administrative support and all of you who contributed so generously to the gift.

**March Worship will be at 10AM live indoors (and on Zoom). Please wear your mask.**



## MARCH BIRTHDAYS



- 8 — Sue Spofford
- 10 — Colleen Trudeau
- 11 — Jackie Dema
- 19 — Charles Little
- 24 — Blair Ripley
- 25 — Milagro Ramirez

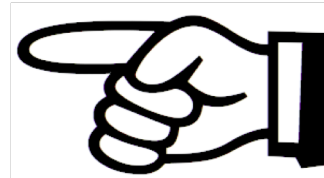
## GOLDEN GALS — Meeting postponed

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 APRIL 2022 Issue - Mon., March 28

The deadline for articles and news for the April 2022 issue of The TIE is Monday, March 28th. Please email your articles to [lucindaray@aol.com](mailto:lucindaray@aol.com) by Monday, the 28th.










## CHURCH OFFICE HOURS

**Amy is working from home.  
You can contact her via email**

**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](mailto:office@fccsanrafael.org)

# FCC Calendar MARCH 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>27</b> 10 am  Worship, Church School & Child Care 10 am - 11 am Our service is on Zoom at 10 AM	<b>28</b> 	<b>March 1</b> 	<b>2</b> 	<b>3</b> 	<b>4</b> 	<b>5</b> 
<b>6</b> 10 am  Worship, Church School & Child Care 10 am - 11 am Our service is on Zoom at 10 AM	<b>7</b> 	<b>8</b> 	<b>9</b> 	<b>10</b> 	<b>11</b> 	<b>12</b> 
<b>13</b> Daylight Saving (Start) 10 am  Worship, Church School & Child Care 10 am - 11 am Our service is on Zoom at 10 AM	<b>14</b> 	<b>15</b> 7 pm - 8 pm  BOARD OF TRUSTEES MEETING via ZOOM	<b>16</b> 	<b>17</b> St. Patrick's Day	<b>18</b> 	<b>19</b> 
<b>20</b> 10 am  Worship, Church School & Child Care 10 am - 11 am Our service is on Zoom at 10 AM	<b>21</b> 	<b>22</b> 	<b>23</b> 	<b>24</b> 	<b>25</b> 	<b>26</b> 
<b>27</b> 10 am  Worship, Church School & Child Care 10 am - 11 am Our service is on Zoom at 10 AM	<b>28</b> 5 pm  TIE Deadline for March 2022 Issue	<b>29</b> 	<b>30</b> 	<b>31</b> 	<b>1</b> April Fool's Day	<b>2</b> 

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](http://www.FccSanRafael.org).