

## The TIE

*Wait in the dense forest of your life.*

by Martha Postlethwaite

Do not try to save  
the whole world  
or do anything grandiose.  
Instead, create  
a clearing  
in the dense forest  
of your life  
and wait there  
patiently,  
until the song  
that is your life  
falls into your own cupped hands  
and you recognize and greet it.  
Only then will you know  
how to give yourself  
to this world.

**From our pastor,  
Rev. Elisabeth Middelberg**

I sat down to write this piece for the newsletter, shortly after our Easter Service, shortly after our journey through Holy week. It was so wonderful to see so many people come together for the Easter Service. The sanctuary had come to life, looking like a garden which had started blooming, making good on the promise that life will start anew. We welcomed back people who had not been able to join us for a long time but are still so much a part of our community. The music was outstanding, and the sound of the community expressed the joy of people's connection with each other, the joy of resurrection in this place of worship. Our thoughts and prayers were with you, if you could not make it to the service this week.

Holy week and Easter tend to be busy times

in the life of the church. It is not unusual to hear the pastor or the people around you say: "Let's just get through Easter and then we can pay attention to other aspects of church life".

But Easter Sunday actually marks the beginning of a whole Easter Season, which lasts 50 days, until the day of Pentecost.

And as much as I love Easter, I look forward just as much to these first days after Easter. For the disciples, it was a time of starting to grasp what their journey with Jesus had been all about. It was a time to find a way to re-engage, to reconnect with him, in a way that would most likely take them years to really understand. But in these 50 days, they got a glimpse that he was still dwelling among them.

What was Easter about for you this year? Or maybe a better question is: Which part of Easter touched you? If God's presence reconstituted Jesus' life, where do you see God's presence reconstitute your life? What is it that Easter calls you to?

These may not be questions to answer in as much as they are questions to carry with us. Pondering them may be more important than answering them. You may have of course other questions you are asking yourself.

I love these quieter days after Easter, to be with, to ponder all that has happened. It is probably why I connect with the words of Martha Postlethwaite.....

*Don't do anything grandiose.  
Create a clearing in the dense forest of  
your life  
and wait there patiently,  
until the song that is your life  
falls into your own cupped hands.*

Continued on the next page.

Continued from page one.

Don't just walk away from Easter. In these first days after Easter, we may find some quiet, some time to wait and pay attention to how these experiences of this Easter time are settling into our bodies are moving through our spirit.... The mystery of God's presence dwells among us.

Let's create a clearing in the dense forest of our lives, to allow for such an encounter to take a hold of us.

## **OLDSTERS TO HAVE FIRST MEETING APRIL 10**



Some like to say we are "Mature, Wise Elders," but we are perfectly happy being plain Old Folks. And on Wednesday, April 10th, at 6:30-8:00 PM, many of us will be meeting on Zoom to talk about getting old and being old. Our great old friend Joan Roane will be leading the group, something she has done many times in the past for the group called Age Song.

This will be a "stick-your-toe-in-the-water" meeting to see how we feel about wading in more deeply. There will be no pressure on anyone to speak as we begin to learn about how such meetings work. Charles Little will send out a Zoom link on the 10th. We encourage everyone to join us who would like to opportunity to think and learn about the aging process for us



## **ENJOY A RELAXING LUNCH TOGETHER APRIL 21 at 12 NOON**

You are invited to gather for an informal meal together following worship on Sunday, April 21, at 12 noon. Join us for an informal meal and conversation at La Hacienda

following worship. The restaurant is very close to the church: 3815 Redwood Hwy, San Rafael, CA 94903. All are welcome!

## **PRAYER PARTNERS**

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



**April 1 - 6**

Bob and Christine Bandettini

**April 7 - 13**

Roger Barber

**April 14 - 20**

Eric and Cara Caindec

**April 21 - 27**

Caran Cuneo

**April 28 - May 4**

Anne Dannecker

# Come and Worship with us!



**We will be worshipping at 10 AM.  
The service will also be available streaming on YouTube (see next page).**

**April 7 10 AM Communion Sunday**

Special Music: College of Marin Chamber Choir

**April 14 10 AM Worship**

**April 21 10 AM Earth Day Sunday**

“Fair is the meadow. Fairer still the woodlands, robed in the blooming garb of Spring...”

COME celebrate Creation in our outside courtyard under the trees surrounded by birdsong, spring flowers and blue skies

**April 28 10 AM Worship**

## **COME JOIN THE CHOIR!**

Make a joyful noise! Sing with a great group of people! We rehearse from 9:30-9:50 on Sunday before worship and from 11:15-12:00 or 12:15 after worship.

Singing makes you feel better.  
Singing enhances lung function.  
Singing helps you beat stress and relax.  
Singing helps improve memory.  
Singing builds a sense of community.  
Singing lets you express yourself.  
And it's FREE!





## ZOOM MEETINGS LET US GATHER TOGETHER SAFELY

We are also providing our Sunday worship service streaming on YouTube at 10 a.m. You can use either your computer, your cell phone, or your tablet. See below.

### Link to join all church Zoom meetings

<https://us02web.zoom.us/j/2011092691?pwd=c2V0RXEwWjF4STNNSTlxbWFFTENuZz09>

Meeting ID: ID: 201 109 2691

Password: FCCSR!

Call in number 1-669-900-6833

## SUNDAY WORSHIP IS NOW LIVE ON YOU TUBE

We broadcast live Sunday mornings on YouTube. Our channel address is:

- <https://www.youtube.com/channel/UCbqjXLjsBEmjdGuoOKnOykA>
- Then click on videos->live
- Subscribe and each week you will get a direct link.

We will also post a direct link each week in the What's Happening? email.

The whole service unedited will be available for a few days; then an edited version to include just the sermon will be posted.

If you are having trouble getting connected, email [Knopf.david@gmail.com](mailto:Knopf.david@gmail.com)

## MEETINGS, MEETINGS, MEETINGS -- VIA ZOOM

**April 2:** The Board of Ministry will meet on **Tuesday**, April 2, at 11:45 AM.

**April 17:** The Board of Mission will meet on **Wednesday**, April 17, at 1 PM.

**April 18:** The Board of Trustees will meet on **Thursday**, April 18, at 7 PM4

**April 27:** The Church Council will meet on **Wednesday**, April 24, at 5 PM.



## EASTER SUNDAY IN THE COURTYARD





## MEET OUR INTERIM PASTOR

Our new Interim Pastor, Rev. Elisabeth Middelberg, brings a wealth of experience and talents to her ministry. She grew up in a small town in the Netherlands north of Amsterdam and came to this country as young women, after earning degrees in counseling and creative therapy.

In the United States, she has earned 3 masters degrees—in Art Therapy and in Family Therapy at Notre Dame University in Belmont, and in Divinity at the Pacific School of Religion in Berkeley.

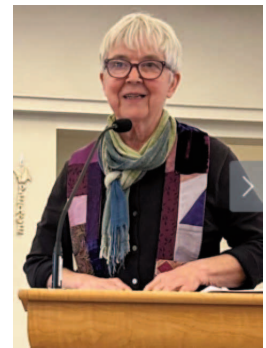
Before joining the ministry, She worked for 13 years in psychiatric hospitals in Belmont and Berkeley as art therapist, family therapist, and treatment coordinator.

Elisabeth has a variety of ministry experiences. She as been Spiritual Care Coordinator at Kaiser San Francisco, where she supervised both Christian and Buddhist chaplain interns. She has been pastor of the Guerneville Metropolitan Community Church and Interim Associate Pastor of the Foster City UCC. Currently, Elisabeth is serving half time as the Spiritual Director/Therapist at Piedmont Gardens and St. Paul's Towers assisted living communities in Oakland.

AND she has a brown belt in the Japanese martial art of Aikido which she studies weekly in Corte Madera.

She will be pastor with us half-time and will also be guiding us in church development related to the search process. She will be in the office Thursday mornings and by appointment. [Elismid@yahoo.com](mailto:Elismid@yahoo.com).

SPECIAL THANKS to the Interim Search Committee of Louis Frost, Megan Fuller, and David Santschi.



## THE INTERIM PROCESS -- HERE ARE THE NEXT STEPS:

- We appoint an Interim Search Committee to locate and recommend an interim pastor  
**The Interim Search Committee is Louis Frost, Megan Fuller, and David Santschi.**
- We hire an Interim Pastor **Rev. Elisabeth Middelberg began on March 17.**
- We appoint a Search Committee
- We create our Church Profile, a description of our church to be read by potential pastors
- The Search Committee will consider all potential candidates
- The Search Committee will select possible candidates
- The Search Committee will interview these candidates
- One candidate will be recommended to the congregation
- The congregation will have an opportunity to meet the candidate
- We will vote on the recommended candidate
- We will join in worship to install our new pastor



## BOARD OF MISSION MISSION MATTERS



### BREAD FOR THE WORLD OFFERING OF LETTERS - APRIL 28

On Sunday, April 28, after worship, the Board of Mission invites you to participate in writing and sending an Offering of Letters. Working together with many other denominations across the country and with Bread for the World, we will write letters to our U.S. Representative and our U.S. Senators urging them to act to help end hunger at home and around the world. On the next page, you can see a sample letter.



By taking part in Bread for the World's 2024 Offering of Letters in support of the Farm Bill, you will help support domestic nutrition programs like SNAP, as well as funding for critical international food assistance programs. Tell your senators and representatives to support the reauthorization of the farm bill in order to build healthy, equitable, and sustainable food systems.

The impact of the farm bill is significant. It not only affects the agriculture and food sectors - it can play a huge role in ending food insecurity and hunger in the U.S. and save the lives of millions abroad. This year, Congress is working to renew farm bill programs such as the Supplemental Nutrition Assistance Program (SNAP) and international food aid programs.

#### Here are answers to questions you may have:

**1. How do I participate?** After worship on April 28, take a few minutes to write a letter similar to the sample on the next page. **There will also be printed copies of the sample letter that you can simply sign if you prefer, as well as addresses of our congressman and senators, and envelopes.** Bring your own return address labels!

**2. Wouldn't it be better to donate to reputable charities instead of trying to influence US government aid?** Charitable aid is important, but what is more difficult is changing the systems that allow hunger and poverty to persist. This is why changing the policies and practices of how we deliver assistance is essential to reducing hunger and poverty.

**3. Why handwritten letters?** Because they work. Research from the Congressional Management Foundation confirms that handwritten, mailed letters are still the best way to communicate with your members of Congress. In fact, 96 percent of Capitol Hill staff reported in a survey that if their member of Congress had not reached a decision on an issue, personalized letters would influence his or her position. Handwritten letters from constituents of members of Congress are always read and logged. You can also write your letters at home and bring them to church with you on May 21.

**4. To send a personalized email go to: [bread.org/farmbill](https://www.bread.org/farmbill)**

You can learn more about Bread for the World and the Offering of Letters at:

<https://www.bread.org/offering-letters/>

## OFFERING OF LETTERS SAMPLE

[Date]

Rep. \_\_\_\_\_  
U.S. House of Representatives Washington, DC 20515  
Sen. \_\_\_\_\_  
U.S. Senate Washington, DC 20510

Dear Senator \_\_\_\_\_, / Dear Representative \_\_\_\_\_,

The farm bill is our nation's most important national food system legislation. It is critical to the work of ending hunger at home and abroad. Indeed, the farm bill impacts each one of us.

As Congress works to renew our food and farm programs through the farm bill, I urge you to support legislation that builds healthy, equitable, and sustainable food systems.

Specifically, I ask you to:

- Protect SNAP from funding cuts and further restrictions.
- Increase funding for fresh produce within SNAP benefits through the Gus Schumacher Nutrition Incentive Program (GusNIP).
- Reduce food waste by cosponsoring the Food Date Labeling Act, H.R.3159/S.1484.
- Reauthorize the Food for Peace global nutrition program at no less than its current level of \$2.5 billion annually and allow additional flexibility to provide the most effective form of assistance in each local context.

As a person of faith, I am moved to help and advocate for people experiencing hunger and poverty – no matter where they live. This is why I urge you to support a farm bill that builds healthy, equitable, and sustainable food systems.

Sincerely,

[Your name]  
[Your address]

Senator Alex Padilla  
112 Hart Senate Office Building  
Washington, D.C. 20510

Senator Laphonza Butler  
331 Hart Senate Office Building  
Washington, D.C. 20510

Representative Jared Huffman  
House Office Building  
Washington, DC. 20515

## PILGRIM PARK NEWS



**Tenant emergency services** — Les Santos and Margie Rollman recently convened an evening tenant meeting to pass out one emergency backpack to each apartment and hear a presentation of Marin County emergency management folks. The backpack contains a variety of items, such as first aid kits, that would be helpful in a large scale emergency. The emergency management folks went over the contents and emphasized the important steps to take in an emergency. Red Cross folks attended the meeting. They will meet with the tenants again in about a month. Pilgrim Park has an emergency generator that comes on automatically when electrical power is lost. It powers the Community Center. Thus residents would have a secure place to go for “phone and computer charging,” information, heating, cooling, etc. In case of an earthquake, both the Community Center and the apartments meet current structural requirements. The apartments were brought up to code about 15 years ago.

**Child Care Center** — The independently owned and operated center continues to have about a dozen participants, about evenly divided between toddlers and infants. The center is licensed for 24 children. Interestingly, all of the adult care givers speak Spanish. So, the language in the center is all Spanish. The parents like this, as it gives the toddlers a “leg up” on learning another language. Pilgrim Park's manager's toddler attends the center. Les reports that water is now referred to as "agua."

**Activities for older tenants** — We have long looked for an experienced person who could, on a part time basis, lead the older adults in chair exercises and other activities. We think we have found the answer in the form of “Susi.” She began work about a month ago. So far, so good. One of the first sessions featured chair exercises, a guided walk around the area, and an International pot luck buffet. Bob and Les can attest to the success of the buffet.

**Financial Results** — Pilgrim Park remains in strong financial position with operating results very close to the budget. Last year's audit (as of June 30, 2023) disclosed no problems of accounting. Pilgrim Park has adequate cash reserves to meet needs and is adequately insured.

**Repairs and maintenance** — As PP is now in its second century of providing affordable housing, maintenance becomes increasingly important. A contractor recently completed rebuilding a double deck that was leaking. Unfortunately it didn't pass the tests from the recent rains. So, the contractor had to return several times to fix the leak. There have been several minor roof leaks in the 9 roofs that are scheduled to be replaced this spring as soon as the rains stop. Fortunately we have a \$300,000 signed contract for the job.

**Food** — PP continues to receive weekly deliveries of food from the San Francisco/Marin food bank and from “Extra Food,” a Marin based food recovery charity. Extra Food collects food from farmers markets and food markets. This food is, in turn, brought to selected food needs sites, such as PP, within two hours of its collections. With the help of tenants, the food is made available free to PP tenants.

**Directors** — The next quarterly Zoom meeting was scheduled for March 27. We began the annual budget process at this meeting.



## BOARD OF MINISTRY REPORT

The Board of Ministry Team's key role in the church is to coordinate with the Pastor and Music Director in providing meaningful worship services throughout the liturgical year. We address the spiritual life of the church through the following areas: welcome and outreach, worship and prayer, fellowship, and education.



### *Worship*

Welcome Rev. Elisabeth Middelberg! On Sunday, March 17th, the Rev. Elisabeth led worship, and we welcomed her as our new Interim Pastor. Irish music and hymns in honor of St. Patrick's Day added to the jiggling sense of joy as well.

### **Holy Week**

In March we celebrated Lent and Holy Week.

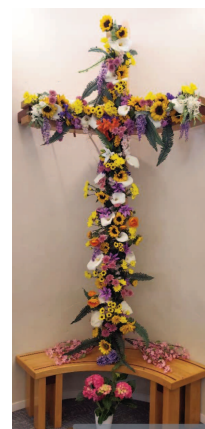
We sang Hosanna hymns and filled the sanctuary with palms on **Palm Sunday**. Gerry Grosz accompanied Christina Santschi singing "Ride On, King Jesus" and filled our Sanctuary with awe. The sermon challenged us to reimagine stale images of "meek and mild" Jesus to a fiercely brave and prophetic Jesus who offered a radical alternative, a kingdom of peace and justice, of spiritual wealth of love thus challenging the existing leaders and structures of power and wealth gained by oppression, force and collusion.



On **Maundy Thursday**, we shared a simple soup supper followed by handwashing, exquisite Taize music, a contemplative message and Communion to remember Jesus' "Last Supper" and to be in communion with churches everywhere.

For **Good Friday**, folks braved the weather to participated in a self-led meditation through the stations remembering the scriptural steps that Jesus experienced after entering Jerusalem until his crucifixion and burial. We also meditated to classical contemplative music. We lit prayer candles under the shrouded cross for those we carried in on our hearts and in our thoughts.

**Hallelujah Easter Sunshine!** We were greeted on Easter by Spring sunshine and a sanctuary filled with colorful flowering plants. The cross, resurrected from its Good Friday shroud, was bursting with sunny sunflowers, fragrant lilacs and chrysanthemums, and trumpeting Cana lilies. The pews filled with regular attendees, returning friends visiting from out of town, and old and new extended family members. The worship was full of messages of transforming love and resurrection joy in scripture, sermon, hymns and choir anthem. Following worship, we feasted on tasty eats and had time to chat or hunt for Easter eggs in the courtyard.



**Thank you to all** Pastor Elisabeth for meaningful worship and communion, for you who ordered flowers, filled the cross, prepared communion, made soup, brought cheese and bread, prepared and served as handwasher, provided delicious Easter eats, Easter eggs, prepared coffee, planned services, participated in spiffing up the garden for Holy Week, practiced, sang anthems, played hymns, recorded and managed our sound systems. Thank you for contributions toward memorial and celebratory flowering plants, for offering flowers from your gardens for the cross, and for all who participated in the Holy Week worship and community gatherings.

Special thanks to Bob De Haan who created and built our beautiful Cross, designed so we could fill it with flowers each Easter.

Thanks for the joy of reunion, Tom and Nan Truchan for joining us on Easter. Tom was our Music Director for 21 wonderful years prior to retiring and moving near family in North Carolina.



### ***Coming in April***

The season from Easter to Pentecost is also called the Great Fifty Days, a tradition inspired by the Jewish season of fifty days between Passover and Shavuot—the feast celebrating the giving of the Torah to Moses. The liturgical color for this season is celebratory white or gold. When the season ends on Pentecost Sunday, white is replaced with red.

**April 21** Earth Day Sunday

### ***Pastoral Care/ Agape/ Prayer Chain***

The Agape Team provides compassionate connection to our church community through words of encouragement, cards, phone calls, home visits and other support as needed.

Thank you to the Reverend Eichhorns who provided emergency chaplain services and served Communion in homes to those who were interested while we were without a pastor.

**Need a Visit?** Pastor Elisabeth has already served communion to one of hospitalized member. Please let her know if you would like a pastoral call.

Cards from the church family are being signed after church and being sent to members who are unable to attend church. Please sign the cards that will be on the table in the Narthex or by “ the Library” in the Community Room.

Members of the congregation were encouraged to take home Memorial bulbs that graced the church sanctuary on Easter or to take some to pass on to home bound members. Feel free to take one home after worship on April 7th or to share with a neighbor.

### ***Community/ Fellowship Time and Spiritual Nurture***

- **NAME TAGS** are a form of WELCOME. Please wear a name tag to assist newer members and visitors to get acquainted with names and faces. New name tags have been created for those who have requested them. Name tags can be found on the table in the narthax organized by alphabetical order. If you need a name tag or replacement, please drop a note requesting a name tag in the box labeled Office Manager for Amy in the church office. To signal to all that we are an Open and Affirming community, pronoun (she/her, they/them, etc...) stickers are available to add to our name tags. You can find the stickers in one of the slots in the front of the name tags, please add the one that best fits for you.
- **Wednesday, April 10th**, 6:30-8:00 pm (Zoom) Discussion with Joan Roane. See page 2.
- **Sunday April 21st at 12 pm**: Join us for an informal meal together at La Hacienda following worship. All are welcome! See page 2.
- **Spring Retreat** Stay tuned for date some Saturday in May for a ½ day retreat in the garden.
- **Prayer Chain** E-mail either Julie Dowling [isabella1472@comcast.net](mailto:isabella1472@comcast.net) or Annie Song-Hill [asonghill@gmail.com](mailto:asonghill@gmail.com) if you have a prayer request you would like included in the prayer chain.

## APRIL BIRTHDAYS



- 3 — Bob Spofford
- 9 — Bob Bandettini
- 10 — Scott Faraci
- 11 — Jill Krippendorf
- 24 — Lucinda Ray



**Maundy Thursday Soup Supper**

### **TIE DEADLINE for MAY 2024 issue - Mon., APRIL 22**

The deadline for articles and news for the May 2024 issue of The TIE is Monday, April 22. Please email your articles to [lucindaray@aol.com](mailto:lucindaray@aol.com) by Monday, April 22.



#### **Rev. Elisabeth Middelberg**

Thursday mornings  
or by appointment

Phone: 415-479-2747

Email: [Elismid@yahoo.com](mailto:Elismid@yahoo.com)

#### **Amy Powers – Office Manager**

Monday 11 AM- 2 PM










Wednesday and Thursday 10 AM - 2 PM

You can contact Amy by phone or email any time.

Office Phone: 415-479-2747

Email: [office@fccsanrafael.org](mailto:office@fccsanrafael.org)

# FCC Calendar **APRIL** 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>31</b> Easter 10 am - 11 am Our services on YOUTUBE at 10 AM 12 pm EASTER SUNDAY	<b>April 1</b> April Fool's Day	<b>2</b> 10 am - 2 pm AARP TAX ASSISTANCE 11:45 am  Board of Ministry Meeting 12 noon via ZOOM!	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> 10 am  Worship, Church School & Child Care 10 am - 11 am Our services on YOUTUBE at 10 AM	<b>8</b>	<b>9</b> 10 am - 2 pm AARP TAX ASSISTANCE	<b>10</b> 6:30 am - 8 am  OLDSISTERS MEETING ON ZOOM!	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> 10 am  Worship, Church School & Child Care 10 am - 11 am Our services on YOUTUBE at 10 AM	<b>15</b>	<b>16</b>	<b>17</b> 1 pm - 2 pm  BOARD OF MISSION Meeting on ZOOM!	<b>18</b> 7 am - 8 am  BOARD OF TRUSTEES MEETING (on ZOOM!)	<b>19</b>	<b>20</b>
<b>21</b> 10 am  Worship, Church School & Child Care 10 am - 11 am Our services on YOUTUBE at 10 AM 12 pm  LUNCH AT LA HACIENDA	<b>22</b> Earth Day	<b>23</b>	<b>24</b> 9 am - 6 pm  Church Council Meeting via ZOOM!	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> 10 am  Worship, Church School & Child Care 10 am - 11 am Our services on YOUTUBE at 10 AM	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</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).*