



"SOMETHING VERY DEEP AND MYSTERIOUS, VERY HOLY AND SACRED IS TAKING PLACE WHERE WE ARE, AND THE MORE ATTENTIVE WE BECOME THE MORE WE WILL BEGIN TO SEE AND HEAR IT."

- HENRI NOUWEN

THE CLARION

FALL
2022

First Presbyterian Church of San Rafael • 1869 – 2022 • Serving our Community for 153 Years



FIRST PRESBYTERIAN CHURCH of SAN RAFAEL



I love the fall. In Marin we don't experience the thrill of seeing the Divine paintbrush turning endless fall leaves

into impressionist paintings of luscious oranges, bright yellows, and deep reds. And yet, there will be signs of change - a chill in the night air, trees turning golden yellows, crunchy leaves underfoot. Fall is a season for balancing light and dark, letting go, feeling the pain of loss, and wondering about new seeds to be planted. How might the Spirit be nudging you, reminding you to let go of something for new life to emerge in another season?

I love the fall as our congregation resumes a rich rhythm of two Sunday services, adult ed classes, choir and hand bell choir rehearsals, weekly Bible study, Saturday retreats and more. Our leaders will continue to discuss how to gather, worship, and learn together in ways that keep each other as healthy as possible in this

not-quite-post-pandemic world. I hope you will plan to come in person to worship services and programs as much possible. We will to continue to use Zoom and other online tools for spiritual formation and study.

This fall I feel a different energy in myself and church leaders as we set priorities for the year. We talk, listen and pray – How is God leading us in this time and place? We continue to offer meaningful worship services, inspiring music, contemplative practices, and community mission projects. We are trying some new efforts, including A Blessing of the Pets on October 9. The session will be looking at projects to make the church building more welcoming, accessible and "green." I am working on my fall sermon series on hope and looking forward to the adult ed fall series on wellness.

I have some exciting news to share. Jeffrey and I are going to finally embark on a Celtic Adventure and Study Leave trip to Ireland and Scotland this fall. We had originally planned to go in June 2020, then

June 2021 and then June 2022. However, because of pandemic cancellations and some health issues, we were not able to go. I am grateful to the session and Personnel Committee for approving this study leave trip. We will be in Ireland (Dublin primarily) and Scotland (Glasgow, Oban & Inverness) Oct. 17 – Nov. 7. I will continue to explore sacred Celtic Christian sites and the ways ancient Celtic spirituality can shape our inner landscapes and the world today.

May you experience each day as a sacred gift woven around the heart of wonder.

– John O'Donohue, Celtic Poet and writer

Cynthia Cochran-Carney
Pastor

**Livestreaming on YouTube
starting at 9:55 am
Go to website to watch livestream**

September 11
Kickoff and Homecoming Sunday
10:00 am service in the sanctuary
Series: Hope and Wellness – A User's Guide #1
Sermon: What Hope is Not
Preacher: Cynthia Cochran-Carney
Special Music – Chancel Choir
and Mardi Gras Jazz Band
Lunch on the patio after worship

September 18
Two services resume:
8:30 am and 10:00 am
Series: Hope and Wellness –
A User's Guide #2 also Adult Ed class
Sermon: What Hope Is
Preacher: Cynthia Cochran-Carney
Welcoming Aaron McKee as seminary intern
Special Music – Chancel Choir and
Handbell Choir

September 25
Series: Hope and Wellness – A User's Guide #3
also Adult Ed class
Sermon: The Practice of Hope
Preacher: Cynthia Cochran-Carney
Special Music: Owen Xu, piano & violin

October 2 World Communion Sunday
Sermon: Changing Our Maps
Preacher: Cynthia Cochran-Carney
Special Music – Chancel Choir
and Daniel Berkman, African kora

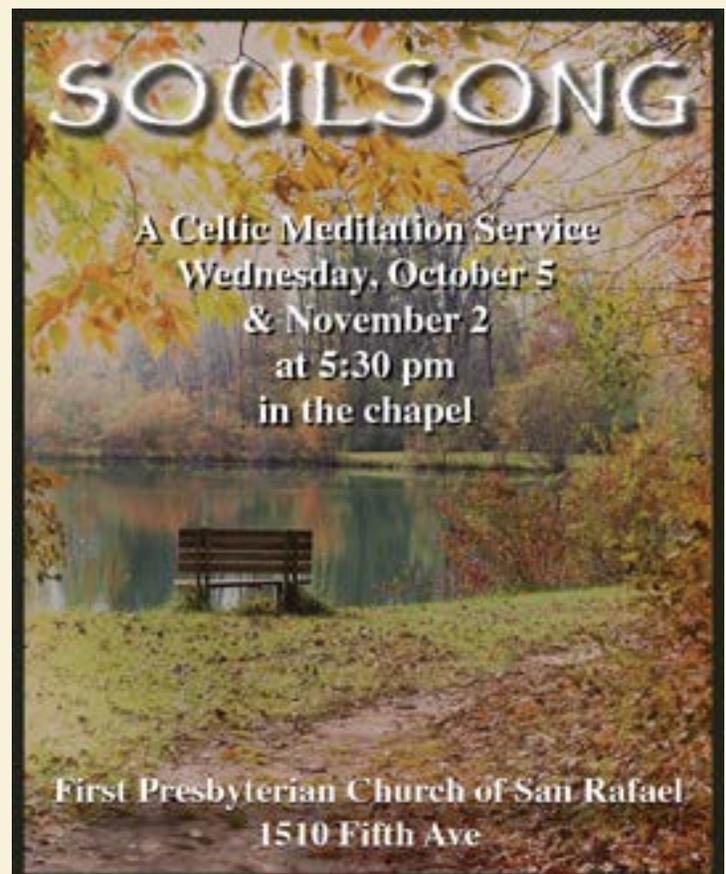
October 9 Blessing of the Pets
Sermon: All God's Creatures
Preacher: Cynthia Cochran-Carney
Special Music – Jeffrey Cochran-Carney, guitar

October 16
Sermon: Growing As Generous Stewards
Preacher: Cynthia Cochran-Carney
Special Music – Chancel Choir
and Handbell Choir

October 9 – Blessing of the Pets

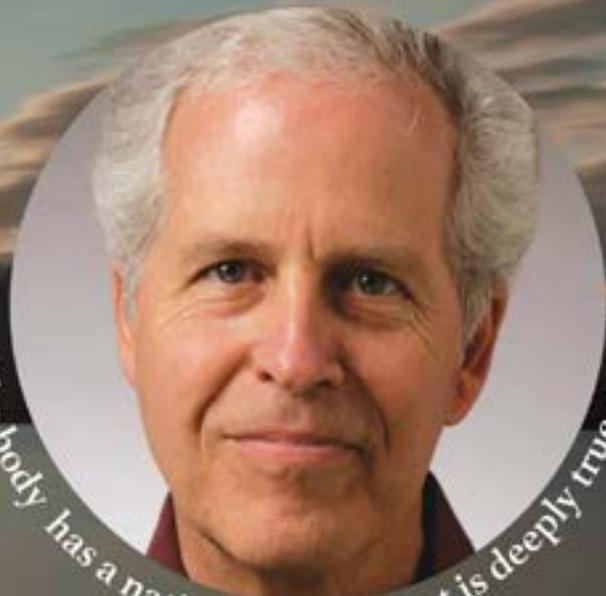


Celebrating the animals in our lives
– past and present
Watch for details
Send in pictures of your pets
for worship service slideshow
Blessings of the Pets on the patio or Canoles –
for the church and community



*A Morning with John Prendergast, PhD.
Your Body—A Path to Spiritual Awakening*

SATURDAY, OCTOBER 15, 9:30 am –12 pm
FIRST PRESBYTERIAN CHURCH of SAN RAFAEL



The body has a native sense of what is deeply true or real

- **Spiritual teacher and Psychotherapist**
- **Retired Professor – California Institute of Integral Studies**
- **Author of *In Touch* and *The Deep Heart***

*As we tune into our deepest nature, our body relaxes,
lines up, opens up, and lights up, and the world becomes
an increasingly transparent expression of Presence.*

Sponsored by One World, One Spirit
First Presbyterian Church
1510 Fifth Avenue, San Rafael, CA
Please pre-register at EventFPCSR@gmail.com
Masks required for the unvaccinated.
fpcsr.org



Adult Ed – Sept. Wellness series **WELL, WELL, WELL**

An ongoing Adult Ed series exploring wellness of mind, body, and soul, individually and as a community of faith.

Sundays, 11:15 am – 12:15 pm in the chapel

How can you determine your wellness goals and what can you do to meet them? How might local and global events affect your well-being. How does your understanding of wellness change over time, and how can you adjust your attitudes and behaviors as you age? As a church community, how can we promote and encourage wellness for all?

September 18: “Being Well: and Practicing Faith and Health”

Rev. Dr. Teoma Loeb

Minister and Physical Therapist



Our distinguished guest, Rev. Dr. Teoma Loeb, is an ordained minister, professional physical therapist and wellness educator whose study and practice combines a deep spirituality with advanced studies in health and faith. Her BodySoulPT practice aims to integrate faith and health through use of *womanist* strategies, via collaboration with church and community-based health organizations. She has a Master of Divinity degree from Emory University, a Master of Physical Therapy degree from Howard University, and a Ph.D. in Physical Therapy from Alabama State University. She currently serves as associate pastor at New Providence Baptist Church in San Francisco. <https://www.bodysoulpt.com>

September 25: “Being a Person of Faith in Overwhelming Times”

Diane Suffridge, Ph.D.

Psychologist



Diane Suffridge is a licensed psychologist with over 30 years of experience as a psychotherapist, teacher, trainer, and supervisor of mental health professionals. She currently directs the Counseling Services Program at Dominican University and has a small psychotherapy practice in San Rafael. She is a lifelong spiritual seeker, spending the last 20+ years as a member of Community Congregational Church in Tiburon. Her presentation will provide an opportunity to reflect on the many challenges we are facing now and have faced over the last 2+ years of the pandemic. She will share her thoughts about ways we can connect with our faith when we feel isolated, stressed, worried and

discouraged by global, national, local and personal events that impact our lives and threaten our well-being.

<http://dianesuffridgephd.com>

October 2: “Aging Gracefully”

Pat Lindstadt

Elder Care Case Manager and Care Consultant



For the past 20+ years, Pat Lindstadt, geriatric care planner and Private Case Manager, has observed older adults in Marin as they age. She has personally witnessed the attitudes, beliefs and habits that contribute to long lives lived well. In her presentation, Pat will share from her background and will offer insights and tips on what it takes to embrace the “perceived” losses, to open one’s mind to the possibilities of the unknown of needing care, and to learn to live as well and as fully as possible, even until one’s last breath. <https://www.alignable.com/san-rafael-ca/pat-lindstadt-elder-care-manager-private-care-consultant>

Centering Prayer

All Are Welcome!

Wednesdays, 10:00 am in the Chapel



Each Wednesday at 10 a.m. you are invited to gather in the chapel to learn about and experience the Christian meditation practice of Centering Prayer. We begin with a short body meditation practice similar to chair yoga to move us into silence. Following our silence we practice Lectio Divina, a prayerful reading of a passage of scripture, poem or a reading. After we contemplate, then reflect on the reading shared, we sit quietly with it. If moved, we may share our thoughts with the group.

For more information, contact Lorna Wuertz lornawuertz@gmail.com

Women's Book Group

Last Wednesday of the month. Possible new meeting time.



We have decided to take the month of September to get caught up with our personal reading choices. We will gather either on Zoom or in our church chapel on the last Wednesday of the month, September 28, to discuss our future meeting and reading plans.

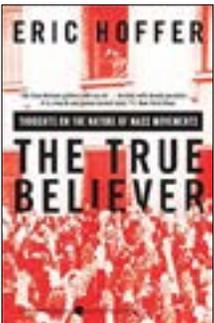
All women are welcome to join our conversation. Please come and share ideas about revitalizing this group; maybe a new meeting time? What type of books to read as a group? Refreshments? Check-ins? Choose specific titles? Meet monthly?

If you have questions, please contact Susan Isler – susan.isler.sport@gmail.com 415-272-2526.

Men's Book Group

Meets every second and fourth Thursdays

9:00 am on Zoom



The next book for the Men's book group is *The True Believer: Thoughts on the Nature of Mass Movements* by Eric Hoffer.

After our annual August vacation, the schedule is:

September 8 – pages 3 to 90,
September 22 – pages 91 to 168

For more information, contact John Robinson at jandmrobinson@comcast.net



Bible Study with Bob Hirni

Wednesdays at 11:15 am in the Chapel starting Sept. 14

Our first topic will be the Dead Sea Scrolls. We will learn about what they were and why they are important. The class will discuss which book of the Bible they would like to study this fall. On Sept. 21, we will start at 10:00 and join the Centering Prayer Group to see a special video. Everything goes back to regular schedule after that.

If you have any questions, please email rhirni@aol.com

MISSION & SOCIAL JUSTICE

The Mission and Social Justice Committee is busy working on and planning several programs for this Fall. The committee meets most months on the third Tuesday evening, often by Zoom, and we welcome guests or anyone who would like to help with one of our activities/events. Contact Leslie Purdy, Rlpurdy869@gmail.com

San Pedro Elementary School Enrichment Program Underway this Fall



The after school enrichment program which is offered weekly by FPCSR at San Pedro Elementary School will continue every Wednesday through the school year. The program includes several weeks of informal instruction in gardening, cooking/nutrition, art/science, and movement for small groups of students in grades 2 to 5. Most of the students at San Pedro Elementary are from the Canal area and come from low-income homes. FPCSR started this program several years ago, first at Short Elementary School, and then moved to San Pedro which has a large garden and good kitchen which the school makes available to the program. Harvest from the garden goes to the San Rafael

City schools for inclusion in school lunches. Each class has a paid instructor assisted by at least one volunteer aide, and the aides come not only from our church but also from Sleepy Hollow P.C. and the community. We know from the students and their parents and the staff that the kids really enjoy the experiences they have in this program, and we enjoy the opportunity to get to know these kids! We still need more volunteers; the only requirements are a recent TB test, covid vaccination, a simple "live scan" and a short questionnaire. The time commitment can be as little as 2 hours a month.



Collection of and Packing Ritter Center Thanksgiving Food Bags - Sunday, Nov. 13

One of the most joyful events each year will occur on Nov. 13 when the whole congregation will pack fifty bags of Thanksgiving food (and more) for families being helped by the Ritter Center. The Center will send a truck to pick up the bags the next day and will add them to bags from other congregations to help close to 150 individuals and families have a good Thanksgiving Day meal and generous left-overs. The Mission Committee will put out an appeal in October for donations of food plus help with the shopping and organization of everything in the sanctuary for the Sunday packing event. This event is a good example of how cooperating with a local community service organization and other churches can reach so many more people than any of us could on our own.



The Green Team and Mission Committee Plan a "Green Church" Effort

This past summer has presented much evidence of global warming ... from heat waves and drought in the western U.S., flooding elsewhere in the U.S., famine and crop shortages in East Africa, massive flooding in Pakistan, and more. We also recognize that all major social justice issues--- poverty, public health, race, and the economy --- are deeply inter-connected to climate change. While FPCSR has taken some important steps to address climate change and has an Earth Care certificate from the national Presbyterian Church, there is interest in doing more, both individually and as a congregation. The Green Team and the Mission Committee have adopted a goal for the year of exploring ways we can reduce our "carbon" footprint. Please tell us if you are interested in participating in this effort. this could be an "all hands on deck" opportunity!

Save the Date for the Alternative Christmas Market - Sunday, Dec. 4th

Brief Financial Update

Financial Update

Here's an update on where we are on the church's budget through July 2022, a little over halfway through the year.

Our budgeted income is broken out as follows:

- Pledges and contributions from members and friends: ~ 66% of income
- Rental income: ~25% of income
- Investment income and releases from our quasi-endowments: ~9% of income

Pledges and contributions from members and friends have continued to come in and we are hopeful that everyone will fulfill their pledge for this year.

The church's rental income continues to increase, which is very good news! Old Firehouse School has taken over the childcare space vacated by Marin Head Start and after some remodeling, is up and operating. We continue to receive inquiries for short term rentals and as of the end of July, our rental income is ahead of budget.

For our (quasi) endowments, the church uses a 5% rule to budget withdrawals. While our investments have lost value during the year, we plan to transfer funds according to our budget. Most of our investments are in Vanguard Balanced Index funds, so are well-diversified and split between bonds and stocks. The portfolio losses are in line with the overall bond and stock market.

We are fortunate to have a strong balance sheet with no debt and our quasi-endowments continue to be significant. We continue to be grateful for the generous contributions made by our members and friends.

Stewardship

Thank you for your generosity during the year. Fall is the time we think about the financial commitments we pledge to the church for the coming year. Regardless of the amount, each pledge is very important. By pledging, you provide the session with the means to carry out our plans. Pledge information will be sent to all members and active friends in mid-October and due back by mid-November. Donations, including pledges, can be made by cash, check, or online (<https://www.fpcsr.org/giving> or use the QR code below). Other ways to donate include transferring appreciated securities, e.g., stocks, as well as distributions from your IRA.



Please contact Ralph Purdy, Susan Bryant, or Ann Pope in the church office if you have questions.

Donations, including pledges, can be made by cash, check, or online

Fall Highlights

Sunday, September 11

Homecoming Sunday and Fall Kickoff

10:00 am service in the sanctuary

11:15 am luncheon on the patio

Sunday, September 18

Return to two services

8:30 am Contemplative Service in the chapel

10:00 am Service in the sanctuary

11:15 am Adult Ed Class – Wellness and Spirituality

Sunday, October 2

World Communion Sunday

Sunday, October 9

Blessing of the Pets

Saturday, October 15

9:30 am Retreat with John Prendergast

Sunday, November 13

Packing Thanksgiving bags for Ritter Center

Sunday, December 4

Advent Festival and Alternative Gift Fair

New group forming

Pickleball for Presbyterians and Friends

Most Sundays at 5:00 or 6:00 pm at McGinnis Park courts

Contact Amy Benjamin for more information

List of current elders and deacon

Deacons

Shari Byrnes
 Marcia DeZwarte
 Carolyn Eitel
 Dinah McClure
 Laurel Stevenson
 Dori Crawford
 Barbara Haim
 Paloma Kavil
 Sandee Muirhead
 Ginny Pabst
 Sue Rostoni
 Mary Breeze
 Elaine Reichert

The Session (Elders)

Erin Berta – Worship
 David Morales – Hispanic Liaison
 Ginny Schultz – Outreach/Church Life
 Susan Bryant – Finance
 Dan Crawford – Personnel
 Lisa Olson – Adult Ed
 Leslie Purdy – Mission
 Bill Schultz – Facilities
 Susan Isler – Membership
 Ralph Purdy – Stewardship
 Barbara Royall – Outreach/Church Life
 Lorna Wuertz – Spirituality



**Aaron McKee,
Seminary Intern**

During worship on September 18, we will welcome our friend Aaron McKee, in a new role as seminary intern at FPCSR. Aaron is part of our Sunday Tech Livestreaming team and is often behind the camera. He has been a city administrator and worked in other professions, but has now felt the call to ministry. Before moving to California to attend San Francisco Theological Seminary (U of Redlands), he was active in a congregation in Wyoming where his wife, Dr. Thea McKee, was the pastor. He is under care of the Presbytery of Wyoming. Thea is currently living with their daughter and grandchildren in Oklahoma. Aaron will be working 10 hours a week as an intern, helping with worship, preaching three times, and taking an active part in the ministry and mission of FPCSR.

Homecoming Sunday September 11 Worship Service 10:00 am



**Chancel Choir
Mardi Gras Jazz Band**
 All are welcome
 as we kick off the fall!

Lunch on the patio following worship
 Wrapped sandwiches, fruit, cookies
 Please RSVP to Angela in the office
aparker@fpcsr.org

First Presbyterian Church of San Rafael
 1510 5th Ave, San Rafael, CA
 Office Hours: Mon – Thurs, 10 am – 3 pm
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