
SPINN - News from SPC

Sausalito Presbyterian Church <sausalitopres@gmail.com>
Reply-To: sausalitopres@gmail.com

Tue, Mar 24, 2020 at 5:55 AM

**Welcome to
Sausalito Presbyterian Church
*online***



Meeting Face to Face & Heart to Heart



Sausalito Presbyterian Church

**We Are Still Connected!
We Are Meeting Online!**
The church building is temporarily closed.

PLEASE STAY HOME!

We have volunteers in low-risk groups who will make trips to get what you need -- groceries, medications, light bulbs, diamond necklaces, pet tigers...

EMAIL PASTOR PAUL WHEN YOU NEED SOMETHING!

Stay home! Stay safe! The numbers are growing Yet, this virus is clinging, persistent, unknown to the human creature, and deadlier.

EVERYONE should act as though they are carriers who don't show symptoms. Stay indoors. Maintain six-feet between you and anyone not living in your home. Don't go to populated places, like the supermarket. (See below for shopping friends!)

THIS IS SERIOUS! If you are in a high-risk group, I'm talking to **YOU!**
We can do shopping and errands for you! Stay Home!



Weekly Gatherings for the Mind, Body & Soul

Zoom is the meeting tool that is zooming across the nation! It seems very popular with religions communities, schools and businesses; probably because it is pretty easy to use. For now, all SPC worship, events, and meetings will be on Zoom.

Instructions to use Zoom are at the bottom of this email.

Be not afraid!

We have two great TECH DEACONS to guide you!

Joe at joe@datastreamcs.com or 917-450-5506

Kar at k.wong023@gmail.com or 415-755-7900

It's great fun when we can SEE each other, so we encourage you to sign on with your camera ON. You can also join by phone. Call any of the numbers below and enter the meeting ID number.

669-900-6833 (San Jose)

346-248-7799 (Houston)

312-626-6799 (Chicago)

929-205-6099 (New York)

253-215-8782

301-715-8592



TODAY AT 12:30 PM
Brown Bag Lunch

Let's eat lunch together and gab, kibbutz, catch up, chill out, nosh, snack TOGETHER.

<https://zoom.us/j/846215118>

Meeting ID: 846 215 118



TODAY AT 5:30 PM
Prayer & Healing Group

Everyone is welcome to gather in prayer and meditation. All the prayers from worship and those sent to the church will be prayed aloud. Plenty of time for silent prayer. Consider lighting a candle at home to help bring you into a prayerful place.

<https://zoom.us/j/145053336>

Meeting ID: 145 053 336

WEDNESDAY- 9:30 AM to 10:00 AM
Mobility, Strength & Breathing

Patti Oji will teach an online class on Mobility, Strength & Breathing. **All are welcome!** Here's how to be ready:

1. Wear comfortable clothes you can move in
2. Sturdy chair, like a dining room chair
3. Medium length bungee cord
4. Bare feet or non-slip shoes
5. Good sense of humor

<https://zoom.us/j/9711644121>

Meeting ID: 971 164 4121

Questions? Email Patti at MartialArtistGeek@gmail.com



**CRITIC'S CIRCLE
WEDNESDAY AT 4:00 PM**

What are you watching? What are you reading? What are you listening to? What's getting you through? What's hot; what's not? Cinephiles, bibliophiles, TVphiles, Xphiles, et al-philes...

<https://zoom.us/j/287006162>

Meeting ID: 287 006 162



**SPC ROUND TABLE
THURSDAY AT 1:00 PM**

Sheltered Life: sharing unexpected gifts, honest struggles, inspiring treasures we've found along the way...

<https://zoom.us/j/466972510>

Meeting ID: 466 972 510



THIS SUNDAY AT 10:00 AM

Let Us Gather -- on Zoom

Click on this link - <https://zoom.us/j/461537126>

Meeting ID: 128 939 618

Zoom is pretty easy to use.

For now, all SPC worship, events, and meetings will be on Zoom.

Instructions to use Zoom are at the bottom of this email.

Be not afraid!

We have two great TECH DEACONS to guide you!

Joe at joe@datastreamcs.com or 917-450-5506

Kar at k.wong023@gmail.com or 415-755-7900

By phone, call any of the numbers below and enter the meeting ID number.
669-900-6833 (San Jose)
346-248-7799 (Houston)

312-626-6799 (Chicago)
929-205-6099 (New York)
253-215-8782
301-715-8592

You can sign on as early as 9:30 AM and chat with friends before worship begins.

Click [HERE](#) to email **YOUR PRAYERS**. You can email them all through the week. Some might be read aloud during worship unless you specify the prayer is CONFIDENTIAL.

You can also linger for some time after worship for an experiment in online fellowship!
Have a snack and visit with folks from near and far.

YOU ARE READING SPINN IT!

We will be sending you updates and up-thoughts more frequently than once a week, though we know you are getting a lot of extra emails, so we will keep it to a minimum. SPINN IT will be briefer than our usual SPINN and typically won't repeat stories and items unless they are practical messages of ongoing help that is available. Contributions and feedback are always welcome! Email sausalitopres@gmail.com

HOW ARE YOU STAYING CONNECTED?

BE A TECH BUDDY TO A FRIEND

One creative approach to staying connected to your SPC pals who have limited access to technology comes from our very own Tech Angel, Robin Sinclair.



Reach out to your friend(s) who don't have computers, smartphones, tablets, etc.; to those who don't stream movies; to those who may never have had an email address (and have been missing out on SPINN!) and setup a way for you to share with them the latest information they might be interested in. Perhaps, by phone?

A POEM, A PRAYER

Here is a prayer/poem that has been making the rounds in the past week. What's inspiring you? Comforting you? Bringing you a new insight? Please share the poems and prayers that are speaking to you in these days. (Click [HERE](#) to email something to Pastor Paul.)

LOCKDOWN

~ Fr. Richard Hendrick, OFM, March 13, 2020

Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.
But,
They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,

keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to call on.
Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.
So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.

SUPPORT SPC ONLINE, BY PHONE!



Our thanks to Ann Mahony for suggesting we check out Givelify! This app makes it easy to support the church when we're not meeting in person.

A simple app to install on your smartphone, Givelify lets you donate to SPC and mark your donation as a pledge payment or for special purposes like general offering, the Pastor's Discretionary Fund, the Mission Committee, etc. It's easy to use -- and it looks great! Check out SPC's page!

Our thanks to Finance Chair, Steve Fuagro, for setting us up and designing our landing page!

NEED SOMETHING FROM THE STORE? We're shopping on Thursday, March 26

If you need anything, we'll get it for you!

Your Shopping Angels are making a run to Costco and Sprouts this Thursday, March 26 at 9:00 AM. We shop with gloves and employ all the best possible social-distancing practices.



We'll deliver to your doorstep between 12:00 PM and 2:00 PM, from Novato down to Sausalito.

Please email your requests to SPCshop2020@gmail.com

**Please email us by
Wednesday, March 25 at 7:00 PM**

Include your:

Name

Phone Number

Home Address

And any delivery instructions beyond "leave at front door."

Here's the info we need from you:

Type of product

Quantity (or weight) you want

Brand (specify if you are flexible on brands)

For food, we will default to organic food when available. If you only want organic, please specify "organic."

You will be responsible for the cost of your items. You can pay by check, PayPal, Venmo, or cash.

Order Example:

Coffee - 2 lbs - Petes dark roast - Whole bean (but any dark is ok)

Toilet Paper - 8 rolls, any brand.

Organic chicken breast (skinless, boneless) - 2 lbs

Sliced deli turkey - 1 lbs

Here's what will be harder to accommodate:

A mild salami - sliced very thin - 2 lbs

Chocolate covered almonds - 72% dark (with salt) 1 lbs

Toilet paper - something strong but soft. As many as possible.

A delicious lasagna that feeds 4 (no oregano)

-- you get the point :)

BIG THANKS TO OUR SHOPPING ANGELS!

Let's show them our appreciation by letting them shop for us so we can stay indoors!

A NOTE FROM PASTOR PAUL

Dear friends,

Many years ago, I worked on Fifth Avenue in New York City. My office was between 55th and 56th Streets -- the heart of Midtown. It's a common simile, but it really was a canyon of steel and glass skyscrapers. One day, on my way to work, I was looking up at these towering walls when I saw something extraordinary -- a branch, a branch with leaves growing out of the side of the skyscraper! It wasn't thick, it was like a large twig. But it was growing out of the side of a building, a building with a steel and glass skin, and it was sprouting forth some 30 stories above the asphalt and concrete ground!



How?! I was stunned. I stood there and just... marveled at it. Whenever I needed to start my day with some inspiration, I would take the subway that would let me off just south of this building so that I could look up and see this remarkable testament to life itself.

We are in a global experience unprecedented in most of our lifetimes -- a once in a generation challenge. Anxiety, fear and for some, panic, seem to be spreading even faster than Covid-19. The news, the predictions, the mounting counts every day can wear on us; no doubt more so because we are sitting in our homes, without our regular routines, without friends visiting, without children going to school, without people going to work.

I woke up yesterday and LENT was on my mind. Yes, that religious period between Ash Wednesday and Easter. That symbolic journey of 40-some days, echoing Jesus' fasting in the desert, and the Jews freed from Egypt wandering in the desert for 40 years. It is a time when people refrain from celebrating, some fast or give up a precious food or habit -- it is a desert journey. But the final destination is not the cross on Good Friday, but the rising up to new life on Easter morning.

We will rise again.

But we are entering into a desert.

There are gifts in the desert; there are insights in struggle, in darkness, if we open ourselves to them. If we look sharp for even a faint star in the darkness.

So all that was on my mind yesterday when I woke up.

The desert started when I spoke to Flora Sommers, Chair of the Wednesday Lunch, and she told me that our Master Chef, Mike Bromham, said we had one week of food left for our homeless and anchor-out/ mariner friends. St. Vincent de Paul's supplies our protein entree, but they have shut their dining room and are only handing out sandwiches to-go. We hung up without a plan.

My next call was to a neighbor who wanted to "talk" about our lunch program continuing. Could it be they wanted us to suspend the program? Imagine my surprise when they said they wanted to support everyone they could, and it seemed like paying a local restaurant to provide the food for our lunch would be a boost for our local eateries, their kitchen staff, and our hungry neighbors. WOW! We went from one week's worth of food to enough meals to get us through this whole crisis AND a big helping hand to our local food purveyors.

That was miracle-worthy news!

My next call with Flora was to discuss our Wednesday Lunch fund. We were down to about \$25 right at the time we needed to double or triple our supplies, like take-out boxes, because we are no longer serving a sit-down lunch, but making all our hot meals to-go. We weren't sure how we would replenish this fund -- it's a hard time for most of us.

Then SPC-er Sybil Boutilier, who works with the elderly, called to see if we had any seniors who needed some help with meals. When she heard about our good news (FOOD!) and our bad news (NO MONEY FOR SUPPLIES) she had an idea.

One phone call later, another Sausalito neighbor had paid for a month of supplies!

Perhaps this will be the new normal. Challenge. Generosity. Challenge. Loving kindness. Challenge. Grace.

I wish I had a photo of that branch growing out of that skyscraper. "Impossible!" I thought when I first saw it. And every time after, "Impossible! Inspirational!"

Life flourishes in the most inhospitable places...

*I will lift up mine eyes unto the hills, from whence cometh my help.
My help cometh from the Lord, which made heaven and earth.*

--Psalm 121:1-2 (King James)

Let us look to God, and let us remember that God has sent you to reflect God's love to others.

Stay home. Wash your hands. Ask for help. Help others. And above all, be swift to love and make haste to be kind...

With love and gratitude,
Pastor Paul

HOW TO ZOOM

For each meeting (worship or otherwise), you'll get a SPINN IT with a link.

There are three ways to connect to Zoom -- by computer; by phone; or by an app on your smartphone or tablet.

On a computer might be the easiest and give you the most options. It is definitely best for worship.

TO CONNECT BY COMPUTER:

1. **Click on the meeting link.** That will take you to Zoom.
2. The first time you do this, you might get a prompt asking you to install Zoom. **Click YES.**
3. Most of the time, you might get a popup window: Open Zoom? **Click OPEN ZOOM.**
4. You might get two more prompts about video and audio. If your computer has a built-in camera, or you have one that's plugged into your computer, **Join with Video.** If you have a built in mic (most computers built in the past 10 years have one), **Join with Computer Audio.**
5. You should see a small microphone icon on the lower, left corner of your Zoom screen. Click on it to mute or unmute your mic. Sometimes, our Worship Tech will mute everyone. You can also turn your video (camera) on and off the same way.

Zoom has a one-minute video on how to sign on:

NOTE: Zoom has a little video that shows how to sign on through your computer, which you can watch here: <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

TO CONNECT BY PHONE:

1. If you can, please join by computer; it's the best experience. Also, Zoom phonelines might be crowded.
2. Dial the access number included with the meeting information. These numbers never change. You can call any of them.
3. You will be asked to enter the meeting ID (included in the meeting information we send you) and then the pound key (#).

TO CONNECT BY SMARTPHONE OR TABLET:

1. Go to your App Store and download the app, Zoom Cloud Meetings.
2. After downloading and installing, register for a free account.
3. Go to your email and click to verify your email address.
4. Sign into Zoom.
5. After you are registered, for each meeting, when you receive the link from a Zoom host by email, you simply click the link and it will open up in Zoom.
6. If it asks you for your meeting ID, enter that number (it's included with the meeting information we send you).

CONFUSED? BE NOT AFRAID...

Call one of our Tech Deacons -- Joe at 917-450-5506 or Kar at 415-755-7900



Sausalito Presbyterian Church | [112 Bulkley Ave.](#), P.O. Box 236, Sausalito, CA 94965

[Update Profile](#) | [About Constant Contact](#)

Sent by sausalitopres@gmail.com in collaboration with



Try email marketing for free today!