When I was in third grade, I had the best teacher. Her name was Mrs. Gordon. She came after a drought year in the 2nd grade with a teacher who smelled like cigarettes and was not very nice. However, third grade was a dream and I remember so much about it. Mrs. Gordon was a no-nonsense kind of gal who ran a tight ship. She seemed like she was 80 years old, but that didn’t slow her down. She taught us how to garden. We got to read out loud every day as a class. She had a multiplication chart on the inside of a cupboard that I would spend lots of time trying to memorize. We got to have show and tell each week and one time we all brought food that was representative of our family. She loved helpers after school and would give each of us a butterscotch lifesaver as a thanks. Do you know what I loved best about Mrs. Gordon? She was kind. She was not there to be our friend, yet as our teacher, she made all of us feel special.

It’s time for school to start again. Maybe you have children in your life or maybe you do not. However, I bet when you stop to think about who has had the most impact on you, it was a person who was kind to you. They saw you as an important person and encouraged you. I hope you have been that kind of person for others. In fact, it is my prayer that you are growing in kindness to others around you, for those you have yet to meet, and even to yourself. God is always kind to us. Always. Let us receive His kindness with open hands, believing His love breaks through all our barriers. I am excited for a new year at Senior Lunch! Hope to see you soon.

Blessings, Pastor Colleen
A Culture of Welcome

As we begin a new year, I want to remind everyone that we aim to create a space where everyone feels safe, welcome, and are greeted warmly as friends. To this end, we ask that each person be respectful to others. A few tips:

- If you would like to save seats, please communicate with kindness when someone asks if it is open. We can no longer allow seats to be tipped as a way of communicating the seat is taken. While we allow it, saving seats can cause hurt feelings to those who are alone looking for a place be.
- When someone is new, remember how it feels to be in a place where you don’t know many people. Let’s treat others how we want to be treated.
- If you see someone you know from a different context, make sure to introduce them to others, so they can get to know new friends.
- We have volunteers who are ready to help you find a seat when you come in. When they find you a place to be, they will offer to get you a drink.
- Please remember if you come in after the program has begun, to use your ‘library voices.’ This helps lessen the distraction for the speaker and those around you.
- If you park downstairs, please use the signs to show you how to come upstairs. CDCC has a licensed preschool, and we cannot have anyone who is not supposed to be down there walking through. This also is a safety help to you.

- Have Fun!

Sharing Group

Do you want to build community? Do you want to get to know others on a deeper level? Do you want to have space to share your story?

If so then please consider joining the “Sharing Your Story” community group this Fall! Through this group we will build relationships through telling life stories. This group will give space each week for one person to tell their life story followed by a time of encouragement and prayer. We will provide group members a set of questions to spark their sharing which can be prepared ahead of time. These questions might include their experiences with joys and challenges, racial realities, military service, cultural background, disability, faith journey, etc. Each person will share only the parts of their story that they are willing to share!

This group will meet at 11:00am on Mondays, beginning on September 30th. You can sign up at the Luncheon or call Pastor Nikki at (805) 965-1338, ext. 224.
What is happening at the lunches?

Thursday, September 5th
The last time we met, we invited you to share your stories. Today, we are inviting someone to come and share theirs. One of our pastors, Shannon Balram, has a deep love for all people, and especially people like you: those who have lived a long time, who have wisdom, and who are invested in the next generation. She is going to come tell you about growing up in Virginia and those who helped to raise her well. She is funny and thoughtful. You will enjoy this time. For lunch, Chef Michele will be serving lemon chicken, pesto pasta, and a lovely Caprese salad. We would love for you to invite a friend!

Thursday, September 19th
We are having a speaker come from Senior Planning Services on this day. They will be talking about “Aging Gracefully.” That seems like a great idea in practice, but rather challenging to live into. Santa Barbara is an amazing town in that it has so many wonderful resources for older adults. All you have to do is ask. So, please come ready to ask questions. What will we feast on? Delicious baby back ribs, corn and tomato salad, with a side of fresh watermelon. Oh my! Bring a new person to enjoy the time and get to go first in line!

Donation Increase
We wanted to let you know that the Cliff Drive Care Center board has decided to raise the donation price of the lunch to $7 each week. This was not an easy decision, however a few factors came into play. The biggest issue is the rising cost of food. We want to continue to provide a beautiful lunch with fresh ingredients. While we are a non-profit, $6 was simply not covering enough of the food and overhead costs we have. We rely on donations from lunch participants, as well as donations from the church and community. Increasing this piece will keep us in a healthy place.

As always, if you are short on funds in any way, we want you to still come and enjoy. No one on our staff will ever tell a person they have to contribute and we will never turn anyone away. We trust that people will be honorable in this. All are welcome.

We hope you understand this decision. If you have any questions or concerns, please see Pastor Colleen.
Autumn

Puzzler!