



The Good Table Café and Nursery News

As many of you know, but perhaps isn't always clear to new folks, our site at 5166 Sobrante Avenue will be home for four nonprofit organizations: 1) **The Good Table LLC (GTLLC)**, which owns the property and is jointly-owned by 2) **Planting Justice (PJ)** and 3) **The Good Table United Church of Christ (GTUCC)**. 4) **The Good Table Café (GTCAFE)** is the entity founded by members of GTUCC that will operate our pay-what-you-can and pay-it-forward **coffeeshop/café**, local food and craft marketplace and a separate and beautiful **gathering space** for live music, educational workshops, and pay-what-you-can yoga and whatever programming the community wants to offer and attend.

We hope that all our gathering space offerings will also be available through **live-streaming and video conferencing** once we can afford all the equipment to connect to the cables we are installing for this purpose while the walls are still open.

The gathering space will also be home for **GTUCC's regular gatherings** and for PJ's educational events and will eventually house the abstract and lovely stained glass from GTUCC's former campus in El Cerrito. Church activities will include our weekly **Sunday gathering with music, prayer, and preaching**, our **spiritual book group called Live Edge Readers**, and various other programs for spiritual development and mindfulness including our Interfaith meditation group. All these programs are currently available via zoom and our Sunday gathering meets in person and via zoom.

Planting Justice will operate an **organic tree and plant nursery and urban farmstore** with supplies for beekeepers, gray water harvesting, seeds and more! PJ will also have a **production kitchen onsite** to manufacture jams, jellies, honey, medicinal tinctures, and even baked goods - including pie!

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We're also happy that our **architect Darrel DeBoer** is renovating the sheds near the Sobrante Avenue entrance to host the Triangle Arts District group that is working with other organizations and groups in the neighborhood to foster positive development in the area.

Thanks to everyone who has **financially contributed to the project** and if you haven't given yet, please help as you are willing and able. We're delighted to receive **your tax-deductible contributions in any amount** and we would really appreciate **introductions to other individual donors and/or foundations** that would be interested in our project. You can give online through the-good-table.org or **save the processing fees by mailing a check to:** The Good Table LLC, 780 Ashbury Avenue, El Cerrito, CA 94530. All donations are 100% tax-deductible.

Please plan to come to our next **Community Work + Fun Day on Saturday Sept 24 from 12p - 3p**. We always have a variety of gardening and cleaning projects that can be done while construction is happening. Be sure to wear sturdy shoes, bring work gloves, and please wear a mask as we continue to weather this omicron surge. We are likely to begin scheduling some **additional workdays for specific projects**. Do get on our direct e-list if you'd like to come help - we need you and are so grateful for all your support.

Burglary and Insurance Claim Update

Our **insurance claim** in the wake of the devastating burglary we experienced in mid-June has finally been settled! We will now be able to restore all the rough electrical that was vandalized or stolen by wire thieves and then move forward with the rest of the renovation work.

As we get back to work, we have **enhanced our site security** and will even have someone living on the site in an RV to deter another theft. We also ask that all our neighbors help us keep watch, so that we can continue building the community gem that we have planned.

September birthdays

8th Carol Kiehn
21st Iris Ridgway
23rd Rev. Roger Ridgway
23rd Elisabeth Severson

September Anniversaries

8th Joan Thompson & Ken Alborn
21st Ruth Ann Clark & Ardith Hayes
24th Colleen Rodger & Melinda V. McLain
25th Kathe Kiehn & Heinz Lankford

Let us know your birthday or anniversary date and we'll celebrate you here!



Live Edge Readers



Our next book for our spiritual book group, Live Edge Readers will be: *When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chödrön. Here's the description from Goodreads: "The beautiful practicality of her teaching has made Pema Chödrön one of the most beloved of contemporary American spiritual authors among Buddhists and non-Buddhists alike. A collection of talks she gave between 1987 and 1994, the book is a treasury of wisdom for going on living when we are overcome by pain and difficulties. Chödrön discusses:

- Using painful emotions to cultivate wisdom, compassion, and courage
- Communicating so as to encourage others to open up rather than shut down
- Practices for reversing habitual patterns
- Methods for working with chaotic situations
- Ways for creating effective social action

Get a copy and join us when we begin meeting again on **Wed. Sept. 14, 2-3:30p pacific**. Please read the Introduction before we meet.

Meeting ID: 868 7644 9214

Zoom link: <https://us02web.zoom.us/j/86876449214>>

You can also add to your calendar by clicking [here](#).

We've also decided that our next book after reading Chödrön will be: *The Thirst of God: Contemplating God's Love with Three Women Mystics* by SFTS professor Wendy Farley. In this enlightening volume, Farley eloquently brings the work of three female mystics--Marguerite Porete, Mechthild of Magdeburg, and Julian of Norwich--into creative conversation with contemporary Christian life and thought.

News from the Pews



We will celebrate the life of **Wendy Wisely** sometime in June 2023 and maybe even in our new space. In the meantime, **Liv** is continuing her studies at San Francisco State and **Michael Ray** is playing Macduff in Marin Theatre Company's production of Dunsinane, opening Sept. 22nd.

Joyce and **Scott Hedges** are taking a wonderful trip to London, Belgium, and Scotland that will include various pilgrimages including a trip to the holy Isle of Iona, (off the Scottish Isle of Mull) home to the Iona Abbey.

Greens to the People

The Good Table Café (GTCAFE) Board of Directors was recently asked to be a nonprofit sponsor for a local feeding program we're now calling "Greens to the People" Staffed for over six years by a faithful group of local volunteers led by **Susie Haas** and **Melanie Mentzel**, this group picks up "leftover" produce and grocery items that would otherwise be wasted from Whole Foods Market each week and distributes the items to needy folks in the El Sobrante community.

Little programs like this are great ways to help reduce the outrageous amount of food waste in this nation. According to [Feeding America](#), **over 108 billion tons of food are wasted each year**. Food waste is high quality food that is thrown away for a variety of reasons including: uneaten food that is thrown out at homes, stores, and restaurants; crops left in fields because of low crop prices or too many of the same crops being available; problems during the manufacturing and transportation of food; and/or food not meeting retailers' standards for color and appearance.

Mediterranean Brunch & Worship in Pinole

The Good Table UCC will be meeting in [Bonnie and Dan Hariton's lovely garden](#) in Pinole for a mediterranean brunch and service of music, prayer, and preaching on Sunday, September 25th at 10:30a. Bonnie will be making Israeli shakshuka, an egg, tomato, cheese and spinach dish. If you'd like to bring something to share, consider bringing mediterranean inspired salads, olives, dolmas, or your favorite beverages, although coffee will be provided.

Regular Ways to Connect



Sundays at 12 noon - Music, prayer, and preaching via Zoom. Our style is relaxed and interactive. Our music includes many genres from chant to gospel, and pop/rock to classical. We celebrate Holy Communion on the first Sundays of every month.



Wednesdays, 2-3:30 pm - How do we find our true self? What are the similarities between Buddhism and Christianity? Is there something that is real beyond the limits of our perception? These are just some of the questions that our Live Edge Readers has explored while reading and pondering together. If you are interested, kindly send an email to Pastor Melinda to get added to the list: info@the-good-table.org



Thursdays, 6 pm - Interfaith Meditation via Zoom. There is an old Zen saying, "Everyone should meditate for 20 minutes each day unless you're really busy, and then you should meditate for an hour." We sit in chairs in silence for about 45 minutes and no previous experience with meditation is required.

Worth Noting

- **Sat. Sept. 3rd Sherwood Forest Yard Sale** @Melinda & Colleen's. Donate items that will be sold "pay-what-you-can" to benefit The Good Table. Contact Melinda for more information.
- **The Good Table UCC Council** meets via zoom, **Wednesday, Sept 21, 6:30p**
- **Sat. Sept. 24** will be our **Community Work + Fun Day** @5166 Sobrante Ave, 12-3p. Wear sturdy shoes and clothing and bring work gloves and favorite gardening tools. And please bring a good quality mask so we can all stay safe from COVID and construction dust.
- **Sun. Sept. 25 GTUCC Brunch Worship** @Hariton's in Pinole, 10:30a, worship at 12n

The Good Table UCC Worship Offerings

Join us on **Sundays at 12 noon** for our celebration with music, prayer, and preaching in person AND via Zoom . We celebrate the sacrament of **Holy Communion every First Sunday**. All are welcome at our table in El Cerrito and online everywhere!

- Sept. 4 *"The Unlikely Messenger"* *Philemon 1:1-21*
- Sept. 11 *"Lost and Found"* *Luke 15: 1-10*
- Sept. 18 *"Cooking the Books"* *Luke 16: 1-13*
- Sept. 25 Mediterranean Brunch and Worship @Hariton's in Pinole, 10:30a
- Oct. 2 World Communion Sunday Psalm 137
Reception of Neighbors in Need offering



The Good Table
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El Cerrito, CA 94530

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Rev. Dr. Melinda V. McLain, pastor
info@the-good-table.org
780 Ashbury Avenue
El Cerrito, CA 94530
510-526-0110
the-good-table.org