

JUNE 2022

# THE GOOD TABLE NEWS



Heart Stone and banner at the Good Table site

## The Good Table Café and Nursery News

It was so wonderful to be back onsite at our May workday with our sturdy corps of volunteers. In addition to sorting donations and reconfiguring our storage container for more ease of access, super volunteer **Miguel Zulaidi** surveyed the inner working of the “**monument**” sign so that we can repair it and eventually install our “joint logo” for the project.

For those of you new to the project, our logos were designed by **Hunter Rook** of **Rowdy Ferret Design** in Oakland. When I first met with Hunter to create graphic art and a website for the project, we discussed the wonderful history of the Adachi nursery, the desire for the art to be connected to the natural world and for the logo to be easily adapted for use throughout the space, as well as online.

Hunter suggested a design that recalls the tradition of Japanese family crests. These crests

usually incorporate botanical elements common in the region where the family lived. In the case of El Sobrante, we chose to use an abstract version of plum branches because this area is home to many, many wild plum trees. Right now, if you walk through any neighborhood in the area, these plum trees are loaded with ripening fruit and we can all look forward to harvesting them soon!

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](https://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 May 28 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.



Darrel DeBoer working at "The Shed"

## June birthdays

7th Kelly Knight  
12th Olivia Wisely  
15th Cathy Noble  
17th Randi Nielsen  
28th Wendy Wisely  
(would have been 60)

## June Anniversaries

17th Susan Meeter and  
Barbara Cook  
21st Bonnie and Dan Hariton

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

Nancy cleaning up brush





# Seeing the World Differently

by Rev. Dr. Melinda V. McLain  
Pastor for The Good Table UCC

*Do you see the glass as half-full? Half-empty? or something else?  
Got a pair of “rose-colored” glasses or do you try to be a “clear-eyed realist”?*



We live in a time of divisive politics and great challenge to creating diverse and healthy communities. Part of the problem lies in our inability to imagine the point of view of someone who disagrees with us as valid - from their point-of-view. This is especially problematic when those views become hateful and worse yet, lead to violent behavior.

Violence and hatred are never acceptable, but how we respond matters. If we choose to respond in kind with more hatred and violence, the cycle never ends. No one ever “wins” and we, as a society, all become losers. Instead, I would invite everyone to take the time to learn non-violent methods of response.

For me, practicing non-violence isn't hard in a physical sense, but I confess I don't always manage it in my thoughts and words. It is so easy to fall into the trap of thinking in terms of “us vs. them” and secretly wish that “they” would just go away and leave “us” alone.

As an out lesbian ordained minister, I know first-hand what it means to be thought of as other than human and other than holy. Over the years, I've been told to my face that I'm going to hell and even that my existence has caused God to punish society through hurricanes and wildfires and other disasters.

Following our conversation, we've now had our This is, of course, in my view, utter nonsense. I believe in the God of love who not only loves me, but ironically, those who hate me. I also believe, because of the example and teachings of Jesus and many other teachers, that God longs for us to love one another - even our enemies. And ultimately, I believe that love wins for me, when it wins for those who hate me. And again, if hate and violence win, we all lose.

Toni Morrison once wrote, “If you are going to hold someone down you're going to have to hold onto the other end of the chain. You are confined by your own repression.” So if like me you want to find the path beyond being a jailer or the one imprisoned, I invite us all to practice the radical love of non-violence.

While these are very big ideas, the spiritual practices that help us are as simple as choosing to be kind, generous, and hospitable without exception. May it be so!



# News from the Pews



Wendy Wisely



Pastor Melinda's 60th Birthday Celebration

Our beloved longtime church member, **Beth Koutz** turned 100 on May 23rd. She is doing very well and is living with her daughter-in-law, Carol Koutz. If you'd like to send a card, her new address is: 2736 Green Bay Way, Sacramento, CA 95826.

On Thursday, June 2nd, our church's Vice-Moderator **Wendy Wisely** completed her earthly journey with us and died from brain cancer. Do send your love and prayers to her daughter Olivia and husband Michael Ray during this tender time. A memorial service will be planned many months from now so that all of Wendy's various communities can be included. In our church community, Wendy was known as the "queen of gratitude" and we are so grateful for all the gifts she brought to our community over the past 20 years. She will be deeply missed. May her memory be a blessing to all who knew her.

**Nancy Lemon** and **Blaine Devine** will be on an extended van camping trip for most of the summer. They will be joining other family members on Mt. Ranier to scatter Adele Lemon's ashes and will eventually visit Nancy's cousin Jan Lehde, who regularly visits the church via zoom, in British Columbia.

**Pastor Melinda** has been actively celebrating her 60th birthday since May 19th and was able to enjoy a birthday dinner in Santa Fe, NM with friends from every part of her life including friend **Linda Knapp** who knew her in utero and was present at her baptism in 1962, friends from high school in Midland, TX, Colleen's brother and his spouse from Louisville, KY and new friends in Santa Fe. While Melinda never thought she'd live to be 60, she's delighted to be here now and serving this wonderful church and project.

# 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 mindfulness circle 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](mailto: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

- **Colleen Rodger** and **Melinda V. McLain** will be in Santa Fem NM, June 14-18.
- **The Good Table UCC Council** meets via zoom, Wednesday, **June 22, 5p**
- **Sat. June 25** 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.
- Our **Semi-Annual Meeting** for The Good Table UCC will be on **Sunday, June 26 @1p** after our in-person and zoom worship and using the same links. All are welcome, but only members can vote.



# 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!

June 5 "Holy Advocacy"- *John 14: 12-27*

The Feast of Pentecost and Strengthen the Church UCC offering

June 12 "Who indeed!"- *Psalm 8*

The Feast of the Holy Trinity

June 19 "His Name Was Legion"- *Luke 8: 26-39*

June 26 "Never Turning Back"- *Luke 9: 51-62*

Celebrating LGBTQ + Pride

Nick Perez, Guest Musician

Semi-Annual Meeting following the gathering

July 3 "Joy in the Morning"- *Psalm 30*



Teja listening to the service

The Good Table  
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Rev. Dr. Melinda V. McLain, pastor  
[info@the-good-table.org](mailto:info@the-good-table.org)  
780 Ashbury Avenue  
El Cerrito, CA 94530  
510-526-0110  
[the-good-table.org](http://the-good-table.org)