



# EPWORTH NEWS

## — BERKELEY FOOD NETWORK DELIVERS THE GOODS —

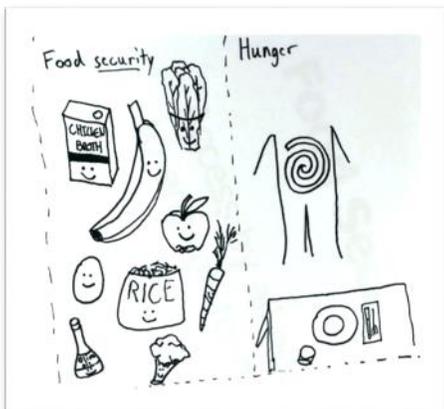
Back in February, a group of parents from Martin Luther King Middle School and Malcolm X Elementary School invited Epworth to partner with them and the Berkeley Food Network (BFN), a non-profit organization dedicated to alleviating hunger and poor nutrition in our community. Since then, several Epworthians have been volunteering regularly to deliver grocery bags of nutritious food to school sites on Friday afternoons.

“My admiration for [BFN] is through the roof because [they] have found a way to make sure that parents who can't make it to the food pantry still have a way to benefit from this community resource.” — *Mary Cavagnaro, Epworth volunteer*

### What is food insecurity?

The U.S. Department of Agriculture defines food insecurity as a lack of consistent access to enough food for an active, healthy life.

BFN cites a report from the UC Berkeley Haas School of Business that 24,000 people in Berkeley are food insecure, of whom only about 3% are unsheltered. Those affected include students, seniors, and working families.



“Food security vs. hunger” artwork by a Middle School Peace Arts camper, 2019

### About Berkeley Food Network

In September, Berkeley Food Network celebrated the completion of a new warehouse on 9th St. and University Ave. With their new facility, BFN has expanded operations, including:

- an on-site pantry stocked with fresh fruits and vegetables, meat, eggs, dairy and shelf-stable food
- an after-hours recovered food drop-off site for food overage coming from local restaurants and Cal Dining Services
- commercial kitchen for preparing individual, ready-to-eat meals
- giant walk-in refrigerator, freezer and food storage and bag packing areas



Photo by Georgia Wood

In addition, BFN sends mobile pantries to the Over Sixty Health Center, YMCA Head Start Programs, and the South Berkeley Senior Center.

### How We Can Help

Enthusiastic and energetic BFN Executive Director, Sara Webber, would love for the on-site pantry to be open weekdays, from 7:30 a.m. to 5 p.m., as well as two Saturdays per month. Would you like to work one shift a week in a grocery store setting, greeting people, keeping shelves stocked, and more? It sounds like a fun job and wonderful way to be involved in getting healthy food to those who need it most.

Please contact Susan at [susanejardin@gmail.com](mailto:susanejardin@gmail.com) to get involved, or sign up to volunteer at <https://berkeleyfoodnetwork.org>

## — PASTOR KRISTIN'S COLUMN —



“We gather together to ask the Lord’s blessing,  
God hastens and chastens God’s will to make known...”

These lines are from the hymn, “We Gather Together,” traditionally sung in November around Thanksgiving time. Originally from the Netherlands, the hymn was first sung in Dutch churches when brought to the United States, and began to gain popularity during World War I. Then in 1935 when it was included in the newly published Methodist Hymnal, it got its “big break!”

The Catholic version of the hymn substitutes “invoke” for “ask” and I admit I like this better, because “invoke” suggests we know the blessing is ready, present and forthcoming, surrounding us if we would only turn toward it.

The blessings of abundance have been apparent at Epworth this year, and we’ll celebrate those blessings at two significant events this month. First, the Harvest of Gifts fundraiser sharing of treasures and fellowship will be November 17th after worship. And on Wednesday, November 20, we’ll lift up the ministries of Epworth at our annual Charge Conference. District Superintendent Staci Current will preside. It begins at 6:30 in the Fellowship Hall. I hope you’ll put these events on your calendar and plan to be there.

This month’s newsletter focuses on food insecurity and how we are responding. In the midst of the blessings surrounding us, we know that there are many who are struggling. There are a number of ways to get involved in invoking God’s blessings for all in our midst. Locally, we partner with the Berkeley Food Network, Berkeley Food and Housing Project, the Alameda County Food Bank and other community organizations in direct service and in our giving. Conference-wide, nationally and internationally, our tithes and special gifts combine with other giving in the United Methodist Church to address many dimensions of poverty, of which food and housing insecurity is a part. If you would like to get involved in any of the ministries detailed in this newsletter, or have another idea to address food or housing insecurity, please talk to our Pastoral Intern, Akesa Fakava.

Finally, Deep gratitude to all who have made a commitment to Epworth’s Courageous Vision for 2020! As of October 24, 80 commitments for 2020 have been received, which includes eight new families or individuals. Your response has been phenomenal! I am so excited about the ministry your financial support will enable next year as we follow where God is leading us.

Currently, we are just about 11% short of our goal of \$340,000. If you have not made a commitment for 2020, you can sign up for [recurring donations at epworthberkeley.org/donate](https://epworthberkeley.org/donate) or can pick up a pledge card from the ushers or in the church office. Thank you!!

Pastor Kristin

*Epworth News* is a publication of Epworth United Methodist Church, 1953 Hopkins St, Berkeley, CA 94707

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**Associate Pastor:** Rev. Brian Adkins [brian.adkins@cnumc.org](mailto:brian.adkins@cnumc.org)

**Minister of Music:** Rev. Jerry Asheim [jerrycharles454@gmail.com](mailto:jerrycharles454@gmail.com)

**Lay Leaders:** Dianne Rush Woods, Rebecca Wheat, & Judy Cayot

**Pastoral Interns:** Akesa Fakava & Jacob Wilbur

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**Director of Communications  
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Merrie Bunt [merrie.epworth@gmail.com](mailto:merrie.epworth@gmail.com)

# — SERVING WITH NEIGHBORS NEAR AND FAR —

Serving Berkeley Men's & Women's Shelter since 1996 *by Kit Schweizer*

**DID YOU KNOW...** that groups of people from Epworth prepare and serve dinner at the Berkeley Men's and Women's Homeless Shelter twice every month? Furthermore, this has been going on for almost 23 years! The first dinner we served was on the 3rd Monday in November, 1996.

Over the years, many people have volunteered to be part of the teams. Today a group led by Jerry Asheim and Charles Lynch takes a turn on the 2nd Sunday of each month. I lead the second group on the 3rd Monday of every month. There are usually 5 or 6 volunteers who arrive at the shelter to begin cooking between 5 - 5:30 p.m. The cooking, serving and cleaning up is usually completed by 7:30 - 8:00 pm. The menu has varied over the years. It can consist of some combination of the following: salad, a hot vegetable, chicken, ham, spaghetti, chili mac, bread or dinner rolls, and dessert. In November, we serve pies donated by Epworth members as a Thanksgiving treat.

## GET INVOLVED!

From time to time, there is a need for more volunteers. Recently we've experienced some turn over and would gladly welcome new people joining the teams. Maybe, like me when I started,



*MaAn Barcelo, Carol Baumbauer, Christina Kellogg, and Maria Gallo after serving dinner in September*

you now find yourself with an empty nest and more time to volunteer. Or maybe you're a young adult or college student and would like an occasional evening away from work or study. Whatever your story, if this is something you would like to try, please reach out to me (schweizer.kit@gmail.com) or Jerry Asheim (jerrycharles454@gmail.com).

## NOVEMBER PIE DRIVE

Stay tuned to "This Week at Epworth" for more details: <http://bit.ly/SignUpEpworth>

## Other Ways to Serve



KidsCare Community Service Activity  
Saturday, November 16, 2019  
11 a.m. - 1 p.m. — Youth Room

Join East Bay families to assemble hygiene kits for clients of the Berkeley Men's and Women's Shelter. Contact Marisol at [ildae20@gmail.com](mailto:ildae20@gmail.com) for more info.



Alameda County Food Bank  
Wednesday, November 13  
11:50 a.m. carpool; Shift at 12:30

Shifts usually involve packing fruits and vegetables from huge containers into easy to handle mesh bags. As we work, we have a chance to talk and share what is going on in our lives. Contact Sally at [sfnasman@gmail.com](mailto:sfnasman@gmail.com) to join!

# — GROWING TOGETHER THROUGH STUDY AND SMALL GROUPS —

NEW GROUP FORMING IN NOVEMBER!



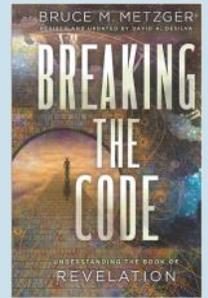
Do you love to read? Would you like to participate in a group to discuss great books?

The new Good Reads Book Group is forming on Wednesday, November 6! Come learn more at 11 a.m. in Adult Study. At the first meeting, Barbara Stone, one of the organizers, will bring three books to choose from; after that, participants will each have an opportunity to choose a book for the group to read.

If you would like more information, please contact Barbara at 510-928-9072.

Thursday Morning Book Group exploring the Book of Revelation

“The Book of Revelation contains passages of great beauty and comfort, as well as passages that strike us as bizarre, bewildering, and sometimes frightening. How can we discern God’s message in this peculiar part of the Bible?” — back cover, *Breaking the Code* by Bruce M. Metzger



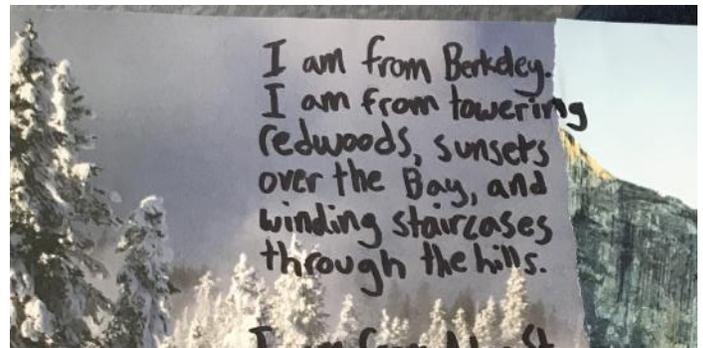
The Thursday AM book group takes the book selections at a leisurely pace, exploring about a half chapter per week. Snacks, coffee and tea fuel in-depth discussions.

For more information, please contact Sharon at [strongfam@aol.com](mailto:strongfam@aol.com)



Sunday Morning Bible Study

Hello all, this is Jacob Wilbur, one of the pastoral interns and I want to share about the Bible study I lead on Sunday mornings before service. It starts at 8:45 a.m. and we discuss the scripture verse related to the sermon before the service. It is a good way to get some background and be a part of the discussion so when the verse is preached, we have a deeper insight into the pastor’s message. This is more than a Bible study group. It is more like a small group where we pray together, check in about our week and hold each other accountable. The group atmosphere is informal and all are welcome to join. Sometimes there are PowerPoint discussions and teaching moments, ranging from historical background of the text to other religions, to any topic the group is interested in. No need to have any knowledge of biblical text or historical background before you join. All levels and knowledge are welcome and we do not judge anyone for any questions asked. It is a place and time to grow, learn and love together.



Sunday Morning Youth Group

Epworth Youth have been busy this fall! We’ve been exploring different topics including writing poetry and creating art about “where I’m from,” creating a group covenant, and serving our community! On September 29, we baked 3 dozen cookies to donate to Berkeley High’s Parent Resource Center. On October 19, we gathered at the Berkeley Marina and collected FOUR POUNDS of teeny tiny trash pieces—preventing them from becoming fish food and making our shores just a little bit cleaner. Our next project is raising money for Water for Knowledge under the leadership of Dawit Vásquez-Suomala and friends—stay tuned for information about opportunities to support this amazing cause!

# — CARING FOR EACH OTHER —

## Consider Becoming a Stephen Minister! *by Willa Seldon*

“I feel deeply privileged to be entrusted with another’s vulnerability: joy, anger, sorrow, confusion. I find being a Stephen Minister one of the most rewarding things I do. If you would value this kind of service, please think about becoming a Stephen Minister. You’ll find it a profound way to share your gifts with our Epworth community.”

—Pat Bruce-Lerrigo, Stephen Leader



**Stephen Ministers** have supported members of our community as they experience work and family transitions, the loss of a loved one, illness, loneliness, questions about their relationship with God and more. Stephen Ministry is a one-on-one caring ministry that has been actively at work at Epworth since 1988. We meet people where they are – listening, reflecting what we hear, and, to the extent individuals

are comfortable, praying with and for them. Congregation members are trained to become Stephen Ministers, who offer high quality, confidential caring to people experiencing transitions or challenges in life. Stephen Ministry is a part of an international program that has trained over 600,000 people as Stephen Ministers from more than 12,000 congregations and other organizations since 1975.

### How do I become a Stephen Minister?

To prepare for this good work, Stephen Ministers complete a 50-hour training. This practical program was designed by the worldwide Stephen Ministry organization and tailored to Epworth’s rich wisdom and range of understanding of the Holy Spirit’s work in and among us. The training is engaging, inspiring, rigorous and well worth your investment of time.

“I found the training engaged me and prepared me to be a Stephen Minister and also helped me in my work and personal life.” – Willa Seldon, Stephen Leader

The Leaders of the training are Stephen Ministers who have attended additional week-long leadership training. We ask participants to pay \$60.00 for materials, if you are able. Not being able to pay will not be a barrier to participation.

### What is expected of Stephen Ministers?

Having successfully completed the training, Stephen Ministers are ready to be assigned a “Care Receiver” with whom you typically meet for an hour a week. We commit to attend a monthly meeting for peer coaching and ongoing skill development, and to serve as a Stephen Minister for at least two years. Most are so fulfilled by the one-on-one caring ministry and the support and learning within the Stephen Ministry team that they continue much longer.

### What happens next?

The next training will be in 2020. There will be about 16 class sessions total. We hope to have a diverse mix of Stephen Ministers, including gender, race, age, and life circumstance.

Please let us know if you might be interested in becoming a Stephen Minister! Feel free to contact any of us listed here to learn more and answer any of your questions.

Pat Bruce-Lerrigo: pblerrigo@sbcglobal.net 510-612-9656  
Beverly Dance: dance@mba.berkeley.edu 510-333-8859  
Willa Seldon: willa.seldon@gmail.com 415-606-5428

## NOVEMBER BIRTHDAYS!

11/2 Paul Nasman	11/17 Al Kueffner	11/27 Martin Poz-Perez
11/3 Judy Kriege	11/19 Maria Gallo	11/29 Cathryn Bruno
11/9 Kathe Jordan	11/20 Sharon Strachan	11/29 Moses McClure
11/11 Emilie Bergmann	11/21 Chris Baetge	11/30 Ruth Parker
11/12 Aaliyah Coates	11/22 Shaun Burl	11/30 Abigail Starkey
11/12 Alex Rush	11/24 Jonah Arreola-Burl	
11/15 Judy Cayot	11/27 Marty Olney	

— EXPRESSIONS OF RADICAL HOSPITALITY AND GENEROSITY —

Community Concerts at Epworth presents:  
Piano Quintets from Russia and France, with a touch of Africa

*by Caroline Lee, Artistic Director*



*Mariya Borozina and Dian Zhang, violins;  
Yi Zhou, viola; Angela Lee, cello; Miles Graber, piano*

Sunday, November 3, 2019 at 4 p.m.  
Epworth UMC Sanctuary

Five powerhouse performers bring two masterpieces from the piano quintet literature: Dmitri Shostakovich’s piano quintet in g minor and Darius Milhaud’s La Creation du Monde. Both intimate and grand in scale, the Shostakovich quintet, written in 1940 during the height of Stalinist cultural repression, is a mature expression of the composer’s piano chamber music output. Worlds away in Paris in the 1920s, Mihaud’s arguably most famous work was first written for a chamber orchestra (rewritten for a piano quintet by the composer later) as a ballet depicting an African creation story.

A Big Thank You From the Parent Resource Center *by Susan Jardin*

“Why Ninth Grade Matters” is a huge event at Berkeley High every fall. Family Engagement Specialists Irma Parker and Leticia Amezcua invite parents of incoming 9th grade students to a family-style dinner and education event. Their vision is to get parents and students of color the resources they need to navigate the system so that students can be successful during their four years of high school.

This year many people from Epworth and the larger older adult community donated cookies for dessert – enough to feed 200 parents! Irma says that she felt parents were very engaged at the event, which offered workshops in English and Spanish on how to support students at home and how to find resources at Berkeley High. Parents expressed that they were appreciative of the services that the Family Resource Center has to offer, such as emergency counselling, bus fare, lunch money, school supplies and more.

To find out how you can make donations of cash or supplies to the Parent Resource Center please contact Susan at [susanejardin@gmail.com](mailto:susanejardin@gmail.com).

**Year-to-date Financial Briefing**

*Our year-to-date (Jan.-Sept.) expenses have exceeded revenue by \$22,323.*

	Budgeted	Actual	Difference
Revenue	\$354,487	\$333,191	(\$21,296)
Expenses	\$360,751	\$355,514	(\$5,237)
Net Revenue		(\$22,323)	



*The leaves are falling and the pews are calling! Epworth trustees invite you to the fall workday on Saturday, November 9th from 9 a.m. to 1 p.m., followed by potluck.*

## — TWO ANNUAL EPWORTH TRADITIONS NOT TO BE MISSED —



### Harvest of Gifts Annual Fun(d)raiser

*November 17, 2019, following worship*

Epworth's annual "Harvest of Gifts" silent auction fun(d)raiser, is Sunday, November 17, after worship in Fellowship Hall. Please OFFER your "gifts" such as a special meal, cooking lessons, rides to the airport, pet sitting--anything you think someone would enjoy, and then BID on November 17. A delicious soup lunch will be followed by the auction and a talent show featuring Epworth's children and youth! The Harvest of Gifts benefits Epworth's general fund and our fundraising goal is \$8,000! Please donate early and bid often.

For more information, please contact Sally Nasman at [sfnasman@gmail.com](mailto:sfnasman@gmail.com) or Jerry Asheim at 510-435-5586.

Look for the donation form in the church bulletin or online: <https://forms.gle/7PSZ8kypQkZZ3ssd7>

### Advent Workshop

*December 8, 2019, following worship*

Advent Workshop is coming up on Sunday, December 8, from 11:30-1pm in Fellowship Hall immediately following the workshop service. This longstanding Epworth event is fun for families and children of all ages (including adults!)

Decorate cookies, create unique holiday cards, candles, advent calendars and ornaments. Invite your friends and neighbors. Please contact Susan Jardin at 510-524-2921 or [susanejardin@gmail.com](mailto:susanejardin@gmail.com) for more information or to volunteer.

Do you have a craft you'd like to share? Would you like to play or sing a song in our Parlor Music Hall? Can you help set up or clean up? Let the Advent Planning Team know!

## — TWO NEW OPPORTUNITIES TO CONNECT (AND EAT!) —

### Parents' Potlucks

Would you like to meet monthly with other parents and children at church? Are there aspects of parenting, raising children that you'd like to discuss? Epworth's Children's Council is working on a plan to create a series of ongoing opportunities for moms and dad to connect and explore different topics including spirituality in children, raising strong, resilient kids, juggling work and family and more.

Dinners would be from 5:30 – 7:30, with childcare so that parents can spend time together and talk.

Please contact Susan at [susanejardin@gmail.com](mailto:susanejardin@gmail.com) to learn more or to help with planning!

### Young Adults' Potlucks

Epworth Young Adults are a vital and integral part of our community—they serve in so many capacities in our congregation!

Starting in November, this small but mighty group is kicking off a monthly dinner gathering and all young adults are welcome, so invite your friends and neighbors!

Join us for potluck and conversation every first Tuesday from 7–9 p.m. in Room 15, starting on November 5th with a theme of "community."

Epworth United Methodist Church  
1953 Hopkins Street  
Berkeley, CA 94707

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## NOVEMBER EVENTS CALENDAR — *See our website for more details*

**11/3 Coffee Team Training**

11:30 a.m., Kitchen

**11/3 Community Concerts at**

Epworth presents Piano Quintets from Russia and France.

4 p.m., Sanctuary

**11/5 Young Adults' Potluck Dinner**

Launching this month: First Tuesday potluck meal and conversation.

7 p.m., Room 15 (downstairs)

**11/6 Good Reads Book Group**

Meet and Greet. 11 a.m., Adult Study

**11/9 All Church Work Day**

The leaves are falling and the pews are calling! It's time to give Epworth a fall refresh. 9 a.m.—1 p.m., followed by a potluck lunch.

**11/15 Museum Excursion to OMCA**

**11/16 KidsCare Community Service Project**, 11 a.m., Youth Room

**11/17 Harvest of Gifts** — Annual Fundraiser, following worship.

**11/20 Charge Conference**

Epworth & Trinity UMC's will hold a joint annual business meeting to approve compensation packages, celebrate ministries, and receive the 2020 budget recommendation.

6:30 p.m., Fellowship Hall

**11/21 Lunch Bunch**

11:30 a.m. Brown Bag Lunch; 12 p.m. Program - Fellowship Hall

**11/26 LGBTQIA-affirming Pre-**

**Thanksgiving Potluck** sponsored by Reconciling Ministries Committee.

Time TBD - Fellowship Hall

**11/28 Thanksgiving** - Office Closed

**11/29 Arreola-Burl 25th Anniversary**

**Vow Renewal & Family Dance Party**

Don and Michele are celebrating their 25th wedding anniversary at Epworth. Everyone is invited! We'll start in the Sanctuary at 2:00 p.m. for the vow renewal ceremony, then head downstairs to the Fellowship Hall for cake and dancing. Bring your kids, bring your grandma... join us! No gifts, please.

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*We welcome all people on their journey of faith regardless of age, physical condition, race, gender, power, privilege, sexual orientation, class or culture, and support each other in our ministries to one another, the community and the world.*

*- Epworth has been a reconciling congregation since 1995. -*