



# October 2025 THE MESSENGER

751 Alameda de las Pulgas, Belmont CA 94002 • 650-593-4547 • Office@ccpeninsula.org • www.CCPeninsula.org

## New bylaws and articles are adopted

By Micki Carter

New Articles of Incorporation and Bylaws for the Congregational Church of the Peninsula were adopted at a congregational meeting in the Dining Room after worship on Sunday, Sept. 28.

The Bylaws Committee, under the leadership of Greg Thornhill, has been working for more than a year on completely new documents for the merged Congregational Church of Belmont and First Congregational Church of Redwood City.

At Annual Meeting in February, the committee shared their vision of a more nimble system of governance. In September, the committee presented the actual documents which were approved by Council.

The new organizational structure is led by a Board of Directors with four standing committees (Finance, HR, Nominations and Facilities).

The work of the current boards (Christian Ed, Deacons, Social Action and Communications) will be organized into teams under the direction of the senior pastor. Those teams are not part of the Bylaws, and the committee members said that they will be spelled out in more detail before the next Annual Meeting on Jan. 25.

The new Articles of Incorporation and Bylaws will be effective at the end of Annual Meeting 2026.

The only amendments to those documents passed at the congregational meeting were identical changes to both the Articles and the Bylaws.

Both documents were amended to change the composition of the Board of Directors from "seven voting members and

See BYLAWS, Page 12



Keith Howard in period dress handed out glasses of faux champagne.

## Growing old with style!



Pastor Jim with special guests Mayor Julia Mates and Councilwoman Cathy Jordan.



A 3-D plastic print of the church along with toy Model Ts decorated the cakes.

We took the time to glance back at the unique history of our church building at a celebration of its Centennial on Sept. 7. We watched a slideshow that brought us from its beginnings as the clubhouse of the Belle Monti Country Club in 1925, through many unique iterations — a real “swords to plowshares” story — right up to 2025 as a UCC church, as it has been since 1953. We dressed up as flappers and floozies, drank faux champagne from our own speak-easy and listened to great jazz from our own CCP musicians. We marked the 100 years with a great party that celebrated our roots in style. More photos appear on Page 5.

**We are an Open and Affirming Congregation valuing everyone's race, ethnicity, gender, sexual orientation, age, class, physical and mental abilities.**

## From Pastor Jim Remembering all victims of violence, hate

By Rev. Jim Mitulski

Dear friends, As I write this, friends in the interfaith communities to which we are connected are reeling from the most recent incident of gun violence, which killed and injured the members of the Church of Jesus Christ of Latter Day Saints in Grand Blanc, Mich. This took place in a month of escalating gun violence in our country.

Not only do we extend our sympathies to our friends at the LDS Church on Alameda in San Mateo, not a mile from CCP, as well as the one in Foster City which works with us through the Peninsula Multifaith Coalition.

We are also aware of our own vulnerability as a church that also houses a school.

This month we also remember the violence in our own streets as we commemorate the anniversary of [Chinedu Okobi's death](#), tased to death in Milbrae by the people who were charged with protecting him and the lack of justice he and his family received.

Their financial settlement does not atone for his death and the deaths or injuries of others in San Mateo County who suffered a similar fate.

Join us at Island United Church in Foster City on Sunday, Oct. 5, at 2 p.m., along with our partners from Fixin San Mateo County, Foster City Association of Black Residents, Reach Coalition, San Mateo NAACP and Peninsula Solidarity Cohort as well as members of the Okobi family, as we gather in prayer to say: We remember. We will not forget!

Recently, a board member shared that a visiting family with children was drawn to our church because of the banners proclaiming our commitments that frame our front door.

Through our participation in events like this, through our philanthropy, our prayers and our activism we make these banners real.

I hope you'll join us this month for all of the activities we have planned for worship — and for Chocolate Fest!

I want to thank you for your prayers dur-

## CHINEDU OKOBI MEMORIAL 1982-2018

**"Blessed are they that mourn: for they shall be comforted."**

**MATTHEW 5:4**



ing my recent cancer treatment. I am happy to say that all went well, and I am optimistic that this phase is now behind me.

Prayer makes a difference, and I am truly grateful.

I hope to see you this month! Yours,  
Pastor Jim

### Upcoming worship themes and preachers

**October — Stewardship Month:  
The Changemakers**

Oct. 5, World Communion Sunday, Feast of St. Francis of Assisi, Blessing of the Animals, Rev. Jim Mitulski

Oct. 12, National Coming Out Day, Indigenous Peoples Day, Rev. Jim Mitulski

Oct. 18 (Saturday), Chocolate Fest!

Oct. 19, Chocolate Sunday, Interfaith Children's Sabbath, Rev. Sheryl Johnson, followed by a congregational meeting on calling Rev. Sheryl as Associate Pastor for Religious Education

Oct. 26, Reformation Day (UCC Heritage), Rev. Jim Mitulski

Nov. 1 (Saturday), Hosting the Golden

Gate Association of NCNC UCC.

Nov. 2, All Souls and All Saints Day, Rev. Colleen Darraugh, pastor of Metropolitan Community Church, Knoxville, Tenn.

Nov. 9, Artist and activist Mary Fisher, author of *Uneasy Silence*, our guest preacher, then a book talk and signing 12:30-1:30 p.m.

Nov. 16, Transgender Day of Remembrance, Rev. Dr. Megan Rohrer, author of *San Francisco's Transgender District*, is our guest preacher, followed by book talk and signing, 12:30-1:30 p.m.

Nov. 22 (Saturday), Harvest Dinner, 6 p.m., with our neighbors — Island United Church, San Carlos Community Church, Congregational Church of San Mateo, College Heights Church

Nov. 23, Thanksgiving Sunday, Pledge Sunday, local Service of Gratitude at Trinity Presbyterian in San Carlos with San Carlos Community Church, 6 p.m. potluck, 7 p.m. worship

Nov. 27 (Thursday), Thanksgiving Day Service with St. James AME Church and Island United Church of Foster City.

Nov. 30, First Sunday of Advent, worshipping at San Carlos Community Church.

**To go to the Congregational Church of Peninsula website, click on [CCP](#).**



## Warren's Wonderings

# Treat this like 'Holy Ground,' God says

By Rev. Warren Dale

It is one of my favorite scenes in the movies... Moses, an escapee, walks toward a burning bush... not too bright. God says, I have heard the cries... I am sending you to lead my people out of Egypt.

Last Sunday's visit of Quinn Martin, the Project Change student, reminded me of some early days. You know, every minister has hopes that the people will not only love God, but find an important ministry or two to both honor God and serve the Holy One.

During my early days with the First Church crowd, I heard two parts to their ministry that were important to them. The first was their Wednesday Prayer Time.

Now, as with any trained minister, I know how to pray... However, in walking with them I have learned new ways to pause in our quiet places, celebrate the Holy Spirit in our midst, and then to share our requests. It has become a special time for me.

The second important part of their ministry was that which included visits to Hillcrest Youth Facility. Over and over again, I would hear of Pastor Kristi and her entourage meeting with the Hillcrest Youth.



Quinn Cory Martin

And I suspect that some of the visitors may have felt like Moses...

"God, you are asking us to help your people out of captivity. What shall I say?"

Now, the scene becomes real.

Moses, "I have no words." Please substitute your own name in the place of Moses. And then God speaks, "I'll get to the words, but first take off your shoes. This is Holy Ground." Maybe that is the start of all important conversations. Treat this like this is "Holy Ground."

And then God says the following...

God speaks, "What about your brother, Aaron the Levite.... You shall speak to him and put words in his mouth; I will help both of you speak and will teach you what to do."

I am guessing that those visitors who accompanied Rev. Kristi, just waited for the right words to emerge...

Perhaps, I am wondering, if that is the lesson for us all.

A difficult moment...

"Take off your shoes, this is Holy Ground. Now, go gently, check in with Me... that I might guide you..."

And we are asked to pray... "Let the words of my mouth and the meditations of my heart be acceptable, O Lord, my strength and my Redeemer."

Blessings,

The Rev... Warren

# Circle of Care supports 2 immigrants

By Jill Visor

Circle of Care for Immigrant Families continues its mission to support immigrants and their families who are facing hardship due to immigration-related challenges. The fund provides financial assistance in situations involving detention, deportation, legal expenses and other urgent needs connected to the immigration process.

At our recent meetings, the committee reviewed two requests for aid:

## Support Case 1

After thoughtful consideration, the committee approved the following assistance to help stabilize this individual's living situation and meet essential needs:

- \$100/month for five months to assist with housing costs
- \$500 in grocery cards to help with food expenses
- \$200 on a Clipper Card to support

transportation.

## Support Case 2

The committee also reviewed a second application. After receiving additional information from the individual in need, we approved:

- \$1,500 to cover three months of legal fees.

We hope this support will offer some relief and stability during challenging times.

## Clarification of Purpose

We understand there has been some confusion regarding the scope of the Immigration Assistance Fund. To clarify:

This fund is specifically intended to support immigrants and their families facing urgent immigration-related needs, such as detention, deportation and legal proceedings. We are able to provide related

funding for:

- Legal fees
- Rent and utilities
- Medical bills
- Child care

However, we are not able to provide assistance for financial hardships that are unrelated to immigration issues. Additionally, in accordance with our guidelines, all payments must be made directly to creditors, not to nominees themselves.

We remain committed to offering compassionate and responsible support, and we are grateful to everyone who advocates for those in need.

If you have questions about the fund, please reach out to our committee: Jill Visor, Micki Carter, Steve Chamberlin, Jane Fernald or Pastor Jim.

To nominate someone in need or contribute to the fund, please visit this [link](#).

To go to the Congregational Church of Peninsula website, click on [CCP](#).





Some of the scenes from the Centennial Celebration on Sept. 7 included (from top left) Micki Carter and Mike Venturino, Keith and Linda Howard, Maura Whitmore and Ken Koval, Gabriela Simon and Keith (comparing mustaches!), Revs. Sally Train and Wendy Taylor (cutting the cakes) and Pastor Jim and Wendy. Special guests included Belmont Mayor Julia Mates, Councilwoman Cathy Jordan, Mitch Postel, president, San Mateo County Historical Society, and Karl Middelstadt, president, Belmont Historical Society.



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## Moderator's Report

# Time to flesh out new CCP structure

**By Maura Whitmore**

Hello, Fellow CCP'ers,

As you all know, we had a congregational meeting last Sunday, regarding our new Articles of Incorporation, ByLaws and Mission Statement. All passed, with some amending. The Tribe has spoken!

There remains much work to be done to flesh out the implementation of our new organizational structure. I encourage everyone who was at the meeting, and on Zoom, to participate in the brainstorming ahead.

That being said, let's look forward to what we have coming up to give solace to our souls. We have: Blessing of the Animals

(Oct. 5), Good Hope Luncheon (Oct. 7) Chocolate Fest (Oct. 18), and Harvest Dinner (Nov. 22) coming up, to name a few.

These are opportunities for us at CCP to get to know each other better.

In a wider reach, we have many speakers and guests coming to CCP to educate and entertain us. Please refer to any current Sunday Bulletin for a specific list.

We will hear Rev. Sheryl Johnson preach on Oct. 19, and immediately after, we will have a congregational meeting to vote to extend a call to her as a part-time Associate Pastor of Religious Education.

I believe we would benefit by having an

ongoing relationship with her, so that we further strengthen this area of our ministry.

Issuing a call to her would enable her to participate in the UCC pension plan, earlier in her career, rather than later. Young "called/settled" clergy can participate in the Next Generation Leadership Initiative, through UCC, that will support Pastor Sheryl professionally.

Here is a [link](#) to Sheryl's bio.

The congregational meeting will vote on this Council-recommended motion:

"We move to call Rev. Sheryl Johnson as our Associate Pastor of Religious Education."

## Playground play group starts up again

**By Rev. Sheryl Johnson**

After my summer away, I am delighted to be back at CCP working with our children, youth, young adults and families!

Our BCE committee is also back up and running—thank you to Leslie Marx, Mary Beth Gray and Sarah Thornhill for their service and support.

Our monthly play group for kids started again in September, and we continue to add to our "pray ground" space in the back of the Sanctuary and activity bags for kids.

I heard the lovely news that kids who come to the church during the week while their parents attend support groups enjoy using the items as well. What a great way to share welcome and hospitality all throughout the week!

We are also ready to go with kids' lessons we can use on any Sunday when we have kids who would like to step out of the service for programming during the Scripture/sermon/prayer time.

These lessons will use Godly Play and other curriculum materials so that kids can explore Scripture, prayer, themes and stories in their own age-appropriate ways.

Our youth are back to meeting on the



**Pastor Sheryl and daughter Andie**

fourth Sunday of the month after church for pizza, community building, games and thematic conversations. We are continuing to explore topics of faith such as the afterlife,

suffering, world religions and faith/activism.

For our young adults, we were delighted to celebrate the completion of Keegan Pham's Change the Story grant.

He partnered with us to create social media education about native plant species and sustainability as well as opportunities for underserved youth in the East Bay to go to parks and learn about various species.

We are hoping to work with another Change the Story young adult participant soon—more to come!

Finally, CCP participated in the annual San Mateo County Coastal Cleanup on Saturday, Sept. 20, at Seal Point on the San Mateo bay shore. It was a great day of service to make sure our beaches are clean and safe for all species, humans included.

We are in the middle of planning more opportunities, including the Children's Sabbath service, kids' activities during Chocolate Fest, a parenting book study and also a special Christmas program for families in the neighborhood.

I am so grateful to everyone at CCP for all their support and for being a wonderful intergenerational faith community.

**A congregational meeting has been set for Sunday, Oct. 19, after worship, to vote on issuing a call to Pastor Sheryl.**

**To go to the Congregational Church of Peninsula website, click on [CCP](#).**

## Social Action

# Meet five recipients of CCP funding

By Linda Howard

One of the pillars of the Congregational Church of the Peninsula is Social Justice. The Social Action Board is a pipeline providing social equity in our community.

The board meets once a month to introduce and discuss organizations that promote social justice in education, the environment, immigration, recovery from natural disasters, food insecurity and other basic needs. Mostly the outreach is within San Mateo County, but some has been in other California counties, and other states.

This quarter the following organizations received donations from the Social Action Fund and the Lyman Covenant Fund: St. James Community Development Corporation, Peninsula Conflict Resolution, Empowerment Through Action, the Guardian Scholar Program, and R.I.S.E. (Raise, Inspire, Structure, Education)

### St. James Community Development Corporation:

Young adults aging out of the foster care system are among the most at risk group to end up being homeless. The foster care system does not ensure that these young people transition into adulthood with a safe, affordable place to live.

This group, also known as New Beginnings Housing, is an ambitious project to build affordable multi-unit housing located on the property of St. James AME Zion Church in San Mateo. Five units will be reserved for young adults raised in foster care. In addition to providing a safe place to call home, wrap-around services will be offered through a caseworker who will inform the residents of various social services.

Rev. Marylyn Bussey, the minister at St. James AME Zion church, spoke at CCP after church Aug. 14. She said, "We are awaiting building permits and should have them in hand by October. We anticipate having our ground-breaking ceremony in the spring of 2026."

### Peninsula Conflict Resolution

The Peninsula Conflict Resolution Center focuses on programs that connect neighbors, community and organizations needing communication help, conflict reso-

lution, and team building.

The program has worked with neighborhoods, organizations and incarcerated individuals. When a conflict arises, the staff of PCR can be invited to in to resolve conflicts in an affordable and equitable way.

### Empowerment Through Action

Driving past the parking lot of Hillsdale High School in San Mateo on a Friday morning, you will see people filling baskets with nutritious food. The Peace Pantry, in the form of a farmer's market, offers healthy food free of charge. In addition, a Community Closet opens its doors on other days to support students' clothing needs.

This program, appropriately named Empowerment Through Action, located on the grounds of the school, is centrally located in the community it serves.

The Peace Pantry was initiated to address the increase in the cost of living. Second Harvest Food Bank partners with Hillsdale to supplement the food. Depending on the season, much of the food comes from the Community Garden on the Hillsdale grounds, and student volunteers work in the garden all year, preparing the soil, planting and harvesting.

The Community Closet is currently in an expansion phase. Hillsdale students learn business skills as they design a place where students can shop for clothing. The Community Closet provides clothing for important events and applying for jobs.

The ETA program expanded to include wraparound services such as extra-curricular activities, mentoring and enrichment led by volunteers.

Social Action directed \$2,500 from the Lyman Covenant Fund to this program.

### Guardian Scholar Program

Young adults raised in foster care face multiple challenges such as gaps in education due to frequent moves, need for remedial classes, financial barriers, no family support system, trauma, and housing. Awareness of how to apply to college and access financial aid can be daunting without guidance.

The Guardian Scholar Program at San Francisco State University attempts to mitigate some of the harsh circumstances that young adults raised in foster care face as they navigate college life.

Only about 20 percent of foster youth enroll in college. Of those, less than 3 percent complete a four-year college degree. To put this number in perspective, about 60 percent of U.S. high school graduates enroll in college each year.

The students in the GSP cohort for 2022-2023 have persisted or graduated at a rate of 97 percent. The rate for non-foster youth in California is 77 percent.

Each year 95-110 students enroll in the program. Last year 23 students graduated, including three advanced degree students.

CCP, through Social Action, provides funding for this program to help former and current students, raised in foster care, to attend college and go on to be productive and successful adults.

### R.I.S.E

This Redwood City academic program operating tutors youth from historically underserved backgrounds. Reading skills are emphasized as many of the students' reading skills are below grade level.

R.I.S.E. has evolved into a "one stop" helping zone for families. While the younger children are tutored, their parents receive instruction in English and job readiness. Older students, usually siblings of the younger kids, help with tutoring and receive a small stipend.

After snacks are provided and school supplies replenished, the learners settle down to work from 4-6 p.m. The study groups are kept small to offer more individualized help. Many of the instructors are retired educators.

Bringing youngsters up to grade level in reading skills is the goal of R.I.S.E., and a recipe for success in the upper grades.

Funding from the Lyman Fund will go toward buying reading curriculum and workbooks and a recipe for success in the upper grades.

If you would like to recommend an organization to the Board, use this [link](#) or contact Linda Howard.

**To go to the Congregational Church of Peninsula website, click on [CCP](#).**

Order your tickets now for the 42nd edition of

# *Chocolate Fest*

**Saturday, October 18,  
1-4 and 5-8 p.m.**

An abundance of chocolate confections for tasting from 20 local chocolatiers • Live jazz • Champagne • Silent Auction • Prizes • A benefit for San Mateo County Health Foundation!

Select your three-hour tasting session when you order your tickets.

\$25 pre-paid; \$30 at door

Seniors/children: \$16 pre-paid, \$25 at door

(excluding taxes and fees)

## **Congregational Church of the Peninsula**

751 Alameda de las Pulgas,  
Belmont • 650.593.4547 •  
[ChocolateFestofBelmont.org](http://ChocolateFestofBelmont.org)



Use this QR code to order tickets!



To go to the Congregational Church of Peninsula website, click on [CCP](#).



# Chocolate Fest 2025: It's show time!

By Micki Carter

Ready or not, Chocolate Fest is upon us! The banner over Ralston Avenue (re-dated instead of repurchased!) goes up Oct. 6. The online Silent Auction, with an amazing array of new offerings, goes live on Oct. 13, and the iconic lighted sign Bob Donovan made celebrating CHOCOLATE more than 30 years ago will go up over the church front.

Then on Oct. 18, from 1-4 and 5-8 p.m., we will open our doors to an unbelievably diverse and divine group of chocolatiers who will offer their delicacies to what's shaping up to be a great crowd of chocolate appreciators.

How can you help with this 42nd edition of an enduring benefit that celebrates our passion for chocolate? Oh, let me count the ways:

- Sign up to work a shift (or two) using this [SignUpGenius link](#). Needed are ice cream scoopers, chocolate fountain refillers, parking attendants, vendor greeters, decorators, Sanctuary drapers, errand runners, champagne pourers, dish washers and every manner of question answerers.

Volunteer Coordinator Jane Fernald would love to have every spot filled long before she has to start urging people to find a way to help.

- Be an angel! You don't have time or aren't able to help physically, but you can



make a donation to defray the costs of putting on this magnificent annual effort. Use this [link](#) and put "Chocolate Fest donation" in the memo.

- Spread the word. Use the JPEG of the Chocolate Fest flyer to include with an email to all the locals in your email address list. Offer to post flyers at your gym or coffee shop or office. Grab some postcards and pop them in the mailboxes of your neighbors. Talk to your co-workers!

- Donate a bottle of wine (or two or three bottles) or a gift certificate for a door prize. Just hand it to Prize Coordinator Carol Chivers or Office Manager Rebecca Perry on Sunday.

- Buy tickets [here](#)! Chocolate Fest tick-

ets make terrific thank you gifts for your hairdresser, your chiropractor, the physical therapist who comes to your door, your cat-sitter and dog groomer. You get the idea.

This year we will be offering free child care, and we will be spotlighting live jazz from the Michael Medwid Trio.

Our beneficiary this year is the San Mateo County Health Foundation, the support organization for the health care provider of last resort for all the people of San Mateo County.

And, above all, it's so much fun! Jill Visor loved it so much when she came years ago, she joined the church so she could be part of it. Now she runs the whole show!

## Trustees have a form to help you dream big!

By Danielle Chamberlin and Elizabeth Nordt

CCPeninsula is in a process of growth and transformation, and the Trustees are putting some new processes in place to facilitate change.

This year, the Trustees are outlining a new planning process for the budgeting season, which we hope will enable us to "envision wider dreams" – to get the full picture for everything we might want to plan to do (and spend money on) in 2026.

Do you have some great ideas of a new activity or initiative that would need funding? Or does a current activity you are responsible for need additional (or reduced) support? We invite you to participate!

From Oct. 1-31, we invite you to submit

your ideas for new spending in 2026 at this [Google link](#).

Please plan to describe:

- The project scope
- How much money you believe we need to spend
- How it aligns with the church's mission
- The benefits (non-monetary and/or monetary) to the church
- What people resources would be needed to carry out the project, and whether those resources are available.

Trustees will collect all the ideas and put them together in a "wish-for" budget at the beginning of November.

Mark your calendar for our Stewardship Brunch after worship on Nov. 2. During the month of November, stewardship season

will encourage pledging to make those dreams reality.

At the beginning of December, Trustees and Council will review the proposals and projected income to put forward a recommended 2026 budget for the congregation to vote at Annual Meeting Jan. 25.

In the words of Jim Manley's hymn, *Spirit of Gentleness*:

You call from tomorrow, you break ancient schemes.

From the bondage of sorrow all the captives dream dreams;

Our women see visions; our men clear their eyes.

With bold new decisions, your people arise.

To go to the Congregational Church of Peninsula website, click on [CCP](#).



# CCP's October Calendar

<b>1</b> Wed	11:00AM - 12:00PM	<input type="checkbox"/> Off-site events	Online Prayer Time with Pastor Jim and Pastor Warren
<b>2</b> Thu	6PM - 7PM	<input type="checkbox"/> Off-site events	Thursday Night Prayer & Check-in
	7:30PM - 9PM	<input type="checkbox"/> Church Events	Choir Rehearsal
<b>5</b> Sun	9:30AM - 10:15AM	<input type="checkbox"/> Church Events	Preschool Playgroup with Rev. Sheryl
	10:30AM - 12:00PM	<input type="checkbox"/> Worship	Sunday worship
	11:30AM - 12:00PM	<input type="checkbox"/> Church Events	Coffee Hour
	5PM - 6PM	<input type="checkbox"/> Off-site events	Zoom worship with Pastor Warren
<b>7</b> Tue	12:15PM - 1:15PM	<input type="checkbox"/> Off-site events	Good Hope Luncheon
	1:30PM - 2:30PM	<input type="checkbox"/> Off-site events	Online Book Group
<b>8</b> Wed	11:00AM - 12:00PM	<input type="checkbox"/> Off-site events	Online Prayer Time with Pastor Jim and Pastor Warren
<b>9</b> Thu	6PM - 7PM	<input type="checkbox"/> Off-site events	Thursday Night Prayer & Check-in
	7:30PM - 9PM	<input type="checkbox"/> Church Events	Choir Rehearsal
<b>12</b> Sun	10:30AM - 12:00PM	<input type="checkbox"/> Worship	Sunday worship
	11:30AM - 12:00PM	<input type="checkbox"/> Church Events	Coffee Hour
	5PM - 6PM	<input type="checkbox"/> Off-site events	Zoom worship with Pastor Warren
<b>13</b> Mon	9:00AM - 10:00PM	<input type="checkbox"/> Chocolate Fest	Chocolate Fest prep?
<b>14</b> Tue	9:00AM - 10:00PM	<input type="checkbox"/> Chocolate Fest	Chocolate Fest prep?
	1:30PM - 2:30PM	<input type="checkbox"/> Off-site events	Online Book Group
<b>15</b> Wed	9:00AM - 10:00PM	<input type="checkbox"/> Chocolate Fest	Chocolate Fest prep
	11:00AM - 12:00PM	<input type="checkbox"/> Off-site events	Online Prayer Time with Pastor Jim and Pastor Warren
<b>16</b> Thu	9:00AM - 10:00PM	<input type="checkbox"/> Chocolate Fest	Chocolate Fest prep
	6PM - 7PM	<input type="checkbox"/> Off-site events	Thursday Night Prayer & Check-in
	7:30PM - 9PM	<input type="checkbox"/> Church Events	Choir Rehearsal
<b>17</b> Fri	9:00AM - 10:00PM	<input type="checkbox"/> Chocolate Fest	Chocolate Fest prep
<b>18</b> Sat	7:00AM - 10:00PM	<input type="checkbox"/> Chocolate Fest	Chocolate Fest 2025
<b>19</b> Sun	10:30AM - 12:00PM	<input type="checkbox"/> Worship	Sunday worship
	11:30AM - 12:00PM	<input type="checkbox"/> Church Events	Coffee Hour
	12:00PM - 1:00PM	<input type="checkbox"/> Church Events	Congregational Meeting
	5PM - 6PM	<input type="checkbox"/> Off-site events	Zoom worship with Pastor Warren
<b>21</b> Tue	1:30PM - 2:30PM	<input type="checkbox"/> Off-site events	Online Book Group
<b>22</b> Wed	11:00AM - 12:00PM	<input type="checkbox"/> Off-site events	Online Prayer Time with Pastor Jim and Pastor Warren
	7:00PM - 9:00PM 📧	<input type="checkbox"/> Church Events	CCB Council Meeting
<b>23</b> Thu	6PM - 7PM	<input type="checkbox"/> Off-site events	Thursday Night Prayer & Check-in
	7:30PM - 9PM	<input type="checkbox"/> Church Events	Choir Rehearsal
<b>26</b> Sun	10:30AM - 12:00PM	<input type="checkbox"/> Worship	Sunday worship
	11:30AM - 12:00PM	<input type="checkbox"/> Church Events	Coffee Hour
	5PM - 6PM	<input type="checkbox"/> Off-site events	Zoom worship with Pastor Warren
<b>28</b> Tue	1:30PM - 2:30PM	<input type="checkbox"/> Off-site events	Online Book Group
<b>29</b> Wed	11:00AM - 12:00PM	<input type="checkbox"/> Off-site events	Online Prayer Time with Pastor Jim and Pastor Warren
<b>30</b> Thu	6PM - 7PM	<input type="checkbox"/> Off-site events	Thursday Night Prayer & Check-in
	7:30PM - 9PM	<input type="checkbox"/> Church Events	Choir Rehearsal

You can access the entire CCP October calendar [here](#).

# Take what you want; eat what you take

*This article appeared in the San Mateo Daily Journal on Sept. 18.*

**By Georgi LaBerge**

When my siblings and I sat down to dinner as kids, Mom would say, “Take what you want, but eat what you take.”

Whatever was left was stored for later. A chicken and rice dish could be incorporated into a soup or stew or it might be passed on to a needy family. Mom was known for her extreme thriftiness. To her every bit of food counted. Our Uncle Carl often told how Mom, after using a ham bone that had flavored our bean soup, loaned it to a neighbor saying, “When you’ve made your soup, send the bone back. I’ll make another pot of soup.”

Old-fashioned customs like cleaning your plate, saving leftovers for later and sharing food were winning strategies that are mostly ignored today. Despite the fact that San Mateo County has one of the best records in California of reducing food waste, there is reason to do much more. Allowing edible food to be thrown away prevents us from feeding hungry neighbors, affects our economy and pollutes our air with greenhouse gases.

Many agencies, businesses and individuals generate food waste: restaurants, schools, hospitals and senior homes to name a few. Those of us who cook at home and bring leftovers after eating at restaurants also play a major role. It is up to all of us in our own sphere of influence to do what we can to help mitigate the problem.

The environmental costs of food waste are huge. Water, land, energy and labor are squandered in the process. When food ends up in landfills, it decomposes and releases methane, a greenhouse gas more potent than carbon dioxide, which can be harmful to our health. The biggest contributors to greenhouse gases are food consumption — particularly animal-derived foods — and food waste.

For most of this year, the nonprofit Sustainable San Mateo County has been compiling its 2025 Indicators Report on



food waste and the emissions released in San Mateo County. The report will be presented at a free public meeting 9-11 a.m. Oct. 1 at the Sobrato Center in Redwood Shores.

The report looks at how our county can reduce the climate impact by preventing food waste, composting organics and encouraging plant-based food choices. For this report SSMC conducted interviews with city staff and community agencies, gathered insights from survey respondents and heard from city leaders, nonprofit partners and technical experts at an event on the topic. The report reveals the price we pay for food waste while citing some hopeful activities taking place in San Mateo County.

Here are several takeaways:

- Thirty-four percent of the food we throw away in San Mateo County is edible.
- Nearly one in four county residents is hungry or at risk of hunger. This ratio is much higher than in the nation as a whole.
- Organic waste (food, especially animal-derived food, and yard waste) in the landfill is the chief cause of methane emissions,

which can be harmful to our health.

We must do our share to decrease food waste. Here are suggestions for individuals and families:

- Plan meals and shop with a list.
- Store food properly to ensure freshness.
- Utilize leftovers in creative ways.
- Compost food scraps to return nutrients to the soil. Do not put in the trash.
- At restaurants, order only what you can eat now or will eat later.
- Research places where edible food can be donated.

Additionally, please support your city in its efforts to develop and implement policies to decrease food waste. Read city council meeting agendas to learn of pertinent topics, write emails and share your ideas at a city council meeting.

To register for the 2025 Indicators Report launch on Oct. 1, use this [link](#) or email [info@sustainablesanmateo.org](mailto:info@sustainablesanmateo.org).

*Georgi LaBerge is a home economist, former Redwood City mayor and Sustainable San Mateo County board member.*

**The Good Hope Luncheon will be at 12:15 p.m. Tuesday, Oct. 7, at Veterans Memorial Senior Center, 1455 Madison Ave, Redwood City.**

**To go to the Congregational Church of Peninsula website, click on [CCP](#).**



## Bylaws

### Continued from Page One

the senior pastor, who is an ex-officio voting member,” to “seven voting members and the senior pastor, who will be a non-voting honorary advisor.”

Three other amendments were proposed. Two didn't pass, and a third was withdrawn.

Voting members were able to join the meeting and vote via Zoom with the group which gathered in the Dining Room for nearly two hours.

The meeting concluded with a round of applause for the work of the Bylaws Committee members, who included Greg Thornhill, Danielle Chamberlin, Henry Altorfer, Carol Chivers, Maura Whitmore and Pastor Jim.

Greg also thanked Chris Moropoulos for his legal review and advice in the preparation of the Articles of Incorporation and Bylaws.

The Articles will be filed with the state of California, as is required by law.



Sally Stewart, Henry Altorfer and Keith Howard were the September birthday celebrants who cut the birthday cake for September on Sept. 14. The cake-cutting was delayed a week because of the Centennial celebration on the first Sunday of the month.

**November Messenger deadline will be Oct. 27.**



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## Book group will be reading Emperor of Gladness by Vuong

The online book group meets via Zoom on Tuesdays from 1:30-2:30 p.m. Join the Zoom at this [link](#).

It's always okay to come even if you aren't caught up with the reading, and newcomers are welcome. Many non-church goers also participate.

The October book choice is *The Emperor of Gladness* by Ocean Vuong.

Oct. 7, Fall, pps. 115-216

Oct. 14, Winter, pps. 217-303

Oct. 21, Spring, pps. 307-end

The November book will be Mary Glickman's, *Ain't No Graves*.

Oct. 28, pps. 1-65

Nov. 4, pps. 66-122

Nov. 11, pps. 123-207

Nov. 18, pps. 208 -end

Nov. 25, Special session, a group reading of *The Great Silent Grandmother Gathering* by Sharon Mehdi.

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