

*What does God require of you but to do justice, to love kindness, and to walk humbly with your God. — Micah 6:8*

## *A Workshop for Mindfulness*

“*Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.*”

This is but one of the many definitions of mindfulness. When it comes to practicing mindfulness, I would call myself a novice. I have been aware of it as a spiritual practice for a number of years. There was a time in my past when I tried to begin my day—before checking phone messages, responding to emails or meeting with people—that I would sit in my office and practice mindful meditation. Long ago, in some far away sermon, I spoke of this practice. Maybe some of you will remember me talking about how I would light the small candle on my desk, pay attention to my breathing, focus on whatever mantra I had chosen for the week, and end with one intention for the day. It was a valuable practice; for my life, I cannot tell you why I stopped it.

Fast forward to two and a half years ago. I was participating in a weekly group that began each session with a mindfulness practice. During one of those sessions, as we prepared for our mindful meditation, the leader instructed us to think of a place where we felt safe. Maybe it was a place from our childhood or adolescent years. Or maybe it was a safe place we had found in our adult life. Regardless, we were to find that place in our minds eye and go there and simply be mindful of what we were thinking and feeling—of what we were bringing into the room with us that day. It was a way—a practice—to help us be fully present in the moment.

My safe place surprised me. It was my grandfather’s workshop (it, too, has shown up in past sermons). There were not many places in my childhood and early adolescence that felt safe. It’s hard for a child to hold a big secret, and I was holding a big one. There was no one that I could tell of my questions concerning my sexuality. But there, in my grandfather’s workshop I felt safe and in that safety I could be fully present to whatever I was doing, not overwhelmed by the anxieties and complexities of those childhood and adolescent years. My grandfather’s firm but caring voice gave me confidence to explore fixing and tinkering with things, to make mistakes and learn from them, to problem-solve with support and encouragement, to feel safe to be me in this world. I had no way of knowing it at the time, but that old two-room wooden-framed workshop gave me my first taste of mindfulness; for there I could be fully present to who I was and what I was doing with-

out feeling overwhelmed by the world I was living in—my inside world and the outside big, scary world. It was there, with him that I felt safe and loved.

This past week, I needed to go to that safe place and return to the practice of mindfulness. I needed that ability to be fully present to myself and others, as well as to my thoughts and feelings. I needed to stay present in the space that I live in and to all that is going on around me. And I needed to find some grounding so as to not get so lost and overwhelmed by all the horrific and tragic things going on around me in this world.

Once again, this past week, I returned to a practice of mindfulness and mindful meditation as I have struggled with the hate and violence that led to the killing of our Jewish sisters and brothers at The Tree of Life Synagogue in Pittsburg, Pennsylvania. I have needed to go to my safe place. Not to ignore or deny or insulate myself from the pain and sadness that I have felt or to the sufferings of this world. No, I have needed to go to my safe place so that I can be more fully present to my colleague and friend, Rabbi Lucy Dinner and to all my other friends at Temple Beth Or and the wider Jewish community in Raleigh. I have needed the practice of mindfulness so that I might be able to respond to the hate and violence in our world without becoming overwhelmed by it.

These are challenging days when it comes to finding safe places. These are challenging days when it comes to not feeling overwhelmed by the hate and violence in our nation and world and the rhetoric that incites it all. If you are searching, like me, for a different way to live in this world that may offer some relief from all that feels so overwhelming, I would recommend to you the practice of mindfulness and mindful meditation. You don’t have to start big. Start by finding your safe place and spending some time there. And once you have settled there, then notice your thoughts and feelings. Be gentle with them. And when you have spent enough time with them, let them pass by without judgment or attachment. Then try your hand at being fully present to your day—mindful of what is happening in the moment. Stay present to yourself and others. I have found that this practice frees me, opens me, and grounds me to be a more effective change agent in the world around me—to be a witness for God’s justice love in the world. Maybe it can be helpful to you, too. As for me, I’m off to my grandfather’s workshop.

*Nancy*

# Opportunities to Connect, Serve, Learn and Grow at Pullen

## 2019 Budget Pledging

2019 Budget:	\$	1,117,901
Pledged to Date:	\$	436,877
Percent Pledged:		39.08%

## How Much Should I Pledge?

The answer to that question was easy for Abraham and the other Old Testament figures — 10 percent of the first fruits. Easy, peasy. But these days, that figure seems anything but easy. With housing costs taking 30 percent or more of one's income, then adding on food, car payments, school loans, etcetera — 10 percent seems aspirational if not fantastical.

I'd like to offer a slightly different guideline, but first some background.

I grew up in a church that shares its origins with the Mormons. And while I have rejected most of its conservative teachings, one thing has stayed with me: Every member in good standing pledges 10 percent of their disposable income.

To figure that out, every member had to complete an annual financial statement — starting at 8 years old. My childish accounting of how much I spent on Twizzlers, Squirrel Nut Zippers and ice cream sandwiches was so without fact that Bernie Madoff could have taken lessons.

But this process was valuable, because it made me think about what I needed and didn't need. It made me appreciate what I had, and think about what others didn't have.

Deciding how much to pledge is a complicated process, but thinking of what we can live without is a good way to begin.

—Amber Keister,  
Stewardship Committee

## LGBTQ Lunch Next Sunday

Join us for lunch after worship at Brinx Pizza in Cameron Village on Sunday, November 11. Brinx is on Oberlin Road. A parking deck is available under the building, or it is a short walk from Pullen.

—Randall Brady

## Pullen Hosting Interfaith Worship Service November 4

### Praying In Unity: Exploring Our Various Prayer Traditions

This service will be led by Rabbi Lucy Dinner, Imam Abdullah Antepli, and Rev. Nancy Petty in Poteat Chapel of Pullen Memorial Baptist Church on November 4 at 4:00 p.m.

It has been said "We don't think our way into a new way of being. We act our way into a new way of being." This worship will be designed to put into practice our various forms of prayer from the faith traditions of Islam, Judaism, and Christianity. Rabbi Dinner, Imam Antepli, and Rev. Petty will each offer a teaching along with a guided practice of prayer.

Please share with your friends. We hope to have a diverse worshipping group from the three faith traditions in addition to people from other faith traditions.

Rabbi Dinner, Imam Antepli, and Rev. Petty will share a meal following worship at David's Dumplings. Those who wish to join them are invited. We are also encouraging people who would like to form small groups representing the different faith traditions to do so and eat together at a restaurant of their choosing.

—Nancy Petty

## Lend a Hand with Handy Corps?

For many years Pullen's Handy Corps have gathered on Wednesday mornings at 8:30 to enjoy some fellowship while tackling some of the maintenance items for the church. Men and women of various skill levels are welcome to join in anytime to learn more about Handy Corps, or speak with Warren Chesson ([wchesson@pullen.org](mailto:wchesson@pullen.org)). We usually finish the morning with lunch at the K&W Cafeteria.

—Jim Hodge

## Filing Cabinets Needed

We are in need of several lockable filing cabinets (we'll take both drawer and lateral). If you have one to contribute, please email me at [bwicker@pullen.org](mailto:bwicker@pullen.org).

—Brooks Wicker

## Invitation to LGBTQ Workshop Day at Umstead United Church of Christ

Umstead Park United Church of Christ, an open and affirming congregation, is hosting its second annual LGBTQ Workshop Day on November 10. Participants will choose four sessions to attend from a variety of topics which include: Legal Issues, Family Planning, LGBTQ Worker's Rights, Financial Planning, Aging in the LGBTQ Community, Gender Affirming Surgery, Hormone Replacement Therapy, Mental Health Issues, Equality NC, Queer Theology, Alliance of AIDS Services of NC, Gender 101, Personal Journeys, Transforming Families of NC, PFLAG and more! We will have sessions just for youth (ages 13+) as well! Get full details and register online at: [goo.gl/92wvJ8](http://goo.gl/92wvJ8)

Contact Gina Kentopp at [gkentopp@hotmail.com](mailto:gkentopp@hotmail.com) with any questions.

—Nancy Petty

## Seeking Part-Time Receptionist

Pullen Church is in need of a 20 hour per week office receptionist to greet guests, answer the telephone, assistant with bulk mailings, offer hospitality to those seeking assistance, perform routine office duties in support of other staff, and assist with accounts receivable duties. Hours are weekdays from 8:30am to 12:30pm and will pay \$15/hour. This temporary position has the potential of becoming a permanent position in February of 2019. Email resume and cover letter to Brooks Wicker, Church Administrator, at [bwicker@pullen.org](mailto:bwicker@pullen.org) by November 9.

—Personnel Committee

## Roundtable Needs Volunteers

Weekly, we open Finlator Hall to people experiencing housing instability and food insecurity. We strive to offer fresh foods, a safe environment, and a welcoming word to the 900 people who monthly walk into our lives. Volunteers are needed for food prep, hospitality, and clean up. Please contact me at [bcrisp@pullen.org](mailto:bcrisp@pullen.org).

—Brian Crisp

November 4, 2018

# Pullen People

## We Grieve With:

- ☞ Mary Lou Eycke in the death of her husband, Carl. A service celebrating Carl's life was held October 25.
- ☞ Former member Stephanie Ford in the death of her father, Lewis Ford. A memorial service celebrating his life was held October 28 at West Raleigh Presbyterian Church.
- ☞ Shirley Hubert in the death of her brother, James Lent. A memorial service celebrating James' life was held October 11.

## We Celebrate With:

- ☞ Noel and Harold Lichtin in the marriage of their daughter, Karen, to Stephen Pandos on Sept. 29.
- ☞ Catherine Corbett and Ella Beavers, who were married at Pullen October 7.
- ☞ David and Alice Bayne in the marriage of their son Peter to Ashton Mylin on October 13.
- ☞ The NC Bar Foundation which dedicated the Wade M. Smith Justice Fund on October 9 to benefit Legal Aid of North Carolina. The fund will help the NC Bar Foundation sustain and strengthen its support of civil legal services for the poor provided through Legal Aid of NC.

## Alliance of Baptists Sunday: November 11



As we celebrate our relationship with the Alliance of Baptists, we will welcome to our pulpit one of the Alliance's founders, Rev. Nancy Hastings Sehested. In helping to birth the movement that became the Alliance over 30 years ago, Rev. Sehested continues to be a prophetic voice in

Baptist life. Currently co-pastor at Circle of Mercy in Asheville, Rev. Sehested is no stranger to Pullen and we look forward to her return to our pulpit.

I remain grateful to you for extending hearty Pullen hospitality as we hosted the Alliance's annual meeting last year where 450 of our best Alliance of Baptists friends joined us for worship, fellowship and social justice action. Alliance Sunday gives us another opportunity to support its mission and ministry. You can also learn more about the Alliance at [www.allianceofbaptists.org](http://www.allianceofbaptists.org). I look forward to seeing you in worship on November 11.

—Brooks Wicker

November 4, 2018

# Harvest Season

## Bring Fabric Scrap With Your Pledge

Your time, talents and money are what make Pullen the beautiful place that it is. The Stewardship Committee invites you to help us create a quilt to symbolize the diverse gifts that you bring to our church community. When you offer your pledge for the coming year, we ask you to bring a 2 1/2-inch wide strip of fabric, of any length, to turn in with your pledge card. These pieces will come together throughout the pledging season to create a beautiful representation of our love and support of this church.

—Stewardship Committee

## How Do Pullen Members Pledge?

There are many ways to consider how our community members pledge to support the ministry and work of our church. The chart below is one breakdown of the 277 pledges given to support our 2018 budget. This is offered as a guide for you to consider as you reflect on giving in the coming year and making a pledge for 2019.

Pledge Range	Pledges Made	Total Pledged
\$ .01 - 499.99	26	\$ 5,895
\$500 - 999.99	33	\$ 21,635
\$1,000 - 2,499.99	90	\$ 142,548
\$2,500 - 4,999.99	60	\$ 202,713
\$5,000 - 7,999.99	35	\$ 206,226
\$8,000 - 11,999.99	16	\$ 153,180
\$12,000 - 15,999.99	10	\$ 132,000
\$16,000 +	7	\$ 133,200
<b>Total</b>	<b>277</b>	<b>\$ 997,397</b>

## A Great Way to Get Involved

Do you find yourself checking on elders in our congregation? Are you interested in supporting the elders of Pullen through phone calls, visits or even by planning special events? Elders make up a large part of the Pullen family, and we need people who will partner with us in making sure that they are supported and cared for as members of this community. If you would like to hear more about how you can engage in this effort, please join me on Sunday, November 11 at 12:15 p.m. in Room 203.

If you are unable to attend, but would like to know more, please contact me at [covery@pullen.org](mailto:covery@pullen.org).

—Chalice Overy

## Support Circle for Single Homeless Women

Catholic Charities and Pullen are hoping to partner two single women with a new Support Circle. The goal of the Support Circle Program is to engage members of congregations to end homelessness by partnering with individuals and families to assist them in their transition from homeless shelters to permanent housing. Each Circle needs seven to nine people. Please Contact me at [bcrsip@pullen.org](mailto:bcrsip@pullen.org) if you are interested.

—Brian Crisp

## Wednesday Nights at Pullen

Wednesday nights at Pullen offer something for everyone! As always, we begin with a community meal in Finlator from 5:15-6:00 p.m. Dinner is \$6 for youth and adults, \$3 for children with a maximum of \$20 per family. If this is a hardship, please contact one of the ministers. After dinner, we share announcements, joys and concerns. Next we offer programming for all ages. Here's a peek at what's ahead!

### Adults' Wednesday Night Series

#### November 7: The Internment of Japanese-Americans During World War II

Pullen Member Janice Overman will share a presentation about internment through the lens of her own family.

#### November 14: Election Reflection (and Release)

Mark Nance, Associate Professor in the School of Public and International Affairs at NCSU, and Rob Schofield, Director of NC Policy Watch and host of *News and Views*, will offer their perspective on the election as we consider engagement in the political process moving forward.

OR

Election season have you frazzled? Come to the chapel and simply breathe as Sheila Read leads a time of meditation.

#### November 21: No Programming Thanksgiving Week

#### November 28: Re-Gifting

How do you look forward to Christmas when you get the same gift every year? How do we anticipate the arrival of a baby born 2,000 years ago? We'll take a look at the prophetic texts of Advent to discover God's gifts for today.

### Wednesday Nights for Children

Childcare is always available for our youngest children. School-age children (grades K-5) are invited to develop their musical skills through Music Discovery or the Children's Choir. This time is followed by Micah Kids, where children learn to live out the message of Micah 6:8. Activities are designed to help each child deepen their relationship with God and understand how they can make a difference in their family, community, and world—right now.

♥ **Childcare (preschool) 6:00-7:30 p.m.**

♥ **Music 5:45-6:15 p.m.**

♥ **Micah Kids 6:15-7:30 p.m.**

### Programs for Youth (Grades 6-12)

#### Wednesday Night Live 6:00-7:30 p.m.

This is a space for teens to be in community with one another, have fun together, and engage topics about everyday life.

## Opportunities to Give & Serve

### Round Table Fellowship Needs Juice & Sausage

We are collecting items for the next packing of Round Table Ministry lunches. Needed are cans of Vienna sausages and individual serving sized juice pouches or boxes. We do not need crackers or cereal bars as we are getting plenty from the Food Bank at this time. If you can help, please place them in the blue wagon outside the church office or drop them off at the back door on Sunday mornings. Thank you for your generosity!

—Nancy Bradley

### Volunteers Needed for Sunday Morning Security Team

Don't have time for a major volunteer commitment at Pullen, but still want to help? Then consider signing up for the Pullen Security Team. You serve about one hour every 4-6 weeks in 2019 during Sunday worship. We count attendees at worship to track participation trends, and then walk the building to check doors that are supposed to remain locked during worship. Please contact me at [sjg.net@gmail.com](mailto:sjg.net@gmail.com) for more information.

—Steve Gurganus

### Invitation to Join Pullen Mission Women Tuesday for *The Making of An Activist*

Join us to when Pullen's own Elena Ceberio shares her story, *The Making of an Activist*, Tuesday, November 6 at 10:00 a.m. in Room 203. This event is a gathering of the Freeman-McMillan Circle of Pullen Mission Women, but anyone interested is welcome to attend. Call me at 919-782-5778 for more information.

—Cindy Chew

### Bring Non-Perishable Food With You To Pullen To Share with Our Hungry Neighbors

The non-perishable food we collect at the back door for the Urban Ministries food pantry is an important way we at Pullen show compassion for our food-insecure neighbors. You gave lots of food in September (Thank you so much!) but we've been a bit short since then. The need is constant. Please bring several cans of food each week when you come to church. The hungry residents of Raleigh will thank you!

—Pullen Mission Women

### Wednesday Night Survey

Wednesday Night at Pullen is such a rich communal space! We want to be able to share that space with as much of the Pullen community as possible. So we are inviting your feedback as we plan for Wednesday Night programming in the future. Over the next few weeks, surveys will be available at worship, and in **electronic form\*** via the weekly email. Please take 3 minutes to help us deliver the kind of programming that enriches our lives together.

—Chalice Overy

\*survey available at [tinyurl.com/wednesday-nights](http://tinyurl.com/wednesday-nights)

# Activities Abound As We Approach the Advent Season

## Advent Events for Children & Families

### Build An Advent Wreath Sunday, November 18

*Save the Date*

After worship on Sunday, November 18, families with children are invited to gather in Finlator Hall for food, fellowship and

crafts. After we eat, families will have a chance to work together to make a live Advent wreath that they can take home and use during the upcoming Advent season, which begins December 2. Lunch and all supplies for the wreaths will be furnished. Donations will be accepted to offset the cost.

Please RSVP by November 14! Also, if you have the metal wreath frame from past seasons, bring it with you.

## Parents' Day Off

**Saturday, December 1 // 11:30 AM to 4 PM**

Childcare will be provided by our Pullen youth and adult child caregivers while parents and guardians do some Christmas shopping, or just enjoy some child-free time. Children will enjoy lunch, crafts,



games and a seasonal movie. Parents must join their child in the Youth Room at church promptly at 3:30 p.m. for a wonderful Christmas surprise! RSVP by November 18!

## Coming up for Children: Christmas Play

**Practice Dates:** Sundays December 2 & 9 after worship; Dress Rehearsal is Saturday, December 15 from 10 a.m. until noon. The performance will be at the Pullen Christmas Breakfast, Sunday, December 16.

—Tommy Cook

## Meditation Group Meetings this Fall

Pullen's Meditation group meets on the 1st and 3rd Sundays in Poteat Chapel from 1:30 - 2:30 p.m. Here are remaining dates for the fall:

**November 4; November 18;  
December 2; December 16**

We hope that you will take some time during this busy season to sit quietly with us on these dates from 1:30 until 2:30. Please invite anyone interested, regardless of faith tradition. We look forward to the inward journey with you.

—Karla Oakley and Ann Eller

November 4, 2018

## The Sounds of the Seasons

The coming seasons of Advent and Christmas will be accompanied by the music of Pullen's Music Ministry Groups and congregation as they offer our church and community the sounds of hope, peace, joy and love. It's not too late to add your voice or instrument! Along with Sunday worship during the coming seasons, join us for these events:



### The Pullen Orchestra at The Cameron Village Holiday Open House

**Thursday, November 15, 6:00-7:30 PM**

The Pullen Orchestra plays holiday music for the community from 6:00-7:30 p.m. on the patio of the Cameron Village Chick-fil-A. Join us as we express the sounds of Advent and Christmas in our neighborhood.

### A "Festival Day" of Music With the Chancel Choir & Pullen Orchestra

**Sunday, December 16, 11:00 AM**

The Third Sunday of Advent is expressed as a day of festive joy in midst of the Advent's waiting and preparing. Following Pullen's Christmas Breakfast, the Pullen Orchestra and Chancel Choir will present instrumental, choral and congregational music including the traditional singing of "The Dream Isaiah Saw."

### Christmas LoveFeast with the Pullen Orchestra, Children's Choir & Music Discovery Groups

**Wednesday, December 19, 6:30 PM**

Pullen's version of the Moravian LoveFeast is enhanced with instrumental selections and accompaniments of the Pullen Orchestra, and the joyful song of children in Music Discovery and Children's Choir.

—Larry Schultz

## Hope Center Angel Tree

The Hope Center at Pullen has approximately 25 Angel Tree Families who will need to be adopted for the holidays. A notebook in the church library contains information on Angel Tree Families with a description of desired holiday gifts, current sizes, and a brief portrait of the recipients.

Angel Tree Gifts should be returned to the Hope Center at Pullen by December 3 to prepare for the December 13 holiday party.

For more information contact me at [bcrisp@pullen.org](mailto:bcrisp@pullen.org) or Kelliann at [kmiranda@hopecenteratpullen.org](mailto:kmiranda@hopecenteratpullen.org).

—Brian Crisp

# Care of Creation Monthly Challenge

## Food Waste is a Spiritual and Social Justice Issue

Each day Americans waste from 30-40 percent of food produced in this country. How often do you toss moldy leftovers, pour out half a gallon of expired milk, or throw away wilting lettuce or spoiled produce? A recent USDA study showed that American consumers each throw away almost 1 lb of food per day. Almost 20 percent of the food put on the plates of Americans is trashed annually. By one estimate, the average American throws away \$1,600 worth of fresh food every year.

This is much more than just financial waste. Pope Francis has called throwing away food “stealing from the poor.” Christians tend to excel at donating food to the hungry, but we have a blind spot when it comes to seeing the link between food waste and hunger.

Imagine a subsistence farmer in Brazil whose land was taken by a large multinational conglomerate for cattle farming. The farmer ends up in a tin shack on the outskirts of a large city, no longer able to provide his own food and desperate for work. The beef makes its way to a Raleigh supermarket and I buy it and make a large pot of beef stew for my family. I put the leftovers in the back of the fridge, where I forget about them and later throw them away.

Modern life involves many tradeoffs, but waste of this kind is difficult to justify when you’re aware of the hidden costs. The waste of food also harms the environment, as more land than necessary is cleared, soil depleted of nutrients, and waters contaminated by runoff of agricultural pollution.

Food waste also contributes to climate change. Reducing food waste ranks number three among the climate solutions in Paul Hawken’s Drawdown solutions. The milk that you just poured down the drain was produced by a cow that ate grain grown using fossil fuels, fertilizers and pesticides. Cows release tremendous amounts of methane, a potent greenhouse gas, as they digest their food. Manure from cattle feedlots releases more methane as it decays.

As Thanksgiving approaches, consider how you can show your gratitude to God by taking steps to pay attention to

your attitude toward food. Is the food you eat being produced, transported, prepared and eaten in ways that respect the gifts of God’s creation and his creatures?

Jesus emulated what we should do with the miracle of God’s abundance. After Jesus’ feeding of the five thousand, “they took up what was left over of the broken pieces, twelve baskets full.” I doubt the bread ended up in a landfill.

### What can you do to help?

Plan your meals. Check your refrigerator before going to the grocery store. Plan to use the foods you already have on hand. Check recipes for the amount of perishable ingredients needed. Don’t over purchase perishables. Store your food properly. Freeze leftover fruits and vegetables for smoothies, baking or soups before they spoil. Make smoothies or pudding to use up milk and beverages before they spoil. When eating at restaurants, bring reusable food containers to carry home leftovers or split a meal to reduce food waste. And of course, be sure to compost your food waste.

Practice “Use it Up” measures. Establish one day a week as leftover day. Change your attitude about the importance of the appearance of your fresh produce. Consider buying smaller, less attractive, slightly blemished fruits and vegetables that are equally nutritious. Often these items were grown in a more sustainable manner.

The Thanksgiving season is often a time of excessive cooking and overindulgence. This Thanksgiving, think more carefully about the quantities of food you prepare. Consider cutting a recipe in half. Make a plan for leftovers. Where possible, freeze leftovers, create soups or even enjoy pie for breakfast!

Get involved with food rescue organizations in your community. Support food-rescue efforts for families in need. Check your pantry periodically for non-perishable foods that you can donate in the grocery cart at Pullen. When hosting a large event, have plans in advance for sharing perishable leftovers with a food rescue organization.

Check out these resources to learn more about reducing food waste:

- [Five Ways to Fight Food Waste](http://www.greenamerica.org)  
www.greenamerica.org
- [Food Waste is the World’s Dumbest Problem](http://www.youtube.com/v/6RlxySFrkIM)  
www.youtube.com/v/6RlxySFrkIM
- [What Dates on Food Really Mean](http://www.washingtonpost.com/spoiler-alert-how-to-read-those-sell-by-and-use-by-labels-on-food/2018/10/05/3bc05336-ac61-11e8-a8d7-0f63ab8b1370_story.html)  
www.washingtonpost.com/spoiler-alert-how-to-read-those-sell-by-and-use-by-labels-on-food/2018/10/05/3bc05336-ac61-11e8-a8d7-0f63ab8b1370\_story.html
- [Community Efforts](http://www.epa.gov/sustainable-management-food/food-too-good-waste-implementation-guide-and-toolkit)  
www.epa.gov/sustainable-management-food/food-too-good-waste-implementation-guide-and-toolkit
- [Wasting A Pound of Food A Day](http://www.forbes.com/sites/christinaitroitano/2018/04/23/americans-waste-about-a-pound-of-food-a-day-usda-study-finds/)  
www.forbes.com/sites/christinaitroitano/2018/04/23/americans-waste-about-a-pound-of-food-a-day-usda-study-finds/
- [zerowastechurch.org has more resources about food waste](http://zerowastechurch.org/2017/11/01/november-reducing-food-waste/)  
zerowastechurch.org/2017/11/01/november-reducing-food-waste/

We thank The Church of the Nativity for encouraging us and sharing their environmental educational resources with us.

—Care of Creation Advocacy Group

### Online Tools for Voter Education

Common Cause NC has developed two tools for use by voters in the November elections. With our online voter guide at [ncvoterguide.org](http://ncvoterguide.org) potential voters can enter their address to view a sample ballot. It lists all the state, county, and local candidates the person will be voting for, along with information about each candidate.

In continuation of our decades-old battle against gerrymandering, we have asked each person running for a seat in the General Assembly the following question: “*In the 2019 legislative session, do you pledge to support the creation of an independent, nonpartisan redistricting process for congressional and legislative districts?*” Their responses are listed on our Fair Maps website [fairmapsnc.com](http://fairmapsnc.com).

Please check out these tools so you can be better informed when you vote.

—Larry King

# The Hope Center at Pullen



October went by in a full and fun flash! It was a joy to see some of you at the Mac & Cheese Throwdown and through your volunteer work with us. As you may know, Jenifer Weiss, our Executive Director transitioned away from her role here to care for her family on October 31. She

brought her passion, tireless dedication and humor to The Hope Center and we are grateful for the ways she expanded our relationships in the community and for her commitment to seeing our young people overcome barriers and transition to a successful adulthood. Her shoes are going to be hard to fill, but we look forward to meeting and working with the new leader that the Board is searching for right now! We will update you as soon as we have news to share.

## A Letter from Jennifer

Dear Friends:

As you may know, I finished my service as Executive Director of The Hope Center at Pullen on October 31, 2018. My decision to leave was difficult, necessitated by an illness in my family, and I am grateful for the support of our staff and Board of Directors.

It has been a privilege to work with The Hope Center team and our collaborative partners, volunteers and donors as together, we have connected young people aging out of foster care in Wake County with the resources and support they need for a successful transition to adulthood. I truly believe that these young people belong to all of us and it has been a humbling experience to partner with them as they work toward self-sufficiency.



We have made a lot of progress in the past two years. Our staff of “fierce optimists” is up to the task of partnering with our young people and we have generous supporters in the community who recognize the importance of our work.

Many thanks for your well-wishes and blessings during worship on October 28. I am grateful for the time I had to get to know members of the Pullen community and to work in this supportive and affirming place. Your passion for social justice inspires me and makes me more hopeful about the future for our community, state and country.

I look forward to seeing you in the months ahead and to continuing to support the good work of The Hope Center at Pullen in the years to come.

Thank you for your past, present and future support for The Hope Center at Pullen, and for your friendship.

With gratitude,  
Jennifer Weiss

November 4, 2018

## Mac & Cheese Throwdown

On October 21, Relish hosted the 3<sup>rd</sup> Annual Mac & Cheese Throwdown and Showdown for Hope. We had a great time with supporters and friends of The Hope Center, tasting and judging the best local MacMakers. Proceeds from the night benefitted our work with young people aging out of foster care in Wake County. If you didn't get the chance to come, know that we had fun and Relish's staff went to great lengths in preparing for and hosting a great event.



## 2018 Annual Appeal is Off and Running

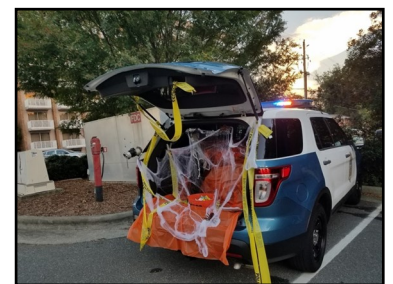
The Hope Center at Pullen's Annual Appeal has begun! Check your email inbox and mail box for ways you can support us and for our freshly printed Impact Report. We hope that you will consider making a contribution during this campaign, as these funds are critical to our operations and our work with young people aging out of foster care. Thank you for your generous support of our work.



## 2018 Trunk or Treat

Can you pick out Moaning Myrtle in the pictures!? In October, we hosted the LINKS Trunk-or-Treat night outside the church and it could not have been more fun! The kids had their pick of decorated

trunks to visit and then moved inside for dinner and pumpkin decorating, which incorporated elements of art therapy. We are so thankful to our community partners for coming together with us to create this fun and memorable night for the youth in foster care who attend LINKS.



## Happy Thanksgiving!

We wish you all a Thanksgiving filled with friends, family, light and love! We look forward to celebrating with our young people at a family-style potluck luncheon during Wednesday Life Skills Group. The lunch is always a time of fellowship and joy for all of us!

# Pullen Memorial Baptist Church

## Through Our Eyes: Opening Reception Sunday, November 4 Benefits Pullen's RTF

One hundred and seven people struggling with homelessness in Raleigh were given a camera, a voice and a chance to share their lives with the community. Twenty out of a pool of 880 photographs have been selected for an exhibit. Of these, our own Diane Bass has five photos. Also featured are Diamond, Johnny, and Joshua. These are guests who come to the Round Table Fellowship regularly. You are cordially invited to see their stories and witness life on the streets of Raleigh through their eyes.



All of funds received through ticket sales and donations will be directed to three organizations who partnered with the project and who work tirelessly to serve the needs of those experiencing homelessness in our community: Love Wins, Oak City Outreach and the Roundtable Fellowship at Pullen Memorial Baptist Church.

Every day people. Unique perspective. *Through Our Eyes* will be on display Sunday, November 4 from 6:00 to 8:00 p.m. at CAM Raleigh, 409 West Martin Street. Come as you are. Tickets are \$50 per person. Purchase in advance at [ccral.org/serve/through-our-eyes](http://ccral.org/serve/through-our-eyes)

—Brian Crisp

## Faith Leaders Partner to Support *Being Good Neighbors* Community Forum



Please accept this letter of invitation to join As-Salaam-Islamic Center at its inaugural *BEING GOOD NEIGHBORS* community forum on November 17 at the Vital Link Event Center located at 1214 E. Lenoir Street in Raleigh from 11:30 a.m.-3:00 p.m.

The purpose of this forum is to partner with faith-based communities and community organizations to galvanize our efforts to be better neighbors socially, morally, economically, and in civic matters of concern to the people. We are extending invitations to churches, mosques, synagogues, college students, parents, non-profit organizations, and school leaders, just to name a few. We are hopeful that you will join these groups to help us launch collaborative efforts to inform and be informed as good humans and good neighbors ought to.

We will have opening remarks from Pastor Paul Anderson of The Fountain Fellowship of Raleigh and remarks will also be given by Imam Faheem Shuaibe of Oakland, CA who is Imam of Masjid Warith Deen and author of the book *The Reality of Our Sacred Human Nature*.

We will have a panel discussion with faith and community leaders which will include Rabbi Raachel Jurovics of Yavneh-Jewish Renewal Community, Rev. Nancy Petty of Pullen Memorial Baptist Church, Rev. Kim Reives of Berean Baptist Church and Imam/Dr. Salahuddin M. Muhammad of As Salaam Islamic Center. We will be encouraging full audience participation in an interactive community building forum. We are doing this to bridge the great divide that is afflicting the nation and to develop action steps to promote being better neighbors in good times and in times of need. Please join us to honor the goodwill of the people of North Carolina.

May the Peace that only G-d can give be upon you!

—Oliver Muhammad,

Imam of As Salaam Islamic Center of Raleigh

### SPECIAL GUEST PANELIST:

RABBI RAACHEL JUROVICS - YAVNEH-JEWISH RENEWAL COMMUNITY

REV. NANCY PETTY - PULLEN MEMORIAL BAPTIST CHURCH

REV. KIM REIVES - BEREAN BAPTIST CHURCH

IMAM/DR. SALAHUDDIN MUHAMMAD - AS SALAAM ISLAMIC CENTER OF RALEIGH

### PUBLIC DIALOGUE AND DISCUSSION: MODERATOR AND MC

DR. JUDY RASHID - PROFESSOR N.C. A&T AND AS SALAAM ISLAMIC CENTER  
"What does it Mean to be a Good Neighbor & What do we Do Now and in the Future?"

### SPECIAL GOOD NEIGHBOR RECOGNITION ACKNOWLEDGMENTS

### LUNCHEON RSVP EVITE OR CALL

IMAM OLIVER MUHAMMAD 919.946.4974 IMAM DR. SALAHUDDIN M. MUHAMMAD 914.475.2605  
FREE AND OPEN TO THE PUBLIC

THE VITAL LINK EVENT CENTER 1214 EAST LENOIR ST, RALEIGH, NC 27610