



Little Brown Church of Sunol

United Church of Christ – Congregational

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June 2019

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June-July Calendar

June 13 to 15 ... NCNCUCC annual meeting at Sonoma State

July 4 ... Independence Day

All about Sunrise Village Emergency Shelter

Our volunteers at the Little Brown Church provide the evening meal at Sunrise Village homeless shelter in Fremont several times a year. We have two more dates this year: Monday, September 30, and Tuesday, October 20. Typically, we serve a total of 50 to 70 residents and staff members. We try to cook enough food that there is enough left over for the volunteers to eat. That's not always easy, since residents often come back for seconds and thirds on the nights we cook!

The shelter is run by Abode Services and provides housing for a total of 66 people, with single adults on one side and families on the other side. Faith-based organizations play a crucial role in providing meals at the shelter. They include Protestants, Catholics, Mormons, Orthodox, Buddhists, Hindus, and Muslims. A few non-religious groups also help, including students, local community groups and clubs, the Fremont Elks Lodge, and some friends-and-family groups.

Jean Morgan, Director of Community Outreach, recruits and schedules the volunteers. This is very complicated since some help weekly, some monthly, some every other week or month, some alternating with another group, and some randomly.

Monica Quintana, the Kitchen Coordinator, has a background in nutrition services for the Fremont school district. She has a challenging population to deal with. Ages range from infants to 70-plus. Health issues typically include diabetes, heart ailments, high blood pressure, and the problems that arise from alcoholism, drug abuse, and living on the streets. The residents are in many ways typically American. They love fast-food-style meals and their favorite dinner, if they were to vote, would be chili cheese dogs. They also love hamburgers, Mexican food, and Chinese food. Monica tries to provide nutritious menus, restricting doughnuts to the weekend

and desserts to the evening meals, and using leftovers in soups and salads. The residents like meat, especially the men. She encourages food drives to focus on fresh fruits and vegetables.

Our challenge at LBC is to provide healthy food which will also be delicious and appreciated by the residents and staff. We try to make our evenings special ones, serving things the residents rarely get. We know they are served a lot of pasta so we usually avoid that. Our chicken pot pie was a huge hit as was the Chinese dinner featuring chop suey, fried rice, and chow mein. Our meals tend to be very labor-intensive. We make an effort to provide mostly fresh fruits and vegetables and avoid processed foods and excess salt and fat.

Sunrise Village Shelter is just one of the many ways in which Abode Services tries to help the Bay Area's homeless population. Abode Services also provides a mobile health clinic and works with five counties to provide more affordable housing.

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LITTLE BROWN CHURCH OF SUNOL

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