



Breaking Bread



A Newsletter of the Capuchin Soup Kitchen
1820 Mt. Elliott Street • Detroit, MI 48207

313-579-2100

Fall 2017
www.CSKDetroit.org

Notes from Br. Jerry

A phrase I often think about is “God promises to always be at our side, but not necessarily always on our side.” For this season of Thanksgiving; we are ultimately thankful that God is at our side in love, as we are called to be at the side of each other in love. Along with that, for thanksgiving to be mature, we must be humble and recognize that God might indeed be with us, but in a way that sometimes challenges us. This challenge often comes through others, and we recognize times when we need to ask for forgiveness. Whether God is affirming or challenging, we are thankful because God’s presence is always out of love and teaching us to love one another.

I speak of forgiveness because our staff spends a lot of time trying to find the best ways to serve our guests and community that are empowering, compassionate, and respectful. Certainly, we all fall short of that goal at times, both personally and as a society. That there are so many people, especially children, without proper access

to resources and opportunities is evidence of that. But from that starting point of humility, attentiveness, and repentance, we are more able to listen and to learn; to build relationships and practices that are grounded in mutuality, justice, and love. None of us will ever be perfect, but to keep striving for loving relationships was the goal of St. Francis.



Br. Jerry Johnson

So, in this time of Thanksgiving, whether you are a volunteer, a guest, a donor, staff, or supporter of any kind, know of my humble gratitude for you and for the joy and goodness that has come through our working together by the grace of God. God affirms us and challenges us; let’s be thankful for both, because both lead us to love for our neighbor.

Br. Jerry Johnson O.F.M. Capuchin

Br. Jerry Johnson, Executive Director

This Holiday Season... Can You Be A Friend to a Neighbor In Need?



For most of us, the song lyric, “Winter, Spring, Summer or Fall... All you’ve got to do

is call...” conjures up the Carol King timeless ballad, *You’ve Got A Friend*.

This November and December, the Capuchin Soup Kitchen is asking you to be friend to a neighbor in

need. We all need a friend sometime. Just walking through one of our Soup Kitchen sites is a living testimony to that thought.

And just as our dear Fr. Solanus was a friend to so many when he co-founded the Capuchin Soup Kitchen in 1929, that sentiment lives on today as we provide a safe, welcoming atmosphere; where all who are hungry can seek nourishment...both physically, emotionally, and for those who choose, spiritually.

If you can Be A Friend, please visit www.CSKDetroit.org/BeAFriend

Those who seek food every day, often times 2,000 every day, thank you.

Gratitude is the Mental Shift that Changes Everything

Amy Kinner, Jefferson House Manager

As I turn onto Lakeshore Dr. at 7:40 am, I approach a glorious sunrise just above Lake St. Clair. My heart is filled with the beauty, my mind instantly calms--I am centered. Mornings at my house start at 5am with taking showers, ironing clothes, getting kids up for school, breakfast and lunches. I am grateful for this moment of beauty and peace, to re-center and shift my focus on my way to work at Jefferson House.



For me, gratitude is in the little things. I keep a gratitude list on my phone to remind me of all I have to be grateful for; it keeps me grounded and gives me perspective.

How Happy Fr. Solanus Would Be

Nancyann Turner, OP
Manager of the Children & Youth Program

Here at the Soup Kitchen, there is a lot of proud and joyful anticipation of November 18 when Br. Solanus Casey will officially be declared a "Blessed" of the church. I keep smiling as I think of how proud and happy Br. Solanus would be that his original ministry of welcoming people has grown and grown.

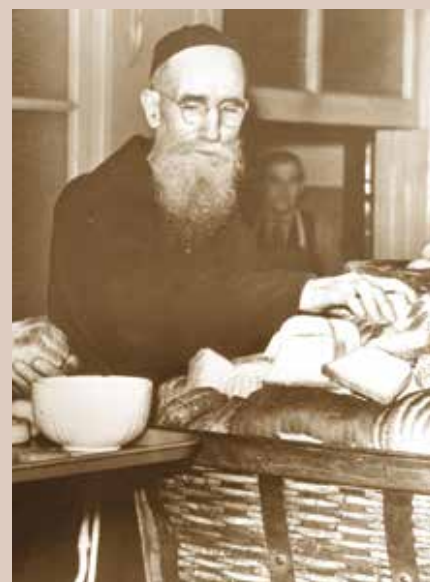
His spirit of hospitality has continued and extends to six different sites and to well over 2,000 people a day. I know he would love to visit our beautiful children and urge them to love and be kind to each other. I feel that in these times, he would want us to work harder than ever to give all people respect and to work with commitment for justice and peace.

I know he would be amazed at how diligently today's Soup Kitchen staff works to challenge poverty and racism—even as they continue to serve those many people still struggling for food, homes and education. And I know well that the spirit of Brother Solanus Casey continues to bless us today—day after day. Truly, today at the Soup Kitchen ministries, we are about the healing, listening and blessing that marked Br. Solanus' life nearly 90 years ago.

At the Capuchin Soup Kitchen's Jefferson House, gratitude is a frequent topic of conversation. In 12 step recovery, an "attitude of gratitude" reminds us of the many gifts of sobriety. Gratitude helps us not control outcomes and unlocks the positive energy in our lives. It prevents us from taking our recovery for granted. A daily gratitude list is a natural part of working Step 10. Some of the gratitudes that have been shared by the men of Jefferson House are "I'm grateful to be surrounded by good people;" "I'm grateful to be given a chance;" "I'm grateful for this opportunity to get to know myself;" "I'm grateful that someone saw in me something I couldn't see in myself."

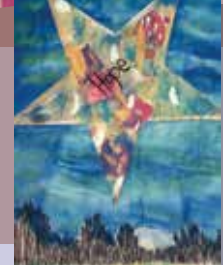
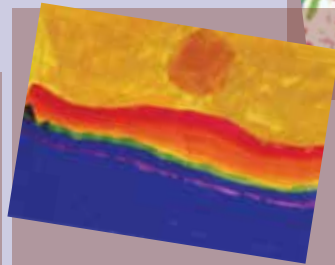
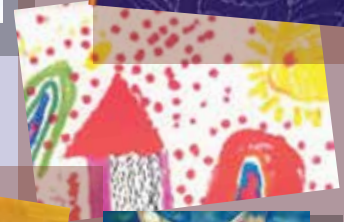
Many others show their gratitude in doing extra details around the house, by giving back to those who are still struggling in their work at the Soup Kitchens or making cookies for their home group meeting. These are the little ways they give back.

Gratitude is the mental shift that changes everything. Problems become opportunities; pain becomes strength. It's an honor to be a part of the Jefferson House and witness gratitude in action.



2017 Capuchin Soup Kitchen's Children & Youth Program Christmas Cards Available

Support the Capuchin Soup Kitchen as you share your Christmas cheer! The Soup Kitchen's children and youth have created nine different colorful (and touching) card designs complete with a thoughtful message. Sets of ten cards are \$10 or twenty cards for \$18. Order online or via mail. Please view the card designs and messages at www.CSKDetroit.org/christmas_cards



Let Our Chef Alison Cook for You This Holiday

Our Chef Alison will create a memorable Thanksgiving or Christmas meals with local food and fresh produce...all with the philosophy of sustainability in mind. The Thanksgiving meal will serve 8-10 with a free-range turkey option available. But the deadline is now. Place your order before Noon, Saturday, November 18 at Noon. All proceeds go to the Capuchin Soup Kitchen. www.cskdetroit.org/about_us/catering

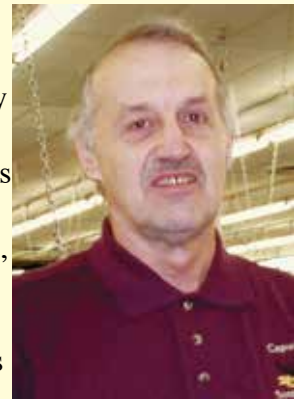


Missed the Thanksgiving deadline? There is plenty of time to order your Christmas meals: prime rib, turkey, or leg of lamb are available to please your guests. The Christmas deadline is December 15, Noon.

To place an order, contact Alison Costello: acostello@cskdetroit.org or 313.579.2100, ext. 205.

Thank You Roy . . . Words Cannot Express

Roy Hoelscher has served the Capuchin Soup Kitchen as our Volunteer Coordinator for nearly 50 years. During those many years, Roy has touched countless lives and has shared the Capuchin charism with humility, humbleness, and gentleness. He leaves a legacy of compassion and faithful service to thousands of volunteers, community service workers, Soup Kitchen staff, youth workers, students, neighborhood groups and the Detroit Action Commonwealth (DAC). Roy is now transitioning from our Volunteer Coordinator to a Volunteer.



Roy, thank you for your generous heart and your leadership. The Capuchin Soup Kitchen is all-the-better due to your kindness and example. Thank you dear brother.

The Capuchin Services Center Helps Make Holiday Memories



When you think of Thanksgiving or Christmas memories, chances are you recall images of family and friends, surrounded by food and laughter. It's funny how food is often the common denominator

of gatherings. Food is how we welcome others. To break bread with others is to be cherished.

And our Soup Kitchen guests are no different... other than they cannot afford the food fixings that are the glue to our holiday gatherings. That is why the Capuchin Soup Kitchen assists 450 families during Thanksgiving and again during Christmas. We want families to build memories; to cherish being together; to enjoy a hearty and healthy meal.

For each holiday, we put aside two days to fill our guests' cars with Thanksgiving or Christmas food... and love.

Can you help us with this undertaking? The Capuchin Soup Kitchen does not receive any government assistance and depends primarily on donations. We welcome any support you can give. We hope your Thanksgiving and Christmas are full of wonderful memories!

Capuchin Soup Kitchen Christmas Distribution Will Help Families with Household Staples

Last year we kicked off a new initiative for our Capuchin Soup Kitchen families and it was a resounding success. This Christmas, we will again be distributing items that every family needs, but cannot purchase with food stamps. Examples include:



- sheets, pillows & cases, blankets
- towels and wash cloths
- laundry detergent and dishwashing soap
- disposable diapers
- toilet paper and paper towels

As you know, these items are expensive and out-of-reach for most of our guests. If you would like to provide any of the above-mentioned items, please deliver them to the Capuchin Services Center, 6333 Medbury, by December 15. Please contact Reggie Huff at the Capuchin Services Center for details 313-925-1370 ext 100. We thank you!

Time to Call-In Your On The Rise Bakery Holiday Order

On the Rise Bakery order supports our bakers who are transforming their lives after incarceration or substance abuse treatment. Call 313.922.8510, Tuesday-Saturday, with your order. The bakery's full selection can be viewed at: www.CSKDetroit.org/bakery



Our Christmas Wish List

- Electric Pallet Jack for unloading trucks \$3250
- Boiler Repair for Bakery Oven \$4798
- Call Br. Jerry Johnson 313-579-2100 ext 220

Making a Difference Every Day

Reggie Huff, LMSW
Manager of Capuchin Services Center

At the Capuchin Services Center, you know immediately that you are helping someone's life to get better. When I have counseled people as a LMSW, I don't always know if I have helped them to get better. Perhaps if I see them sometime later, they may tell me, "Thank you for helping me." However most times when you have discharged a person from services you rarely run into them again so you don't for the most part know if you truly helped someone's life to get better. At the Capuchin Services Center, it is just the opposite. You know when your assistance has made a difference in a guest's life.

One day as I prepared to stock more product on the shelves of the Services Center's food pantry, I noticed a woman with four children in tow pulling product from the shelves. They moved slowly through the aisle, picking out items. As she moved past me, I heard one of her young sons say, "Mommy, why



are we getting all this food when we don't have a refrigerator?"

I acted like I did not hear what was said by continuing to restock product. However, the woman knew that I had heard and she was embarrassed by the question and my presence during the question. The woman looked down at her son. You could see her struggling to provide an answer that would hide her embarrassment. It was a truth that the child had revealed, and yet you could feel the woman struggling with how to answer him in my presence. As she continued to move past me, she started to answer her son while at the same time maintaining her dignity. However, as she struggled to speak, nothing came out, but sobbing and crying. The reality of the question was overwhelming for the mother.

As I thought about how I could help this mother and being embarrassed for her, I said nothing. Instead, I got up, went to our garage to see if we had a refrigerator. We did. I came back to mother and said, "Hey ma'am, we have a refrigerator for you." The woman reacted to what I said with more crying, but this time it was the sound of "good crying." I knew immediately that I had helped this mother and her family's life to get better. That's the joy of working at the Capuchin Services Center.

The Celani Family Foundation Again Generously Hosts "Hunger Free in the D"



For the 4th consecutive year, the Celani Family Foundation is teaming up with WJR-AM (760) Radio to launch the "Hunger Free in the D" campaign. Beneficiaries include the Capuchin Soup Kitchen. Beginning Monday, November 6, the foundation

will match donations of up to \$50,000 to the Capuchin Soup Kitchen and the other participating organizations.

The effort will culminate on Monday, November 20 with WJR's popular radio personality, Paul W Smith, hosting a live broadcast 6-9 AM at the Lear Corporation headquarters at 21557 Telegraph Road Southfield, MI 48033.

We are grateful to the Celani Family Foundation for all their efforts to make our city hunger free. We thank you for considering a donation during this giving period.

Thank you Earthworks for your anticipated harvest of six tons of produce! Attend the Earthworks Holiday Open House December 13 - 15. Purchase local jams made with Earthworks' berries & more.

Would You Remember the Friars in Your Giving Plan?

GET CREATIVE!

2017 is drawing to a close, and we would be honored if you would remember the Capuchin friars in your giving plans. There are many creative ways to do so, many of which can also help you.

GIFTS OF SECURITIES

When making a gift of stock or a mutual fund to us, not only are you allowed a charitable deduction for the full fair market value (assuming it has been owned longer than a year), you also avoid tax on the capital gain. Just be sure to transfer the stock directly to us (don't sell it on your own first).

GIFTS FROM RETIREMENT ACCOUNTS

Making a gift from your IRA is a tax wise way to support the Capuchins. Certain restrictions apply, though. For example, you must be at least 70 ½ years of age and the gift must come directly to us from the IRA custodian. Please call us for all the details.

CHARITABLE GIFT ANNUITIES

Creating a charitable gift annuity is an excellent way to provide not only for the future of the Capuchin friars, but also for you and your own future. Gift annuities pay you income for life at a very attractive rate that will never change. A portion of your payments is tax-free, and a charitable tax deduction is also available. In the future, what remains in the contract will support our friars and our many ministries.

GIFTS FROM DONOR ADVISED FUNDS

Donor advised funds allow people to place cash or stock into a fund and immediately receive a charitable deduction. Owners can then direct a portion of that fund to support their favorite charities. If you presently have a donor advised fund, we invite you to consider a gift to the Capuchin friars.

For more details about these creative approaches to giving, please call Kristi Hassouna in our development office at 313-939-2002.

Calendar of Events



6th Bocce with the Brothers – Friday, January 26th, 6p

100% of Proceeds Benefit Capuchin ministries
Sponsored by Shelving.com
Villa Penna (Hayes Road location), Sterling Heights
\$50 per ticket – Advance tickets only,
313.579.2100, ext. 153

147th Birthday Mass of Fr. Solanus - Sunday, Nov. 26, 9 am

St. Bonaventure Monastery Chapel,
1780 Mt. Elliott, Detroit, 48207

WJR & Celani Family Foundation Hunger Free in the D -- Monday, Nov. 20,

Radio broadcast with Paul W. Smith, 6:00-9:00
am. The Celani Family Foundation will match
donations of up to \$50,000.

Save the Date! Buddy's – Monday, April 16th

Earthworks' Holiday Open House

Join us 1264 Meldrum, Detroit 9a-5p on
Wednesday thru Friday, December 13-15.
Available products include local jams made with
Earthworks berries, greeting cards, t-shirts, stickers
and more.

Volunteers needed for Breakfast and Evening meal

Capuchin Soup Kitchen's 4390 Conner site
Call Caprice Woods, volunteer coordinator
313-822-8606 ext 215