



Breaking Bread



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

313-579-2100

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www.CSKDetroit.org

Notes from Br. Jerry

Partially referring to Blessed Solanus Casey, a Capuchin who helped start the Capuchin Soup Kitchen in 1929, the theme of this issue is “Blessed.” He was certainly blessed by God, but not by what he kept, but by what he mirrored of God’s love and concern for others.

“Love, by its very nature, is something that cannot be possessed,” (it’s only shared) is a phrase I like to ponder in meditation.

“Blessed” is a beautiful theological term that conveys a sense of communication of life and love from God. At the Preparation of the Gifts at Mass we hear the phrase, “Blessed are you, Lord God of all creation, for through your goodness we have received the bread we offer you: fruit of the earth and work of human hands, it will become for us the bread of life.”

Here we notice the amount of sharing that takes place beginning with God who has passion for all creation

and desires to be with us and be an example of how to give and to receive. Then, we notice the cooperation between the earth and human beings in the production of the bread. This bread, the product of our work and cooperation, is then offered back to God who blesses it, and through it shares in our lives in an even more intimate, communal, and saving way.



Br. Jerry Johnson

What I’m thankful for is that our love and our labor do not have to be perfect. Like the little boy who offered to Jesus what he could, five barley loaves and two fish, if we do what we can and allow ourselves to be stretched by God’s love, then we can be a part of something bigger where people find mutual support and empowerment through God’s blessings.

Br. Jerry Johnson O.F.M. Capuchin

A Blessing Can Provide Focus

By Patrick Crouch, Earthworks Urban Farm

I see people eating in the car all the time. I’m guilty too, often I rush out the door and shove food in my mouth as fast as possible, the bowl dangerously perched between my legs. I hardly give this food a second thought, it’s just a sacrifice to appease the growling of my stomach. In the last few years, I’ve tried to make a point of not eating while doing other things, and preferably in the company of others. Increasingly I’ve tried to also remember to say a blessing. Saying



a blessing before a meal is common practice among most cultures and for good reasons. It serves so many functions: it reminds us of how fortunate we are, slows us down, helps us take a few breaths before we devour everything in sight, and focuses us on the meal. In my blessing, I always make sure to thank the soil for its gifts, the plants and animals that have given their lives so I may eat, those that grew my food, and those that prepared it. It doesn’t always get said before every meal – but I do find that most of my best meals are those that include this ritual.



The Beatitudes

By Reggie Huff, Capuchin Services Center

Working at the Capuchin Services Center has really helped me to know and understand what it means to be “blessed.” I have found serving others to be a gift and a blessing. I find much happiness in knowing that I have helped make someone’s life better by providing food, clothing and some furnishings for them. I know that I am blessed that I don’t have to come to the Capuchin Services Center for my needs to be provided...and I know that I am blessed that the Capuchin Services Center is there for me if I need it. As a result I have been thinking much about the



“Beatitudes.” In the Beatitudes, we are given eight characteristics of blessed people.

As I reflect on the Beatitudes, I see the faces of our many guests: the poor, the sad, the meek, the persecuted, the peacemaker.

As our Blessed Solanus said, “What a marvelously different society we’d have here, and what an ideal world to live in, if we’d all keep in mind the assurance of Jesus: ‘What you have done to the least of my brother and sister you have done to Me.’”

Please know that you are a blessing to the Soup Kitchen. Through your assistance, we are able to be a blessing to others. And what a blessing it is to all of us to serve. Thank you.

Be A Blessing....

By Sr. Nancyann Turner, OP
Children’s Program

As a child, I learned that a blessing was a special gift from God or a prayer shared before a meal. During my adult lifetime, I’ve learned that people can be blessings, also.

Our Rosa Parks Youth Program welcomes almost 50 volunteers a week. These are men and women through whom God works--women and men who are like beatitudes. These people radiate goodness and hope to our young people. They are blessings week after week. Often these generous people are prophetic witnesses of the gospel, of the beatitudes. They want their life to be a blessing. Their lives concentrate on those things that really matter. They are true to their values and to our children. They wear compassion like a garment and understand the sorrows of poverty and racism. They are merciful and forgiving with hearts free and simple. They bless the world with their peace and the healing power of their presence.

Practically, our volunteers intuitively know when to bring a treat to our groups; when it’s time for some gift cards and when hat and mitten season starts. They excel when listening to a distressed child or building up self-esteem when a teen has been bullied. They have magical patience when words are misspelled, multiplication tables forgotten and water spilled on



the table. They do the practical things to create the “Beloved Community” as they bring food to the kitchen, help with shelter for the homeless and grieve with the wounded. Most importantly, these blessing people bring kindness; they bring the gift of their presence. They are advocates for children and stand in solidarity with our families.

And so, I end with a blessing for all our volunteers and benefactors:

Blessed are you if you can stand for justice and peace...if you can speak against racism and greed. Blessed are you if you can minister to others and with others, with a heart that feels, with a heart that loves and with a heart that yearns to bring healing to a wounded world. May compassion be your way of life, forgiveness your hope, prophetic witness your mission, beatitudes your identity And great love your gift. Amen.

Blessings to you and may you be a blessing!

It's Great To Be Alive!

By Br. Bob Malloy, OFM Cap.

“Good Morning, how are you?”
“I’m blessed, Brother. God woke me up this morning.”



That’s a typical start of a conversation as a new day dawns at the Capuchin Soup Kitchen. But, on New Year’s Day “Sam” did not wake up. He had been struggling for some time with illness and declining health. He was a regular here and through the pain in his limbs and eyes, he would release a smile or a hearty laugh. He’s one who would always say, “I’m blessed. God woke me up today.” The fuller reality goes this way: We have been truly blessed with Sam’s presence and his goodness. He could be a handful at times, but his faith spoke louder than his broken body, and the blessing he

became to us who were privileged to know and love him seems to gently penetrate more now than when we had him right here. Sometimes the blessing we try to offer with a pair of warm socks or a hot meal seems to pale in the face of the blessing that ricochets back to us from the grateful heart of a person like Sam.

I love to sit at the edge of the dining room when I can just glance over the crowd of people, many of whom I’ve known now for years. They come to eat, that’s a blessing surely, but rising up like incense is a holy cloud of knowing that permeates the room. It’s home to many of the guests who enjoy each other (and themselves!) so simply. Through thick and thin, through pain and laughter, through homelessness and daily struggles, apparently God not only “wakes them up,” but walks (and dances) with them along the way.

What a blessing—just to be here.

A Circle of Safety

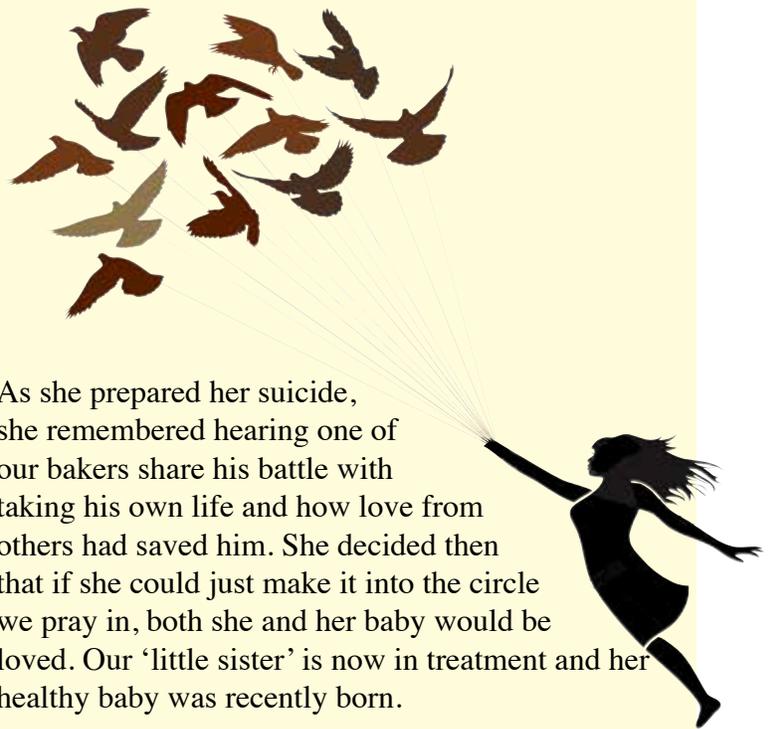
By Br. Ed Conlin

One of our guests migrated from the far end of the kitchen into our 12 Step circle.

She was drawn by watching the group holding hands and praying the Our Father together. As she explained on her first sharing to the group, she grew up as an only child locked in the basement for the entire summer for 8 years, with only books to read.

Before her 14th summer, she had a nervous breakdown and finally told her teacher she could not go home to this. Her mother was put in mental health treatment and she was placed in foster care where she was abused.

She began using drugs to self-medicate and ended up pregnant to a man who beat her when she informed him she was expecting. Her plan was to take her life so neither she nor the child had to live in such a cruel world.

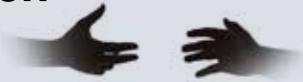


As she prepared her suicide, she remembered hearing one of our bakers share his battle with taking his own life and how love from others had saved him. She decided then that if she could just make it into the circle we pray in, both she and her baby would be loved. Our ‘little sister’ is now in treatment and her healthy baby was recently born.

It touched me to realize that because we try to imitate St. Francis of Assisi by showing hospitality, compassion, and faith, we build a circle of safety for others.

“Come on into the circle,” I announce every day at both Meldrum and Conner...It’s free!”

Our Soup Kitchen Guests Share Their Blessings



James: "First of all I have to Thank God that I am alive in 2018. So many of my friends have passed this year and I'm still here to smile and to pray for them all and to support those grieving with them."



Glenn: "I am very glad to know the Brothers are here...they make my day – especially when they smile in the middle of all this need!"



Sydney: "I am so happy when I see the people in here express their love and encourage each other. It makes me want to take every opportunity to love our Maker who made us all!"



Stephanie: "I am pretty grateful to have woken up in the land of the living! I can sing and I have lots of people who help me manage my medications...which are too many for me to keep track of!"



Ona: "I am so grateful for the snow... it's pure and white and cool! I am also very honored to have been selected to bring up the gifts for the Beatification Mass for Solanus Casey. We who come to this kitchen were definitely not forgotten."

Truckloads of Hope



How blessed we are! We just learned that The Metro Detroit Chevy Dealers' Truckloads of Hope donation drive will kick off March 1 and run through March 30. The thirty-eight dealerships will be collecting shower supplies and household staples. Last year, thirty-eight Chevy Silverado pick-up trucks were filled to the brim and the caravan traveled across Metro Detroit to our Capuchin Services Center.

It was a wonderful sight," Br. Jerry recalls. "Household staples are so expensive. Many of our guests have difficulty affording these necessary, but expensive, items. This event will provide a tremendous boost for our guests. We're very thankful for so many good people who purchase items and come out to the Chevy dealership sites to donate."

Donations of shower supplies and household staples will be accepted at all 38 Metro Detroit Chevy Dealers. Thank you Metro Detroit Chevy Dealers!



5 Ideas Why a Gift Annuity Might be Right For You

A gift annuity is an easy way to do something remarkable for the Capuchin Friars while doing something equally remarkable for yourself (and/or someone you love).

First, the basics. Gift annuities are as easy to understand as 1-2-3:

- 1) You make an irrevocable gift of at least \$5,000 to “The Province of St. Joseph of the Capuchin Order;”
- 2) In return, the friars will make payments to you for the rest of your life, a portion of which are tax-free (the payout rate is based on your age);
- 3) A charitable deduction is also available if you itemize on your tax return.



For those looking to augment their income in a low interest rate environment, this could be the perfect solution.

Here are four other helpful ideas you may not have considered:

1. Use shares of long-term, appreciated stock or a mutual fund to create your gift annuity; you will avoid some of the tax on their capital gain.
2. Create a gift annuity for someone you love – even a parent who needs income to supplement their social security payments.
3. Defer payments for a year or more and get an even higher payout rate
4. Fund a gift annuity through your will (an appealing approach for parents who might be concerned that loved ones would quickly spend their inheritance).

We would be happy to send you a free illustration that highlights your personal benefits. Just call Kristi Hassouna in our Development Office at 313-939-2002. There is absolutely no obligation to learn more!

SAMPLE GIFT ANNUITY RATE CHART

Age	Rate	Age	Rate
60	4.4%	80	6.8%
65	4.7%	85	7.8%
70	5.1%	90+	9.0%
75	5.8%		



Bonanza Barrel Raffle 2018

To benefit the Capuchin Soup Kitchen

\$24,075 IN CASH PRIZES

120 Winners



Proceeds of the Bonanza Barrel Raffle help serve the many people who participate each day in the numerous programs and services offered by the Soup Kitchen.



Purchase a ticket today and YOU could be one of the lucky winners!

\$30 per ticket



In fact, raffle winners and ALL who participate win the satisfaction of knowing that they have contributed to a great cause.

REMEMBER: Every \$30 ticket you purchase will be entered into ALL 120 drawings!

28 Weekly Drawings for prizes of \$200 or \$150, and two prizes of \$125 apiece

April 30, May 7, 14, 21, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 13, 20, 27, September 10, 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 19, 26

One Bonus Drawing for prizes of \$500, \$250, \$150, and \$125 on August 6

One Grand Drawing for \$5,000, two prizes of \$500, and one of \$250 on December 3

Only 10,000 tickets will be sold. Drawings to be held on designated dates at 1:00 PM in the Solanus Casey Center at 1780 Mt. Elliott St.; Detroit, MI 48207. Need not be present to win. All winning tickets will be returned to the barrel for further chances to be drawn in subsequent drawings.

To purchase tickets contact the Capuchin Events Department at (313) 579-2100 Ext. 153 or kwilkins@thecapuchins.org.

Calendar

March 1-30

Metro Detroit Chevy Dealers' Truckloads of Hope Donation Drive

Donations of shower supplies and household staples will be accepted at all 38 Metro Detroit Chevy Dealers. Collected goods benefit Capuchin Services Center guests.

Save the Date: November 30

SOCK (Support Our Capuchin Kitchen)

April 16

Buddy's 42nd annual 'Slice of Life' event

All-you-can-eat pizza to be served at Buddy's 11 metro Detroit locations benefiting Capuchin Soup Kitchen. Visit any of Buddy's Pizza's full-service locations to enjoy an all-you-can-eat two-topping pizza and salad meal with proceeds benefiting the Capuchin Soup Kitchen's programs. A carry-out option is also available for purchase at all 11 Buddy's Pizza locations and includes either a 4-square two-topping pizza or a medium sized antipasto, Greek or house salad.