



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

On the Art of Accompaniment



For where
two or three
are gathered in
my name,
there am I
among them.
Matthew 18:20

In *The Joy of the Gospel*, Pope Francis wrote about the “art of accompaniment,” of “removing our sandals before the sacred ground of the other.” In a particular way, this “art of accompaniment” is evident through the Capuchin Soup Kitchen’s Jefferson House, a 12-bed residential treatment center for men recovering from substance use disorders.

At Jefferson House, men live in community and work at Capuchin Soup Kitchen ministries, where they support the mission of ministering directly to people living on the margins. “For me, it’s a big deal because I felt that was a direction I was headed down,” said Tilly, a Jefferson House resident and Soup Kitchen worker. “It’s a really big deal that I treat them how I want to be treated and not look at them differently. It’s important that they be treated with respect.”

“When I think about community, it strikes me how there’s so much more there than breakfast, lunch and dinner,” said John, a Jefferson House resident. “I would

imagine that a number of people still look at a place like the Capuchin Soup Kitchen as being precisely that, when they’re not aware of how much takes place in terms of community service. People can get help with anything from traffic tickets to a drug addiction in one place and all at no cost.”

In the Gospel, Jesus says: “I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me.” At the Capuchin Soup Kitchen, our Christian faith urges us to gather around the table to attend simply and directly to the spiritual and material needs of our brothers and sisters. “The opportunity to be in this program is beyond a blessing,” said John, a Jefferson House resident. “There is no program like this. It’s so holistic. It’s so large. The avenues we have to not only deal with our past, but to build a better life and become productive, gentle, generous, compassionate members of society again and on top of everything the opportunity to give back. It’s extraordinary.”

Making Room at the



TABLE

By Br. Jerry Johnson, OFM Cap.

I'm often amazed at the diversity of people who "gather around the table" both symbolically and concretely here at the Capuchin Soup Kitchen. It's quite a team. Volunteers, persons who are homeless or in need, donors, staff and many others make space for one another around the table. Making space around the table is important in many religions and it is especially

important in Christianity, where Jesus is generous, giving of himself, sharing with others, or as depicted in the Bible, putting on an apron and serving. There's a gentleness that takes place around the table that I've noticed when sharing a meal here at the soup kitchen. The topic of conversation tends to drift toward family and memories of relatives from the area or from other parts of the country. I've seen guests of the soup kitchen help other guests in a kind way by sharing lessons from their own past. The relationships built here are the seed from which attention to deeper needs can sprout and flourish.

There's a concreteness to "rubbing elbows" at the table, along with the gratitude for what it takes for a meal to happen, and especially for the support of donors. We're grateful to everybody who has a hand in producing our food: from the iron worker who makes the plow, the farmer who grows the crops, the trucker who transports the crops (the more local the better!), the cooks who prepare the meal, and for those who serve and do the dishes. I think God rejoices in this diversity of gifts and diversity of people, challenging us to extend this attention to human dignity to other

Dr. Jerry Johnson, O.F.M. Capuchin

The "Good Food" Table

By Patrick Crouch
Earthworks Urban Farm

When talking about food choices we often hear the idea that folks who want better quality food should "vote with their dollars" for those foods which are healthiest for them. But what about those of us who don't have dollars? Does that mean we don't get to vote for the type of food we would like to see? We don't have a place at the good food table? Don't we all deserve access to healthy food? We certainly believe so and that's one of the main reasons Earthworks exists.

We work in several ways to help make this possible. Perhaps most evident is our weekly contribution to

the meals at the Meldrum location of the Capuchin Soup Kitchen. On any given Monday, volunteers can be seen processing dozens of blue totes full of fresh produce. Every Thursday, we offer a weekly market stand, the Meldrum Fresh Market, where folks can purchase produce to take home. We accept SNAP, WIC Project Fresh, and Double Up Food Bucks at our market. We also offer food for volunteers at most of our volunteer days.

Finally, we support the work of the Garden Resource Program. Though this effort, we are able to grow over 90,000 vegetable and herb seedlings for gardeners throughout Detroit, Hamtramck, and Highland Park. Through these efforts, Earthworks Urban Farm helps ensure we are making room for all at our table.



SOCK 2018

Sock Chairs visit the Soup Kitchen

Dave and Peggy Meador, chairs of the 46th Annual SOCK (Support Our Soup Kitchen) Dinner, recently visited our Capuchin Soup Kitchen. Dave and Peggy served a meal and dined with our guests at the Meldrum Soup Kitchen, followed by a tour of Earthworks Urban Farm and On the Rise Bakery.

Tickets for the SOCK Dinner at Cobo Center on Friday, November 30, 2018 are now available. Tickets can be purchased by visiting cskdetroit.org/SOCK or by calling (313) 579-2100 ext. 153.



Seeds of Hope

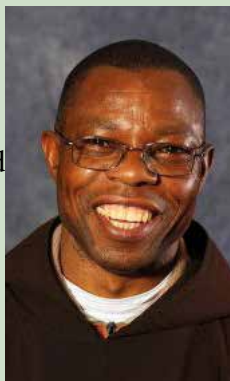
Friars in Formation

Some of the newly-professed Capuchin brothers spend the summer at the Soup Kitchen.

This summer, the Capuchin Soup Kitchen is hosting three of the roughly two dozen Capuchin friars in formation in the Province of St. Joseph. These friars, Br. Anthony Kote-Witah, Br. Nathan Linton and Br. Faris Najor, are spending the summer in ministry in Detroit serving at Capuchin Soup Kitchen sites.

Planting Seeds of Hope

Br. Anthony Kote-Witah, with an easy smile and joyful disposition, is a favorite of guests at the Meldrum meal site. For Br. Anthony, the road to the Capuchin order was a long one, starting in Nigeria in the Niger River Delta. One of the Ogoni people, Br. Anthony left Nigeria, and eventually joined the Capuchins in 2013.



Br. Anthony can be found at the Capuchin Soup Kitchen Meldrum meal site where he offers fellowship and spiritual support to guests. Always quick with a smile, Br. Anthony makes sure that there's joy at every table. The Soup Kitchen is "a spiritual town square," says Br. Anthony. "Where we find healing. Where we find hope. As the Bible says: 'Hope does not disappoint'" (Romans 5:5). *Working to help restore the people of Detroit, through the generosity of Soup Kitchen supporters, has been "a big blessing," said Brother Anthony.*

Building Community

Br. Nathan Linton has professed first vows as a Capuchin and is completing his studies at Catholic Theological Union in Chicago. This



summer, he's been working in a variety of roles at the Capuchin Soup Kitchen, including tilling soil and planting and harvesting crops at Earthworks Urban Farm. "A lot of the ministry is simply being here for people. Our mission here is not just to feed people," said Br. Nathan. "It's really to build community and to build relationships with people. To help them understand that we care about them, that they are our brothers and sisters." A big part of Br. Nathan's ministry is made up of listening and praying with guests who

come to the Soup Kitchen seeking nourishment – both physical and spiritual.

Working to Make Room at the Table

Br. Faris Najor was born in Baghdad, Iraq and came to the United States with his family when he was 14, settling in Michigan. Br. Faris brings a strong work ethic every day to the Soup Kitchen as well as the Solanus Casey Center. "I'm used to working. I've been working since I was 15," said Br. Faris. Part of that work is making people feel at home in a welcoming environment. "Mother Teresa used to say, 'if you judge someone you have no time to love them.'" It's about doing whatever one can to make life better for our guests. One day at a time. One gesture at a time. One guest at a time.



No matter where the road may take them, Br. Anthony, Br. Nathan and Br. Faris will take a part of the

2018 ROSA PARKS LEADERSHIP CAMP

The 2018 Leadership Camp, presented by the Rosa Parks Youth Program, was held earlier this summer at our Connor meal site. Leadership Camp challenged young people to ask themselves: Where is God in my life? What are my values? How do I connect with God and my faith?



what are the roots of a good life, how to create your real identity and how to think about making each day better. Several attendees commented that one of the reasons to join a church or to belong to a group was the power people have to inspire each other.

Guest speakers included five young adults from Youth Works Detroit. Each speaker offered reflections on how they had found God in their life, what changes they had to make, and how at some point they hoped to make the world a better place in which to live.

Discussions ensued regarding the importance of music in prayer, how to get support if the family doesn't give it, how to respond to serious police situations,



The afternoon closed with music, a closing prayer and delicious refreshments. This spiritual component closed a week of college and business visits that included a visit to the University of Michigan Dearborn, leadership

development, financial literacy, developing healthy relationships and setting safe limits and boundaries.

Your support of the Capuchin Soup Kitchen makes the Rosa Parks Youth Program possible.

International Day of Peace Prayer Service September 20

People of all faiths and cultures are invited to a prayer service to celebrate International Day of Peace. It will take place at St. Charles Borromeo Catholic Church, 1491 Baldwin St., Detroit, Michigan on Thursday, September 20, 7:00 PM. Security and lighted parking will be available.

This year's theme is I dream a world free of fear. Participants will be asked to reflect on the continuing

violence in our cities and on our borders and what the Gospel asks of us in terms of loving our neighbor and creating peace. Dr. Charles Christian Adams, pastor of Hartford Baptist Church in Detroit will be the keynote speaker.

In addition, the Capuchin Soup Kitchen Choir and the Dearing Dancers will be featured as well as interfaith prayers for peace.



Calendar

Friday, August 24th (5:30 PM to 10:00 PM)
25th Annual Benefit on the Bay

Enjoy a beautiful evening at MacRay Harbor on Lake St. Clair. 100% of the event's proceeds benefit the Capuchin Soup Kitchen. Festivities begin with appetizers at 5:30 pm. And, as always, there will be silent and live auctions. A sit-down dinner will be served, followed by a short program, live band and dancing. The Capuchin Soup Kitchen will be performing as well! Tickets are \$75.

Visit benefitonthebay.org for tickets.

Thursday, September 27th (6:00 PM to 9:00 PM)
3rd Annual Capuchin Night Out

Join us for a night of Fowling and Fun!! The 3rd Annual Capuchin Night Out will be held at the Fowling Warehouse in Hamtramck. This is a fun opportunity for young professionals to connect with the Capuchin Soup Kitchen and other young professionals.

Early Bird tickets are \$45. Tickets purchased after August 20th are \$55. Tickets include heavy hors d'oeuvres prepared by our own Chef Alison and the Capuchin Soup Kitchen, two drinks and two fowling games. Check-in and heavy hors d'oeuvres begin at 6:00 PM. Fowling games start at 7:00 PM. There will also be a 50/50 Raffle!

Register today at cskdetroit.org/events/CNO. Must be 21 years or older. Bring a friend to join the fun!

Friday, November 30th (5:30 PM to 11 PM)
46th Annual SOCK (Support Our Capuchin Kitchen) Dinner

The 46th Annual SOCK Dinner will be held at Cobo Center's Grand Riverview Ballroom in downtown Detroit. The event includes a cocktail reception and silent auction at 5:30 PM, a sit down dinner and program including our very own Capuchin Soup Kitchen Choir at 7:00 PM and an Afterglow party with dessert and dancing at 9:00 PM.

Individual dinner tickets are \$275. Proceeds benefit the Capuchin Soup Kitchen. Visit www.CSKDetroit.org/SOCK for event tickets, auction mobile bidding and sponsorship opportunities.

There will also be a \$5,000 Cash Raffle. Raffle tickets are \$25. Need not be present to win. Call 313-939-2001 to purchase raffle tickets.

We are grateful for your help



*"How beautiful and wonderful are God's ways,
And oh how far He surpasses us in generosity"*
Blessed Solanus Casey, Capuchin

Feeding Bodies • Nourishing Spirits • Strengthening Communities

Capuchin Soup Kitchen