



Breaking Bread

A Newsletter of the Capuchin Soup Kitchen

Summer 2016

You Are Invited...Let's Continue the Conversation

During these past months there has been significant discussion at the Capuchin Soup Kitchen on the issue of why people are poor, and of the reasons compelling men and women to have to seek out our services. Both the Winter and Spring, 2016, editions of Breaking Bread featured articles related to the topic, and many of you responded with your thoughts and comments. It is clear that there is lively interest in the matter.



For that reason we are pleased to announce a community meeting that will address the issue:

“Continuing the Conversation— Moving Towards Equity and Understanding”

Saturday, October 8, 2016 9:00 am to 12:00 noon

Capuchin Soup Kitchen, 1264 Meldrum, Detroit

Details have not yet been finalized, but the forum will include input from experts in the fields of poverty and community organization. We are inviting Soup Kitchen staff, clients, donors, community residents, and anyone else interested.

If you would like to attend, please go to www.cskdetroit.org/rsvp. There is no charge for the event. We would like to know how many will be attending in order to provide hospitality. You will receive a reminder as the date draws nearer. There will also be more information provided on our website as the date gets closer. www.CSKDetroit.org.

Hope to see you on October 8!

Dear Friends and Supporters:

Since its founding in 1929, the Capuchin Soup Kitchen has always relied on generous financial contributions in order to serve the hundreds of thousands of people who have received our services over all these years. We are truly grateful to those who have contributed to this very special work.



Some years we have easily made our budget, receiving more in income than we paid out in expenditures. As a result, we have been able to establish and maintain a reserve fund from which we draw during more “lean” years when revenues do not meet expenses.

In a new policy effective this fiscal year, the Capuchin Province of St Joseph (our Capuchin religious order of whom the Capuchin Soup Kitchen is a ministry) has determined that it is prudent for us to have on reserve an amount sufficient to cover nine months of expenses. Thus, during any fiscal year those monies received in excess of the amount needed to pay our bills and maintain our reserve will be diverted to the general fund of the Capuchin Province of St Joseph to help pay the considerable expenses of the education of new Capuchin friars, the care of senior and infirmed friars, and the needs of the friars still in the workforce.

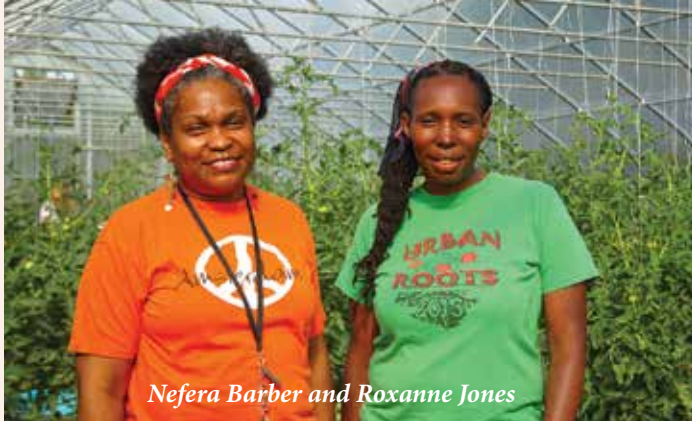
By far the greater share of your donations to the Capuchin Soup Kitchen will continue to be used to serve the hundreds of people who come to our doors each day. Only in the happy event that we receive more than what we need to pay our bills and to maintain our reserve will your contributions be used to meet the wider needs of the Capuchin Friars.

Thank you again for your generous, loyal support over the years. If you have questions or comments, please call me at 313-579-2100 ex 220.

Sincerely,

Jerry Smith, OFM Cap
Brother Jerry Smith, Executive Director

Smashing the Stereotype — Women in Agriculture



Nefera Barber and Roxanne Jones

Say the word “agriculture” and traditionally the image that probably flashed through our minds was that of an overalls-clad, burly, muscular man. Not any more! At Earthworks Urban Farm, Roxanne Jones and Nefera Barber are smashing the stereotype of agriculture as a “males only” profession.

Nefera’s introduction to agriculture began in Columbus, Ohio where her mother cultivated a garden in the back yard, and “grew the best green beans ever.” Throughout the years she has maintained her interest in growing food, saying that she gets great satisfaction from setting plants into the ground, nurturing them, and then putting the harvest on the table.

The Bike Shop in Action

Each Wednesday afternoon there is a swirl of activity in the southwest corner of the Meldrum parking lot as the Capuchin Soup Kitchen’s weekly bike shop opens its doors for business. Led by Earthworks’ maintenance worker, Darryl Howard, a typical week finds up to thirty people who are helped to make simple repairs on their bicycles.

The “customers” are mostly neighbors and guests of the Soup Kitchen. Mr. Howard and his assistants teach bike owners such basics as how to adjust brakes, patch inner tubes, fix flat tires and reposition saddles (seats). The parts they need for their craft are donated by individuals and or other bike shops, scavenged from unrepairable bicycles, or even found in the trash. Two volunteers, both named Gary, but distinguished by the monikers “Tall Gary” or “Grey Gary” (due to the color of his hair!)—provide added support to the weekly sessions.

She derives her livelihood from agriculture, having been employed as farm manager with another local farm for five years, and now serving as EAT coordinator (Earthworks Agriculture Training program), where she mentors other budding urban farmers, many of them also women.

Roxanne’s involvement with agriculture was born out of concern for her health. She believed that she could benefit greatly from consuming more fresh vegetables, and discovered that growing them herself proved therapeutic and healing. Eventually she found her way to Earthworks at the Capuchin Soup Kitchen (where she also found her future husband, Donnie!) and enrolled in the EAT program. She did so well that in 2012 she was hired full time as the Earthworks’ assistant farm manager.

Both Nefera and Roxanne say that although there are now significant numbers of women involved in agriculture, they still have to prove their competence. “There are many skeptics who believe that we—especially women of color—know nothing about agriculture.”

To those skeptics we say, “Come to the Capuchin Soup Kitchen and witness these two farmers in action. You will leave as believers.”

Working at the bike shop since 2008, Mr. Howard is a self-taught mechanic. He traces the development of his skill back to when he was nine years old and built his first bicycle.

“My parents did not have the money to buy me a new bike,” he says, “so I assembled my own. I found the frame in a junkyard, got the rims from a neighbor, and begged the brake cables from a friend.”



Mr. Howard thoroughly enjoys assisting bike owners. “I see them walk in,” he says, “and I love to see them ride out.”

Soup Kitchen Youth Program Creating Tomorrow's Leaders



Caption: Jamal Parker (Center L) and Tradeil Pureifoy (Center R) are joined by Children & Youth Program staff Parina Davis (far L) and Davon Mann (far R)

Sr. Nancyann Turner, manager of the Capuchin Soup Kitchen's Children & Youth Program, has always said that the tutoring and art therapy program's purpose is to break the cycle of poverty. If Jamal Parker and Tradeil Pureifoy are any indications, the program is succeeding.

Jamal is entering Wayne State as a freshman. A youth program alum, he entered the program as a 9th grader at his aunt's insistence. Raised by her after the death of his parents, he explains, "I didn't want to come. I was struggling in school. But after a year, I was offered a leadership position and my life turned around. As a junior counselor, I worked with the younger kids. They taught me patience."

Jamal has started a chess club for the Soup Kitchen's Children & Youth Program. "I tell the kids, the chess board is your life and you are the king. You need to protect yourself. You need to create successful outcomes and think two to three chess moves ahead. It works in chess and it works in life. You need to surround yourself with people who will help you succeed. I have a friend who got caught up in something bad and is now in jail. But another friend was able to turn his life around. He walks miles to school. He works hard. I encourage him. We all need encouragement. I've gotten that from my aunt and from the Soup Kitchen's youth program."

Tradeil, a returning sophomore at the University of MI-Flint campus and the first in his family to attend

college, agrees. A children's program alum since he was a 7th grader, he adds, "Sr. Nancyann, Ms. Parina, Davon, and the volunteers changed my life. They made me realize that I am here for a bigger reason; that I have too much to lose; that I need to stay focused."

Tradeil has a mantra: "What we see is what you'll be."

"You need to surround yourself with the best possible people," he explains. "That has worked for me. Right now school is my business. Nothing is more important than that. My friends & I support each other. We keep each other focused. And none of this would be happening without the support I have received from the Soup Kitchen's program. I have been shown love and respect here. It has really changed me and has given me a future."

Both young men plan to stay connected with the program. Jamal enjoys helping the children with art therapy. Tradeil assists with music and poetry. They serve as mentors and 'big brothers' to the youth. Tradeil emphasizes that it's important that the Soup Kitchen kids see that hard work and patience pay off...and to take school seriously. "It's about work ethic and time management," Tradeil concludes with Jamal adding, "And think twice before making a move. Think ahead....just like chess."

When asked their plans for the future, they both answer confidently: Jamal will be an accountant; Tradeil will be a judge, helping youth. There is no doubt that these fine young men will meet those goals. Detroit will be in good hands!



\$3000 for a new disposal at the Meldrum kitchen

School supplies for our Grandparents Raising Grandchildren group. Needed are book bags, pencils, pens, notebooks, markers, rulers.

Please drop off supplies at our 1264 Meldrum Soup Kitchen site.

Field Report: Earthworks Urban Farm

By Patrick Crouch,
Earthworks Farm Manager

By late summer, the potato plants have died back and withered, but under the soil a treasure remains. As ubiquitous as the potato is on our plate, it seems the plant itself and the source of those spuds is often a mystery. Each year as I give tours or volunteer assignments, the potato plant is the most likely to illicit shocked reactions. “That’s a potato plant? I’ve never seen potato plant! Where are the potatoes?”

If the plants cause shock, the harvest brings amusement. To children, it’s like a secular earthen Easter egg hunt; to adults a revelation. With each spading fork plunged into the soil and lifted, the tubers tumble out of the ground and are eagerly gathered up.

I delight in being witness to this moment – and so many moments like this at Earthworks. It’s a crucial part of our work to create opportunities to reconnect with where our food comes from and the Earth from which it is born.



International Day of Prayer for Peace

People of all faiths and cultures are invited to a prayer service to celebrate International Day of Prayer for Peace. It will take place at the Capuchins’ St. Bonaventure

Monastery Chapel, 1780 Mount Elliott, Detroit on Tuesday, September 20, 7:00 PM. The evening will be sponsored by the Capuchin ministries including the Capuchin Soup Kitchen and the Solanus Casey Center. Security and lighted parking will be available.

This year’s theme is “LET PEACE BEGIN WITH ME.” The prayer service will highlight our need for inner peace as well as our spiritual call to create peace with others through acts of mercy and forgiveness. The Capuchin Soup Kitchen Choir and the Dearing Dancers will be featured as well as interfaith prayers for peace. Visit www.CSKDetroit.org for additional information.



Thank you, generous Capuchin benefactor, Mike Schodowski, whose second-generation family-owned business, Shelving, Inc., recently donated shelving and storage units to our Detroit development department. www.Shelving.com
(L-R): Kristi Hassouna, Maria Perez, Brother Jerry Smith, Chenise Miller, Teresa Macias, Joe Larch, Mike Schodowski, Nikole Cotton, Lee Anfield, Steve Walsh

Feed Their Bodies and Feed Their Souls

By Sr. Nancyann Turner OP, Children & Youth Program Manager



When school is out, kids often go hungry--no more school lunches and breakfasts. It is hard to have fun when you are hungry--hard to read or enjoy life with hunger pains and headaches. Fortunately, many Detroit children are able to get three meals a day at

Generations of Giving Continuum

The Capuchin Soup Kitchen has been serving the Detroit community since 1929. Depending on a family's generational timeline, that could mean that four (or perhaps even five) generations of a family have supported the Soup Kitchen in some way.

We know some of our families who volunteer at the Soup Kitchen do so because their parents volunteered and now these young parents are bringing their children to learn to 'give back.' This generational pattern is crucial to the Soup Kitchen. The legacy of giving is often times learned through observation.

This critical link is dependent on many factors.

- Do the family members share the reason WHY supporting the Soup Kitchen is so important?
- Do the children have the opportunity to actively give to the Soup Kitchen's mission? (One may recall the lemonade stand whose proceeds benefited the Soup Kitchen and how proud the 'business owners' were when they brought in their donation to Br. Jerry.)
- Does that giving opportunity change as the children grow? (Our SOCK co-chairs' adult children helped create an afterglow event.)

our Conner Kitchen. Nearly all our summer programs include meals and healthy snacks.

But we do more than feed their bodies; we feed their souls. The music, drama and dance of Peace Camp feed their souls. The colors, shapes and textures of art therapy feed their souls. The challenges of our books and reading programs feed their souls. The field trips to Belle Isle's flowers and river breezes; the animals and various sites of Greenfield Village... all feed their souls.

The marigolds and zinnias, the tomatoes and cucumbers of our Peace Garden feed their souls. In fact, the whole concept and teamwork of gardening is an enormous blessing for their souls. The cooking classes, the homemade pizza and salads from lettuce they planted feed their bodies and their souls. All in all, the bright sunshine, the growth of mind and hearts, the energy and generativity of summer are a great source of food and nurturance for our children.

Hopefully, ALL of our readers are also having a summer of abundant blessings for body and soul.



But we also need to be introducing the Soup Kitchen to those who are new to Detroit and those with whom we do not yet have a relationship.

Encourage the young adults in your life to attend our 2nd annual Capuchin School Night Out, specifically targeting young adults (ages 21 to 35). The event is Thursday, December 8, 5:30p and will be held at Brew Detroit.

The evening is designed to introduce a new audience to the mission of the Capuchin Soup Kitchen...all while the participants look for an opportunity to get connected.

Perhaps you have an idea you can share of how you kept the legacy of the Capuchin Soup Kitchen growing in your family? Please share with Br. Jerry! His email address is jsmith@CSKDetroit.org

We thank you in advance!

The 44th annual SOCK Dinner

The 44th annual SOCK dinner will once again be held at Cobo Center, Friday, Oct. 21.

Tickets are \$250 per person. Sponsorship opportunities are available as well.

Visit www.CSKDetroit.org/sock



Alicia Boler Davis, Executive Vice President Global Manufacturing, General Motors and our 2016 SOCK chair recently served on the Capuchin Soup Kitchen's serving line. She also visited with several of the guests at the Meldrum kitchen location.

"On behalf of General Motors, it is an honor to chair the 2016 Annual SOCK Dinner," said Alicia Boler Davis. "The Soup Kitchen's philosophy of individual empowerment – through its meal program, urban farm, bakery, substance-abuse program and particularly its Children's Program – is as important to our community as it is to the individuals it serves. I look forward to working with Brother Jerry, the SOCK Committee and so many others to make this year's event the best one ever."

Calendar of Events



Tuesday, August 16, 5:30-7:30p, Year of Mercy: Music in the Creation Garden, Solanus Casey Center

Saturday, August 20, John W. Smith Charities Golf Outing in support of the Capuchin Soup Kitchen, Selfridge Golf Course, Harrison Township. Call Ken Koliba 586-649-7816

Friday, August 26, Benefit on the Bay, MacRay Harbor on Lake St. Clair. Organized by Mike Schodowski of Shelving, Inc. Featuring Jay Towers (Fox 2 News and 100.3 WNIC) as MC, jazz band John Dickson & the C-Notes, The Key Suspects, and the Capuchin Soup Kitchen Choir. \$65 ticket includes appetizers, dinner, dancing, beer, wine, and desserts. Live and silent auctions, and a performance by speed artist, Dave Santia. For tickets call: 313.579.2100 ext. 153 or 170. Early purchase is encouraged as the event often sells out.

Friday, August 26, Henry Ford OptimiEyes Golf Outing, The Links of Novi Singh Golf Course, 50395 W. 10 Mile Rd., Novi. Call Stacey Bolton at 248-577-3655.

Saturday, August 27, Bridgewater Interiors Golf Outing in support of the Capuchin Soup Kitchen. Hickory Creek Golf course in Plymouth. Information: Brian Zapinski 586-850-0214

Tuesday, September 20, 7p International Day of Prayer for Peace, St. Bonaventure Monastery Chapel

Sunday, October 9, Solanus Casey Souperbowl, 12:00 noon-7:00 pm American Polish Century Club 33204 Maple Lane, Sterling Heights. All-you-can-eat soup and bread, Irish entertainment and dancing. \$20 donation.

Friday, October 21, SOCK (Support Our Capuchin Kitchen), Cobo Center, Grand Riverview Ballroom, Detroit. For tickets call: 313.579.2100 ext. 153 or 170

Thursday, December 8, 5:00p, 2nd Annual Capuchin School Night Out, Brew Detroit. Heavy hors d'oeuvres, drinks, music and a brewery tour. Tickets are \$50 per person. Call Erica at 313-939-2009 with questions.

For details, visit www.CSKDetroit.org/events