



Breaking Bread Newsletter

Feeding Bodies, Nourishing Spirits, Strengthening Communities

May 2023

Capuchin Soup Kitchen



Case Managers Serve All Sites

Treating The Whole Person Comes First

While guests visit Capuchin Soup Kitchen sites to receive groceries, meals, and clothing, they can also bring other needs to case managers. Deborah Starr-Hodges, Lucy Avery-Walk, and Pamela Moore continuously strive to find

Deborah provides help to those who visit the Meldrum Street location for meals and prayer, whether guests struggle with education, homelessness, mental health, or socio-economic deprivation. She began the Case Manager role with the heart to

Similarly, at Deo Gratias Ministries, Lucy helps guests overcome barriers. Deo Gratias provides guests with groceries at their food pantry, literacy learning, and a cafe where guests can enjoy hot coffee and snacks. While the most common needs



▲ Deborah Starr-Hodges poses next to the St. Patrick's Day Tree at the Meldrum location.



▲ Lucy Avery-Walk poses in the food pantry at Deo Gracias Ministries. She ministers with the Felician Sisters.



▲ Pamela Moore and Capuchin Br. Robert Wotypka check in before the start of a special event at Conner.

resources for guests who need housing, state IDs, food, jobs, legal aid, mental health, and more. While they are based at three different locations, they work together to find and share ways to guide guests to the help they need. They center their focus on guests and the unique hardships they face. As Lucy said, "It's all about the guests."

help people get back on their feet and to "teach people how to love themselves." Deborah said, "I know in my heart God sent me here; this is where I was supposed to be." While Deborah previously experienced similar hardships that guests face, she said, "These struggles have enabled me to give back and to meet people where they are."

Lucy sees are housing and legal aid, utility assistance and tax help are also needed. Some guests are on the brink of homelessness because their paycheck fails to cover necessities, such as food and utilities. Regarding helping guests, Lucy said, "It makes me feel good because that person came in my door not knowing and left smiling."

Continued - Pg 3

WORKS OF MERCY

VOLUNTEER OPPORTUNITIES

We are happy to welcome volunteers back to partner in ministry with us. There are some safety requirements and you can read them when you sign up. You can sign up for any of the opportunities below here:



<https://ofmcap.cc/CSK-Vol>

Capuchin Soup Kitchen – Meldrum & Conner locations:

- Preparing food & trays for guests
- Wiping and sanitizing dining room tables and chairs
- Special events & projects

Capuchin Services Center:

- Sorting and organizing clothes
- Stocking and organizing food items
- Special events & projects

Rosa Parks Children & Youth Program:

- After school tutoring assistance
- Art therapy program assistance (no art skills required)
- Special Events & Seasonal Activities
- Volunteers are asked for a weekly commitment per academic semester

Earthworks Urban Farm:

- Mixing soil/making soil blocks or germination trays
- Planting/seeding/thinning seedlings
- Cultivating/weeding beds & flipping compost
- Other tasks related to gardening or farming



Volunteers Share Ministry's Impact

by Br. Gary Wegner, OFM Capuchin
Executive Director



In the song, **With A Little Help From My Friends**, the Beatles sing on key about singing off key. Unfortunately, I can guarantee that I will be out of key when it comes to singing! On the other hand, when we Capuchins gather for Morning and Evening Prayer, some of my brothers' more on-key singing voices help me stay, if not on-key, at least closer to it. This is great because I enjoy singing despite my lack of ability.

Here at the Capuchin Soup Kitchen, no one person can do everything. As Director, I am very aware of the help we need and the help that is offered. In this Breaking Bread issue, we highlight how we couldn't serve as we do without you, our friends.

You will read about how we get by with help from our Capuchin Soup Kitchen Ministry Council members, who give advice and offer suggestions. We get by with help from those who support the ministry

by sponsoring third-party fundraising events. We get by with lots of help from our volunteers, especially those who responded to our request for assistance as we returned the evening meal at our Conner Kitchen. And, of course, with our regular donors' generosity, the renovations underway at Meldrum are now happening. Yes, we get by with more than a bit of help from you, our friends.

Finally, we are highlighting Deborah, Pamela, and Lucy in this issue. They are the caseworkers at Meldrum, Conner, and Deo Gratias Ministries. Many of our guests are helped to get by with the professional and compassionate help that they provide.

We all need somebody to love and to love us. Thank you for being there to help us love our guests with the love of Christ.



▲ The J.W. Smith Oldtimers held their annual fundraiser. Br. Tien (far left) threw the first ball. The Soup Kitchen received a gift of \$10,000.00. (From L to R) Br. Tien Dinh, Br. Rob Roemer, Br. Robert Wotyпка, Br. Richard Mattox and Br. Gary Wegner.



Ministry Council Meets to Assist Ministry Director

The Capuchin Province of St. Joseph's Provincial Council requires each ministry to have an active ministry council of friars and lay volunteers. While staff and volunteers at Capuchin Soup Kitchen work together to help serve guests, the ministry council offers direction and advice to the ministry directors on various aspects of the Capuchin Soup Kitchen. It's a helping council and not a governing one.

These topics include challenges voiced by the administration, the review of financials, and strategic planning. At the center of their work on the council is a heart to help. Council Member, Gerry Brisson, said, "I believe the work is critically important for the people that come for service," and that "The Capuchins have a deeply respectful way that they go about doing the work, and I think that's inspiring and quite the honor to be part of."

Third Party Fundraisers Provide Funding & Friends

Outside Groups Host Special Events for CSK

What is a Third-Party Fundraiser? Do you attend three parties on the same day? No, it refers to groups not affiliated with the Capuchins that hold a special event, with the proceeds going to support the Capuchin Soup Kitchen.



▲ Br. Tien, (L), Br. Rob, (2nd from L) and Br. Gary, (R) greet guests at Bocce with the Brothers 2023.



▲ Participants at Chili Cha-Cha dance away the evening after enjoying a warm bowl of chili.

Shelving.com is a business that also hosts several fundraisers, including Benefit on the Bay and Bocce with the Brothers. At Bocce with the Brothers participants enjoy a buffet dinner, live entertainment, an auction, and unlimited Bocce.

For example, Sacred Heart Parish in Dearborn, Michigan, holds the Chili Cha-Cha each year to benefit CSK and another feeding program. Participants come from the parish and enjoy chile and dancing to the music of an 18-piece swing band.

Would you or your organization like to hold a special event for the Capuchin Soup Kitchen? Email Br. Gary Wegner, OFM Cap., Ministry Director at BrGary@cskdetroit.org or call (313) 579-2100, ext 2220 to get started.

Case Managers Serve All Sites (continued from pg. 1)

As an example of the case managers' impacts, Pamela, who is based at the Conner Street site where guests can receive meals, helped a guest who came to her and said, 'I need your help to get my life back.' One step at a time, Pamela found resources for him and guided him through reconnection with his family and essentially getting his life back. Pamela also partners with an organization to offer supplies for new moms, and she works with guests going through gathering documentation for the 36th district court program. Pamela said that

much of her guidance shows guests the path out of their situation but that "they have to see it for themselves" for their circumstances to change.

While Deborah, Lucy, and Pamela seek resources and build a network of opportunities for every unique situation the guests bring, they also find ways to keep the momentum and encouragement at high levels so guests will remain engaged in pursuing the opportunities that better their lives.

Many Friends, One Mission

by Br. Tien Dinh OFM Capuchin
Assistant Executive Director



Many of us are probably familiar with the teaching in the First Letter of St. Paul to the Corinthians, in which he mentioned, "As it is, there are many parts. But there is only one body." Each person is unique and different, but through our baptism, we are the Body of Christ.

At the Capuchin Soup Kitchen, we have received much help from our friends to continue the many services we offer our guests. Each of our friends plays a different and important part in helping the Capuchin Soup Kitchen run

smoothly which focus on helping our guests and building the Body of Christ.



On behalf of the Capuchin Soup Kitchen and the many guests who come to us, we are grateful for our many friends who play their part in sharing their gifts. Each of you helps us fulfill our mission of feeding bodies, nourishing spirits, and strengthening communities.

For this we are grateful.



Ministries Exchange Staff to Learn from Each Other



The Capuchin Province of St. Joseph encourages staff members to learn from our other ministries. Recently Nicole Fair, Volunteer Coordinator (L) and Andre Salton, Support Staff (R) from Capuchin Community

Services in Milwaukee visited the Capuchin Soup Kitchen. Fr. Mike Bertram, CCS's Ministry Director (Center L) visited with Br. Rob Roemer, Capuchin Services Center Director (Center R). Br. Rob served at CCS in the past.

CAPUCHIN SOUP KITCHEN

CSK Conner Meal Site:
4390 Conner
Detroit, MI 48215
313-579-2100 ext. 4216

CSK Meldrum Meal Site:
1264 Meldrum
Detroit, MI 48207
313-579-2100 ext. 2205

Spiritual Care:
Offered at both CSK Conner & Meldrum Meal Program Sites
313-579-2100 ext. 2209

Capuchin Services Center:
6333 Medbury St
Detroit, MI 48211
313-925-1370

Rosa Parks Children and Youth Program:
4390 Conner
Detroit, MI 48215
313-579-2100 ext. 4224

On The Rise Bakery & Cafe:
1780 Mt Elliott St
Detroit, MI 48207
Phone: 313.922.8510

Earthworks Urban Farm:
1264 Meldrum St.
Detroit, MI 48207
313-579-2100 Ext. 2204

Jefferson House:
8311 E. Jefferson
Detroit, MI
313-331-8900

 [Twitter.com/capsoupkitchen](https://twitter.com/capsoupkitchen)

 Facebook.com/CapuchinSoupKitchen

 **YouTube**

YouTube.com/CapuchinSoupKitchen