



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

Welcome, Br. Faris and Br. Nick!

Two young Capuchin friars, Br. Faris Najor and Br. Nicholas Blattner, have joined the Capuchin Soup Kitchen. Welcome, Br. Faris and Br. Nick!



Br. Faris Najor, a native of Farmington Hills, Michigan, is the new director of volunteers for Detroit-area Capuchin ministries. Br. Faris will work closely with volunteer coordinators at Capuchin Soup Kitchen sites, as well as at the Solanus Casey Center

and Capuchin Retreat. Br. Faris will be working to enhance the volunteer experience. In improving the volunteer experience, he hopes to make the guest experience better, as well. "Happy volunteers means happy guests," said Br. Faris. Longer-term, Br. Faris hopes to leverage the skills of volunteers to address the root causes of poverty and inequality in our communities.



Br. Nick Blattner, a native of Sheboygan Falls, Wisconsin, is a kindly presence behind the counter at On the Rise Bakery and Café, a program of the Capuchin Soup Kitchen, on Gratiot Avenue. Br. Nick is ministering both at the bakehouse,

as well as going out to Metro Detroit churches and businesses to sell bread, baked goods, and other items. "I'm looking forward to getting to know the guys in the program and then seeing them graduate and move on," said Br. Nick. "That makes it all worth it." In addition to his role at On the Rise, Br. Nick is working with the Capuchin Development Office. He is also working toward a degree at Villanova University.

Please pray for Br. Faris and Br. Nick as they begin their new roles with the Capuchin Soup Kitchen.



Rosa Parks Peace Camp builds relationships, community, and nonviolence

By Parina Davis-Usher



The Rosa Parks Children and Youth Program Peace Camp is a beautiful experience, where participants interact, create, and learn about and from others. The theme for Peace Camp is, of course, peace, but our camp centers around relationships: relationships with ourselves, between ourselves and others, and between ourselves and the world. Peace Camp also focuses on how we relate to the world and nature, and how we can help the earth. For three weeks, children and youth engage with music, art, dance, and conflict resolution.

Through music, participants learn songs to uplift and motivate themselves and others through lyrics and music history. Children and youth are encouraged to remix music to make it their own, expressing their voice through music. Participants also learned about movement, control, emotion, and creativity through Praise and Hip-Hop dance.

Through art, children and youth created projects centered on self-confidence, self-esteem, and healthy interaction with friends, family, neighbors, and the community. In the morning group, ages six through nine, children learned healthy ways to release anger and calm themselves through games, meditation, and yoga.

The afternoon group, ages 10 through 12, created short films using a skill called stop motion animation. Stop motion animation, also called stop-frame animation, captures one frame at a time, with physical objects moved in-between frames. When the sequence of images is played back rapidly, it creates the illusion of movement. The youth wrote skits and created characters describing healthy ways to manage conflict.

Every summer, our younger and older groups take field trips. This year, the younger group visited the Impression 5 science museum in Lansing. At the museum, children ran a science experiment and learned about dental hygiene, healthy eating habits, and electricity. The older group learned the history of electricity, as well as what life was like without the technologies that we appreciate today.

The camp ended with the Peace Camp Grammys, where each group displays their talents and what they have learned. The children and youth, as well as our staff and volunteers, enjoyed every moment we spent with one another. We ended our summer just as it began, with excitement!

A special thank you to all our volunteers. Without the efforts of so many, the Rosa Parks Children and Youth Program could not exist!

Jefferson House renovations completed



Jefferson House, a program of the Capuchin Soup Kitchen, recently completed a significant capital project with the replacement of 21 windows and repainting of exterior wood trim. Because it is situated within a historic district, the replacement windows had to match the original wood double-hung windows. Replacement windows cost approximately \$1,000 each.



The building houses a CARF-accredited residential addiction treatment center. Men who seek a fresh start find a supportive environment at Jefferson House, with on-site support for substance use disorders.

Jefferson House, a former residence, was acquired by the Capuchins in 1976 and has helped thousands of men achieve sobriety and a second chance. We are grateful for the generosity of benefactors for stepping up to support this project!

Simplify your Thanksgiving, while supporting the Capuchin Soup Kitchen



This Thanksgiving, leave the cooking to Chef Alison and Capuchin Soup Kitchen Catering. Enjoy a from-scratch Thanksgiving meal while supporting the programs of the Capuchin Soup Kitchen.



Every meal includes:

- Fresh roasted turkey (conventional sized, about 8-10 pounds)
- A 15-20 pound free-range turkey package is available at an additional cost.
- Two quarts dressing
- One quart real mashed potatoes
- One quart gravy
- One pint housemade orange and cranberry relish
- One dozen rolls
- Two pies (pumpkin, apple, or sweet potato)
- One pint real whipped cream

Prices start at \$100, with proceeds going to the Capuchin Soup Kitchen.

Visit https://www.cskdetroit.org/about_us/catering/ for more information. To place your order, call (313) 579-2100 ext. 2205. The deadline to order is 10:00 am on Friday, November 22.

The creative vision of St. Francis at the soup kitchen

By Br. Jerry Johnson, OFM Capuchin



Br. Jerry Johnson

During this 90th year of the Capuchin Soup Kitchen, I've been writing about the Franciscan tradition and some of the key components of the soup kitchen history. In the winter edition of *Breaking Bread*, I spoke about how the soup kitchen is really a natural part of the Franciscan

vision. Capuchins are a type of Franciscan friar named after the large hood on their habit which is called a "cappuccio" in Italian. Living in 13th century Italy, St. Francis was deeply moved by the humility of God which was made manifest in Jesus. Jesus shared our humanity by being placed in a manger, walking with people through their pain and joy, and loving people to the end, right up to crucifixion.

But God shows that love is more powerful than even death itself. The belief of St. Francis that we are all sisters and brothers, along with the idea that love conquers death, forms the heart of the soup kitchen today. The other main trait of St. Francis is that he believed in the unique and precious human dignity of each person. As Br. Ray Stadmeier says so well, "to not see folks just as people we have to take care of, or cases to be solved, but as our brothers and sisters." Every person has a name, and every person has a unique story held precious by God.



These values have shown themselves repeatedly as the soup kitchen evolved to meet the needs of the times. In the summer edition of *Breaking Bread*, I spoke about the beginnings of our Jefferson House program in 1976. Following that, we continued to find creative new approaches to alleviate human suffering in our communities. I'll ask to be forgiven if I might be off a bit with some of these dates. There are many volunteers, donors, staff, and soup kitchen guests who know these dates better than I! 1994 saw the beginning of our Capuchin Services Center. The Services Center was renovated in 2015 with a more dignified design where people could choose the types of canned goods they receive. 1997 saw the beginnings of our second soup kitchen meal site on Conner Street, along with our Rosa Parks Children's program as part of that building. In 1996, our Earthworks Urban Farm began. Our On The Rise Bakery opened in 2006 and added the wonderful retail café at 8900 Gratiot in 2014. Thank you to everyone for being a part of this living history!





Street Outreach Court gives new hope

“It’s a relief. I have a sense that change and a second chance are possible,” said Ms. Turner.

Ms. Turner, who’s name has been changed for this article, just had several hundred dollars in traffic fees and levies substantially reduced as part of the 36th District Street Outreach Court Detroit.

Street Outreach Court helps guests tackle challenges at the root level. The Capuchin Soup Kitchen is one of six organizations participating in this specialty court within the 36th District Court.

Street Outreach Court gives guests a chance to resolve certain civil infractions, misdemeanors, and parking tickets. Detroit Action Commonwealth, a citywide grassroots nonprofit organization, first identified and voiced the need for a program like Street Outreach Court. In 2013, the gavel came down for the first time, and Street Outreach Court was declared in session. Volunteer judges, along with their staff from 36th District Court, as well as attorneys, hold court monthly from the Capuchin Soup Kitchen Meldrum meal site.

“The program helps guests get their driver’s licenses back,” said Mary Baumgartner, street court case manager for the Capuchin Soup Kitchen. The court does not dismiss anything related to alcohol or impaired driving but does offer assistance with parking tickets and minor traffic infractions. “The purpose of the program is to get people to stabilize their lives, their housing, and their income.”

In a region like Detroit, with limited public transportation, losing a driver’s license can trigger job loss, which can spiral into a crisis. A ticket that goes unpaid is compounded with late fees and fines and potentially warrants on top of that. The cost of reinstating a license creates a barrier to finding and holding meaningful employment and can trap people in a downward spiral.

Guests who receive relief from the courts have court-mandated homework to do. “Guests have to earn the relief that the court gives them,” said Baumgartner. “The court requires them to do what we call an action plan or action steps. The big three are stabilizing your housing, finding a legal source of income, including going to school, or getting into job training, as well as completing community service.”

Ms. Turner completed 160 hours of community service, above and beyond the 144 hours the court required. She is enrolled in a pre-nursing program at Wayne County Community College District. Ms. Turner completed a portion of her community service as a volunteer at the Capuchin Soup Kitchen Conner meal site. “Everybody’s situation is different,” said Ms. Turner. “We all pull together to help each other out.”

Street Outreach Court is an example of what can happen when government, nonprofits, community activists, and other stakeholders take collective action to create positive outcomes for citizens.

Calendar of Events



28th Annual Souperbowl

Sunday October 27 2019 - Noon to 7 PM

Location: Century Banquet Center

33204 Maple Lane Drive,
Sterling Heights, MI 48312

Further info call: 586-573-4121-586-751-3575-
586-776-7954



Earthworks Jam-making sessions

Come jam with Earthworks Urban Farm! Learn how to make jam from fresh, organically-grown produce at these jam-making sessions.

Saturday, October 19

Saturday, November 16

Saturday, December 7

From 11:00 am to 2:00 pm

Jams include currant, tart cherry, strawberry, elderberry, and raspberry.



The ending of something very special



This August, Sr. Nancyann Turner, OP, retired from active ministry at the Capuchin Soup Kitchen. Sr. Nancyann started the Rosa Parks Children and Youth Program in 1999 and has been a continuous presence at the Conner meal site as a loving mentor to children and youth.

Sr. Nancyann wrote this reflection upon her retirement.

I can hardly believe it! After 20 years serving at the Rosa Parks Program of the Capuchin Soup Kitchen, today is my last official day.

These 20 years of ministry at the Conner Kitchen have truly changed my life, broadened my vision, delighted my heart and given new depths to my soul. I have discovered much about poverty and racism. I have learned to lament and to rejoice, to bless and to be blessed, to journey and to let go. Even during times of struggle and grief at the kitchen, I know I have loved and embraced every day and each child.

It has been a blessing and a privilege to accompany so many loving children and families in the Rosa Parks program. I have been inspired and strengthened over and over by this community. Peace, creativity and reverence for life has been the foundation of all our efforts with the children and their families.