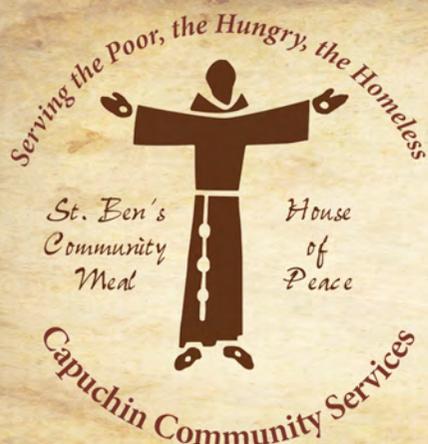


# Capuchin Community Services

[www.CapuchinCommunityServices.org](http://www.CapuchinCommunityServices.org)



## House of Peace Guests Learn Favorite Foods Can Be Good For You Chef+RN, UW-M Student Teaches Nutrition

## Single Mom Relies on St. Ben's Community Meal to Feed Sons Under-Employed, She Brings 7 & 9 Yr Olds to Eat



▲ (L to R) John Hernandez, Nursing Student, Linda Barnes, Social Worker and Dominique McGhee, Food Pantry Manager pose with healthy greens. John recently taught a class on healthy food preparation of favorite foods.

Alexandria Johnson is one of the thousands of under-employed adults living within walking distance of Capuchin Community Services. She walks with her two sons, Tayshaun, age 9 years old and Taeveon, age 7 years old to both the House of Peace and St. Ben's Community Meal.

"I have been coming to the House of Peace for several years but I only started eating at St. Ben's last October," Alexandria said. "My power was cut off so I couldn't cook for my two sons at home. I called 211 and they told me we could get a hot meal at St. Ben's."

211 is a seven county organization that provides information and referrals for people in crisis. Alexandria continued, "I was surprised to find you guys. I've lived in the area for 5 years and didn't know you were here."

Alexandria explained, "I do temp work for a staffing agency. My last job was to package cleaning supplies in a factory for shipment to distributors." Alexandria has been out of work since May and also depends on the House of Peace to care for her sons.

"I've been to the House of Peace to get food, bread, clothing and Christmas boxes," she said. Just then Taeveon spoke up, "I

**Who doesn't love greens, fried chicken and cornbread?**

**Problem:** Our hearts and blood pressure.

**Solution:** Learn an alternative way to prepare this Southern favorite in a healthy way.

The Highway to Healthy Beginnings Program at the House of Peace is a three week initiative committed to improving the lives of our guests. This ambitious goal is achieved by teaching stress reduction, healthy cooking techniques, and concrete ways to incorporate physical activity in our guests' lives.

I was delighted to be invited to attend the most recent class. Upon entering the meeting room I was greeted by a buzz indicating something exciting was about to happen! We directed our attention to the kitchen and were introduced to Summer and John. Summer is a House of Peace guest. She was a student at the Milwaukee Art Institute Culinary program and hopes to return in the future. John owned his own restaurant in Mequon. Lacking formal training, he worked his way up until he reached the position of Head Chef. Later, he enlisted in the Navy, and upon returning home, enrolled in nursing school. He

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▲ Alexandria and her sons enjoy dinner at St. Ben's Community Meal. They have made friends with staff and other guests. Alexandria's sons look forward to dinner at St. Ben's and enjoy trying to guess each evening's menu.

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## Save The Date!

**November 7, 2015**

Thanksgiving Morning Reflection

10:00 AM to Noon, St. Ben's

Join us for a morning reflection as we prepare to celebrate Thanksgiving. Capuchin friars will lead the reflection.

**November 14, 2015**

Volunteer Appreciation Luncheon

11:30 AM to 1:30 PM, Location TBA

Volunteers who serve on a regular basis are invited to our annual lunch.

To receive an invitation

to either event go to:

[www.CapuchinCommunityServices.org](http://www.CapuchinCommunityServices.org)

Scroll to bottom and click on Sign Up.

## VOLUNTEER OPPORTUNITIES

### St. Ben's Community Meal

Capuchin Apartments

8-10 people needed to cook & serve dinner. Monthly opportunities. To sign up call: **Br. David, 414.271.0135, x219**

### House of Peace

Food Pantry & Holiday Drive

Sort food for Emergency Food Pantry; Facilitate Empowerment Classes. To sign up call: **Gerri Sheets-Howard, 414.933.1300, ext. 11**

## HOW TO DONATE

To make a gift to our Capuchin ministry to the hungry & needy go to:

[www.CapuchinCommunityServices.org](http://www.CapuchinCommunityServices.org)

Or mail your gift to:

Capuchin Community Services

P.O. Box 5830

Milwaukee, WI 53205-5830

*The Capuchin Province of St. Joseph is a 501(c)(3) organization. Gift made to our programs, St. Ben's Community Meal and/or the House of Peace, are tax deductible as allowable by law.*

### Capuchin Community Services

**Two locations serving the Poor, the Hungry and the Homeless:**

House of Peace

1702 W Walnut St, Milwaukee, WI 53205

414.933.1300



St. Ben's Community Meal

1015 N 9th St, Milwaukee, WI 53233

414.271.0135

## A Roaming Ministry

by *Capuchin Br. Rob Roemer, Director*

### Meeting Jesus

I recently had a young man ask if he could talk to me after he finished eating at the Community Meal. This man began by telling me he was Jesus Christ and he was scared. He is 26 years old. He said he knew what was ahead for him in his life. He reads scripture and really believed his life and death would be the same as Christ's, namely nailed to a cross. It was clear to me, as we talked, that this man was not living in the present reality.

The incident stayed with me and as I reflected further, I thought to myself; What if I were to see Christ in each of these people who come to us. I can get caught up in the frustrations of how some treat others, their demands, or their tempers. But, what if I really looked at them as being Christ-like? What if I looked at each of them and found something positive? I'm sure each of them have a good side as well. Trying to survive, on the streets, however, they have found the nasty side is more effective in getting their needs met.

We have had a horrible rate of violence this year, here in the city of Milwaukee. Luckily we have not seen that at St. Ben's or House of Peace. I believe that is because of the tremendous love and respect our volunteers show towards the guests. People coming in angry and uptight are calm by time they leave. Can I/we spread that love and compassion outside the walls of our Capuchin Community Services and into the streets of Milwaukee? It would involve seeing Christ in every person, good or bad. But I believe it can happen. Let's try this. Who knows? Maybe it will take off around the city?



### Capuchin Clothes Closet Welcomes Guests, Volunteers & Guests Who Volunteer!

◀ *Gerri Sheets-Howard, Administrative Director visits with long time guest and volunteer Tracy Harris. Tracy is disabled and volunteers every Wednesday in the Capuchin Clothes Closet at the House of Peace.*



*Tracy said, "I sort and hang up clothing. Sometimes I clean and I often greet the donors who stop by with clothes for us." Gerri thanked Tracy for her service and said, "Our guests appreciate the generosity of others and they want to find a way to be generous themselves. Their time is all many can give but they do so with a good heart."*

## Blessings of Service

by *Gerri Sheets-Howard, M.Div., Administrative Director*

For a period of time in my adult life I lived in the upstairs unit of my parent's duplex. Even though I had everything I needed to exist apart from my parents, I still found myself spending a lot of time downstairs with them. I continued to think of the entire duplex as "my home." Some twenty five years later, as my husband and I continue to own our home, the "daughter" in me still considers that duplex home as well.

The Capuchin Community Services is now one ministry with two sites. Even though most days I spend, serving at the House of Peace site, as the Administrative Director I feel at home at either site. It is our desire that the guests we serve, our volunteers, and our donors, when visiting either site always feel "at home." We want you to continue to feel the compassion, peace, and hospitality of the Capuchins and their partners.

We are very excited about sharing with our House of Peace guests the services that they can access at our St. Ben's site. When I am working over at the St. Ben's site, and our guests say to me, "Ms. Gerri what are you doing over here?" I can truly say, "I am at home."



## Nursing School Student & Guest Teach Healthy Cooking

(Continued from page 1)

is now a Masters candidate at the University of Milwaukee. He is delighted to combine his love of cooking with his passion for health and wellness and partner with Summer to teach us how to prepare greens in a healthy AND delicious way. The guests were a bit skeptical, but interested.

John explained boiling greens removes all the nutrients and frying them in animal fat is not good for our hearts or cholesterol. He browned some garlic and onion, not in the traditional bacon fat - but in olive oil! As the smell began to fill the room, the anticipation was palpable. John and Summer added Collard Greens and Kale, sautéed a few minutes then topped with parmesan cheese. As the guests began tasting the greens, nurses began serving vegetable/fruit juice taken from our pantry. The green juice was reluctantly accepted but surprisingly enjoyed by all! Everyone loved ALL the 'greens' and agreed it was easy AND delicious and something they would prepare at home.

The ONLY complaint? Where's the cornbread?

by Kimberly Nerone, Special Events Coordinator

►  
Br. Rob  
Roemer  
pours  
coffee for  
two of  
over 450  
guests  
who  
came to  
St. Ben's  
for a hot  
meal at  
the end  
of July.



## Family Depends On St. Ben's Community Meal

(Continued from page 1)



Alexandria (L) and her sons Taeveon (C) and Tayshaun (R) fill their trays at St. Ben's Community Meal.

love going there. I like to pick out a cake to bring home from the bread table." Tayshaun also began to share and he said, "At Christmas I like to get games to play with my friends from the House of Peace."

Alexandria smiled and said, "If it hadn't been for the Christmas boxes and toys we wouldn't have had much of a Christmas." "Usually I get hygiene bags. The body wash, shampoo, loofa, socks are all really nice to have." She added, "We get a pantry pack most months to help me feed the boys at home. Besides the bread table I also like the vegetable tables. We get lots of great greens and veggies there."

Tayshaun said, "I like to help my mom pick out veggies. I especially like cucumbers." Alexandria summed it up saying, "The Capuchins help us survive. Without them I don't know how I'd feed, clothe or keep me and my sons clean."

## Dove Notes

by Fr. Perry McDonald, OFM, Capuchin

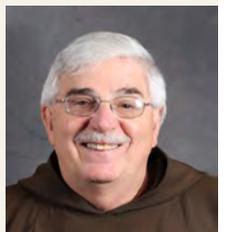
When I began to work at the House of Peace five years ago I was nervous and a little confused because I had never worked in the inner city of Milwaukee before. I wasn't really sure if I could do what was being asked of me. But, with some patience and after a number of months I settled into a comfortable routine.

The same may be happening to you who have heard that your favorite charities of the St. Ben's Community Meal Program and the House of Peace are doing something new together. This newsletter indicates that we have joined together to become Capuchin Community Services and you may be confused about what that means. Actually, all the individual services of the House of Peace and St. Ben's Meal will remain the same, but some of the aspects of administration have changed, like the same newsletter for both ministries, a common post office box for you to send your donation, a common website, etc. We have been working together quietly for a few years already,

like with the Capuchin Run/Walk For the Hungry, the Holiday Food boxes, and the sharing of donated clothing. That's been good for all, and we hope to continue to make our services better by working together.

This may be confusing for a while, but with patience, we will see how good it is that God is pushing us forward to labor even more together for those whom we serve.

Fr. Perry McDonald OFM Cap  
Pastoral Director



# Capuchins' Run Walk for the Hungry

## Thousands of People Celebrate as they Help Feed the Hungry

Over 2,600 people participated in the 2015 Capuchins' Run Walk for the Hungry. Preliminary numbers indicate over \$80,000 was raised to help feed the hungry at the House of Peace & St. Ben's Community Meal. Many thanks to all who helped make it a success!



▲ **Prep Time:** Br. Rob Roemer joins in the warm ups for the 5K run and 2 mile walk.



▲ **Speakers' Bench:** (L to R) Gerri Sheets-Howard & Fr. Perry McDonald from the House of Peace wait to greet the crowd. Fr. Gary Wegner, Vicar Provincial chats with fellow Provincial Council Member, Fr. Steven Kropp. Fr. Werner Wolf practices his opening prayer in German.



▲ **Finish Line:** Over 900 people ran the 5K or 3.1 mile course.



▲ **Team Time:** The St. Josephat Fraternity of the Secular Franciscans was just one of 89 teams that participated.



▲ **Family Time:** Many families enjoyed running and walking to help feed the hungry.



▲ **Brother(s) Time:** (L to R) Adam Groark running with his brother, Br. Michael Groark & Br. Jacob Stanley Yarbrough across the finish line.

## 3<sup>rd</sup> Party Events to Help Feed & Clothe Those in Need

### Special Events Coordinator Joins Staff

Hi! My name is Kimberly Nerone and I am delighted to be your new Special Events Coordinator. I come to CCS with an eclectic background. My work experience includes teaching kindergarten in the Catholic School System for many years.

For the last ten years I have worked as a special events planner. I have worked with volunteer teams to organize community run/walks, galas and auctions and other fundraising events. I am thrilled to be working



Kimberly Nerone is Special Events Coordinator for Capuchin Community Services.

together with the Capuchins and you to help feed the poor, homeless and hungry here in Milwaukee.

I am pleased to share with you an exciting new program designed to help YOU support the mission of CCS. 3<sup>rd</sup> Party Events allow YOU to envision, create and implement your own creative fundraising ideas. Want to honor a friend's birthday or retirement? Would you and a friend like to host a wine/beer tasting party for friends? Maybe your business or church group would like to give back to the community? 3<sup>rd</sup> Party Events are the way to do it! Fear not, these events are not difficult; in fact they are easy and fun!

I am here to help you with ideas and support you along the way to help ensure your success. Interesting in learning more? Let's get planning! Call me at 414 374-8841 ext. 41 or send me an email at [knerone@thecapuchins.org](mailto:knerone@thecapuchins.org).

#### Ideas for 3<sup>rd</sup> Party Events:

Golf Tournaments, Bike Races, Wine Tastings, Home Garden Tours, Fishing Tournaments, Bowling Parties, Family Events (anniversaries & birthdays), Uniform Free or Casual Friday Events, Bake Sales, Car Washes, Fashion Shows, Game Nights and many other fun ideas!



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