

Capuchin Community Services

www.CapuchinCommunityServices.org

Friends meet, Community grows at St. Ben's Meal Talk Tuesday and genuine Hospitality help people in crisis connect

"I enjoy the group and other people's presence," said Cliff. A guest at St. Ben's Community Meal, Cliff attends the "Talk Tuesday" group led by social worker, Linda Barnes. "Br. Jerry Smith and I started the group way back in the winter during some of those terrible cold spells," Linda said. "Our primary goal then was to get people inside the meal hall to fellowship rather than wait outside in sub-zero temps."

Linda continued, "But it's so much fun and we can see lots of growth happening for our guests so we've continued the group. We present different topics that are always upbeat and motivational. We meet in the meal hall for a half hour before the meal begins."

That Tuesday 26 people attended and the topic was forgiveness. Linda said, "We've been working on how to manage feelings for the last few weeks. Each week we explore a topic related to the theme. Usually we have 21 to 35 people attend these weekly sessions."

Cliff said, "I come because I can share my situation hoping others can learn from me and me from them. I

come in, sit down and get educated about other people's feelings. This week we learned to forgive ourselves as Linda said everyone makes mistakes. That helps me feel better about myself."

Cliff added, "I am not homeless, I have an apartment nearby but I come to enjoy everyone's company and this group." Linda explained, "People make new friends here. This isn't a "program" but rather a community of people becoming empowered to grow."

Talk Tuesdays' impact is obvious. Even days later several more guests said how they valued eating at St. Ben's Community Meal, not only for the food but also the friendly environment.

LaTricia Kirk brought her grandsons down to eat. She said, "I bring the children to

St. Ben's because people are so kind and the atmosphere is wonderful." Tashawn Geralds added, "I've been coming for 10 years. The staff listens and the volunteers are so kind. I don't have to worry about going hungry. Talk Tuesday is awesome so a "non-people" person like me can be inspired to be more open with others."



▲ (L-R) Cliff Gordon, Linda Barnes, Ulysses Evans, Jr. & Tony Carpenter after a recent "Talk Tuesday" meeting. Br. Jerry Smith (not pictured) co-leads the group with Linda, director of the House of Peace site and the ministry's social worker.
▼ (L-R) LaTricia Clark feeds Pharaoh, her 2 year old grandson. ▼ Tashawn Geralds shares a laugh with a volunteer.



SERVICE OPPORTUNITIES

House of Peace

Receiving Donations: Mon-Fri, 11:30am - 1:00pm

- Volunteers needed to greet donors and sort clothing & food during lunch time. Volunteer must be able to lift at least 20 lbs.

Holiday Drives Prep & Registration: Mon-Fri, 9am-Noon & 1-3pm

- Starting October 8, we need volunteers to help prepare food boxes for shipment and to register guests. Training and orientation included. Box handlers should be able to lift 15 lbs. Registration volunteers should be able to help others complete registration forms.

- Starting November 14, we need volunteers to provide guests with 44 lb. boxes of food. Some will need help carrying to cars or the corner bus stops. Volunteers also needed to sign-in guests. If carrying boxes, must be able to lift 50 lbs. and walk at least a half block repeatedly.

St. Ben's Community Meal

Meal Service: Sun-Fri, 4:45 - 6:45pm

- Volunteers needed to serve on the floor pouring beverages, serving condiments, retrieving trays and resetting tables.

Meal Hall Cleaning: Mon-Fri, 11:30am-2:30pm or Saturdays after 2:30pm

- Volunteers needed to deep clean the meal hall. Cleaning is once per month, for 2 hours. Cleaning supplies provided.

Next Steps

To volunteer or questions, please contact: Shirelle Jenkins, Volunteer Coordinator at 414-933-1300, x1123 or sjenkins@thecapuchins.org.

Roaming Ministry

by Br. Rob Roemer, OFM, Capuchin Director

Preparing St. Anthony's

Everyone at Capuchin Community Services is excited to be a part of the solution to end homelessness in Milwaukee. With the new St. Anthony Apartments set to open in late October, we will help provide 59 new apartments to 59 otherwise homeless people. We will particularly focus on the homeless who are struggling with mental health issues or repetitive incarceration. Thanks to the MANY generous supporters who believe in us and trust us. Thanks to Heartland Alliance for partnering with us again, as they did with our Capuchin Apartments!

This new venture is both exciting and scary. Along with the 59 people who will now have a place to call home, we will be able to do more for those still on the streets. A laundry facility for those who throw out their clothes, because they cannot afford to clean them. Three showers instead of just the one at our Friary, so we no longer have to turn people away each day. A barbershop to offer our guests a chance to present themselves with more dignity. A beautiful gathering space so our guests no longer have to stand outside in the elements before the community meal!

Staff Arrivals

Capuchin Br. Robert Wotypka has joined Capuchin Community Services as a pastoral director at the House of Peace. Br. Robert formerly served in Detroit.



▲ Br. Rob Roemer (center) pours milk for best friends Mark Ward & Brian Jones. The two men brought their children for dinner as they renewed their friendship.

The scary part is whether we will be able to keep up with the demands? Are we going to be able to supply basic needs to the new tenants so they can get their lives back in order? Will we have enough of the basics for the new showers; socks, underwear, hygiene, etc.? We know we have asked a lot of our supporters already. We invite you to prayerfully consider opportunities to continue to be involved.

If you are willing to help us further, we have opened up a gift registry at Target.com & Amazon.com. There you will find a listing of the new needs for the tenants to set up their home, as well as the services we will be offering to those still on the streets. See page 4 for the details. I continue in the words of our Capuchin brother, Blessed Fr. Solanus Casey, I thank God ahead of time for all the tremendous goodness of you, our supporters!!

To meet the needs of guests waiting in line or at the meal, St. Ben's provides security staff. Two young men joined the team last month.



▲ Capuchin Br. Robert Wotypka serves at the House of Peace as a Pastoral Director. In that role he ministers to guests, staff and volunteers. (L-R) Fr. Robert & Choua Vang, Capuchin Clothes Closet Manager sort bike helmets for neighborhood youth. Bernie Cote & Suzie Franklin are regular volunteers who sort and hang up clothing.



▲ Kenny Howard, Assistant Director, St. Ben's Meal site (center) welcomes Hugh McNeil (far left) and Lamont Toombs, (far right) as new security staff.



▲ Shirelle Jenkins, Volunteer Coordinator orients "floor volunteers" serving at St. Ben's Community Meal.

St. Anthony Campaign

by Dan McKinley, Consultant for Community Engagement

A Personal Perspective

Every time I pass by the St. Anthony building I have to stop and marvel at the signs of progress in the historic renovation of the building—it becomes more beautiful every time I see it! Most of the windows have been carefully restored and improved with new glass, the musty old look of an abandoned building is being scrubbed away, and there is a feeling of heightened anticipation as the building's new purpose becomes manifest.

All of the planning, designing and hard work over the past year is making a wonderful difference in the neighborhood—people are excited about the new possibilities at St. Anthony!

Underlying all of this good work is the inspiring spirit that I witnessed throughout the past year. It will not be a surprise to readers of this newsletter that this inspiration comes

► All the windows in the former St. Anthony's Hospital have been replaced.



from actually experiencing what it means to Transform the World through Reverence. Mission statements are good signposts—but even better is how Capuchin Friars invite us to share in their humble work with brothers and sisters in need and experience the mysterious and joyful blessing expressed in the prayer of St. Francis: “It is in the giving that we receive...”.

During the Housewarming event for new residents at St. Anthony Apartments in mid-October, there will be many stories of how this inspiring spirit affected the lives of people in various ways. For now, I will close with the words I hear Br. Rob saying to more people every day: Thank you, thank you, thank you!

Capuchins' Run Walk for the Hungry Builds Community More Teams & Participants Register for 2018!

On Friday, June 15 over 60 teams and many individuals participated in the Capuchins' Run Walk for the Hungry. In attendance were 1,598 people who registered to run or walk, over a dozen friars and more than 100

volunteers. The crowd joined together from all corners of Wisconsin and 10 other states. Bill Michaels from Sportsradio 105.7FM emceed the evening at Polish Fest 2018.



Clockwise from top left: Br. Rob congratulates a medalist, runners cross the start line, friars lead the walkers along the lakefront and the St. Ben's Parish team celebrates.



Who We Are

Capuchin Community Services is a ministry of **The Capuchin Franciscan Province of St. Joseph**, a religious community of friars inspired by St Francis of Assisi. Our friars live and work with those who are in need of help... the poor, the disenfranchised, and the needy.



Our Ministry Council

Capuchin Community Services is advised by a volunteer Ministry Council consisting of leaders in our community. Current Ministry Council members include:

- Diane Knight
- Julie Darnieder
- Anthony Myers
- Chuck Cmeyla
- Felice Green
- Sara Zirbel
- Wendy Hermann
- Pam Meyer
- Duncan Shroul
- Br Rob Roemer, Ministry Director
- Jeff Parrish, Director of Provincial Ministries



HOW TO DONATE

To make an online gift to our Capuchin ministry go to:

www.CapuchinCommunityServices.org

Or mail your gift to:

Capuchin Community Services
P.O. Box 5830
Milwaukee, WI 53205-5830

Capuchin Community Services is a ministry of the Capuchin Franciscan Province of St. Joseph. Unless otherwise directed, donations support the local ministry and the Province.

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

House of Peace Food Pantry Joins MyPlate Program

Hunger Task Force effort to promote healthy eating promoted in wellness classes

“We cook like our mothers and grandmothers did,” said Linda Barnes, administrator and social worker at the House of Peace. “But we can’t eat like that and enjoy long, healthy lives. People are living longer now and we all want to have the energy to play with our grandchildren.”

Dominique McGhee, Food Pantry Manager said, “That’s why we are using the Hunger Task Forces’ MyPlate program. We receive healthier foods to put on our shelves like brown rice, wheat pasta, low sugar canned fruits and low sodium canned veggies.”

They were speaking to a wellness class at the House of Peace with nurses from the UW-M School of Nursing Nursing Clinic. Before the class Linda explained, “We’ve been participating with Hunger Task Force MyPlate program for several months. What we’ve learned is that it’s not enough to stock our shelves with healthier foods. We have to help our guests learn to use these foods in their own kitchens and that includes making it all taste good.”

Approximately 20 guests, mostly women gathered in the Br. Booker Ashe Room for the regular Tuesday morning group. Other staff members had prepared a demonstration table with a wheat pasta salad,



▲ Linda Barnes, social worker & Dominique McGhee, pantry manager share healthy food options with a wellness class.

canned peaches in light syrup, low sodium crackers and fruit flavored sparkling waters.

One guest shared, “My doctor told me I was pre-diabetic several years ago. I’ve lost 77 pounds and am no longer pre-diabetic. I never went on a diet, I just followed the healthy eating advice I learned here.” Several others shared similar stories. Trina said, “I’ve lost 180 pounds and now I look good so I’ve brought my fiancé with me today.” The crowd erupted with applause as the young man smiled broadly.

After the program was over, Linda shared, “I hope those wonderful people who donate food to the House of Peace’s Emergency Food Pantry will also use the MyPlate guidelines. Farmers donate fresh fruits and vegetables during the harvest. Most of the year we are dependent on Hunger Task Force and individual donors. I can sum it up as ‘low everything,’ if it’s got low sodium or sugar then it’s probably going to help people live well and live longer. I really thank our donors for all of the ways they support our feeding those in need.”

► Food Pantry donors are encouraged to consider donating from this list of healthy choices.



St. Anthony Apartments' Furnishings Drive Apartments need blankets, towels, kitchen supplies & more!

According to Br. Rob Roemer, Ministry Director, the end is in sight. "We hope to be able to move people into the St. Anthony's Apartments before Thanksgiving," Br. Rob said. He smiled and added, "Imagine the joy for 39 chronically homeless people and 20 very low income residents when they move into these single occupancy apartments."

Br. Rob continued, "Because the new residents have very low incomes and many were homeless, they don't have the resources to furnish these new apartments. We are looking for individuals, businesses, schools and churches willing to donate the items people need in a first home."

"Shower curtains and mats, toilet bowl cleaners, kitchen utensils, plates, cups, bed sheets and



▲ Kitchen cabinets, lights, smoke and fire alarms were all being installed in August when this picture was taken. To see more current photos go to the St. Anthony's link on our website.

so much more" he explained. "I hope many people will help us finish the final steps of furnishing the apartments so the residents can give thanks in a few months in their own homes!"

To see the list: CapuchinCommunityServices.org/StAnthony

To shop online at Target: CapuchinCommunityServices.org/StAnthonyTarget

To shop online at Amazon: CapuchinCommunityServices.org/StAnthonyAmazon

To donate via Go Fund Me: CapuchinCommunityServices.org/StAnthonyFund



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Capuchin Community Services

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Support our ministry: www.CapuchinCommunityServices.org/Donate or by mail to P.O. Box 5830, Milwaukee, WI 53205-0830