



COMMUNITY PARTNER #3

METRO AT ST. CLAIR AVENUE WEST

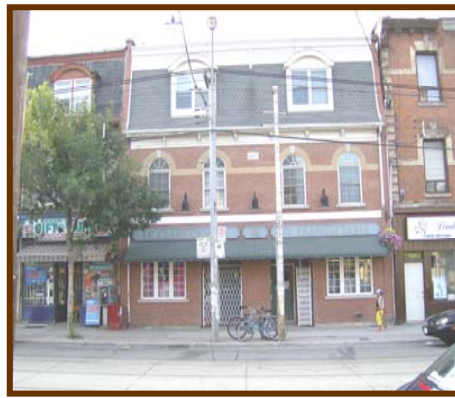
For the past year St. Francis Table has been picking up donations of baked goods from Metro, thanks to store manager Mike Breen and the bakery staff pictured below.



Our patrons enjoy bread, muffins, cakes and other 'sweets'. Our van driver, David Cronin visits twice weekly. The Staff at Metro are happy to help feed the hungry!!!



J & G DUO PERFORM FOR OUR PATRONS



1322 Queen Street W., Toronto, ON M6K 1L4

Capuchin Outreach to the Poor (Parkdale) was founded in 1987 by the Capuchin Franciscan Friars of Central Canada with the vision of creating a faith community with the poor by providing direct services that seek to enhance the sense of human dignity of those who are in need.

St Francis Table, the primary expression of Capuchin Outreach, serves on average 250 meals per day, six days a week in Toronto's Parkdale community. Patrons are asked to make a \$1 donation towards their three course meal which is provided with full restaurant service.

St Clare Centre is our Outreach and Drop-In space, hosting weekly AA meetings as well as an informal drop-in for patrons of St Francis Table.

We receive no government or United Way funding, instead relying on the charity of private individuals and businesses for our income.

Capuchin Outreach to the Poor (Parkdale) is a registered charitable organization

#11883-7970-RR0001



*Ex Fratrīs Calamo
Capuchin Printing*

ST. FRANCIS TABLE SUMMER APPEAL 2010



Our New Board of Directors and Provincial Council

L-R: Bro. Alan Gaebel, Bro. Joseph Lourdasamy, Bro. David Connolly, Provincial Minister, Bro. Louis Mousseau, Provincial Vicar Bro. Vittorio Boria

**1322 Queen Street West
Toronto, ON M6K 1L4**

Phone: 416.532.4172

Fax: 416.532.8814

Email: brjmf@yahoo.ca

Visit our website ...

www.capuchinoutreach.org

REFLECTION BY: FIONA KOVACAI

Blessed are they who hunger and thirst for righteousness, for they shall be satisfied.

-the fourth Beatitude

From what I know, hunger is a feeling in the pit of my stomach calling for attention during Math class right before lunch. Thirsty is the dryness in my mouth after a tough gym class. For me, satisfaction is something easily obtained in the form of a fridge, cabinet, bottle. For so many others, this is far from the case. The reality: countless starve every day.

On March 24, 2010 members of the Loretto Abbey Peace and Development (LAPD) entered the doors of St. Francis Table, most of us for the first time. We were welcomed warmly by the staff there and then sent off to prepare the meal in the kitchen. When the time came for the patrons to file in, we got our first glimpse of the faces of the hungry, the thirsty and the homeless. Young, old, male, female - we met people that differed in all except one quality: their definition of hunger. No longer was this a hunger for physical food but for security, justice, faith, love. The most unique attribute of St. Francis Table was its restaurant style atmosphere where everyone was so kind and so humble. My time at St. Francis Table was an enlightening experience.

The conclusions: hunger is universal; yet hunger is more than simply the desire for food. To be part of an organization that served the hungry in both the physical and spiritual sense and in such a dignified way was just about the greatest experience. From what I learned, along with every other LAPD member, hunger is not something to be ashamed of.....

St. Francis Table makes sure of that!!

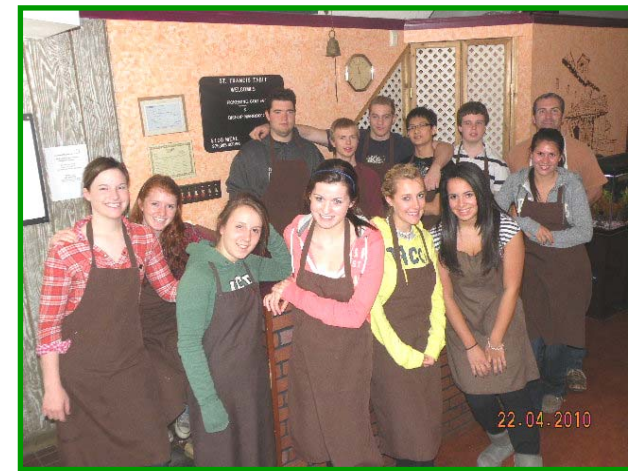
OVER 982,000 MEALS SERVED!!!



During the month of May, 2010 St. Francis Table welcomed Arold Gilbert from St. Leonard, Quebec. Arold is a professional truck driver who spent four years with the Trappist's in Quebec. He has an understanding of the history of St. Francis of Assisi and decided to join our ministry in Parkdale to learn English. Arold is an avid tennis player, enjoys working and loves to laugh. His presence and ministry was greatly appreciated and we say thank-you to Arold for all his energy. One word, used by Arold to sum up the ministry at St. Francis Table is fantastic!



CENTER FOR STUDENT MISSIONS ATLANTA, GA.
VOLUNTEERED AT ST. FRANCIS TABLE
DURING THE MARCH BREAK



PICKERING COLLEGE VOLUNTEERS



OUR LADY OF THE LAKE (KESWICK)



ST. THOMAS MORE VOLUNTEERS