



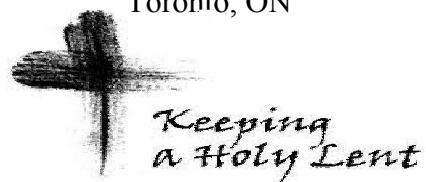
Capuchin candidates Rick Whitten and Fadi Touma at the entrance to St. Francis Table



Mr. Norm Foster was the 1 millionth person served at St. Francis Table on 24 November 2011



Volunteers from the Hawthorne School for Girls Toronto, ON



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

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Capuchin Printing

ST. FRANCIS TABLE SPRING APPEAL 2011



*St Francis of Assisi
Lover of All Creation*

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From The Desk Of Br. John...

This newsletter might be from the desk of Brother John but this isn't the good brother himself. I'm Brother Ken and over the next little while I will be filling in for Brother John as he recovers from significant illness over the holiday season. Saint Francis Table will continue to operate even though we really miss our Brother. Please keep Brother John in your prayers as he continues to heal from his illness and surgery.

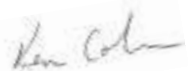
Before I get too far into this letter let me thank the staff and volunteers who have gently walked me through the day to day running of the table. Who knew that there would be so much to learn in such a short time?

In my little time here I have served a good number of the folks from the Parkdale area. It is truly a blessing to be able to brighten someone's day and feed the hungry.

A special thanks goes to Sam, our cook for his service above and beyond the call of duty for getting our old furnace working, even if only for the time being. That brings me to another part of this newsletter, the buildings that house St Francis Table while undeniably charming are very old and maintenance has become a real issue. I know that with your continued generosity that it will continue to be a place of warmth and comfort.

I am reminded of St Francis's call to his brothers to walk with the poor and the outcast. I feel so blessed to be able to be at St Francis Table, it has truly been a gift to me and I hope that I can be a good servant to my brothers and sisters.

Take Care and God Bless



Bro. Ken Cole, ofm, cap.

St. Francis Table

Come Unto Me
all ye who hunger
for companionship
and good food.

There's no judgement here,
just a great atmosphere,
with peace and contentment
for all.

Come Unto Me
all ye who are cold,
come in
and get your fill.

A hearty meal
costs only a dollar,
but Dignity
is free.

By: Rick B. Whitten
Capuchin Candidate



Building up a Ministry

In Capuchin life you never know what you will be asked to do. Job's can range from serving the poor to winter proofing a house so it should come as no surprise that Capuchin candidate Fadi Touma was asked to use some skills that he had not expected to need that day.



VOLUNTEERS, STAFF AND PATRONS!!!



Student Volunteers from
St. Marks Catholic School Toronto, ON



St. Vincent College Volunteers
Pittsburgh, PA USA



Student Volunteers from Ft. Bresani
Catholic School Woodbridge, ON