

St. Francis Table gives her a place to come to save some money on food that will hopefully prevent her from becoming homeless or at least prolong that time.

I also had the chance to talk with a man named Glen, who I really thought was the happiest man in the world which really surprised me because Glen is homeless. He would often come into the Table near the end of serving time which really was not the best for Glen because he loved to talk to whomever. Glen and I made a connection over books. At lunchtime Glen told me that he loves to read and that he could read three books in one week. "I myself am not much of a reader," I told him. He came back for dinner that same day and had a book with him that he gave to me to read. We were probably talking and laughing for at least half an hour.

It actually got to the point where Glen had to get a takeout container as it was time for us to clean up. Most of the people that come into the Table don't have someone that they can sit down and talk with. I am so happy that I was someone who Catherine and Glen could chat with even if I never see them again. I'm glad I shared the little time that I had with them. So if you're ever feeling that you want to try something new, something that not many people have done, go check out St. Francis Table because they rely solely on volunteers. Without volunteers people like Catherine and Glen won't get food. I can't describe the feeling you get from bringing a hot meal to someone who is in desperate need of it.

It really is amazing.  
...Ethan



*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 meals 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*



# St Francis Table

## Winter Appeal 2019

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*From  
Bro. John's Desk...*



It has been truly a blessed year with your help and that of many volunteers! Through your generosity St. Francis Table continues our worthwhile ministry of feeding the hungry.

Our staff picture on the front cover shows some of the joys we share with you, our donors! One recent blessing was the reality that our building received minimal smoke and water damage from a fire next door on November 19th!

Our firewall and the excellent efforts of Toronto firefighters; along with the fact that there was no wind saved our building and enabled us to continue our ministry a couple of days after the fire. Thank God!

Many thanks to all concerned who sent well wishes from across the continent! We appreciate your kind words! As we look ahead to winter and the Christmas season we count our blessings. You are part of the many blessings and we thank you! It is like Christmas all year with your many gifts and on behalf of the Capuchin friars, staff and our patrons I take this time to wish you a Blessed Christmas and a Peace-filled New Year 2020!

*Bro. John Frampton*

**Bro. John Frampton, ofm, cap.**



**VOLUNTEERS, STAFF AND PATRONS**



**YPI Enthusiasts from Bishop Allen Academy**



**St. Francis Xavier - Mississauga**



A Facebook post by participant - Ethan

**Pete Olsen (TOOLS) on left with Ethan**

I had the pleasure to come back and go through the TOOLS program once again only this time it was a little different. We were going to be serving lunch and dinner at St. Francis table from Monday to Friday. St. Francis table is a place where people who are homeless or people who have low incomes can come and get a home cooked meal for a dollar. We would serve around 50 people for lunch and 95 people for dinner.

99% of the people that came into the table were so kind and were so grateful for such a nice meal for only a dollar.

Being there for a week I started to get to know some people. Catherine was a lady that would often come into the table. I was lucky enough to sit down with her and have a conversation. She taught me so much about healthy eating which really was not a surprise to me as she would always ask for lots of vegetables. Catherine told me that she went to school for two years to learn about nutrition and had odd jobs here and there after her schooling. But "you can only run on the treadmill for so long," she told me. Now Catherine collects empty bottles to try and make enough money to keep her place but she already knows that it's not going to be enough and that she will be evicted on August 20th and will then be living on the streets of Toronto.