

Winter NEWSLETTER

November 2024



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Strathcona Heights Food Bank at 300 Wiggins Private Update: Thank you to the Ottawa Food Bank!

St. Joe's Supper Table Manager Kathleen Strader and Parish Executive Director Christopher Adam met with a representative of the Ottawa Food Bank earlier this month, who visited the St. Joe's Supper Table. After discussing the financial pressures we face around relaunching our satellite food bank programme following a major flood earlier this year at Ottawa Community Strathcona Heights location (Wiggins), the Ottawa Food Bank agreed to provide the Supper Table with \$10,000 in emergency funding. We are very grateful for this generous support and for our close partnership with the Ottawa Food Bank. This funding will help us purchase the new equipment necessary to re-open our satellite food bank operations in Sandy Hill's southeast corner.

The St. Joe's Supper Table offers two food bank services each week to the Sandy Hill community one at our main location and a satellite food bank at Strathcona Heights. Over the past months following the flood at Wiggins, both services were offered at the St. Joseph's Parish rectory. Once the space at Wiggins is restored and the necessary equipment purchased, one of these two weekly services will move back to its original location. We're mindful of offering accessible services to the community, including to people with reduced mobility or families with small children that cannot easily travel to our rectory. As part of the Supper Table's commitment to accessibility, we have partnered with an organization called Feed the City, to offer home delivery of groceries.

Our goal is to restore our satellite food bank programme early 2025.

Introducing our new Steering Committee!

After five years without a Steering Committee, we are excited to announce the formation of a new group of dedicated leaders. The committee has been formed from community members, volunteers, and parishioners who will guide our strategic direction and support the continued growth of our organization. We are confident that their collective contributions will play a vital role in shaping our future. The new members include: **Patricia Collins, Javier Garate Alfaro, Grace Hammond, Jason Jacques, Joanne Lee, and Jumol Royes.**



Ottawa Food Bank
La Banque d'Alimentation d'Ottawa

In anticipation of this years' Lessons and Carols service, we talked to Kathleen Strader, Supper Table Manager; and Jamie Loback, Director of Music and Liturgy.



Presented by
the Parish Choir of St. Joseph's Church - Ottawa

A Festival of Lessons and Carols

3PM Sunday, December 22, 2024

St. Joseph's Parish
174 Wilbrod St.
Ottawa, ON

Refreshments to follow

A collection will be taken to support St. Joe's
Supper Table and Food Bank

ral to host this liturgical event in support of this essential ministry for so many in our downtown community.

The Service of Nine Lessons and Carols is popularly associated with King's College in Cambridge England where it began, and has become a tradition in Christian communities around the world. By integrating our Parish community and choir members to lead and participate in the readings and music, the service tells the story of humanity's fall, the promise of the Messiah, and the birth of Jesus. The biblical texts are taken from Genesis, the prophetic books, and the Gospels, interspersed with the singing of Christmas carols, hymns, and choir anthems.

St. Joe's is very fortunate to have our various ministries work together and support each other! Thank You to Jamie Loback and all volunteers of the Music Ministry for organizing the event, the Supper Table staff Kathleen Strader (Manager) and Will Matthias (Assistant Manager); and to all parishioners and visitors for your support!



Your generous contributions are much appreciated! Individual event donations above \$20 per person will have the remainder tax receipted. Donations are accepted at the door, and every contribution directly supports St. Joe's Supper Table - Sandy Hill's Food Bank and Community Meal Programme.

We are also the only Parish in Ottawa-Cornwall to offer such services.

If you can't make it, please still consider supporting the Supper Table this Christmas season through an in-kind or monetary donation at <https://www.st-josephs.ca/donations/>

Each year, Lessons and Carols supports St. Joe's Supper Table. We talked with Kathleen to understand how this event serves the vital mission of assisting those with food insecurity.

Lessons and carols gives us options to buy fresh produce, expand the meal program, and gives us flexibility to subsidize what we get from the Ottawa Food Bank to support our need, which has increased exponentially.

If we are extremely successful, this will help us to get the Food Bank in Ottawa Community Housing back up and running.

The Food Bank in Ottawa Community Housing is located in Strathcona Heights. It is closer to 70% of clients than our main location, and has been out of service due to a flood earlier this year. We have offered expanded hours at our main location and home delivery to accommodate; but these options are not sustainable or in the best interest of the clients we serve long term.

As the manager of the Supper Table, Kathleen enjoys being able to support this ministry through music. Kathleen sings in the church choir on Sundays and looks forward to Lesson and Carols.

The Festival of Lessons and Carols started at St. Joe's during the Covid-19 Pandemic as a ray of hope, sparking togetherness. Previously, the Parish Choir produced a Christmas concert, but the timing was right to change to the Carol Service. With St. Joe's Supper Table facing adverse hardship during this time, it seemed natu-



DONOR RECOGNITION

Generous Donation to Support Our Meal Program

We are pleased to announce that we have received a generous donation of \$1,000 from Congrégation de Notre-Dame Visitation Province. This donation will go directly towards supporting our Meal Programme. We are deeply grateful for their continued support.



Generous Donation from Bytowne Barristers

We are thrilled to announce a generous donation of \$2,000 from Barristers for a Better Bytown. This contribution will go a long way in supporting our Food Bank and the vital work we do in the community. *A heartfelt thank you to Bytowne Barristers for their incredible support. Your generosity makes a real difference, and we are deeply grateful.*



BARRISTERS
FOR A BETTER BYTOWN

In-Kind Donation of Over 500 lbs from Immaculata High School

The Supper Table is grateful to be the recipient of a generous donation from Immaculata High School. As part of their "Fresh from the Farm" school fundraiser, the school donated several 14 lb bundles of fresh vegetables, totalling over 500 pounds!

The donation, which included a variety of produce such as onions, white potatoes, carrots, and sweet potatoes will support both our meal programme and our food bank. This contribution will help us continue to provide nutritious food to those in need in our community.



Will, Jodi Brown, and Anthony Carter



Marcus and Isaiah Carter, sons of Jodi and Anthony

RECENT FUNDRAISERS



Bytown Catering Annual Golf Tournament

This past September 28th, fifteen parishioners and friends of St. Joseph's Parish participated in the 2024 Les Traiteurs Bytown Catering Golf Tournament and Banquet, benefiting both the St. Joe's Supper Table and the ALS Society of Canada. We are thrilled to announce that the St. Joe's golf team won the "Most Honest Golfer" prize, and for the first time in 22 years of this fundraiser, we also took home a real golfing prize — the Women's Longest Drive, awarded to Grace Hammond.

The fundraiser raised a total of \$11,000, with \$5,500 benefiting the St. Joe's Supper Table.

Everyone had a wonderful time at the dinner, which was hosted at the beautiful NCC River House. Bytown Catering has been a dedicated supporter of the St. Joe's Supper Table through this annual event for over 20 years, and we are incredibly grateful for this continued partnership and the funding it provides.



St Joe's Supper Table Annual Harvest Dinner

We held our annual fundraiser on October 26th, and after expenses, raised \$8,670. This is our main fundraiser of the year, and more than 160 people attended the event, filling the Parish Hall with laughter, fellowship, and a true sense of community.

We were especially pleased to welcome and thank members of our sister Oblate parish, Sacré-Coeur, a neighboring community that has supported the Supper Table for many years. They regularly collect food items at their Sunday Masses and make

financial contributions. Kathleen Strader, the Manager of the St. Joe's Supper Table, presented a gift to Danielle DeBanne, Chair of Sacré-Coeur's Parish Pastoral Council—a beautiful original painting created by one of our talented clients.

We were also excited to see the Missionary Oblates of Mary Immaculate (OMI Lacombe Canada), the English Oblate province, represented by several priests at the event. The Oblate Charism, which helped launch the St. Joe's Supper Table in 1978, continues to inspire our mission today.

Thank you to everyone who came out to make this fundraiser a success! We're especially grateful to our wonderful team of dedicated and hard-working Supper Table volunteers, and to Will Matthias and Tim Klaassen, who staffed the kitchen and prepared the meals.

A special thank you to all who donated to our raffle: Father Robert for donating a painting, Chris Adam, Executive Director of St. Joe's Parish, for contributing a Hungarian-themed basket, The Hill Pet Supply for donating two pet-themed baskets, and Patricia Collings, Chair of the Supper Table Steering Committee, for providing an Italian-themed basket.

We are deeply grateful for the support of our community, and we look forward to continuing to serve those in need through the proceeds of this benefit for the St. Joe's Supper Table.



Volunteer Spotlight: Danielle Brown

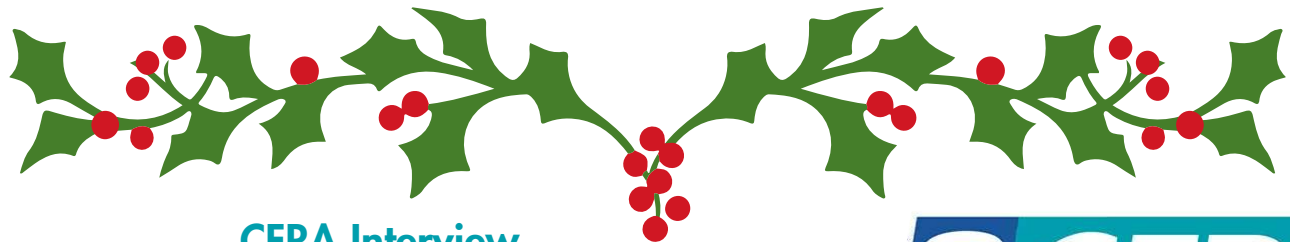
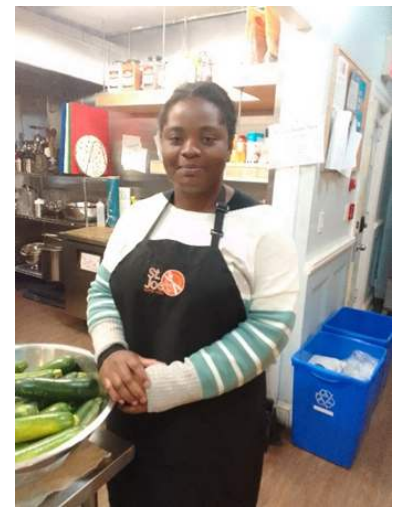
2nd Year Nursing Student at the University of Ottawa

Danielle has been volunteering with us since May 2022 and has become an integral part of our team.

In her own words:

"Volunteering at St. Joe's Supper Table is not just about what you can give, but also about what you can receive. I've experienced so much kindness from the people I work with here. I've learned essential skills—teamwork, communication, and collaboration—that I know will be invaluable in my future career as a nurse. For me, the most important thing in life is being useful to others, and at St. Joe's, I am happy to be part of a team where I can contribute. If someone is considering volunteering but feeling hesitant, I'd encourage them to take the leap. The personal rewards you'll gain far outweigh what you give. This experience will truly enrich you."

We're grateful to have Danielle as part of our team, and we look forward to seeing all the amazing things she will accomplish in the future!



CFRA Interview

A big thank you to 580 CFRA Radio for inviting Kathleen Strader, Manager of the St. Joe's Supper Table, to discuss the services of our food bank and community meal program, as well as the challenges we are facing in response to a significant increase in demand. As many of our parishioners know, we collaborate with the Ottawa Food Bank to operate two locations in Sandy Hill.



During the interview, Kathleen shared with the listeners how grant funding has been declining, while the demand, particularly for food bank services, has grown exponentially.

Kathleen emphasized that the St. Joe's food bank is open to everyone in Sandy Hill — we do not turn anyone away. She also highlighted the urgent need for action from all three levels of government, including the municipal level, to support local food banks like St. Joe's, especially as the City of Ottawa continues to refer people in need to our services.

<https://omny.fm/shows/580-cfra/st-joes-supper-table-gearing-up-for-annual-fundrai>



Volunteer Appreciation BBQ

This September, we held our Volunteer Appreciation BBQ, and we're happy to report that there were no major calamities this time!



WAYS TO CONTRIBUTE

Community Christmas Dinner - Donations Needed:

Each year, St Joe's Supper Table hosts a Community Christmas Dinner for our clients and the residents of Sandy Hill. This year, we want to make it extra special by providing cold weather gear such as hats, mittens, and scarves to each of our clients. If you would like to donate these items to the event, please contact Kathleen at suppertable@st-josephs.ca **Please note that we will only be accepting new items.**

1) Online

You can donate online through Canada Helps at <https://www.canadahelps.org/en/charities/131771990RR0006-saint-joseph-parish/>. Please select St. Joe's Supper Table under "Apply your donation to a fund set up by this charity."

2) Direct deposit

If you would like to make regular monthly donations via direct deposit, please contact us at suppertable@st-josephs.ca for more information.

3) By Mail

Please make your cheques payable to St Joe's Supper Table at 151 Laurier Ave E, Ottawa ON, K1N 6N8*

*Due to the Canada Post strike ongoing at the time of publication, processing of mail donations may be delayed. Any contributions dated in 2024 received by January 10, 2025 will receive a 2024 tax receipt. If received after this date, they will be included with 2025's contributions.

4) If you are interested in volunteering, you can contact us at suppertable@st-josephs.ca. We have several shifts (morning, afternoon, and evening) and positions available including food prep, foodbank, window service, and server.

CONTACT US

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kstrader@st-josephs.ca

Will Matthias, Assistant Manager
suppertable@st-josephs.ca



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