

NOKOMIS SERVES

Fall/Winter 2018-19

*A new collaboration between
Minnehaha United Methodist
Church, Lake Nokomis Lutheran
Church, Living Table UCC and St.
James on the Parkway Episcopal
Church serving the Nokomis
community and beyond*

November 2018

FOOD

Minnehaha Food Shelf

All four churches support the Minnehaha Food Shelf. The food shelf provides food for over 600 people in need who live in our area. It's open every Tuesday from 10:30 a.m. to 3:00 p.m. and is located at Minnehaha United Methodist Church.

Volunteer opportunities include:

1. Organizing food drives.
2. Working at the food shelf on Tuesdays.
3. Working at the community garden at St. James on the Parkway Episcopal Church, which provides produce for the food shelf.
4. Serve on the board, which provides leadership for the food shelf and runs fundraising events.

Contacts: Anne Scheible 612-722-0468 or 612-619-9692, annebillscheible@gmail.com

Bette Stacy 612-481-2732, Ann King 612-722-9064

Food Shelf at At-Taqwa Mosque

On the third Saturday of each month, Masjid At-Taqwa in St. Paul operates a food shelf. At 11 a.m. volunteers gather to unpack and organize the food. Neighborhood families begin to arrive at noon, and for the next hour volunteers help them select the items they need, and help carry their bags to the car or bus.

This is a very small food shelf that serves fewer than 30 families each month. Since early 2018 when St. Jamesians began this work, we've learned that the primary benefit for us is the opportunity to visit with our fellow-volunteers whose roots are in Egypt, Saudi Arabia, Myanmar, Bangladesh and more — some having lived in Minnesota for decades, others who have arrived as recently as the night before coming to volunteer.

Masjid At-Taqwa is located at 1608 Como Avenue (Snelling and Como) in St. Paul, across from the Minnesota State Fairgrounds — MetroTransit Bus # 3 or A Line.

Contact: Ruth Anne Olson 612-377-5717 olson248@gmail.com

MinneHarvest

This free food giveaway takes place at 9:00 a.m. the fourth Saturday of each month. We receive a truckload of produce and other surplus items from grocery stores and warehouses. In addition, we receive bread from the New French Bakery. We, in turn, provide it to anyone who wishes to come. There are no pre-qualifications to receive food. Each adult gets two grocery bags. Those needing additional food may return to the line in order to give others an opportunity.

The number of clients varies from 100-150. The typical number of people fed is between 400-500 people. About 50% are adults, 34% children and 16%

senior citizens. The pallets of food total about 12,000 pounds.

Volunteer opportunities include: Setting up the tables and unloading the truck at 6:45 a.m., helping clients carry their groceries to their cars starting at 9:00 a.m. and helping with the clean-up at 10:00 a.m.

Contact: Sheldon Bolstad 612-760-6780 sbolstad@gmail.com

First Nations Kitchen

First Nations Kitchen serves healthy, organic, traditional indigenous food every Sunday evening at All Saints' Episcopal Indian Mission in Minneapolis. The cooks create meals from food donated from local coops and a nearby bakery. Volunteer opportunities include helping to prepare and/or serve the meals on Sunday from 1:00 p.m. to about 7:15 p.m. Helping with fundraising could also be an option.

**Contact: Anne Scheible 612-722-0468 or 612-619-9692
annebillscheible@gmail.com**

Simpson Meals

An evening meal is prepared for approximately 140 clients of Simpson House at 28th Street and 1st Ave. four or more times a year. The meal is prepared off site and delivered at about 5:30 p.m. At Simpson House the meal is heated, served at 7:00 with clean-up at about 8:15 p.m. Food is set aside for people who come in late to the shelter. The church plans the menu and buys the food.

Volunteers could help plan and buy the food, prepare the food, deliver and serve the meal, and/or clean-up.

Contact: Maureen Trepp 612-724-7620 or 612-387-2520

Meals on Wheels

Members of the churches deliver meals every 6-9 weeks to those who are shut in and less mobile than ourselves. Volunteer drivers pick up the meals from Nokomis Square and deliver them to the clients' home.

Contacts: Rachel Larson at Minnehaha UMC 612-729-8069, Andrea Bolstad at Lake Nokomis Lutheran 612-720-9576 dreann@msn.com

Ann King at Living Table UCC 612-722-9064 amking41@earthlink.net

Loaves and Fishes

Five times per year, on the fifth Monday of the month, Lake Nokomis Lutheran Church serves a meal to a group of 120 to 270 working poor at St. Stephen's Church/School.

Contact - Diane Slovik 612-987-3705 dianeakerson@gmail.com

The Giving Garden

Located at St. James on the Parkway Episcopal Church. In the summer of 2017, NENA and St. James partnered to grow fresh vegetables for neighborhood food shelves. Last year over 400 lbs. of produce were delivered to the Minnehaha Food Shelf and the Groveland Food Shelf. The garden is tended by a core

group of volunteers who plan, plant, water and weed. Volunteer in the garden a couple of times during the growing season, and/or join in on garden “work days”. Volunteers needed to deliver the produce to the food shelves.

Anne Scheible - 612-722-0468, annebillscheible@gmail.com

The Sheridan Story

This program provides weekend food for Hiawatha School children in food-insecure homes. Students sign up at school to have a packet of food put discretely into their backpack on Friday mornings (or the morning before a school holiday). Living Table UCC collects money to support them, and the Sheridan Story, a nonprofit, buys food wholesale, gets it packed, and delivers it to the school. The church sends volunteers on Friday mornings to load backpacks. Volunteers also help to load backpacks at Folwell School the second Friday each month but don't contribute financially. Volunteer opportunities include subsidizing a student, periodically packing food at the Sheridan Story warehouse, or packing backpacks at either Hiawatha or Folwell Schools (on a day for which you sign up).

Contacts: Ann King, 612-722-9064,

amking41@earthlink.net

Sharon Siegel, 763-591-6033, Sharon.Siegel@results.net

HOUSING

Beacon Interfaith Housing Collaborative

This housing ministry has two components:

- **Advocating for affordable housing:** Lake Nokomis Lutheran Church participated in a successful statewide effort in 2014 to pass a \$100 million bonding bill for affordable housing. Beacon coordinated a collective effort by 75 congregations and 2,200 people that included signatures, three 'home' words, and legislative visits. Through Beacon's advocacy program, the church continues to support affordable housing issues.
- **Providing shelter through Families Moving Forward:** This program offers families experiencing homelessness hospitality, emergency shelter and a path to stable housing. Each year, four families are hosted for one week by Lake Nokomis Lutheran Church.

Contact - Robbie Becker 612-721-2768 robertadbecker@aol.com

Emma Norton Residence

The Emma Norton Residence, located in St. Paul, provides transitional housing for women and residences for women with children. The support is primarily financial with some volunteer options

Contact: Maureen Trepp 612-724-7620 or 612-387-2520

CLOTHING AND NECESSITIES

Simpson Housing Services

In addition to food ministries (already described) there are many other ways to be involved with the services that Simpson House offers people with housing issues. These include: knitting adult hats and scarves for residents, stocking Baby Bins for new mothers, providing school supplies for children and buying holiday gifts for Simpson Housing clients.

Contact: Dawnlynn Greeney 651-503-0853
deacondawlynn@comcast.net

Backpacks at MinneHarvest

In addition to the food ministries, backpacks with school supplies are handed out in the fall for school children. Approximately 180 children at the August MinneHarvest receive backpacks filled with all the school supplies that they will need for a successful school year.

Contact: Renee Beymer 612-722-1782 janos3@juno.com

School Supply Drive

Living Table UCC collects school supplies tfor Hiawatha and Howe Schools each August.

Contact: Dorothy Eide 612-402-9861 j.gohdes@netzero.net

Dignity Drive

An ingathering of personal care items like soap, shampoo, deodorant, etc. is collected once a year for clients of the Minnehaha Food Shelf during Lent.

Contact: Jenia Strom 612-721-6231

Holiday Gifts

During November and December, holiday gifts for children and adults are collected by all three churches for clients of the Minnehaha Food Shelf, Simpson Housing Services, Ebenezer Care Center, St. Anne's Shelter and St. Joseph's Home for Children.

**Contacts: Renee Beymer 612-722-1782 janos3@juno.com,
Robbie Becker - 612-721-2768, robertadbecker@aol.com,
Anne Scheible - 612-722-0468, annebillscheible@gmail.com
Ann King - 612-722-9064, amking41@earthlink.net**

GLOBAL PARTNERSHIPS

St. James on the Parkway Episcopal and Bonne Nouvelle Parish in Bigonet, Haiti

This partnership began almost 10 years ago. St. James along with other partners has annual pledge drives collecting as much as \$12,000 per year. Our partners in Bigonet determine the best use of these funds. In addition, special fundraisers have helped after the earthquake of 2010 and the hurricane of 2016. The funds have usually been used for teacher salaries, emergency needs, and special projects such as the sewing program. Groups from each parish have visited the other parish. The trips are primarily focused on building relationships and less about missions. (Trips to Haiti are funded entirely by participants.)

Contact: Kurt Hall 612-202-6729 Kurt.Hall@fiserv.com

Lake Nokomis Lutheran and the Lutheran Church of Christ Congregation in Kubi, Nigeria

This relationship is rooted in “accompaniment,” which promotes the clause of mutuality, inclusivity, vulnerability, empowerment and sustainability. Through the program, the partners work to nurture and strengthen one another for life and ministry through prayer, study, communication, exchange of visitors and sharing of resources. The last visit to

Nigeria was in 2010 and the primary focus has been to support the Epiphany School, a school founded by Epiphany Lutheran Church.

Contact: John Becker 612-721-2768 beckercom@aol.com

OTHER

Minnehaha Playgroup

Every Thursday, from 9 – 11 am,, Minnehaha United Methodist Church hosts a playgroup for parents and children. Stop in to play, talk, explore, support and learn together. Feel free to bring snacks (no peanuts, please!). No RSVP necessary. All are welcome.

Contact: Minnehaha UMC office 612-721-6231

UPCOMING EVENTS

December 2018

Monday-Friday, December 3-7 – Meals on Wheels

Contact: Andrea Bolstad 612-720-9576

dreann@msn.com

Saturday, December 22 – MinneHarvest

Contact: Sheldon Bolstad 612-760-6780

sbolstad@gmail.com

Wednesday, December 26 – Meal at Simpson Shelter

Contact: Maureen Trepp 612-724-7620

maureentrepp@yahoo.com

Monday, December 31 – Loaves & Fishes

Contact - Diane Slovik 612-987-3705

dianeakerson@gmail.com

January 2019

Saturday, January 26 – MinneHarvest

Contact: Sheldon Bolstad 612-760-6780

sbolstad@gmail.com

Sunday, June 24 – First Nations Kitchen

Contact: Anne Scheible 612-722-0468

annebillscheible@gmail.com

February 2019

Saturday, February 23– MinneHarvest

Contact: Sheldon Bolstad 612-760-6780

sbolstad@gmail.com

March 2019

Wednesday, March 6– Meal at Simpson Shelter

Contact: Maureen Trepp 612-724-7620

maureentrepp@yahoo.com

Saturday, March 23– MinneHarvest

Contact: Sheldon Bolstad 612-760-6780

sbolstad@gmail.com

August 29 – Meal at Simpson Shelter

Contact: Maureen Trepp 612-724-7620

maureentrepp@yahoo.com

April 2019

Thursday, April 25 – Meal at Simpson Shelter

Contact: Maureen Trepp 612-724-7620

maureentrepp@yahoo.com

Saturday, April 27– MinneHarvest

Contact: Sheldon Bolstad 612-760-6780

sbolstad@gmail.com

May 2019

Saturday, May 25– MinneHarvest

Contact: Sheldon Bolstad 612-760-6780

sbolstad@gmail.com

June 2019

Saturday, June 22– MinneHarvest

Contact: Sheldon Bolstad 612-760-6780

sbolstad@gmail.com

Wednesday, June 26 - Meal at Simpson Shelter

Contact: Maureen Trepp 612-724-7620

maureentrepp@yahoo.com