THE WELCOME TABLE

caring for our community



Fall Community Action Guide

OCTOBER - DECEMBER 2024

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THE WELCOME TABLE

at St. James

At the Welcome Table, we believe everyone should have access to the resources they need to have a high-quality life. We work to make it easier for our students, their families and our larger community to have access to the things they need in order to thrive. As a team, we maintain a commitment to upholding certain values that benefit our community. These values include total care, community involvement/ownership, quality service, and reflection and response. Community Actions are the primary way we create spaces for members of our school and broader community to access essential needs and experience a community of sharing. Community Actions are the pillars which we operate year-round and consist of food sharing, adult education, legal aid, home repairs and community lending.

Building community is beautiful but challenging work that happens when all who participate in its formation are open to learning and adjusting to better serve the needs of the whole.

"We envision a time when all Allegheny West community members and our neighbors across North Philadelphia are thriving in their daily lives."

-Our Vision Statement

Meet the Welcome Table Team!

Paul Barrett



Director

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Tiana Jones



Assistant Director

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John Boccanfuso



Adult Education Coordinator

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Shelby Rowe



Home Repair Coordinator

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Hana Jemaneh



Special Initiatives Associate

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What is
FOOD SHARING
at the Welcome Table?



Get What You Need, Share What You Have

We host a no cost "farmers market styled" food distribution event that is open to the whole community. The market is year-round on Saturday mornings from 9:00-10:00am. All are welcome! Our goal is to make healthy produce and other staple foods accessible to our students, families and neighbors, as well as create an opportunity for fellowship and sharing.

Food sharing is led by our Assistant Director, Tiana Jones, who also leads group health coaching.

Questions about how to get involved in Food Sharing? Please contact Tiana.



WEEKLY

Farmer's Market

| FRESH PRODUCE | PANTRY STAPLES

| BAKED GOODS | & SO MUCH MORE!

NO COST
EVERY SATURDAY
9:30-10:30 AM

3201 W CLEARFIELD ST

BRING YOUR REUSABLE BAGS

THE WELCOME TABLE
caring for our community

HEALTH
COACHING



Tiana Jones

OCT. 12th
OCT. 26th
NOV. 9th
DEC. 7th
DEC. 21st

11:00am-12:30pm

Community Health Coaching has officially launched! Tiana will lead a monthly Group Health Coaching Sessions as well as take appointments for 1:1 coaching. Being part of a supportive community can make such a difference, so you know you are seen and heard.

Taking care of your health is crucial to living a full life. Tiana's goal as your coach is to guide you through a journey of improved well-being, where you'll work together to relieve stress, discover new ways to improve your health and achieve your personal goals. Topics to be discussed include nutritional & balanced eating, the essentials of exercise and discipline, how to create and maintain new habits, stress management and understanding chronic illnesses prevalent in our community

Health Coaching is for you if you....

- are constantly tired and it affects your daily activities and motivation
- have anxiety or fear about exercising, overeating or other health concerns
- need support in making time for your health
- have challenging diet restrictions
- feel that community is important for your health journey
- are motivated to make lasting health changes

FROM MARKET TO MEAL:

SHARED STORIES & RECIPES FROM THE COMMUNITY

We're excited to announce the title of our Community Cookbook: "From Market to Meal" Shared Stories and Recipes From The Community. This cookbook is a display of our sharing community and the love we have for food and one another. It features favored recipes from our neighbors, near and far, along with heartwarming stories from their home and lives. We can't wait to share it with you! Pre-orders will begin in October, just in time for you to share it with the ones you love during the holidays. Stay tuned for more details and get ready to bring our community into your homes. We appreciate all of your support and are accepting recipe donations until the end of September!



What is
ADULT EDUCATION
at the Welcome Table?

We offer a wide variety of classes and workshops for adults ranging from digital literacy and personal finance to enrichment classes like cooking, ceramics, yoga and Zumba.

The innovative program, designed for learners 18+, follows the holistic model that informs the curriculum for grades 4-8. Adults can choose from an array of classes and services that help them increase self-efficacy and resilience while raising their academic and professional attainment in ways that best serve their lives.

Pay-What-You-Wish

We are encouraging class participants to consider contributing some dollar amount when they register for classes this fall. All contributions will support the sustaining of our adult education program and our other community actions that directly benefit our participants and the larger community!

Want to register for a class? Please use this QR code, fill out the form at the end of this booklet, call our main line, or email our Adult Ed. Coordinator, John Boccanfuso.

COMPUTER SKILLS

CLASS & LAB

Participants not required to have their own computer or laptop

Skills Class

Wednesdays: 11:00am - 12:00pm

Suggested price for the 8 week class: $30

Whether you are an expert or completely new to digital technology (computers, cell phones, etc.), you will be able to learn something new in this class taught by our instructor, Prof. Jen Kobrin. Jen has been working with adult learners in Philadelphia for several years, helping them to gain confidence and build digital skills that are relevant to their daily life.This class concludes at the end of November.



Open Lab

Saturdays: 12:00 - 2:00 PM

Open Lab is a time for anyone to come ask questions and receive digital assistance, to scan, print or make copies, get homework done, access free wifi and more. No sign up necessary.

SENIOR ACTIVITY HUB

Lunch is included

Thursdays from 11:00 AM - 1:00 PM

The Senior Activity Hub has quickly proven to be a bright spot of the week for all who participate. Every Thursday, folks gather for a wide variety of activities and to share a meal with one another. This is a time when good conversation has turned into true bonding and deep friendship. Our Recipe Share activity prompted some nostalgia as we reminisced about meals we enjoyed as children and our Grown Folks Convo with Planned Parenthood opened a great discussion about creating healthy relationship as we grow older. When asked about their experience at the Hub, one neighbor responded, "This is my second time here and won't be my last!" Another says, "I just love the people and I love the laughter. This place is so special." We are in the Adult Education Center every Thursday waiting for you! Check out the SAH Activity Calendar on the next page to see what we have planned for this season. Interested in an activity but don't see it on the calendar? Let us know!



SAH Activity Calendar

October 3rd	**BINGO**
October 10th	**Walking Tour: Church of St. James the Less & Royal Electric**
October 17th	**Culture Dive: Jamaica**
October 24th	**Breast Cancer Awareness Month Discussion**
October 31st	**Fall Craft**
November 7th	**BINGO**
November 14th	**Chair Yoga**
November 21st	**Potluck Party**
December 5th	**BINGO**
December 12th	**Karaoke**
December 19th	**Film & Discussion**

For questions or more info, contact John Boccanfuso.



Mastering the

TOP 10 TOOLS

for Financial Success

OCT. 5TH

DEC. 14TH

11:30am - 1:00pm



Instructed by Vanessa Lowe

Unlock the secrets to retiring early and achieving financial freedom with Vanessa as she shares her journey to becoming an "Early retiree pursuing passion projects." In this empowering class, you'll discover the essential tools for building wealth and securing your financial future. Starting with the fundamentals, Vanessa will guide you through creating a solid budget and net worth statement. From there, delve into the key strategies for maximizing wealth-building, including leveraging employer-sponsored retirement accounts, IRAs, IDAs, flexible spending, and health savings accounts. But that's not all – learn how to effectively manage credit and debt while still prioritizing savings. Vanessa will show you that it's possible to save while paying off debt, paving the way for a brighter financial future. With core templates and valuable resources provided, this interactive class offers a practical roadmap to financial success. Come prepared to share your own wealth-building ideas and join the journey towards early retirement and financial empowerment!

Suggested price for two sessions: $20

LEGAL AID CLINIC:
TANGLED TITLES AND WILLS

NOV. 16th 10:00 - 11:00am

Office Hours are held on the third Wednesday of each month in the Adult Education Center

In this extended clinic, our longtime legal aid partners at Episcopal Legal Aid will be working with neighbors to address issues related to tangled titles and answer questions related to wills and other estate planning needs. Episcopal Legal Aid Director, Steve Chawaga will lead a brief discussion of common issues that arise with both areas of concern. Following the discussion, participants will have the opportunity to work with him directly to address their individual needs.



Steve Chawaga



Friends Fridge Mural Brainstorming



Line Dancing



SjS/RAH Annual Summer BBQ



Student Market

Volunteers at the Farmers Market





SAH Flower Arranging

OBJECTS of the HEART:

How to Begin to Write Your Own Autobiography

DEC. 17TH

12:00am - 1:00pm



**Bring a keepsake or an old family recipe that has a story you'd like to write about.*

Keepsakes always have a story behind them. Sometimes it's straightforward like a pebble or shell you've kept because it reminds you of a particularly wonderful day at the shore. Sometimes it's a story that has layers: a great-grandparent's recipe card, for instance, is layered with stories from each generation that held it, including your own. Many people want to tell their life's stories to family and friends in the form of an autobiography yet don't because it seems like an overwhelming thing to do. But writing your memories about a special object is a simple and meaningful way to begin. This writing workshop will help you write about one or two important memories in your life by writing about a specific keepsake that is special to you. We'll go through a process of brainstorming about the object, to drafting, editing and finishing your story.

Kath Hubbard is a writer, educator and developmental editor with twenty years' experience teaching creative writing. Find out more about her at www.kathhubbard.com

Suggested price for class: $15

Zumba

ZUMBA® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Featuring Latin, Caribbean and hip-hop rhythms and easy to follow moves, Zumba® is an exercise class that keeps everyone motivated by creating a dance party atmosphere.

Suggested price for two sessions: $10

OCT. 19th

NOV. 2nd

DEC. 7th

10:00 - 11:00am



CREATIVE

Suggested price for each class: $10

Sun Catcher Craft

October 1st: 1:00 - 3:00pm

Join Cassie of The Craft Coven (recently voted to the 2024 Best of Philly list!) for an afternoon of relaxing, fun crafting. We will be making dried flower sun catchers that make a beautiful window or wall decoration or special handmade gift. Cassie Jones has her hands in most crafts but has a great passion for anything sculpting. She currently works on staff at Black Hound Clay Studio, runs a leather brand (CUSP by Cassie), and is building a line of chain stitch embroidered patches. All ages are welcome and encouraged to attend!



Cassie Jones

CLASSES

Gab & Glue: A Collage Art Workshop

November 26th: 1:00 - 3:00pm

An introduction to the low-stress, low-pressure world of mixed media, Gab & Glue is a collage-making workshop led by Jamie DeAngelis of The Craft Coven. Jamie DeAngelis is an official SoulCollage® Facilitator and Philadelphia-based mixed-media artist who creates vibrant works with second-hand materials.Come relax and chat while creating a fun, one-of-a-kind art piece.

Holiday Crafting

December 21st: 10:00 - 11:00am

Join us for a time of festive art-making! In our holiday crafting class, participants will be able to make artistic creations that can serve as decorations for the home or maybe even the perfect, last-minute gift before visiting loved ones during the holidays.

CHOPSTICKS

CLASS

OCT. 15h
DEC. 3rd

12:00 - 1:00pm



Our chopsticks class is a fast and fun opportunity to explore international cuisines while learning how to use the utensils which are traditionally used in many Asian countries! Learn from our longtime neighbor and volunteer, Vickie Hatcher stay for a delicious meal afterwards where you'll get the chance to put your newfound skills into practice.

Suggested price for two sessions: $15

COMMUNITY CONVERSATIONS

First Saturday of the Month 10:00-11:00am

Oct. 5th - Nov. 2nd - Dec. 7th

Community Conversations are a monthly open forum where neighbors can gather to discuss matters that are important to community life. We host these meetings to both deepen communication between The Welcome Table and neighborhood residents as well as to provide an additional space for folks to connect with one another. Discussion topics vary, and previous conversations include subjects such as the unique role of seniors in our community and defining what we value in a neighborhood community. Please feel free to let us know if you would like to participate in a future Community Conversation!



LEGAL AID

OFFICE HOURS

2:00 - 4:30 PM

Office Hours are held on the third Wednesday of each month in the Adult Education Center

The Welcome Table is a proud partner of Episcopal Legal Aid (ELA), a Philadelphia based legal services organization. ELA provides free legal counseling and services for people dealing with civil legal issues. Leading lawyer for the organization, Steve Chawaga, attends the Farmer's Market the second Saturday each month and holds open office hours to provide in-person counseling to community members seeking legal advice. Steve has helped neighbors with issues surrounding estate planning, evictions, custody and child support. There is no appointment necessary to attend office hours.

SEP. 18th

OCT. 16th

NOV. 13th

NOV. 16th
**Special Clinic*

DEC.18th



Steve Chawaga

Home Repairs

Home repair services are available to anyone who lives in the Allegheny West/North Philly area.

In the hustle and bustle of everyday life, it's easy to overlook the small repairs and maintenance tasks that keep our homes as safe and healthy environments. Whether it's an outlet that doesn't work, a tree that's a little too close to your roof, or a leaky faucet that causes your water bill to run up, these seemingly minor issues can add up and affect the functionality and life span of your home. That's where The Welcome Table comes in – your partner for small home repairs that make a big difference. Every person deserves to live in a secure, healthy environment, and our goal is to make necessary home maintenance affordable for everyone.



Shelby Rowe

If you, or any of your neighbors, have a home repair request, please fill out the form at the end of this booklet or contact Shelby.

HOME REPAIR VOLUNTEERS NEEDED



NEEDED

The Welcome Table provides support to community members by connecting neighbors with trained volunteers and professionals equipped to address their home repair issues. Please consider offering your time and handy skills to assist our neighbors with minor projects such as electrical wiring, plumbing leaks, drywall repair, etc.

ARE YOU SKILLED IN...

- **Plumbing**
- **Electrical Work**
- **Contracting**
- **General Handiness**

CONTACT US

3217 W Clearfield Street

Philadelphia, PA 19132

srowe@stjamesphila.org

(215) 216-1276 ext. 206

Fall FESTIVAL

Saturday, October 26th **12:00 - 2:00 PM**

The Annual Community Fall Festival is a celebration of community spirit, creativity, and the joys of the autumn season. It's an event where neighbors become friends, and memories are made. Show off your seasonal spirit and come dressed in your favorite fall or Halloween costumes. Mark your calendars, invite your loved ones and get excited for trick-or-treating in the graveyard, pumpkin painting, yard games, good food and more!



The Christian tradition calls us to remember that we meet God in community. Join us for times of community as we seek to encounter God in the midst of us through worship that will make your heart sing, study and prayer. The Church of St James the Less is inclusive to all and accessible, free parking is available on Clearfield Street. Please contact us if you need help with transportation.

3217 W Clearfield Street
Philadelphia, PA 19132







CHURCH OF ESTD 1846
St. JAMES *the* LESS



EACH WEEK

Hymns of Praise & Mass | Sundays - 4:45 PM

Free Community Dinner | Sundays - 6:00 PM

St. James School Mass | Fridays - 11:00 PM

Bible Study | Wednesdays - 6:00 PM

at St. Asaph's Church

27 Conshohocken State Rd Bala Cynwyd, PA 19004





CONTACT
INFORMATION



484-224-7669



www.stjamesphila.org/welcome-table/



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@phillywelcometable



3217 W Clearfield Street
Philadelphia, PA 19132

To register for classes, please email, call, or fill out the form on the next page

INTEREST FORM

Name

Address

City State Zip Code

Phone

Email

Use this space to express interest in a class, make a home repair request, ask a question, or anything else you would like The Welcome Table team to know:

☐ *I would like to receive the Welcome Table Monthly Newletter via email*

Please tear this form out and mail it to us at 3217 W Clearfield St, Phila, PA 19132 addressed to "The Welcome Table", place in the donations box at the Farmers Market, or return to any Welcome Table staff member.



THE WELCOME TABLE

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