

LOAVES AND FISHES

DULUTH, MN

VOL. 32—NO. 2

FALL 2021

In his 1987 book *The Different Drum: Community Making And Peace*, M. Scott Peck wrote, "In and through community lies the salvation of the world." As a psychiatrist and founder of the Foundation for Community Encouragement, Peck examines the many different experiences of being in community and how community can serve as what he calls the "the core for the cure of our greatest contemporary trouble."

Through creating and building community, he believes that we can collectively overcome the "negative forces in our society" and become whole and mature human beings. In the fall of 2021, we find ourselves confronted and challenged by various contemporary problems around the world and here in the City of Duluth. Be it the

COVID-19 pandemic, poverty and homelessness, racial tension, climate change or gun violence, we are all trying to find that safe and secure place to claim our better selves. In this issue of the Loaves and Fishes newsletter, we explore what community means to us and how we can collectively bring a greater sense of community to our houses on Jefferson Street, our city, and our families and friends around the world.

Is Community Our Best and Only Chance?

By Tone Lanzillo

About six months ago, I picked up a used copy of "Ishmael" by Daniel Quinn. Having first read this book over twenty years ago, for some reason I thought it was time for another reading. It's the story of a man who finds an ad in the Personals section of a paper which stated, "TEACHER seeks pupil. Must have an earnest desire to save the world. Apply in person."

The man goes to an office building and upon entering this room he sees a large plate-glass window along the right wall. While gazing at this window, the man realizes that he's looking at a full-grown gorilla. It is through a series of meetings in that room where the man and Ishmael talk about science, anthropology, agriculture, the environment, religion and culture.

During one of their last meetings, Ishmael tells the man about two types of people in the world. There are the Takers and the Leavers. The

Takers believe that the gods made the world for them, while the Leavers believe that the gods made man for the world.

Ishmael says it comes down to choosing one of two beliefs. Do you believe that the world belongs to you or that you belong to the world? That choice could determine the future of the world.

In the spring of 2017, my world was all about me. Having decided to not continue working in an outpatient mental health treatment program, I wanted to become a mental skills trainer to athletes. After writing about a hundred articles for various sports websites, and starting to get inquiries about training athletes, it seemed apparent, at least in the moment, that personal success was right around the corner. Having worked for low salaries in mental health for over 28 years, I thought that this new career would finally give me more money and more recognition. It was all about the world belonging to me.

But in early August of 2017, something changed for me. If nothing else, I began to rethink whether or not having a successful career and

chasing after things was the right lifestyle for me. And after two marriages and two divorces, moving in with someone or getting married for a third time was definitely not an option. Reflecting upon my times visiting a Benedictine monastery in Northern New Jersey, I wondered if community life was for me.

As I began contacting different groups around the country, including Benedictine monasteries and Bruderhof communities, it started to dawn on me that I needed to live in some kind of intentional community. Not only for my own mental and emotional health, but for the opportunity to help others. And it was in November, 2017, that I found my new community and new home: Loaves and Fishes.

In his book "Deep Economy: The Wealth of Communities And the Durable Future," Bill McKibben writes about the negative consequences of hyper-individualism upon any culture or society. "Perhaps the

very act of acquiring so much stuff has turned us ever more into individuals and ever less into members of a community, isolating us in a way that runs contrary to our most basic instincts," stated McKibben.

McKibben asks us to question our beliefs and behaviors around capitalism and consumerism, and how they have contributed to what he calls our "environmental predicament." He wants us to examine how irrational many of our choices are and to see how disconnected we've become to each other, and even ourselves. McKibben wants us to explore the values and benefits of community.

"In a changed world, comfort will come less from ownership than from membership. If you're a functioning part of a community that can meet at least some of its needs - for food, for energy, for companionship, for entertainment, for succor - then you're more secure," stated McKibben.

Looking around at the world today, I can understand why many of us feel very insecure. We are dealing with a **Continued on page five**



Members of Loaves and Fishes gathering alongside others for a climate vigil in front of the Duluth City Hall.

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Compassion

By Todd Christlieb

Compassion!! What an AWESOME word!! Compassion!! Much like the infinite number of ways a person or group of people can express love to another person or group of people, compassion too can be expressed and communicated in an infinite number of ways.

Compassion, from how I understand it, has, at its core, a desire to understand another person's or group's experience. Compassion involves observation and curiosity. Compassion involves a desire to understand "how you roll" so to speak.

Compassion seeks to understand the language of your being, center, core, or anything in between the "Center of You" and the "Center of Me." Compassion is like a bridge between two worlds; a bridge between two or more different experiences.

How can we not grow as an individual; as a community within which compassion is an attribute?

"...we are at one of the great turning points in history. Both for our livelihood and for our humanity we need to see progress not in terms of having more but in terms of growing our souls by creating community, mutual self-sufficiency, and cooperative relations with one another."

Grace Lee Boggs

**The Next American Revolution:
Sustainable Activism for the
21st Century**



Todd is a former Dorothy Day House guest. He wrote this piece on compassion when he was living with us. He is missed around the house and we wish him the best with his next steps!

Lending a Hand

By Brooke Tapp—Co-chair of the Loaves & Fishes Housing Inc. board

The Community has many tasks to do – cook meals, transport guests to appointments, move people in and out, remain intentional to each other as trusted companions banded together to do the work of hospitality. A lot of their work's foundations comes from having the four houses the community members themselves live in and to which others are welcomed.

As the Loaves & Fishes Housing Inc. board, we lend the Community a hand to their work and offering of hospitality by focusing on maintaining and improving these four houses, as well as longevity of the houses for hospitality.

Housing Inc. will always comprise a mix of live-in community members and friends of the community. We work together to identify and address large house maintenance issues as well as improvements that will enrich the hospitality provided. Housing Inc. writes grants, a fall appeal letter, and direct fundraising efforts to finance the backlog of maintenance.

This year, we celebrated the replacement of the sewer line at Olive Branch so the household of 14 can flush toilet paper again. Dorothy Day House serves meals out of the renovated kitchen made possible by volunteer labor, individual donations and a grant from Lloyd K. Johnson Foundation. At the printing of this newsletter, construction will have begun on the roof, soffit, and fascia at Dorothy Day House including new egress windows replacing the existing windows of the third floor to improve the ability of a third floor evacuation in



During and after pictures of Olive Branches new sewer! It is such a relief to have a well functioning sewer!

case of an emergency. When you drive by, notice that the red, outdoor staircase has been removed per recommendation by fire safety personnel.

In 2022, we remain ambitious with the vision of a

first floor bathroom remodel at Olive Branch we are raising money for. There is one shower at Olive Branch. Fourteen people live at Olive Branch with one shower! It is time for a second shower. Adding a shower to the first floor bathroom influences the layout of the kitchen as well as impacts a bedroom on the second floor. This is a large, complex and expensive \$35,000 project we are excited to tackle knowing the positive impact it will have for the house guests and visitors.

Hannah House will see a new roof, soffit and fascia next year. We will say goodbye to the five or more layers and three colors of shingles. We hope for metal and solar panels as we work toward more environmentally conscious practices and materials.

Planning for a handful of other projects continues at the same time as Housing Inc. and the Community look to the future. Considerations for physical accessibility, lead water line replacement, as well as amenities that make the days providing hospitality a bit more enjoyable move forward and we will let you know when they materialize. Be sure to check Facebook and the website for updates and photos of projects. As a community, it is all possible.

Brooke Tapp is a Loaves & Fishes Alum, co-chair of the Loaves & Fishes Housing Inc board, and Community Land Trust Stewardship Associate for One Roof Community Housing.

"...there is a lot we can do to assure the refashioning of daily life around authentic local communities based on balanced local economics, purposeful activity, and a culture of ideas consistent with reality. It is imperative for citizens to be able to imagine a hopeful future, especially in times of maximum stress and change."

- James Howard Kunstler, The Long Emergency



We Are All One Body

By Mark Hakes

What a ride the last 18+ months have been! Among other things, we have experienced a pandemic, the politicization of public health, uprisings focused on upending the sins of racism and white supremacy, a cacophonous presidential campaign in an already divisive political climate, the continued disregard of native lands and lives by the scar that is Line 3, fires, floods, drought, not to mention all the personal sorrows life brings to us. Collectively, we've journeyed though so much and yet, with masks and physical distancing, it has at times felt so isolating. A never ending, companionless story. In the words of Dorothy Day, "We have all known the long loneliness and we have learned that the only solution is love and that love comes with community."

Last December, I was out for a run along the Lakewalk and about to go through the s-bend a little before the hill leading to Leif Erickson Park when I was stopped by a person anxiously looking

for their dog. Had I seen a black dog with a purple collar named Luna? No. I had come from Canal Park, but hadn't met Luna along the way. I kept running, made it to Leif Erickson, and who was there waiting? Luna, sitting in the snow-covered, grassy amphitheater. She was clearly nervous, but came when I called her name. Together, we ran back towards her human; she booked it to her parent when she heard their voice calling her name.

There have been so many moments over the last year and a half where it would have been easy to lose hope. Amidst all of the pain, sorrow, and loss these last months have brought, there has also been light and love and healing. Sometimes, it's been easy for me to see. Other times, I needed someone to call my name and run with me, leading me back to the Light.

If we have learned anything since March of 2020, it is that we need one another. The issues facing our world are too great for us to continue allowing ourselves to be divided.

No one political party has all the answers. No individual person can solve all of our problems. No proposed plan will fix all that ails us.

Only "we the people" can do that and only if we stop screaming to be heard and begin to listen to each other.

1st John 3:18 from the scriptures of my Catholic faith tradition says, "Beloved, let us love, not in word or speech, but in truth and action." Love isn't passive, it demands action. It demands that we listen deeply and intently with the ear of our hearts to the stories and experiences of the people around us. It demands solidarity, justice, and liberation. It demands that we be in community with one another, even those with whom we find it hard to be in relationship

Mark Hakes (they/them) is a former community member of the Loaves and Fishes Community and continues to be a part of the extended L&F family. They serve as the Assistant Director of Campus Ministry at the College of St. Scholastica and are active at the intersection of faith and queerness, engaged in justice and liberation work, and involved in the local classical music community.

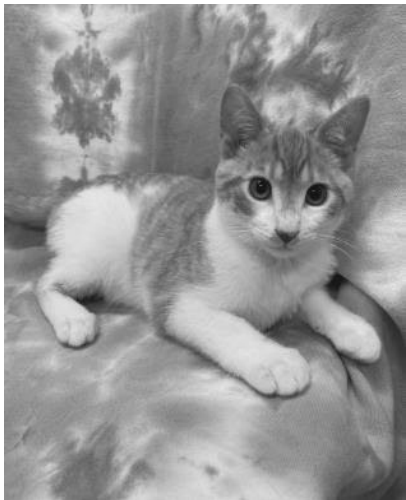


Lessons from a Kitten

By Laura Gauger

Community. In this day and age of pandemic precautions, the importance of experiencing *community in my life has become clearer to me – and my teacher has been a kitten!*

I am kind of a "loner" by nature, but at least, before the pandemic, I could choose when and how to connect with people. One of my favorite things to do was stop by Duluth Coffee Company on Superior Street, visit a bit with the folks behind the counter, and sit down at a table to work on my laptop. Or sometimes I'd go to the



Clancy's baby picture

Duluth Public Library to read some of the stories in the latest editions of the various newspapers available on the second floor.

But all of a sudden, none of that was possible. I and so many others needed to keep our distance from each other, not because we stopped caring for each other, but out of love and concern for protecting ourselves and the community from the spread of Covid-19.

While all that separation was necessary and well-intended, it took a toll on me and I imagine many others. It's not natural to be so isolated and alone. Feelings of depression, with which I struggled even before the pandemic, started to intensify, and at times life felt kind of pointless.

I still struggle with those feelings, but reconnecting with community, albeit in somewhat of a non-traditional way, is what has helped revive my Spirit. I say "non-traditional" because, for me, community has meant not only connecting with people, but animals! About a year ago, when we

were living in a world of lock-downs, I adopted a kitten, and the animal-to-human bond is what helped keep me going when human-to-human bonds were not possible. My kitten's name is Clancy, and I love him to pieces. He has been a good little teacher to me – helping me to see how creating a community in whatever way you can and caring for one another can heal.

Now that Covid restrictions have loosened up a bit, I am trying to apply the lessons I learned from Clancy to human relationships as well. Yes, I am still somewhat of a "loner", but by connecting with the good people at Loaves & Fishes, I have found another healing community that cares. And that has made a real difference in my life.

Laura is a retired pharmacist who grew up in Wisconsin and moved to Duluth in 2010. Her main outside interest involves protecting the waters of the Great Lakes region from adverse mining impacts, and her "niche" has been to track and expose the serious water pollution problems caused by Wisconsin's Flambeau Mine.

Thank you!



Our volunteer Peggy is both an avid “close to expiration” food redistributor and a mushroom enthusiast! Thanks to her, our houses are often supplied with eggs, cheese and other yummy food. Her mushroom “jerky” is a tasty treat!

We are incredibly appreciative for the Whole Foods Co-op who provides us with nutritious food three days a week. Thank you for reducing food waste and sharing food with us!

We are also grateful to our food run volunteers: Hannah, Peggy, Melissa, Judy, Lonnie, and many members of the Kilgour family for bringing loads of food from the Whole Foods Co-op to Jefferson Street every week, as well as the many other ways they find to feed the greater Duluth community.

The Connections and Stories in Community

By Lisa Alexander

Community shows us we are in this together. This. Whether it be freezer dried and vacuum packed, or the cornucopia of a shared stone soup. Ours. My brother is my neighbor. I am we. No separation. But true enough, community is like family. Even when it isn't, it is what it is.

When I can let go of needing to be the worse off. When the need to erase pangs of guilt diminishes. When I no longer see another as pathology. When my story ceases to define me. When I can acknowledge the grief in the loss of the way it used to be. Then, we open ourselves and our communities into hope filled and engaged places of agency.

We can grieve in community and in so doing, have the opportunity to heal. We all are changed by the fires. Whether they be burning trees or looting streets. Deep loss. Deep grief. Through community we find strength to rise again. Through community we feel and acknowledge patterns of destruction.

Where we are now, there is pain and suffering. It's not going anywhere. What we choose to do now, to disconnect or connect determines the amount of suffering.

Valarie Kaur in her book *See No Stranger* writes, “I will not degrade my soul with hate.” She continues, “Listening is a strategic choice.” It enables us to fight strategically. It invites us to listen deeply and feel the world. Kaur encourages us to ask what is at stake. “What is the story demanding of me? What will I do now that I know this?”

For me, entering intentionally into community often occurs through story, through ego (the very thing that can divide). When our stories become connections. When our stories create understanding. Here, our narrative becomes communal. Actions can have other stories in mind. We lose a bit of the ego.

Stories poke the ego and can be tools that bind us or a method to disconnect, insecurities trumping the inherent need for connection.

Moving forward in community will require us to thoroughly understand the past. To thoroughly listen to Our stories. How have we gotten here? And indeed, a deep look at where we are. But this is not a stagnant exercise.

Love.

Again Kaur, “The opposite of love is indifference. Rage protects love.”

I believe We rage. We accept (and acknowledge). And We fight again. In community. With community. For love.

The pain in this world breaks our hearts and in so doing exposes our vulnerability. And in that space, let us dine together. When we see, really see the wounds, when we understand the brokenness then the anecdote becomes clear. Let us gather in that space. Quiet unassuming wonder and love. And for many rage.

“At the moment they show us the wound, they show us the medicine.” Alice Walker

I am convinced that as a community we need not search for more. For me, “more” is the pathology. Not enough is the disease. The pain is not enough. Scarcity. Lack of justice. Of lack of housing. Of loss. Of change. When I am brave enough, community gives me the space to experience enough together. Community is where the anecdote of justice and peace ceases to divide. Because there is enough. When I let go. There is enough. When we let go of the story. Which starts by sharing it. Which starts with listening.



Project Bloom

Diverse Reflections on
Surviving the Pandemic

edited by Lisa Alexander
and Joshua Potter-Efron

Lisa Alexander has served as a meal angel for the Dorothy Day House. This year, she co-edited and published an anthology entitled "Project Bloom: Diverse Reflections on Surviving the Pandemic."



Artwork by Michael Elderbrook

The Warming Center is open

November 1-April 1 — 8pm-8am

211 N 3rd Ave E (moving to a new location in January)

Free DTA rides to and from the Warming Center during open hours

The Warming Center is a safe and warm space for people who are experiencing homelessness or stranded overnights during winter months. It is a partnership between CHUM, Loaves and Fishes, the City of Duluth, St Louis County and Duluth HRA.

The Warming Center needs:

- ♦ **Socks (cotton and thermal - adult sizes)**
- ♦ **Hand warmers**
- ♦ **Winter coats (adult sizes)**
- ♦ **Hats, gloves, mittens and scarves**
- ♦ **Winter boots (adult sizes)**
- ♦ **Granola bars**
- ♦ **Travel size toiletries**
- ♦ **Volunteers to help set up (7pm-9pm) and clean up (7am-9am). Volunteers must be 18 or older and fully vaccinated against COVID-19. Regular commitment is preferred.**

Donations can be brought to Loaves and Fishes (1712 Jefferson Street) or to CHUM (102 W 2nd St).

For information on volunteering, contact Joel at 218-340-4356.

Is Community Our Best and Only Choice continued

pandemic, racial injustice, climate change, a widening economic gap between the rich and poor, and a political system too often out of touch with reality. And for the first time in my 66 years, the future for our children and grandchildren doesn't look promising.

In her essay "Community Is Our Best Chance" (from the anthology "Truth, Courage, and Solutions for the Climate Crisis"), Christine E. Nieves Rodriguez talks about her experiences of returning to her home in Puerto Rico just before the arrival of Hurricane Maria. She writes about how vital communities are during a disaster. "When disasters happen, the person right in front of you is your best chance at survival. That's when we understand: the times we will be facing are going to require us to recognize that the most important thing around us is community," stated Rodriguez.

In a climate change world, with pandemics and other global challenges, community and community-building may be our best and only chance to develop a sustainable and just society for all of us. In such a complex and complicated world, a community offers us an opportunity to lead a simpler and more satisfying life. In a community, especially intentional communities like Loaves and Fishes, we can become healthier human beings and establish stronger relationships with the people in our daily lives. We can reconnect to those values and principles that will help us lead more sustainable and meaningful lives.

"It turns out that communities are the most important force that allows humans to weather great storms, literally and metaphorically. The climate crisis will intensify, but our communities will continue to rise - because they were always standing."

-Christine E. Nieves Rodriguez, Community Is Our Best Chance

The Bike Cave

By Chelsea Froemke

After requiring appointments, limiting the amount of people in the shop, and eventually shuttering our doors last winter, it was such a joy to reopen the Bike Cave doors wide (for good air flow) this spring. The celebratory tone at the shop was contagious as more and more of our Bike Cave community showed up. This continued to be a theme throughout the summer. This year, more so than other years, I was struck with how important the Cave community is to so many people. It is truly an honor to help facilitate Duluth's only community bike shop, which connects people to free transportation, gives children the joy and freedom of two wheels, keeps bikes out of the dump while repurposing parts from unusable bike frames, and moreover teaches bicycle maintenance skills, saving people money! The list goes on. However, this year, the best part about being at the shop was witnessing the rag-tag community that has formed.

Of course, one of the first people to show up was our dear friend and trusty volunteer Isaac. Many more volunteers (both new and old) followed suit. We owe a giant thank you to Isaac, Violet, Courtney, Drew, Paj, and Dave who fixed so many bikes and helped in creating the welcoming atmosphere at the shop! This crew gave many precious hours of their summer to the Bike Cave, but they weren't the only ones. The beautiful thing about our shop is that everyone becomes a volunteer!

There is a hazy line between helper and helped at the Bike Cave and often everyone has something to contribute no matter their bike mechanic skill.

However, there are times when things don't go as swimmingly, and people take advantage of the generosity that the Bike Cave offers. These of course are challenging moments, and we work hard to maintain a generous spirit even when we feel tempted to be

more rigid in our protocols and lock up more and more of our parts and tools. It's a difficult balance. This year, more than any other year, we have become aware of the problem of bike theft, both at the shop and in the greater Duluth community. It's disheartening and perplexing the number of bikes that have gone missing. The best we can do is continue to replace bikes for people but that just feels like a Band-Aid solution to a bigger problem.

The Bike Cave has also become a place of respite for so many of our friends. In many drop-in spaces around Duluth mental health struggles and addictions can be a huge barrier. It is important to us that the Bike Cave is always a non-violent and sober place and for the most part people really honor this. It is remarkable to witness people who often struggle in some of these other places (like upstairs at Dorothy Day house) and yet thrive at the Bike Cave. We can take little credit other than simply providing space for people to wrench on bikes. However, with that space people are given the opportunity to: get their hands dirty; solve tangible problems; hone a skill; take pride in something they've built; find purpose; help others; and of course, ride a bicycle! With mutual respect and trust this community grows stronger.

Bikes and community will continue to be built all year! Won't you join us? We are open every Wednesday and Sunday from 1-5 through October 31st. November-April we will be open on Wednesdays from 11-3. Masks continue to be required in the shop for everyone's safety.



Chelsea wrenching on bikes two days after her due date!

Hannah House Notes

By Drew Anderson

For humor and curiosity sake, we decided to interview our 4-yr-old on Hannah House current events instead of hashing out another writing project. It also felt easier to do. Chelsea and I welcomed a newborn into our family on August 6th and since then we haven't slept well... Our brains are foggy and writing feels arduous in this season. Unfortunately and predictably, the interview didn't go according to plan. A four-year-old human is a very distracted human and leading questions from adults are confusing. But some of the questions we asked made us realize just how little our daughter understands about Loaves and Fishes. For example, I asked her what she thinks Loaves and Fishes does. She promptly told me that we "Sell stuff." But for the most part, her responses befuddled what we were expecting:

Adult: "What's your favorite thing about Olive Branch?"

Child: "Playing with the toys."

Adult: "What's your favorite thing about Dorothy Day House?"

Child: "Playing with the toys inside."

Adult: "Dorothy Day House? Dorothy Day House doesn't have toys."

Child: "Why?"

Adult: "What's in the basement of Dorothy Day House?" (Here I'm trying to get her to talk about the Bike Cave.)

Child: "Toys!"

For now, we're chalking it up to the moment-to-moment outlook of a little kid and her parents' terrible interviewing skills. We went on to ask her about a momentous event happening in our household next month:

Adult: "There's this big word..."

Child: "Adoption!"

Adult: "Yes! What does that mean?"

Child: "Keep me safe!"

It may merely be a formal status change for her in our family, but we think she senses the depth of this shift. Chelsea and I and our two new children will likely take a break from foster care during this coming winter season to foster our own growth and bond as a family of four. Yet we look forward to a future where our children can participate in the hospitality work we do here at Hannah House, the Bike Cave, and across the community. By then, the question may be not what Loaves and Fishes does, but what do you do at Loaves and Fishes?



Big sis and little sis enjoying some time together in the woods with Mom and Dad!

Toilets are Nice: An Olive Branch Update

By Shelly Bruecken

The good news is we can finally flush the toilets! The bad news is, we still wear masks.

This summer was a nice reprieve. The deck became an open gathering space; picnics, visits, and sunshine. Vaccines allowed for a brief sigh of relief. Diaper genies for our toilet paper became a thing of the past when the new sewer was installed. The summer has opened up our back deck to fresh air, and hospitality seems easier to sit with folks on the porch instead of in the house. Ing moved in for a few months and found more agates than the rest of the community ever has collected. Sarah left OB to continue her tour of community houses and we hope she returns someday. Kate continues to teach folks the arts of cooking, rock collecting and crafting in more ways than I thought possible. I embraced the chance to safely see my family after a long time away. Covid concerns remained around the house, but had limited impact because of the summer breeze and fans running constantly.

This week feels like both the physical change in season along with a change in climate of the house. Fall is here. The house community has come together to get projects done as we prepare to hunker down for the change of season. With the Delta variant, Covid has become more present and we regretfully face the reality that with this change of season will come more questions of how do we continue to connect with people while remaining safe. How do we continue to be creative with fostering community in our spaces? Reflecting on this feels too big and impossible at times, yet as a community, we continue to show up.



The youngest of the Olive Branch community pitching in with dinner clean-up!

Community at Olive Branch continues to shape and evolve, but yet the presence of connection remains consistent throughout each season. Even in times of masks, division, and systemic harm, the connection between people is what feeds and nurtures this space. It is the interconnectedness of every person that interacts with this space. The volunteers, the live-ins, day guests, phone calls, donors, neighbors, fellow Catholic Worker communities, and the rest of the community all play huge roles in this feeling. A friend recently said, it is the radical connection that makes this space special. I think it is radical because it is a small space that has endless possibilities and low expectations. Even in the moments in which I feel incompetent at hospitality, I recognize how much the rest of the community is choosing to connect and that is when it feels bigger than me. I hope that we can continue to find a way to choose a connection this winter in both small and large ways. To hold each other in moments where we can't connect and demonstrate the strength and ability of community. To allow space for when we need rest and have low expectations with many possibilities.



We are so grateful for all the students from the College of St Scholastica that have come and volunteered with us! Here's a group from the community service orientation that helped out in Hannah House Garden earlier this year.

Hello from Bread and Roses!

By Shannon Loehner

We are a house with a different kind of hospitality within the Loaves and Fishes Community. We do not do live-in hospitality, but offer sanctuary to both community and non-community members. There have been guests utilizing our space for zoom meetings, an alternative space for cooking a meal, etc. At this time, we have offered up a space for a guest living at Olive Branch, who has started back to college, for one of her online classes this semester. It is fun to hear about the class topic for the day when class is over.

We have the pleasure of frequent company from a past Olive Branch guest. She is such a blessing and beautiful person. She loves coming to help in the garden, community projects, and enjoying the children within the community. Our house comes alive when she is here and we truly enjoy her bubbly personality and genuine caring soul. She enjoys the quiet nurturing space our house provides during her day visits. She talks about it being a safe place where she feels loved and free to talk about her life.

Donna and Anne are my house mates and mentors. I hope one day to be as diverse within the community as they are. They have become very dear to me.

Anne has recently retired from the medical field however continues to be available when the need arises. She does house duties at Dorothy Day and Olive Branch. She has been very busy with the Loaves and Fishes Housing Inc. board where she holds a seat. She is also part of the

fundraising committee on the board. One board project is making our house an accessible space for anyone within our Loaves and Fishes community that is in need of respite to heal. This could also serve as an extra space if needed for short term hospitality.

Donna has been very busy also. She is involved in a committee working with Joel from Dorothy Day and other agencies collaboratively on a 5 year, three step plan to present to the City of Duluth called "Stepping On Up." It is a plan to eliminate the extreme danger of living as an unsheltered person. She is helping to organize Community Connect service fairs for October and January, maintains daily contact with several vulnerable ex-guests and does many house duty shifts at both Dorothy Day and Olive Branch.

And then of course there is Kohti the cat. King of the household. He has us all wrapped around his paw! He is very verbal about what he wants and it did not take too long to learn his language and get him what he needs.

The greatest thing that happened here since the last newsletter was the ability to host a baby shower for Drew and Chelsea of Hannah house. They are now proud parents of a perfect baby girl that they named Gavia. Her big sister Alahna is very excited about the arrival of a baby

sister!

As for me, my time here is coming to an end. I spent two weeks here last fall. I really enjoyed those two weeks and decided to come back for a 3 month period. I am now coming up on my 6th month.

My involvement with the Dorothy Day house has humbled me and has brought me out of my shell. It is great to see our live-in guests, who come to us with so little and so many needs, make great strides and eventually get a place of

their own to call home. Our day quests have taught me patience and insight into their circumstances as unsheltered individuals. It warms my heart that we can provide a safe place and facilities that should be everyone's basic human right such as showers, a meal, and a way to wash clothes. I will miss the smiles and conversations.



Anne, Shannon, and Donna enjoy a weekend away together in the Porcupine Mountains prior to Shannon's move.

I love community living and I am really in love with what living within a community means. They have all become my family and I will miss each one of them. I am moving back to the St. Cloud area to be close to family but plan to return to cover for much needed vacations for any community member.

Dorothy Day House Notes

By Sarah Kilbarger-Stumpff

A few months ago, with the departure of Henry, a former live-in Dorothy Day House volunteer, I moved from Olive Branch to join Tone and Joel at Dorothy Day House. Even though both of our hospital-ity houses have the same setup and goals, in many ways, the cultures of each house are different. I've really enjoyed the business of Dorothy Day: getting to meet new faces on many of my shifts, learning to play rummy around the kitchen table, and frequently trying (and failing) to hold my own in conversations about car mechanics. I've also missed living in a house with kiddos, conversations with guests and volunteers on the Olive Branch porches, and the tight sense of com-



James, who lives at Dorothy Day House, often goes on morning walks and shares pictures of what he sees with the house group chat.

munity that comes with a smaller house.

An issue that many guests at Dorothy Day have been running up against is the lack of accessible health care options. Often, people complete initial assessments with mental health organizations, only to be told that there are month-long waiting lists for case managers, and even longer waits for ARHMS workers or therapists. People experiencing acute mental health crises aren't able to be admitted to treatment facilities, or when they are, their insurance won't cover long term care. Others who need medical care for pressing physical health issues or access to medication struggle to find available appointments. Unfortunately, the systems that exist don't allocate enough resources to make it easy or even possible for everyone to take care of themselves, regardless of income.

Recently, Dorothy Day House has been a hub of activity. When he's not using up all of our Italian seasoning making delicious meals, Tone is busy writing about and organizing around climate change. Joel splits his time between helping our guests navigate social

service and housing systems, trying to improve those systems, particularly in his work with the Stepping On Up Plan to End Unsheltered Homelessness, and staying up to date on the best sci-fi shows. And when I'm not sitting by the lake, I'm learning a lot about hospitality from watching both of them. In the time that DD House was closed for the kitchen renovation, many of our house duty volunteers developed new routines. However, we've been excited to welcome some old friends, Doris and Marsh, into the house duty fold (This could be you! If you're interested in doing house duty at either of the houses, let us know at duluth-catholicworker@gmail.com). It's also been great having some former guests, Adam and Marcus, come back to help us out both in the house and at the Bike Cave. We are really grateful to all the people, too numerous to mention, who keep this house running by doing house duty, cooking for us, helping with house projects, donating supplies and pitching in with the garden.

Our house is moving into a period of transition, as it seems like many of those who live with us are on the verge of moving on to their next place. It's been beautiful to witness the many different ways people living with us have contributed to the space, from a mural painted on a shed, to grilling with us on holidays, and being part of providing hospitality to day guests. It's bittersweet when people move out - a mix of excitement that they're meeting their goals and moving on to a longer term housing, and sadness knowing that we'll miss what they bring to our community and lives.

Dorothy Day House
1712 Jefferson Street
Duluth, MN 55812
(218) 724-2054

Bike Cave
1712 Jefferson Street
Basement/Backyard
(218) 302-5523

Olive Branch
1614 Jefferson Street
Duluth, MN 55812
(218) 728-0629

**Loaves & Fishes Housing INC
or Hannah House**
1705 Jefferson Street
Duluth, MN 55812

Email: duluthcatholicworker@gmail.com

Current Needs:

- Eggs (home raised is ok!)
 - Socks (adult sizes)
 - Laundry detergent
 - Men’s underwear (medium and large)
 - Gas cards
 - Bus passes
 - Winter coats, gloves, mittens, hats and scarves (adult sizes)
- Donations can be delivered to 1614 or 1712 Jefferson Street, ask for the volunteer on duty*

Monetary Donations:

Checks can either be made out to *Loaves and Fishes* (NOT tax deductible, for unrestricted needs of the community and our guests), OR to *Loaves and Fishes Housing* (tax deductible, for house maintenance and repair only) and sent to 1705 Jefferson St, Duluth, MN 55812. Online donations can be made at duluthcatholicwork.wixsite.com/loavesandfishes

Volunteer Needs:

- Plumbers, electricians and carpenters to assist with small projects around our four houses
- Volunteers with trucks or trailers to help occasionally with dump runs, donation deliveries and helping guests move into new apartments
- Bike mechanics for the Bike Cave (weekly or monthly commitment preferred)
- Meal angels to bring a prepared meal for 12-15 people once a month
- Volunteers to set up (7-9pm) and clean up (7am-9am) at the Warming Center November-April

For more information call Joel at 218-340-4356 or email us at duluthcatholicworker@gmail.com

Who We Are:

Loaves and Fishes is a community of people inspired by Dorothy Day and the Catholic Worker movement to build “a new society within the shell of the old.” We believe in a world that is abundant with resources and love, and that there is enough for everyone if we share. As a community we offer family-style hospitality to people experiencing homelessness; operate a no-cost neighborhood bicycle shop to promote shared economics; organize

Volunteer Movers and Storage Space Needed

It is a great day when we can help people move into their new homes, but it is hard to do this with limited storage and volunteers. Can you help?

We are looking for storage space for furniture that is generously donated for our guests.

We are also looking for hearty individuals with trucks or trailers who would be willing to be on call to pick up donations or help move people into apartments. We can work around your schedule!

If you are interested, please email us at duluthcatholicworker@gmail.com or call Joel at 218-340-4356



Top left: Kate, Shelly, Anne, Donna, Joel, Alahna, Drew
Bottom left: Tone, Sarah, Chelsea, Gavia

with our neighbors to protect everyone’s right to housing; and study and practice nonviolence in our interpersonal relationships and in our politics. Loaves and Fishes is entirely volunteer-run and receives no government funding. Current live-in members of Loaves and Fishes Community are:

Drew Anderson, Shelly Bruecken, Chelsea Froemke, Donna Howard, Sarah Kilbarger-Stumpff, Joel Kilgour, Tone Lanzillo, Anne Schepers, and Kate Young. Many other people are part of our community as volunteers, donors, meal providers and advocates.