

GOOD WORK NEWS

The Working Centre, 58 Queen St. S. Kitchener, ON N2G 1V6

Issue 135

December 2018

Subscription: A Donation Towards our Work

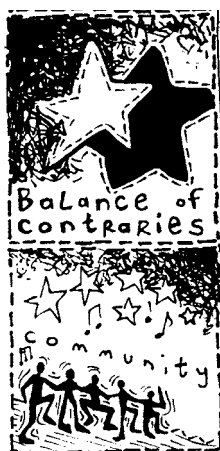
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“ THE WHOLE PERSON IS THE CREATIVE PERSON WHO EXPLORES AND ANIMATES THE UNIVERSE OUT OF AN INNER SENSE OF FREEDOM AND PARTICIPATES IN THE EVOLUTION TOWARDS UNITY ”

- ILIA DELIO



Celebrating Unity



St. John's Clinic Grassroots Healthcare

By Stephanie Mancini

As we head into winter, we can see the challenges of Waterloo Region's 1.6% vacancy rate with affordable housing almost impossible to find. Across the Region, some 350 people are staying in shelters by night, and become "roving people" by day, carrying their belongings, seeking warmth and a place to be. We estimate another 60 people are camping/living rough/finding warm stairwells, parking garages, or sheds. This is a resilient group, facing a lot of complexity, and living in survival mode, supporting one another, living day to day.

This group of 350-400 people must be understood in the context of rising drug use along with complex mental health challenges. Nonetheless, if housing is a basic need particularly

in winter months, what does it mean when that housing is not available?

When we sit across the table from each other, how do we respond in creative ways to walk with the person before us, respectfully, thoughtfully and creatively? One way we have responded is with a practical and responsive way of support.

"Can I see a nurse?" is an often heard statement as people walk up the stairs at St. John's Kitchen and drop into the medical clinic nestled into the back corner of the building. This is a hub of relationship based health care, embedded where people are comfortable, providing the kind of care people want, when they want it.

In one instance, an outreach

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Ecological Works of Mercy

By Isaiah Ritzmann & Joe Mancini

The ecological works of mercy are one way that we can re-imagine our relationship with nature. We are part of the earth community and are called to live in gentle, humble relationship with our neighbours, both human and non-human. Yet our economy is based on extracting resources at a rate the earth can no longer sustain. Our way of living is pouring chemicals, pollution and carbon into the ground and air at a rate that is disrupting the carrying capacity of the earth. As we search for new ways of being and acting, the ecological Works of Mercy can be spiritual and practical disciplines that help us reshape our relationships to the Earth and each other. They reclaim the idea that our actions matter. Ilia Delio captures this spirit, "the whole person is the creative person who explores and animates the universe out of an inner sense of freedom and participates in the evolution towards unity."

Cultivate Reverence

Seek harmony with all living things. The natural world is one; we live in a world of interdependence. People are part of nature and life depends on the uninterrupted functioning of natural processes which supply energy and nutrients. A call to reverence invites us to redefine our relationship with the earth – and to move beyond the idea that the earth is a resource for us to exploit for our own ease of life. How can we learn to walk gently and use the gifts of nature sparingly and lovingly? How can we overcome our separation from the natural world, recognizing our oneness with the cycles of living?

Share our Interdependence

Sharing what we have with others is an ecological act. If we share what we have each of us will need less.

Since what we need comes from nature this means if we need less, we demands less from the earth. Sharing is sustainability. Human beings are inventive, capable of remarkable amounts of ingenuity. We need to reflect and act on how sharing can help us be better humans and how new forms of sharing can help us live more sustainably.

Life is for loving, not amassing possessions

The desire for more undermines sustainability. We fear limits because we think we need more things. To remedy this confusion we need to be grateful that, within the limits set for us by the earth, there is abundance. What does it mean to live within the bounds of natural cycles? Gandhi asked us to remember that, "the earth provides for everyone's needs but not for everyone's greed."

Inhabit Your Place, Know your Community

It is by knowing our place on the earth that we can become guardians of the land and all its inhabitants. When we come to love our places then we start to know the flora and fauna like we know our grandparents and cousins. We keep the water safe like we keep our children safe. We gratefully give and receive with the soil like we give and receive with our families. If all communities cared for their places sustainability would be a real possibility.

Expand Community

The limits of the earth are daunting when faced alone. When faced together this becomes a source of solidarity in community. Knowing about these limits inspires us to cultivate relationships of respect and equality, a culture of mutual aid that welcomes both the poor and the poor in spirit. In such a culture each person is responsible for putting the community above

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Thirty Fourth Year

Issue 135

December 2018

Good Work News

Good Work News was first produced in September 1984. It is published four times a year by The Working Centre and St. John's Kitchen as a forum of opinions and ideas on work and unemployment. Four issues of Good Work News constitutes our annual report. There is a circulation of 12,000 copies. Subscription: a donation towards our work.

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Contributors: Kyle Murphy, Isaiah Ritzmann, JP Smola, Doug MacLellan, Dan Zuccala, Andy Macpherson, Heather Montgomery, Tom Friesen, Martin de Groot, Kae Elgie

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The Working Centre is pleased to announce that

Dr. George Berrigan & Evelyn Gurney

Dr. Chris & Michelle Steingart

Dr. Mike Stephenson & Margaret Brockett

will be the Guests of Honour for the

32nd Annual Mayors' Dinner

Saturday April 13th, 2019

The Mayors' Dinner is an evening that celebrates individuals who have made outstanding contributions to our community

It is a special pleasure to announce that this year we will be recognizing three stories of grassroots, person-centred health care. These are important examples of alternative health care for people who are marginalized.

Dr. George Berrigan & Evelyn Gurney - a doctor and nurse team who have worked 10 years past their retirement, through St. John's Kitchen Clinic to provide primary care for people who are homeless/at risk of homelessness.

Dr. Chris Steingart & Michelle Steingart - who have worked together to create Sanguen Health Centre a grassroots response for those living at risk of Hepatitis C.

Dr. Mike Stephenson & Margaret Brockett who have developed Sanctuary Refugee Health Centre, a patient-centred health clinic to support refugees in Waterloo Region.

This year's Mayors' Dinner will invite our guests to share the story of grassroots health care in Waterloo Region.

We invite you to become involved by purchasing tickets, sponsorships, a community table for your group, company or church, or contributing an auction item.

For more details, please call Kara at (519) 743-1151 x119 or mayorsdinner@theworkingcentre.org

Individual Tickets:

\$100 (includes one tax receipt for \$55)

Contributor Sponsorship Packages:

\$250 (includes 2 tickets, recognition in dinner program, and one tax receipt for \$160)

Community Group Packages;

\$750 (includes 8 tickets and one tax receipt for \$390)

Ecological Works of Mercy

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themselves; the group is stronger when each looks after the other. Our culture turns our hearts to stone through the myth of single-minded individualism. Expanding community calls us to express our interdependence through opening our hearts to the earth and each other.

Use Tools Wisely

A tool brings us into contact with soil, culture, shape and order. They teach us that limits are the conditions of living, and joy and suffering are an expression of this experience. A hammer or knitting needles teach us about our limitations and our alienation. A lot of the time the machines we use are the problem. Technological destructiveness is not inevitable. We can choose alternative tools that are

more balanced, balancing human needs with the needs of the earth and of future generations. Creative ingenuity, and a respect for limits, can help us develop thoughtful environmental strategies together.

Honour the Indigenous World View

The indigenous world view teaches us how to respect that everything in Creation is interrelated. Each person is responsible for putting the community above themselves; the group is stronger when each looks after the other; new ideas emerge from this commitment. Without community we are left to face the world by ourselves. Coexistence means seeking peace with others, walking in a good way, never just thinking of oneself. Western ideas of wholeness are just now catching up with indigenous world views, integrating new ways of being.

Graduation of the 10th Local Democracy Class



Wednesday November 28th

7:00 pm | Fresh Ground

256 King Street East

Kitchener

Next Diploma in Local Democracy Class begins:

Wednesday January 9th 2019

[theworkingcentre.org/
diploma-local-democracy/188](http://theworkingcentre.org/diploma-local-democracy/188)

The Working Centre Receives ACO Heritage Award

Earlier this month, about 175 heritage advocates assembled in Toronto for Architectural Conservatory of Ontario's annual awards ceremony, where it was announced that Kitchener's The Working Centre would be the recipient of the **2018 A.K. Sculthorpe Award for Advocacy**.

This award "**recognizes an individual, group or established non-profit organization which at a critical point has achieved exemplary success in a significant heritage crisis**" in a manner that demonstrates "leadership in the field, integrity and the ability to be inclusive and communicate the value of heritage conservation to others."

Stephanie and Joe Mancini were there to receive the award. They were told that the jurors were amazed to learn that The Working Centre had quietly renovated eight historic buildings over a 20-year period, repurposing them for public benefit while retaining their heritage feel. In so doing, they've shown "that it's possible to have adaptive reuse without gentrification."



Grassroots Health Care at the St. John's Clinic

continued from page 1

worker and NP meet with a young person, who is awaiting a spot in a treatment program; he is actively managing a substance use issue and trying to stay away from drug activity; but we've heard that police are clamping down in his area of town. They wanted to remind him that drug related offences can result in significant jail time – something that can greatly impact the rest of his life. Some team time was spent talking about the medications he was prescribed by his doctor – one he won't take because of a side effect. Yes, nod the nurses, that is a known reaction to that particular medication. Maybe we can visit his doctor with him and talk about offering a regular injection for him here at the clinic to help stabilize his mental health challenges, and help him to reduce his dependence on other substances.

A nurse accompanies a health worker from another agency to visit a woman who has faced incredible health issues, but who has fortitude and determination to keep living her active life. Recently a job café team helped her to clean up her back yard that has accumulated a lot of stuff, and the nurse is helping her to navigate the complexities of the by-law officer pressures in her

Only deep relationships of trust help to make sure our care is not episodic. We work with agility to ensure the professional embeds in meaningful ways into a person's life. This approach integrates primary care, mental health, and addictions and unifies the work of multiple agencies. This is the kind of support that can respond to the realities that people deal with each day.

life. The nursing care embeds in this deep problem-solving to help her to stay as strong and healthy as she can be.

In another situation, the team manages to support a person through a possible eviction process – he is smoking in his room in shared housing, making it dangerous and unhealthy for others in the place. Can he wear a nicotine patch to reduce the craving, and be reminded regularly by his support team to go outside to smoke? He is determinedly undiagnosed within the health care system, but has troubles remembering from one moment to the next. He has repeatedly been asked to leave almost every available housing option in town, because others move in with him, and take over his place. So, while we navigate the current situation, we are problem-solving within the housing system to think of where he

might go next – he is unable to live in the shelter system or on the street safely.

Another team of outreach workers and nurse work intensively with a man who qualifies for Long Term Care, but his substance use and anger makes it hard to find a suitable place for him. "Find me a place to stay" he shouts. He needs heart medication to stay alive, a few nights on the street meant he spent 4 days in hospital afterwards. He needs to be part of the solution, so we have to weigh the responsibility and consequences of leaving him one more night on the street, so that the next day he might follow the steps needed to stay in the shelter. His behavior relates to the decline in his health – as major organs start to fail, people's behavior changes. We check in constantly, make sure he has his meds, navigating his choice for freedom and his complex health situation, while we look for a more permanent supported housing situation.

A young man who has lived on his own since he was very young, recently lost his partner of many years to an opiodide overdose. An extremely resourceful man, he has decided he would benefit from some support to change the trajectory of his life. Nurses treated an abscess, an outreach worker went to court with him, and we held a memorial service for his partner so he can mourn her loss. In the meantime, he has agreed to connect with housing workers to get some help finding more stable housing.

The team is diverse – the work of outreach at St. John's Kitchen creates a welcoming space along with the daily meal. Street Outreach workers link at St. John's and across the community to build relationships and problem-solve around housing, healthcare, legal, income support and all the inter-related issues that pile up for people.

The health care supports build on top of this network. Our Specialized Outreach Services team consists of 3 primary care/mental health/addiction outreach nurses, plus a Social Worker and a Peer Addiction Worker, seeing some 300 people a year, with over 3,600 visits tracked. The Nurse Practitioner works with 400 people a year. Dr. Berrigan and Evelyn work as a team, seeing another 200 people a year, serving as family doctor for people who have often not had stable health care before. KDCHC hosts a Nurse Practitioner/ID clinic/Chiroprapist one morning a week, and recently, the Centre for Family Medicine's Community Ward team has added some Nurse Practitioner and Social Work time to assist people facing chronic illnesses. Sanguen Health Centre offers HepC and harm reduction supports. We collaborate deeply with the LHIN-based pilot

palliative project through a Nurse Practitioner who embeds her work within the SOS team. A clinic host welcomes people, listens actively to people's situations, and connects them to the right supports. Dr. Robyn Fallen, a local psychiatrist, spends a morning a week with us, consulting, seeing patients, helping us to understand complex situations. Overall we hold around 2,000 patient records, as people cycle in and out in their changing life situations.

Only deep relationships of trust help to make sure our care is not episodic. We work with agility to ensure the professional embeds in meaningful ways into a person's life. This approach integrates primary

care, mental health, and addictions and unifies the work of multiple agencies. This is the kind of support that can respond to the realities that people deal with each day.

The Working Centre is working actively to support the development of a collaborative called the Inner City Health Alliance, aligning health care providers to vulnerable complex in our inner city cores; which will also include a deeply collaborative model of supports within the Water Street house, designed to support people who use drugs.



Acts of Generosity

Community Building Spirit

Instead of presents for his 7th birthday Grady asked his friends to bring items to donate to St. John's Kitchen. It is through such acts of generosity and kindness that we know the work of St. John's Kitchen will continue to be supported well into our future.

Good Work Grady! On behalf of all of us at St. John's Kitchen thank you! Hope you had a wonderful birthday!



St. John's Clinic Requests

The St John's clinic is looking for the following donations to better help us to provide outreach primary care services. We would like 2 more medical bags which will contain a stethoscope, blood pressure cuff, oximeter and thermometer.

In addition we require bus tickets to provide to patients so they can go to their specialist appointments and follow up testing appointments. And other items always in need.

St. John's Kitchen Christmas Dinner Wishlist

\$5 Tim Cards | Gloves | Hats | Scarfs

Full size bottles of shampoo and conditioner

Full size deodorant | Full size soaps

Brush or combs | Toothpaste and tooth brushes

Volunteers needed each day at St. John's Kitchen between 8am and 3pm. We always welcome help with food prep, dishwashing, meal serving, and clean up. You can just show up and ask for Tom or Jake.



Worth A Second Look

97 Victoria Street North

Creating opportunities for skill development, community involvement, and employment, WASL is a retail outlet whose goal is to provide the community with low-cost used furniture and assorted housewares.

**Furniture & Small Appliances | Housewares | Jewelry | Electronics
Linens | Mattresses | Books | Toys | Music & Movies | Tools**

Pick-up and delivery services available. Donations and volunteers are welcome.

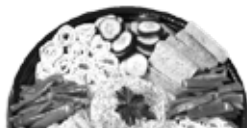
Weekdays: 10a - 5p | Saturdays: 9a - 4p



Maurita's Kitchen

Located in our main building on Queen Street South, Maurita's Kitchen crafts approximately 30 different recipes, making about 20-40 portions of each item and making everything from raw ingredients, using very few shortcuts. The dishes range from soups and stews; to pizzas, salads and handheld goodies; to cakes and cookies: all served at the Queen Street Commons Cafe.

We also offer a popular catering menu that includes some of our favourite salads, entrees, and desserts, as well as some tasty sampling trays.



Queen Street Commons Cafe

43 Queen Street South

A space hosted with the help of volunteers, inviting people into reciprocal relationships and working to build respect, inclusion and conversation. We invite people to enjoy our affordable, vegetarian home-style meals, snacks, desserts, and fresh-roasted coffee.

Weekdays: 8:30a - 9p | Saturdays: 10a - 4p



Have your meal catered by us!

Support The Working Centre and enjoy a delicious nutritious meal prepared at Maurita's Kitchen or Fresh Ground. Ask about booking a group meal at our community event spaces at 256 King Street East and 43 Queen Street South.

Contact Kim for more information:
catering@theworkingcentre.org | 519.743.1151 x166



Buy bags of fresh roast coffee!

Choose from your favourite FTO coffee beans from Ethiopia, Nicaragua, Guatemala, or Indonesia. Coffee can be purchased in half-pound bag or one pound bags. You can purchase in a series, buy seven bags and get the eighth bag free.

CSA Shares & Winter Microgreens

Support The Working Centre and enjoy weekly shares through our Community Supported Agriculture project. You can sign up year round - a great Christmas gift!

**Fresh Vegetables | Freshly Roasted Coffee | Prepared Dinners
Microgreens | Baked Goods | Flower Bouquets**

Our 2019 Winter CSA offers 12 weeks of fresh microgreens for \$7.50 per week. From January to April you will receive a package of peashoots and a rotating variety of broccoli, radish, mustard, arugula, rapini, cress, and buckwheat microgreens.

Ask about our weekly pick-up schedules. Deliveries can be arranged through EcoCourier KW.

To learn more or to sign up for 2019, contact us:

519.575.1118 | hacienda@theworkingcentre.org
catalogue.theworkingcentre.org/csa



Many of our CSA items are produced at our two acre Hacienda Sarria Market Garden on Union Street and the GROW Greenhouse

**You can visit online at: catalogue.theworkingcentre.org
to support our community enterprise projects and initiatives**

VISIT FRESH GROUND & MARKET LANE



Recycle Cycles

Enter from back of 256 King Street East

Recycle Cycles is a community bike shop that teaches hands on bike repair through co-operation. It offers space and facilities for people to repair bikes with the help of volunteers.

New and used parts are available for sale at affordable prices. Refurbished bikes are also available - a great gift idea for Christmas!

Tues: 10a - 9p | Wed - Fri: 10a - 6p | Sat: 10a - 4p



The Green Door

37 Market Lane

Located steps away from the Kitchener Market, The Green Door is a volunteer driven used clothing boutique with a focus on reduced waste, sustainability, and skill development.

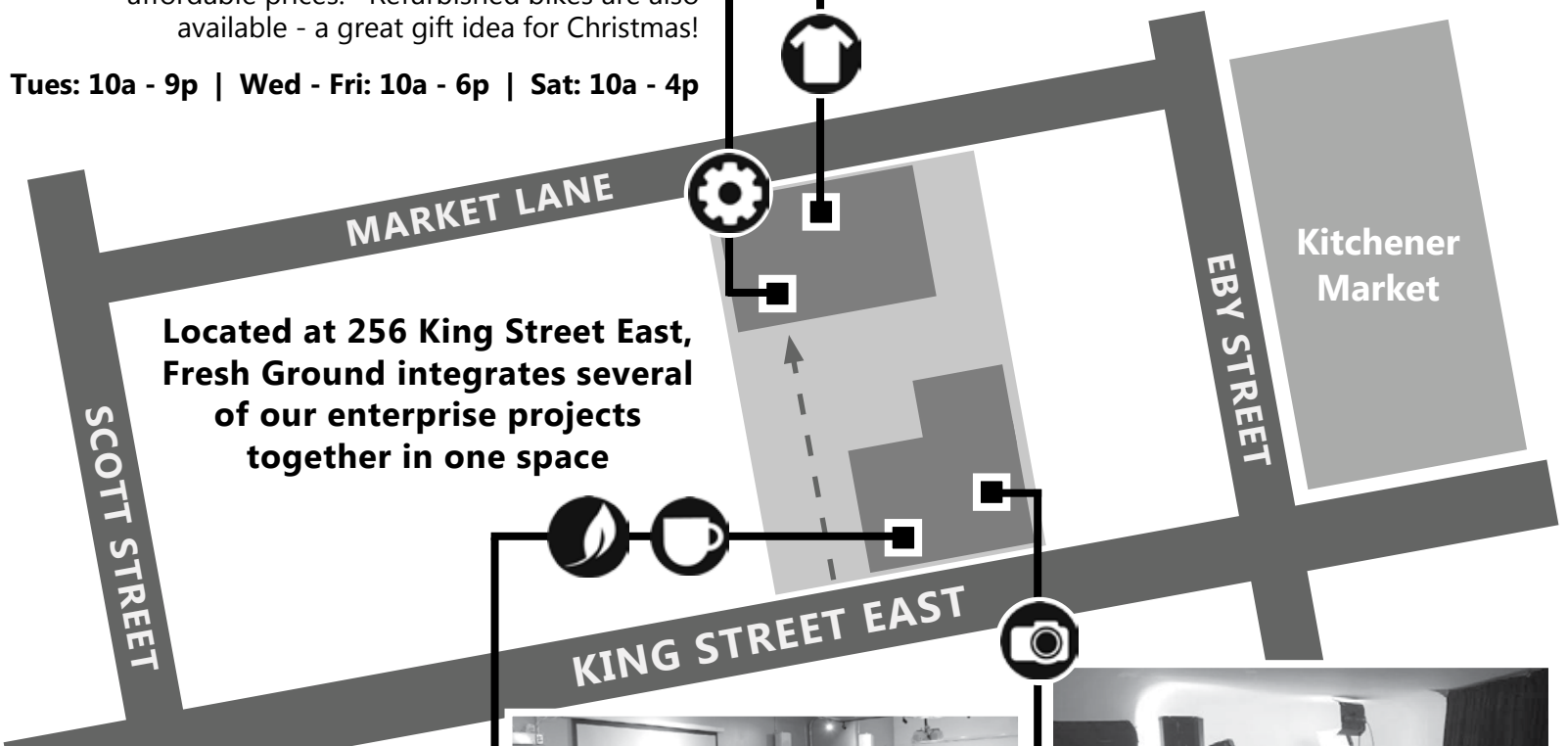
Our items make wonderful gifts for the holiday season!

Women's & Men's Items | Handbags & Shoes
T-Shirts | Handmade Soaps | Body Oils & Scrubs

Above the boutique, The Green Door Arts Space offers those interested in sewing, crafts and body products, creating opportunities to learn, teach, and connect with others.



Weekdays: 10a - 5p | Saturdays: 9a - 4p



Located at 256 King Street East, Fresh Ground integrates several of our enterprise projects together in one space



Fresh Ground Cafe

Mon - Sat : 8:30a - 4p

Fresh Ground Cafe presents plant-based whole food options. Our focus is on healthy ingredients: vegetables, fruits, nuts, seeds, legumes, and whole grains.

Come for a fresh meal, or a hot cup of our fair trade, organic, freshly roasted coffee with one of our house-made desserts.



Events Space

Available weekdays, evenings, and weekends

Adjoining the Fresh Ground Cafe, the events space is a multi-use room for up to 50 people equipped with a projector and sound system ideal for hosting group functions, meetings, networking events, or group meals.

Community Market Day is hosted Saturdays 10a - 1p in this space. Come in to purchase unique locally made items.

To inquire about renting this space or for more information:

eventbooking@theworkingcentre.org
519.743.1151 x166



Commons Studio

Weekdays: 10a - 4p

The Commons Studio encourages community film-making through the sharing of skills, knowledge, equipment & resources. We make movies, screen films, host discussions, and build connections in our creative space.

Find more information and a detailed floor plan of our studio space online at:

www.theworkingcentre.org/commons-studio/171

Call us at: 519.603.4240 x103



Weaving Ecology: Living Within Our Limits

By Isaiah Ritzmann

Last year our *Finding Our Place* series fostered meaningful reflection in our community on what Wendell Berry calls “the present fact of Creation.” Berry, in the thoughtful word craft of his essays, explored the complexity and urgency of the environmental degradation that we face in our time.

The environmental crisis, he repeatedly pointed out, is not simply a problem to be solved. Environmental issues are not out there, separate from us, fixable from a distance.

Instead we are in relationship with the environment, in community with the earth. The air, the water, the soils are to be respected as community members and to be treated as neighbours whom we are to love as if ourselves. Seeing the damage humanity has inflicted on the earth as a violation of kinship and community can bring us to great grief. Yet this same recognition can call us towards something new, a way of living that repairs and restores relationship.

Perhaps we find it difficult to imagine the air, the water, and the soil as members of community because of how hidden and subtle these relationships are in our everyday life. We enact these intricate relationships all the time. In what we eat we relate to the soil. In how we clean we relate to the water. In how we get around we relate to the air, and to the climate. The list is endless. It is our deep misfortune that our business as usual is often deeply violent in these ecological relationships. A quick internet search or regular read through

This coming year the Working Centre plans to host a variety of educational initiatives – a film series, new Fermented Thoughts, book clubs and Roundtable Discussions – as part of our Weaving Ecology series. Our aim in this series is to host an expansion of our community’s ecological imagination.

the local newspaper will make this abundantly clear.

If violent relationships run like a thread through our lives we are left with the task of re-weaving our relationships with the earth. The metaphor of weaving generously illuminates. In weaving two distinct sets of threads, the one called the “warp” and the other the “weft,” are interlaced to form a fabric or cloth. To weave by hand is time-consuming, attentive, hard but good work. It is meticulous. It is also beautiful. It is art and it is craft. In weaving the warp and weft are at right angles to each other. In a similar

way our social and environmental challenges, our human and ecological relationships, seem to be perpendicular to each other. There are so many relationships, each like a strong but narrow line of thread. In many of the ways we live these threads do not overlap, do not come together. Our challenge is to find how these relationships can be integrated, woven together.

In his essay “Solving for Pattern” (1980) Wendell Berry talks about how the dense interconnectedness of our ecological and social relationships means that problem solving is not straightforward. We can solve a problem in one area only to multiply problems in other areas. Yet we can also have what he calls a “ramifying series of solutions,” a solution to one thing that becomes a solution to many things. This is what weaving ecology is all about. It’s about the thoughtful, skillful reworking of one relationship that then, happily, reworks many more as well.

For example say you decide that you will ride your bike to work instead of driving. That’s good for your relationship with the earth. It’s also good for your relationship with your bank account as it is cheaper to bike than to drive. It’s also good for your health, your relationship with your own body. In fact some companies will pay for their employees to bike to work as they find it reduces their health insurance costs. So riding your bike is good for your relationship with your company and society, whose health car costs shrink. Biking, even if it initially takes more time commuting than a car, ultimately saves you time – time you can now invest in relationship with family and community. So many threads of relationships are brought close together, woven in a fabric of coherence.

This coming year The Working Centre plans to host a variety of educational initiatives – a film series, new Fermented Thoughts, book clubs and Roundtable Discussions – as part of our Weaving Ecology series. Our aim in this series is to host an expansion of our community’s ecological imagination, seeing the kinds of work needed to reweave our relationships with the earth and supporting people in doing this kind of work. Our hope is that through many and diverse conversations and study all of us can deepen our understanding and commitment to living sustainably and making the sacrifices, personal and collective, that this requires.

We trust people will feel invited to join in dialogue and learn from one another how to repair and restore our relationships with our closest and oldest neighbour – the earth herself.



WEAVING ECOLOGY

A YEAR OF EXPLORING THE INTRICACIES OF LIVING WITHIN OUR LIMITS

A sequel to last year’s Finding Our Place series, this year we go deeper in exploring our present ecological crisis, weaving the threads of sustainable living, and doing the work of reweaving a simpler way of life that is gentle on the earth.



BOOKSHARE

Books will be released through 2019 related to this year’s theme. There will be opportunities to join a book club with other members. **See page 7 for more.**



FERMENTED THOUGHTS

A series of speakers and discussions that invite us to expand our ecological imagination, and prod us to act with courage and hope.

This series includes:

Thursday, December 6th | Grand River Waterwalk

Thursday, February 7th | Ecological Works of Mercy

Thursday, March 28th | Earthen Vespers

Thursday, June 13th | Ties to Earth, Ties to Each Other

Wednesday July 31st | Radical Simplicity (part of our 4th Annual Summer Institute)



FILM SERIES

Showcasing a selection of challenging and inspiring environmental documentaries. Films will be shown in partnership with Princess Cinemas in Waterloo.



ROUNDTABLE DISCUSSIONS

Queen Street Commons Cafe will host weekly, informal dialogues on a range of topics related to our “weaving ecology” theme. Discussions will be 5-7pm every Tuesday, beginning in January 2019 and run all year long.

Upcoming topics will include:

Jan 8th | *The Heart has to Open in a Fundamental Way*

Jan 15th | *Cultivate Reverence*

Jan 22nd | *Share*

Jan 29th | *Life is for Loving, Not Amassing Possessions*

FOR MORE INFORMATION:

519.741.1151 ext.175

waterlooschool@theworkingcentre.org



Check our website for details in the coming months:

theworkingcentre.org/waterloo-school-community-development/187

GRAND RIVER WATERWALK

A RETROSPECTIVE

Thursday, Dec 6th, 2018
7:00pm - 9:00pm

Fresh Ground Cafe
256 King Street East
Kitchener

Join Mary Anne Caibaiosai who led the Grand River Water Walk, as she reflects on her journey, our sacred relationship with water and the call for reweaving respectful and honouring connections between our community and the earth.

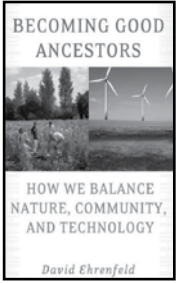
Fermented Thoughts is The Working Centre’s forum for imaginative thought on social, economic, and ecological issues. Join us for discussion over wine and food.

For tickets contact us at:

waterlooschool@theworkingcentre.org | 519.743.1151 ext 175

Tickets are \$25 for the evening, including food and drink.

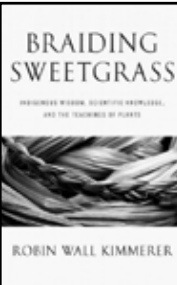
This selection of books are part of our new Weaving Ecology series bookshare



Becoming Good Ancestors
How We Balance Nature, Community & Technology
David Ehrenfeld

The book focuses on our present-day retreat from reality, our alienation from nature, attitudes towards technology, the denial of non-economic values, and the decline of local communities. Through down-to-earth examples, ranging from a family canoe trip in the wilderness to the novels of Jane Austen, Ehrenfeld shows how we can move ourselves and our society towards a more stable, less frantic, and far more satisfying life, a life in which we are no longer compelled to damage ourselves and our environment, in which our children have a future, and in which fewer species are endangered and more rivers run clean.

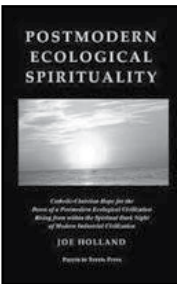
320 pages \$21.95 softcover



Braiding Sweetgrass
Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants
Robin Wall Kimmerer

As a botanist trained to ask questions of nature with the tools of science and as a member of the Citizen Potawatomi Nation, Kimmerer embraces indigenous teachings that consider plants and animals to be our oldest teachers. She shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices. In a rich braid of reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward describing the awakening of a wider ecological consciousness and the acknowledgement of our reciprocal relationship with the rest of the living world.

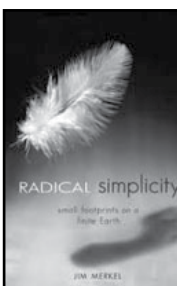
408 pages \$26.95 softcover



Post Modern Ecological Spirituality
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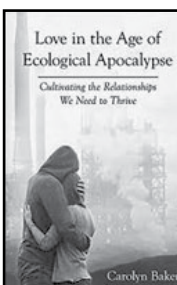
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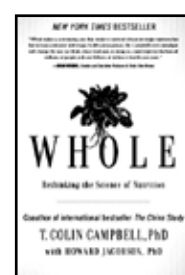
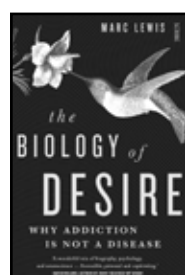
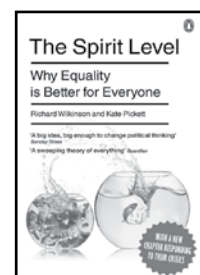


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waterlooschool@theworkingcentre.org

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Over a 1000 people each year are supported through St. John's Kitchen, a place that welcomes those facing many life challenges, supported by the volunteers who work together to ensure a nutritious hot meal is available each day. Downtown Street Outreach Workers walk with those facing homelessness. The St. John's Clinic offers primary care and mental health/addictions supports through a doctor, a nurse practitioner, psychiatric outreach nurses and a range of problem-solving supports. We help people get through their days, coping with health and social problems that result from living in poverty and facing a lack of affordable housing.

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We are working on innovative responses to these challenges – including work on an Inner City Health Alliance that moves us from episodic care to integrated supports, and establishing the Water Street house, building a deep response to the growing drug use in our communities.

The Working Centre is an integrated community that combines community service with skill development. Our cafes, the bike repair shop, our two thrift stores, and our two-acre market garden make Kitchener-Waterloo a better place. Our 60 units of housing are embedded within each of our project locations.

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Joe Mancini, Director

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