



THE WELCOME TABLE

caring for our community



Winter Community Action Guide

JANUARY - MARCH
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.



Meet the Welcome Table Team

Paul Barrett



Director of the Welcome Table
pbarrett@stjamesphila.org

Tiana Jones



Food Sharing Coordinator
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Sam Ajewole



Welcome Table Associate
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Shelby Rowe



Marketing & Home Repair Coordinator
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Hana Jemaneh



Welcome Table Associate
hjemaneh@stjamesphila.org



What is **FOOD SHARING** *at the Welcome Table?*



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 at 9:30 am. All are welcome!

Our goal is to make healthy produce and other staple foods accessible to our students and families as needed, as well as create an opportunity for fellowship and sharing.

Food sharing is led by our Food Sharing Coordinator, Tiana Jones, who will also be starting group health coaching in the spring.

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





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
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Community Cookbook

The Welcome Table is thrilled to unveil our newest project: A Community Cookbook! A fusion of diverse and delightful recipes, these recipes are donated from our very own neighbors. We invite YOU to contribute your recipes starring the nourishing ingredients from our Saturday Farmers Market.

Imagine—a cookbook that echoes the essence of our community, where every page is a celebration of our collective spirit, turning simple ingredients into dishes that warm the heart and soul. Together, we will craft a cookbook that symbolizes our shared commitment to nourishing not only our bodies but also the relationships and connections that make our community a place to thrive. It will be a vessel of our community's love, creativity, and unity, helping The Welcome Table and its community actions flourish for generations to come!



Recipe Card

*Please fill out this recipe card, tear out and return to
Tiana or any staff member of the Welcome Table.*

NAME

PHONE NUMBER

EMAIL

RECIPE NAME

SERVES

TIME

DIFFICULTY

INGREDIENTS

INSTRUCTIONS

Notes - can be a short story about the recipe, where it originated, who in your family
it's from, or maybe it's spicy





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.

To sign up for classes, please fill out the form at the end of this booklet, call or email us at 484.224.7669

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.

If you are interested in leading a class, please contact the Director of the Welcome Table, Paul Barrett.

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



The Clay Studio

**January 13th
10:00 AM**



Get your hands dirty and activate your creative side in this ceramics class led by our friends from The Clay Studio! Founded in 1974, The Clay Studio continues in the belief that shared creativity, so fundamental to humanity, is a critical force for good. Finished projects will go to The Clay Studio for firing and be delivered to SJS for pick up. This class is perfect for all ages and there is no experience necessary.



Wellness Weekend



Orchestrated by Tiana Jones

**February 10th
10:00 AM**

Wellness Weekends at The Welcome Table will be a re-energizing experience. We are excited to bring a more holistic approach to wellness, with classes crafted and geared specifically towards our community. We will indulge in the art of Aromatherapy and the healing properties of herbal teas (February 10th 2024), plus you can join us for transformative mental Health and Mindset activities (May 11th 2024).

Wellness Weekends are more than an event or workshop. This is a journey and as a community we are coming together to learn, grow and love ourselves. Health isn't a destination, it takes time, patience, compassion and a can-do attitude. Join us for these amazing experiences, whether you are a health guru/expert or just beginning your own journey.



Body Positivity

Body Positivity is a stretch class geared towards moving and listening to your body and opening up your mind to what's possible. We all struggle with keeping it positive when it comes to our individual bodies so here we will dive into a session that's all about celebrating every inch of YOU. Because, let's be real, our bodies are nothing short of magic. It's imperative to take any little time you have to put yourself first. Let's make your overall health and wellness a priority.

We will open up the class with breathwork techniques and affirmations. Followed by a series of movements and unwinding with stretches that will have you feeling longer, lighter and oh-so restored! You are worth every moment. Come as you are and leave feeling like the superstar you've always been!

January 13th

March 16th

11:30 AM



Instructed by Tiana Jones



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.

January 20th

February 10th

February 17th

March 23rd

11:30 AM



Instructed by Geneva Campbell Brown



Chopsticks Class

February 17th
10:00 AM



Did you know using chopsticks can help control portion sizes and promote mindful eating? Discover the health perks while having fun! Learn from seasoned chopstick connoisseurs and who will guide you through the delicate techniques of holding, gripping, and manipulating chopsticks with finesse. This class is instructed by our neighbor, Vickie Hatcher.



Cooking With Keisha

January 20th
10:00 AM



Are you ready to elevate your culinary skills and create delicious memories with your neighbors and friends? All skill levels are welcome! Whether you're a novice or a seasoned home chef, our community cooking classes offer something for everyone. Keisha has extensive cooking experience and is excited to continue teaching our neighbors more about how to get the most out of their meals.

The recipe for this workshop will be....

BANANA PUDDING!



Mural Painting
Summer 2023



Adult Education
Annual Block Party
Fall 2023



Clay Studio Ceramics
Winter 2022





*Saturday Morning
Farmers Market*



*Sunday Night
Community Dinner*



*Mass at the
Church of St James the Less*



COMPUTER

CLASS & LAB

* Computer Class and Lab is every Saturday
in the Adult Education Center.

Participants not required to have their own computer or laptop*

Skills Class

Saturdays 11 AM - 12 PM

Open Lab

Saturdays 12 - 2 PM



Skills Class

Saturdays: 11:00 AM - 12:00 PM

Enhance your basic computer skills in a class taught by an expert level instructor. Class topics will include Microsoft Office and other core computer skills that can be used for work and life.

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.



Instructed by Nick Villareal



FINANCIAL SECURITY

February 3rd

11:00 AM - 1:00 PM

Vanessa Lowe has an MBA from the Wharton School and holds the Chartered Financial Consultant ChFC® designation. She spent 21 years in federal service working on access to capital for underserved communities. The first session on February 3rd will focus on Personal Budgeting and Net Worth. Future topics include:



Instructed by Vanessa Lowe

- Retirement Planning
- Maintaining Credit Score
- Traditional and Roth IRA Accounts
- Saving and Emergency Funds
- Spreadsheet Skills

1:1 Financial counseling every third Saturday of the month!

11 AM - 1 PM



HEALING HURT PEOPLE

*Center for Nonviolence and Social Justice
at Drexel University*

Thursdays Afternoons at 4:00 PM

Healing Hurt People (HHP) is a hospital and community-based violence intervention program that provides an integrated care model of trauma-focused healing services (therapy, supportive case management, and peer services) to victims of violent injury (stabblings, shootings, and assaults) between the ages of 8 and 35, as well as to those who may have been a witness to such violence. HHP employs a trauma-informed approach that considers the trauma and adversity that clients have experienced and recognizes that addressing these issues is critical to breaking the cycle of violence and supporting individuals in moving towards healing.



DREXEL UNIVERSITY

Center for

Nonviolence and
Social Justice

Dornsife School of Public Health



SENIOR ACTIVITY HUB

* Located in the Adult Education Center - lunch is included *

Thursdays Mornings from 11:00 AM - 1:00 PM

Are you or a loved one looking to embrace the joys of retirement while staying active, engaged, and connected with others in a vibrant and welcoming community? Look no further than our Senior Activity Hub! We welcome seniors of all backgrounds, abilities, and walks of life. Activities from the Fall season include Bingo, aromatherapy workshop and crossword races.



COMMUNITY CONVERSATIONS

First Saturday of the Month at 10:00 AM

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!



Kindermusik[®]

Explore the joy of music with your child!

Thursdays 5:30-6:15 PM

St. James School in the Band Room

3217 W Clearfield St., Philadelphia, PA 19132

Kindermusik is a program designed to introduce young children, ages 3-5, to music through instrument play, songs, and movement. The Welcome Table is offering a series of classes taught by the St. James School band director, Allie Sinatra, at no cost. RSVP required. To RSVP, please contact us via phone or email, or scan the QR code to sign up online.



LEGAL AID

OFFICE HOURS

2:00 - 4:30 PM

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

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. Steve Chawaga, the lawyer who leads the organization, comes to the Welcome Table Farmer's Market one Saturday each month to provide in-person counseling to community members interested in seeking legal advice. There is no appointment necessary to attend office hours.

January 17th

February 21st

March 20th



Steve Chawaga



Home Repairs

In the hustle and bustle of everyday life, it's easy to overlook the small repairs and maintenance tasks that keep our homes in top-notch condition. Whether it's a leaky faucet, a squeaky door, or a loose cabinet handle, these seemingly minor issues can add up and affect the overall comfort and functionality of your living space. That's where The Welcome Table comes in – your trusted partner for small home repairs that make a big difference. Our team is dedicated to enhancing the quality of your home and increasing your personal security.

Projects completed this year include replacing door locks, repairing torn window screens, gutter cleaning and rewiring a ceiling fan.

Home repair services are available to anyone who lives in the Allegheny West/North Philly area. Please contact Shelby Rowe if you have any questions or a home repair request.





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





CHURCH OF

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*



ST JAMES THE LESS

Holy Week | March 24th - 31st

EACH WEEK

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

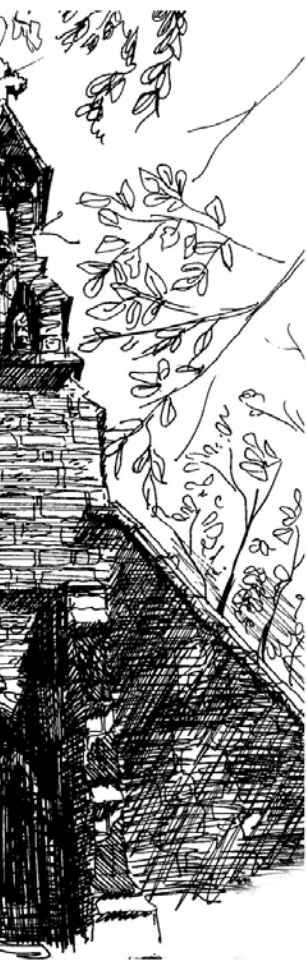
Free Community Dinner | Sundays - 6:00 PM

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/



welcometable@stjamesphila.org



[@phillywelcometable](https://www.instagram.com/phillywelcometable)



3217 W Clearfield Street
Philadelphia, PA 19132

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



REGISTRATION FORM

Name

Address

City

State

Zip Code

Phone

Email

List the class(es) you would like to sign up for:

1)

2)

3)

4)

5)

☐

I would like to receive the Welcome Table Monthly Newsletter 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 directly to Musa Macenyane.





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