

# COMMON TABLE at



**Cost Annually:** \$25,000 to feed 6,000 to 8,000 children and adults

**Common Table Mission Statement:** Common Table welcomes all to a nutritious meal in a joyful environment, feeding body and soul within a caring community.

I love this place. It is NOT a dinner for the 'homeless'. It is a nice place. The people are all so kind. You have all been so wonderful. It is a social event where we can have good food, and meet good friends!

*Common Table Diner*

## **Approximately 50 Individuals make Common Table a reality every Thursday.**

- 4 local Chefs – 1 per week – to plan a meal and supervise the cooking at St. John's kitchen
- 40 community volunteers – 20 per week – for food prep, serve and cleanup
- 20 dessert donors – 3 each week – coordinated by a dessert coordinator
- An Easter Seals cooking class held at the St. John's kitchen that leaves the cookies they make
- 20 Montessori School children volunteer – 4 to 5 a week with their teacher – serve and cleanup
- 6 LifeShare participants, a program for people with disabilities – with 3-4 aides – help clean tables and stack chairs

**The atmosphere at a Common Table meal is one of community.** The tables are set with 10 place settings and with fresh flowers. The drinks, meals and dessert are served to each guest by a volunteer. A local musician plays the piano and is sometimes accompanied by 1 to 3 other musicians.

I love the dignity with which everyone is treated. It's wonderful to be served at the table, rather than walking through a food line. This is a wonderful ministry. THANK YOU.

*Common Table Diner*

**A Common Table meal consists of salad, protein, vegetable, starch, beverage and dessert.** Every meal begins with a choice of beverage: juices, water, milk, coffee or tea; and ends with a choice of dessert: cookies, brownies, ice cream, cupcakes. Example main courses:

- kielbasa with peppers and mushrooms; macaroni and cheese; tomato, lettuce and cucumber salad
- roasted chicken breast, rice with green peppers, coleslaw

**Common Table happens every Thursday, except Thanksgiving. There is also a Christmas Day dinner.**

## **Additional services/benefits**

- "Helen" Medical Van through Families First
- Free clothing and household items available through St. John's Common Cents Economy Shop
- Bread available for free from Pepperidge Farms
- Meals delivered to house bound or ill parishioners/community members
- Friendship

Common Table is financially supported by social service groups/grants, in memory/celebration donations, and in-kind food, supplies and equipment.

Open hearts, helping hands, listening ears. You've helped unfortunate people, those in need, and others as well. Thank you for a place to go.

*Tom and Leslie, Common Table Diners*

*Donations to Common Table are 100% tax deductible. Tax identification number 020-222210.*