



# Friedens

*40 years*  
1978 - 2018

WINTER 2018

Marcia P. Coggs Human Services Center

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## Message from our Executive Director

### Third Spaces

We all crave belonging to special places. A place like Cheers where "everybody knows your name." A favorite coffee shop where a \$5 cup comes with an enjoyable experience. So much of our culture is built around these "third spaces." These are the places we frequent that are between our work and home.

Yet for many people, these places are inaccessible due to lack of financial resources. Without disposable income, coffee shops, bars, and restaurants are faraway and admittance is impossible.

At Friedens, **we strive to nourish the soul** by creating a tangible space where community members know they are welcome. Where people know their name... their children...their story. A place to experience a bit of peace from the chaotic world that surrounds us.

**Each of our food pantries is set up as a center of hospitality.** While we have been serving coffee for years, Life Creek Church has taken it to a new level. Week after week at Despensa and Zion Rock, they joyfully provide that third space and create a physical place in our food pantries to welcome visitors with a free hot cup of coffee, lemonade for the children, hot chocolate in the winter and a few treats to comfort the body.

In addition to visits to receive emergency food, many people visit us regularly **to connect to our community** and to enjoy their very own third space. Recently, a volunteer brought a chess board to our Coggs pantry and now from open to close, you will find it full of chess players and conversations.

For those with few choices, we have created a third space where all know they are welcome!



Peace,

*Catherine*

Catherine Draeger-Pederson  
Executive Director

## The Magic of Friedens

### From a Man Who Has Volunteered 1,000+ Hours

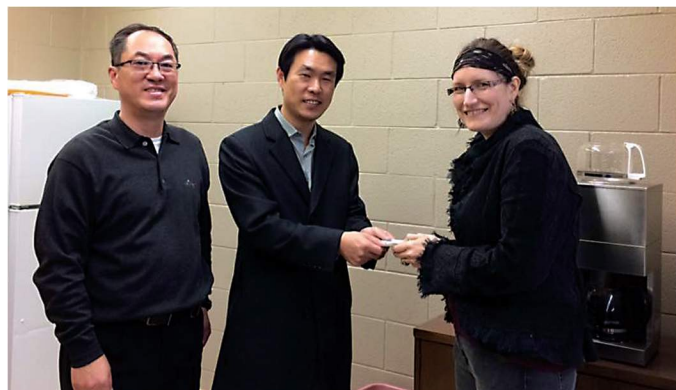
Following the example of both his father and grandfather—who are preachers—Michael looks at himself every morning in the mirror and asks, "How do you want someone to judge you today?" Then he shows up to volunteer at Friedens Community Ministries. His goal? To treat everyone with kindness.

When Michael was injured on the job and needing a place to serve so he could continue getting paid while he healed, he joined Friedens' volunteer team. Michael speaks passionately about the children he sees. "No kid should go hungry in a culture where we throw food out every day." He tells the story of a lady



Michael King, Friedens volunteer

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Life Creek Church – Milwaukee's Senior Pastor Tiger Lee and member Michael Kim sharing a generous gift of funds and hospitality supplies of coffee, hot chocolate and lemonade at Despensa and Zion Rock.



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with kids and no place to go, who showed up at Friedens, hungry and without hope. He says, he's always volunteered, an example set by his father, and he knew just what to do. Michael will make you cry when he tells the story of connecting her with a friend who owns a hotel and in a moment this woman's housing crisis was over, giving her time to get back on her feet.

**Magical** – that's how Michael describes Friedens. He says the staff are the best people he's worked with. He talks about our food pantries as true places of respite where community members will pull you aside and tell of their struggles. In one magical moment of kindness and dignity, burdens are lifted, stomachs are fed, and hope offered. Over a chess board, players commiserate in community where people are offered people care and help each other. "There's no shame here," Michael remarks, "everyone is treated as a human."

While Michael has volunteered over 1,000 hours, he is a humble man and describes himself as kind, just the way he wants to be judged, but never acknowledges himself as part of the magic. Of course, he is...without Michael and the score of volunteers like him, Friedens is just a place to get food. But in the most magical of seasons, we're reminded that we are part of magic every day. The magic that is Friedens' peace and all of the people that are touched.

## Everyone wants good things

REFLECTIONS FROM DAVID NELSON, FRIEDENS BOARD PRESIDENT

Everyone wants good things. To eat, to wear, to drive or to ride in. This gift came in the form of tomato plants, grown by a family to share with their neighborhood.



*Donated tomato plants!*

Not knowing how it would go, the plants were brought in from the truck. Three flats of plants. Each one containing dozens of plants. The smell of tomato plants are unique. Fresh, earthy and filled with life. As they were brought in people asked for plants immediately. There were smiles. At the end of the session there was not one plant left. Imagine a world where food is grown and given away. That is not too much to ask do you think?



### Marquette Mobile Legal Clinic visiting our Hope House Food Pantry

Partnering with the Marquette Mobile Legal Clinic, our community members have access to answers about eviction, foreclosure, bill collection, divorce, child support, child custody and placement and so much more. For nine months a year, the Marquette mobile legal clinic serves one of our pantries each month.



### Stay informed...

Check out Friedens Community Ministries on Facebook and on our website:

**[www.friedenspantry.org](http://www.friedenspantry.org)**



Visit Friedens on Twitter for up-to-the-minute information about the daily operations of the pantry.



## #Peace Builder Moments

**We keep hearing on the nightly news about the lowest unemployment rate in decades and that our economy is strong. But for thousands of Milwaukee residents that prosperity is merely an elusive dream.** Many work in low paying insecure jobs and don't earn enough to put healthy food on the table. They skip meals, they eat less; and they eat unhealthy food because it's cheap. For most, the kind of grocery shopping that most Americans take for granted is simply not a reality.

We call this **"food insecurity"** and it's **real for 35% of Milwaukee residents**, according to a recent Feeding Wisconsin study. When people are food insecure it impacts other areas of their lives. It leads to poor diets, negative health outcomes, high medical bills, and difficulty focusing at work and school. According to a Friedens survey, over 55% of our clients had to either skip meals or eat less because they were short of food in the last 30 days. Simply put, they live lives without peace.

**In response to this crisis**, Friedens Community Ministries served over 58,000 individuals and over 21,000 households last year. We build ladders of peace every day in our pantries. At the base of the ladder is the peace that a healthy, dependable supply of food can bring. We are open on a daily basis for when a community member needs food. Once a month, they can visit one of our four community-centered, choice pantries where **we strive to provide a five-day supply of nutritious food**. Grocery bags are joyously filled with meat protein, fresh fruits and vegetables, dairy products, soups, breakfast foods, breads and starches, such as pasta, all of the community members' choosing. With the help of the variety of foods our clients received, 60% report they were able to use some of the money normally budgeted for food to cover other vital expenses. **We are grateful to be staffed by our network of 2,500 peace builders (volunteers), keeping our overhead costs very low.**

***You can help bring the peace of a dependable food supply to our community members by donating to our pantries:***

\$5 feeds an individual for 5 days  
\$20 feeds a family of 4 for 5 days  
\$30 feeds an individual for 30 days  
\$120 feeds a family of 4 for 30 days  
\$200 feeds 40 people (a typical day)  
at Zion Rock Food Pantry  
\$500 feeds 100 people (a typical day)  
at Coggs Food Pantry  
\$1,000 feeds 200 people (a typical day)  
at Hope House Food Pantry  
\$2,500 feeds 500 people (a typical day)  
at Despensa de la Paz Food Pantry

*A donation of any size to our general operating fund will help us to continue serving as Milwaukee's largest food pantry network.*

**Won't you consider a generous donation to help us continue serving over 58,000 people who live with food insecurity every year? Your donation will bring peace to so many.**



*Interns from Mount Mary University are partnering with us this semester to taste test new recipes for Healthy Shelves and also provide free blood pressure and blood glucose screenings in partnership with Ascension.*



*Interns had taste testers use colored pieces of paper to rate the different recipes.*





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### Change of address requested

*If you have any comments or suggestions regarding this newsletter, please send to the above address or e-mail: [director@friedenspantry.org](mailto:director@friedenspantry.org).*

**[www.friedenspantry.org](http://www.friedenspantry.org)**



Greater Milwaukee  
& Waukesha County



## SAVE THE DATE: *Paper or Plastic 2019* *Saturday, March 9*



Friedens staff: Cheryl, Katie, Rodney, Cindy, Catherine sporting Friedens' new shirts.

**Our new shirts are \$10 each.**  
**They are available at each pantry location or**  
**by emailing [director@FriedensPantry.org](mailto:director@FriedensPantry.org)**  
**While supplies last. #PeaceBuilders**