

LOAVES AND FISHES



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Finding Our Humanity

By Tone Lanzillo

In her book *Practicing New Worlds*, Andrea J. Ritchie wrote, “We can examine the ways we engage with ourselves and each other. We can ask ourselves if our behavior is rooted in punishment, exile, and abandonment or if it offers invitations and creates possibilities to transform individual and collective conditions. We can reach toward the world we long for by using every day as a practice-ground in which we generate new possibilities that can proliferate and ultimately reshape our world.”

Looking around the world at this moment, we have to wonder how much of our behavior towards ourselves and others is rooted in punishment, exile and abandonment. How have we created or contributed to the variety of inhumane conditions in every part of the world? I have to wonder if we have lost our capacity to be compassionate, kind and sympathetic.

With the growing challenges of climate change, along with a rise in fascism, militarism and racism around the world, will we find the moral compass to rediscover our inherent humanity and use each day to be more humane towards others? How can each of us offer invitations and help create conditions for a safer and more secure place for everyone?

Throughout his book *Self and Soul: A Defense of Ideals*, Mark Edmundson cautions us about leading a life of self-centeredness and greed, and argues that there is a need to embrace such ideals as compassion and creativity.

Emundson writes, “If you live life without courage, compassion, the true exercise of intellect and creation through love, then you will not feel very well. You may even get quite ill. When you cordon off the great

sources of human meaning that have arisen through the centuries and say they are all illusory, then you will have contributed something to creating an ill and worried herd.”

It would appear that in so many corners of the world we have created ill and worried herds. Whether it's in Gaza, Ukraine, throughout Africa or in the U.S., we have dehumanized each other. Where is the creativity, compassion and critical thought in these herds?

How do we lose our humanity? How do we dehumanize others? It happens when we repress, silence, categorize, violate, objectify, isolate, abuse, abandon and exile others. It happens when we see others as expendable, worthless and less than.

A tenet of Catholic Worker thought is the philosophy of personalism, or the call to act directly and personally to form relationships, organize community, care for others, and practice the Gospel. We are each personally called to live the “new within the shell of the old” in our lives now, without permission or a blueprint. Within our Loaves and Fishes community, we embrace personalism through engaging all the different people who enter our houses of hospitality as well as reaching out and serving all of our vulnerable populations in Duluth and beyond. Day by day, we continuously look for opportunities to invite people to create new opportunities to elevate their experiences, to embrace their humanity and to help reshape our individual and collective lives for a more hospitable and reaffirming world.



Kingdom Parables Composite By Sarah Fuller

Mercy For Palestine

By Dave McComas-Bussa

“Then the king will say to those on his right, ‘Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.’ Then the righteous will answer him and say, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?’ And the king will say to them in reply, ‘Amen, I say to you, whatever

you did for one of these least brothers of mine, you did for me.” Matthew 25:30-40

The words of Jesus in the quoted passage are the scriptural basis for the corporal works of mercy. They are at the core of our mission as Catholic Workers and guide our thoughts and actions. According to Pope Francis, they are “daily gestures which break with the logic of violence, exploitation and selfishness.” To feed the hungry, to give water to the thirsty, to clothe the naked, to shelter the homeless, to visit the sick, to ransom the captive, and to bury the dead. Every one of these merciful acts is reflected in our hospitality. And, tragically, every mercy is currently being denied to these *least brothers of ours, the Palestinians facing annihilation in their homeland.* Continued on page 5

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And yet: Pacifism during the Ukraine Russian War

By Drew Anderson

For decades I've considered myself a pacifist but now I unequivocally support Ukraine in its fight to repel a Russian invasion. And yet...I feel sick to my stomach taking such a stance. Why? I try to process this internal conflict in the following article because I think I'm not the only one wrestling with this seeming contradiction of values. Before I get carried away, please note: I acknowledge the Ukraine/Russian war is sadly just one of many global crises that this line of thought could address such as the Sudanese civil war, the war in Gaza, etc. I've chosen to isolate Ukraine's plight because it's one I've been following closely since 2022.

One might naturally think I should feel uncomfortable because I live in a Catholic Worker community! Despite the diverse makeup of CW communities and their varying missions, we all subscribe to some, if not all, of the Catholic Worker's Aims and Means. Among these is a clear stance of non-violence, an excerpt of which states: "Thus, we oppose the deliberate taking of human life for any reason, and see every oppression as blasphemy. Jesus taught us to take suffering upon ourselves rather than inflict it upon others, and He calls us to fight against violence with the spiritual weapons of prayer, fasting and noncooperation with evil."

This aim does resonate with me. It aligns with my personal Christian and Buddhist faith practices. It seems morally straight-forward. And yet...as I gaze from a privileged distance at the violence and destruction wrought by Russia's invasion of Ukraine, I feel my heart breaking over the injustice of it all. And if I'm honest myself, I desire Ukraine to defend itself by any means—yes, even by violence, if that's what it takes to stop Russia's flagrant aggression. Of course I want the spiritual weapons just mentioned to be among those means, but I know the spiritual weapons alone will not stop the bombs and drones. The sheer scale of unjustified human suffering wrought by the Putin regime has left me no doubt in this matter.

I think the pain of this personal contradiction does not grow from my Catholic Worker identity. I think the pain has more to do with the sobering consequences of what rooting for any side in a war really means. It means rooting for murder. It means someone, like me, is going to kill. It means someone, like me, is going to be killed. It means endorsing global arms trade. And it's in part why I joined a Catholic Worker community!

I pitched this article's concept—some notion of me sharing this moral contradiction in this newsletter—with my housemates. Maryn suggested I read up on some of Dorothy Day's writings on pacifism during World War 2. I did so, and for those interested, the Catholic Worker website hosts a great compendium of Dorothy's writings. They're conveniently categorized, too. The section, On War and Peace, contains six articles, all of which I found directly relevant. To keep things concise, I quote only from Dorothy's article, *Our Stand*, written on June 1st, 1940.

As the name indicates, *Our Stand* is a manifesto for the Catholic Worker's stance on pacifism: "We repeat, that as in the Ethiopian war, the Spanish war, the Japanese and Chinese war, the Russian-Finnish war—so in the present war we stand unalterably opposed to war as a means of saving "Christianity," "civilization," "democracy." We do not believe that they can be saved by these means... "And if we are invaded" is another question asked. We say again that we are opposed to all but the use of non-violent means to resist such an invader." Hmm, In the context of now, is that a stand Ukraine should uphold?



Mary and Jesus by Sarah Fuller

Dorothy Day draws deeply from her profound Catholic faith, from the dictates of the Sermon on the Mount and the gospel examples of Jesus Christ. In many ways, her sentiments of faith subvert the rational intellect, as they should. Killing is not God's way, yes of course, but is letting the innocent die without intervention God's way as well? It wasn't until I began wrestling with how to write responsively to Dorothy Day's position that I realized just how much discord I hold in my heart about pacifism. Mainly, I can't see this notion—of seeking martyrdom before retaliation—resulting in anything good for Ukraine. Dorothy Day writes "During the Franco-Prussian war, Bernadette considered the Prussians the servants of God. When the Maccabees were being slain, one by one, in defense of their faith, they each testified that they were suffering for the sins of their race. How many Christians think of Hitler or Stalin in this way, as "the servant of God." Do they remember them as temples of the Holy Ghost, creatures made to the image and likeness of God, two human beings for whom Christ dies on the Cross? Are they praying for them—with love and pity?" If I simply replace Hitler and Stalin with Putin, Dorothy's question still stands.

I think my answer right now is "yes and..." Yes, Putin, I pray that you come to your senses. You are human just like me. You were once a child, born to innocence, mothered and cared for with love. And yet, the life you've chosen to lead now is too costly. You have sacrificed countless Russian lives, who have done your bidding and erased countless Ukrainian lives. You choose the war path day after day. If and when that path leads to your demise, I will pray for you on that day but you will not be missed.

And yet, this modified version of pacifism is a relatively easy mental exercise for someone so far from the frontlines of this fight. What if I were alone in a room with Putin as my prisoner and a gun in my hand, knowing his execution would end the war? Would I listen to the countless cries of all of his victims and victims-to-be, crying for justice, crying for his death? Or would I listen to Dorothy, crying that the way of Christ must not be lost.

In April I undertook a road trip with my family. Along our route home, we stopped in Montgomery Alabama and made the most of what little time we had to explore Montgomery's rich history in the civil rights movement. In the museums were such deeply moving examples of non-violence triumphing over brutal and destructive bigotry. This was so beautifully effective. And yet, it happened in a country where its collective moral conscience has actual influence in its governance. Would this work with Putin's oppressive regime? We are seeing Russians of high moral caliber jailed, beaten and murdered. I feel the moment for peace activism in Russia has been strangled. I don't know enough about Russia's social history to know if there is an example that defies what I'm suggesting—power being disrupted through peaceful means.

When I try to fathom the massive loss of human life in this one war, (~500,000) I can't. When I look at my children and imagine them growing up to point a gun at another human, I can't. I think that's the plight of the pacifist. This wall we've built within our hearts, which shields everything we know to be innocent and good from that which isn't, cannot be broken. So when it is, when we start to entertain ideas of justified violence, killing in self-defense, we risk letting the things we love become corrupted. My wall is broken, and I am mourning the deaths of so many Ukrainian and Russian civilians and soldiers who are all individually, miracles of innocence like my daughters. I'm mourning for my daughters, too. I am modeling a personhood, open to violence in extreme circumstances, but open nonetheless. Will they share my stance? Certainly, Dorothy Day would not.

Stay Human

By Tone Lanzillo

In a world of growing automation, virtual reality and artificial intelligence, how do I stay human?

In a world of angry rhetoric, divisive politics and irresponsible leadership, how do I stay human?

In a world of growing disparity, economic injustice and unbridled wealth among the few, how do I stay human?

In a world of deadly conflicts, mass murders and violence

Meat or veggie?

By Anne Schepers

During the three day blizzard in March, folks staying at the Warming Center in Duluth were hard pressed to find food. The Warming Center provides overnight space for people experiencing homelessness from November through May. The Center extends its daytime hours during especially harsh weather.

All the local soup kitchens were shut down. With the buses not running, guests were confined to staying at the Center all day and night. Without cooking facilities or a food budget, the Center relies on donated snacks and beverages. We made two trips there on the worse day of the storm- first delivering ready-to-eat food donated by the Whole Foods Co-op and the second trip with two roasters full of home made burritos. Note: meat burritos are the clear favorites over veggie! Fortunately, we usually have a supply of donated surplus meat in our freezers.

For the past couple of months, we've expanded our hospitality from the warm confines of our houses, out into the larger community. We've focused on the Warming Center in Lincoln Park where there are usually 50-80 guests each night. Burritos are a good choice for food; they are easy to hand out and easy for folks to eat. We've also made samosas and pizza.



Dave, Emma, and Shelly preparing samosas to distribute in the Warming Center parking lot.

How does it work? At Monday's food run, where the excess Co-op food shows up, we quickly see what ingredients are available and decide on the menu. For missing ingredients, we've budgeted some money to buy them. Then comes the slicing, dicing, sauteing and assembling. Good fellowship with lots of laughs happens around the table as the piles of burritos grow. We're grateful to have so many community members- giving us the capacity to do this outreach. Recently, some outside volunteers have gotten involved as well.

But this is a newsletter about humanity, not outreach or hospitality. We have the privilege of seeing the humanity of folks who brave the cold to come out to the parking lot where we

serve up the food. They understand that we can't come inside because of regulations against serving home cooked food inside the Center. They ask if they can have an extra burrito to give to their friend inside. They compliment us on our cooking (aw shucks!). They appreciate a bit of salsa poured on their burrito. They are surprised and pleased that we keep coming back. They're interested in hearing that Loaves and Fishes has houses on Jefferson Street where they can stop by for a shower, a meal and to do laundry.

And when it comes down to it, they are just fine having a veggie burrito when the meat ones run out.



between different regions, religions and races, how do I stay human?

and nature, how do I stay human?

do I stay human?

stay human?

In a world of higher temperatures, rising sea levels and the loss of different species, how do I stay human?

In a world of credit, debit and compound interest, how do I stay human?

In a world of noise, speed and expediency, how do I stay human?

It is a path of engaging and embracing my humility, my spiritual nature, my compassion for others,

In a world of buying, consuming and having more as the primary and only pursuit, how do I stay human?

In a world of a desire and drive for higher profit margins and money making acquisitions, how do I stay human?

In a world of impatience, lack of perspective and no sense of purpose, how do I stay human?

my search for meaning beyond myself, and my resilience to finding the moral compass which guides and directs me

In a world of closing ourselves off by staying inside and not experiencing the outdoors

In a world of 24/7 news and the continuous repetition of disturbing and attention grabbing stories, how

In a world of self-entitlement, self-help and self-absorption, how do I stay human?

through the numerous challenges of living in this climate-change world.

How do I

It's this path which helps me stay human each and every day.



This is our beloved bus! It was gifted to Donna by a dear friend who passed away, and after Donna passed, it was adopted by the community. Before it came to us it lived life as the "Sun Bus" and was fitted with UV lamps that provided Duluthians with vitamin d during the long winter months. Now that it's a part of Loaves and Fishes it helps us in our work. We mostly use the bus for hauling large, bulky furniture for our friends and neighbors and taking loads of trash to the dump, but our dream is for the "boogie bus" to play a leading role in our outreach efforts. It could be the ideal mobile platform to serve meals, distribute hygiene supplies, and possibly even provide foot care and soaks. Our hopes for the bus are high, but the cost of maintaining it is also high. The bills from the mechanic have been large. Nevertheless, the bus is so dang charming we can't help but get excited about it. We hope it excites you, too! If you have any ideas for the bus or want to get involved in our outreach work, please reach out!

Dignity, Homelessness, and Mental Health

By Maryn Hakes

Trigger warning: depression, substance use, suicide ideation/attempt, transphobia

Last summer, I attempted suicide. I'd just lost my job and I'd lost a group of friends because of the ways my substance use and my unresolved trauma impacted the people around me. Then, I had a conversation with my grandma (who has always been one of my strongest supporters in an otherwise tenuous familial experience) that was super transphobic and damaging. On June 1, 2023, I drove up Highway 61 towards Palisade Head to kill myself. The doom

spiral that I found myself in made me feel like there was no other option and that I was making the world a better place by taking myself out of it. Thankfully, my community and closest friends sprang into action when they realized something was up and I was found and brought to the hospital.

The privileges of having secure housing, a strong support network, and health insurance meant that I was able to find some stability for my mental health in the weeks after I left the hospital. I am alive today because of my community, my chosen family, and my access to housing and health care.

Among the myriad challenges homeless folks face, access to mental health care stands out as a critical yet elusive necessity. For those experiencing homelessness and mental health issues, their journey

towards healing is often obstructed by systemic barriers and societal neglect. In this landscape of adversity, the principles of Catholic teaching on human dignity illuminate not only the plight of the homeless but also the imperative to extend compassionate care to those in need.

Central to Catholic social teaching is the inherent dignity of every human person. This principle underscores the fundamental truth that every individual, including those experiencing homelessness, possesses an intrinsic worth that demands respect and compassion.

One of the primary challenges faced by homeless individuals seeking mental health care is the lack of accessible resources. Mental health services are often concentrated in urban areas, leaving those in rural or remote regions with limited or no access to essential care. Additionally, even within urban centers, long waitlists and insufficient funding further exacerbate the issue, making it difficult for homeless individuals to receive timely and adequate treatment.

Moreover, the stigma surrounding both homelessness and mental illness perpetuates a cycle of marginalization and neglect. Society's misconceptions and prejudices often lead to the dehumanization of the homeless population, making it easier to overlook their needs, including mental health care. This stigma can discourage individuals from seeking help, fearing judgment or discrimination, and perpetuates the cycle of suffering.

Catholic teaching, rooted in the Gospel message of love and solidarity, calls for a response that upholds the dignity of every person, especially the marginalized. Pope Francis has emphasized the Church's mission to accompany the poor and vulnerable, urging communities to embrace a culture of en-



LA Skid Row By Sarah Fuller

Mercy for Palestine continued from page 1

The first work is one of the simplest. Feeding the hungry comes easy to our community on Jefferson St, and it is personally my favorite task. We take great care to ensure that the meals we provide are enriching and delicious. There is always something for everyone, and nobody leaves our tables hungry. In Gaza, there is now a full blown famine. Starvation is being used as a weapon of war against the whole civilian population of the strip. It is a weapon that disproportionately kills children. Children have smaller bodies and lack the caloric reserves of adults. A starving child quickly becomes a dead child. Palestinians are hungry, give them food.

Water is necessary for all life on earth. Obviously anyone who comes to our houses of hospitality is welcome to drink as much water as they need, but we also make sure to keep plenty of bottled water on hand so our drop in guests who are unsheltered have clean drinking water they can take with them. One of the first actions Israel took before its invasion of Gaza

was to shut down the entire water supply of the strip. The fact that Israel has the power to turn off all the faucets in Gaza with a snap of the fingers shows that the Palestinians are at the complete mercy of their much more powerful neighbors. Palestinians are thirsty, give them water.

Providing shelter to the homeless is often the first thing that comes to mind when our friends think of Loaves and Fishes. Welcoming a stranger into your home fosters powerful love and trust. Providing shelter to our neighbors and sharing our lives with the unhoused is why many of us joined the community in the first place. Since the outbreak of war, 80,000 housing units have been destroyed, and hundreds of thousands have been damaged. According to the United Nations Development Programme, it will take until at least 2040 to rebuild all the shattered homes of Gaza. Palestinians have been made strangers in their own land, give them shelter.

Having adequate clothing is essential to making it through our cold northwoods winters. Every

fall we make sure we stock up on hats, gloves, and jackets to pass out to our neighbors. You might not think winter would be a problem in the Holy Land, but Palestine does experience cool, wet winters. Frequent flooding combined with near freezing overnight temperatures greatly increases the risk of diseases. The lack of access to appropriate clothing because of the Israeli invasion leaves many Gazans exposed to the elements. Palestinians have been stripped naked, Clothe them.

Loaves and Fishes is a volunteer run organization, and we provide no professional healthcare services. That doesn't mean that we aren't involved with caring for the sick. We regularly drive friends to doctors appointments, help folks manage their prescriptions, and advocate for our guests as they navigate our nation's cumbersome health care system. In Gaza the health care system has been decimated. Over 600,000 Palestinians have no access to any kind of healthcare, and every hospital has come under attack by the Israeli military. Al-Shifa Hospital, the largest hospital in Gaza, was destroyed completely, and its staff was massacred. Every day amputations are performed without anesthetic, babies are born in unsanitary conditions, and patients die from prevent-

counter and solidarity. In the context of mental health care for the homeless, this means recognizing the humanity of each individual and ensuring they receive the support and care they need and deserve.

Furthermore, Catholic social teaching emphasizes the principle of preferential option for the poor, which entails prioritizing the needs of the most vulnerable in society. When it comes to mental health care, this principle necessitates a concerted effort to address the disparities that disproportionately affect homeless individuals. It calls for policies and initiatives that prioritize the allocation of resources to provide accessible and culturally sensitive mental health services for the homeless population.

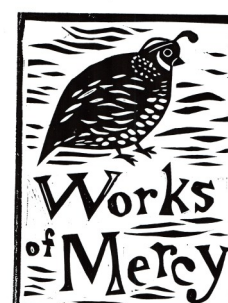
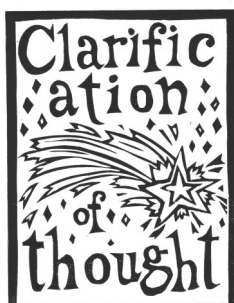
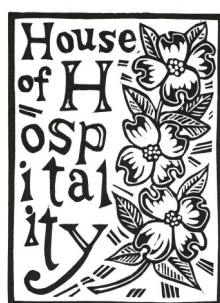
Beyond structural and systemic challenges, there are also individual barriers that homeless individuals face in accessing mental health care. Factors such as lack of transportation, unstable living conditions, and distrust of institutions can further hinder their ability to seek help. Additionally, untreated mental illness can exacerbate other issues faced by the homeless, such as substance abuse and chronic health conditions, creating a complex web of challenges that demand a holistic approach to care. All people deserve the community and care I received last summer. We will not end homelessness until we do this work.

Ultimately, the struggle for mental health care among the homeless is a reflection of broader societal injustices and disparities. It is a call to action for communities, policymakers, and individuals to uphold the dignity of every human person and ensure that no one is left behind. By embracing the principles of Catholic teaching on human dignity and solidarity, we can strive towards a society where mental health care is accessible to all, especially those who are most vulnerable and marginalized.

able diseases due to lack of medicine. Palestinians are ill, care for them.

In our work we meet people from all backgrounds, including many who have had negative interactions with our punitive carceral system. Our community strives to create a safe space that doesn't further traumatize those who have been hurt by the police and prisons. We take care to call and check in on our friends who are in prison, and we advocate for a more humane justice system. Palestinians have almost no civil rights the Israeli government is bound to respect. In Gaza, the West Bank, and Israel itself Palestinians can be detained without reason and imprisoned indefinitely. Many prisoners report violent physical beatings and sexual assault. Recently, some prisoners have needed limbs amputated after being shackled for weeks on end. Even before the war, Gazans were almost never allowed to leave the small strip of land they call home. Palestinians are held captive, free them.

In my second month as a member of Loaves and Fishes, we lost our close friend and most respected member, Donna Howard. It took months for us to mourn, to contact all of her friends and all of



About the Artist:

Sarah Fuller is a visual artist living in Ventura, California. She is a linocut printmaker, illustrator and fabric artist. Sarah explores themes of spirituality, nature, community and social justice, making art that supports people and communities engaged with these experiences. Her art practice is expressed through illustrations, printmaking, workshops, speaking, and community events.

Sarah has had work published in magazines such as The National Catholic Reporter, The Nation, and Geez Magazine. She also makes art for nonprofit newsletters and hosts fabric block printing workshops. She has been involved in the Catholic Worker

movement for many years, and has a Master of Divinity degree and an MA in Social Justice and Equity Studies.

Sarah sells art online via Etsy, Redbubble, and her website, sarafullerart.com. She also does commissioned work and workshops. Earlier this year Fuller and fellow artist, Bex McIntyre (www.sanaartista.com), started a Catholic Worker art newsletter, The Illuminator. Always interested in supporting service communities and Catholic Worker houses through her art, contact Sarah at sarahfullerart@gmail.com if you have an inquiry or if you'd like to be added to the Illuminator's mailing list.



I Was A Stanger by Sarah Fuller

our friends, to plan a ceremony, to cry alone, to cry together, to tell stories, to make art, and to write eulogies. All of it was beautiful, and all of it was necessary. In some ways we are still mourning her. A dignified death and respectful burial are the final act of kindness we can show a person on this earth. Even this comfort has been taken from the Palestinians. We do not know how many people have been killed in this genocide. There have been more than 30,000 recorded, verified deaths, but there are so many dead that can't be counted, or properly buried, or properly mourned. Bodies end up hidden in mass graves, or trapped under layers of rubble, or blown to pieces by American-made missiles. Morgues have run out of burial shrouds, and the smell of rotting flesh hangs

in the air. We must stop the slaughter of Palestinians, and we owe it to those who have already died that they be counted, remembered, and peacefully laid to rest.

This is not close to a full accounting of the horror that has occurred in Palestine since October 2023, and it isn't a history lesson or geopolitical analysis. This article is a reminder of our duties to those who need our help the most, both our neighbors here and our neighbors far away. When you incorporate the works of mercy into your daily life it is easier to break the logic of violence, exploitation, and selfishness that our government deals in. Don't stop speaking for Palestine, don't stop crying for Palestine, don't stop praying for Palestine.

Dorothy Day House Notes

By Willa Kmoch

As we enjoy these last days of summer and notice the first vestiges of fall on J street, there is rarely a dull moment at Dorothy Day House. We have a full house these

days, and the folks on the second floor are working hard to balance their search for permanent housing with going to work, and caring for their mental and physical health. Monday evening meals shared with DD alum are always a joy, and we are endlessly grateful for the support of donors and outside volunteers. Whether it is cooking a meal for the house, helping with a project, or doing house duty, their time and commitment is invaluable. Open hours continue on Tuesdays, Thursdays, and Saturdays from 1-7 pm: providing meals, laundry, showers, and peaceful space to rest for all.

I moved into the community at the end of September, and it has been a privilege to learn about hospitality from the Dorothy Day House team and guests. Anne, Tone, Dave, and Shannon have worked hard to foster a warm and safe space for everyone who drops by. Through the sorrows and triumphs, heartbreaking loss and times of laughter, the support and care with which they navigate these moments is deeply felt by all.

Early last winter, Dorothy Day House was pleased to welcome Anne as she made the move from Bread and Roses to Dorothy Day. I think I speak for everyone in the house when I say that whether she is patching and painting walls or offering advice and resources to guests, her positive presence and ability to get things done is greatly appreciated.

Dorothy Day House quieted down significantly last fall as we worked on a pesky little bed bug problem. Unfortunately, we had to stop accepting new live-in guests for a while as we worked on bug proofing the house as best we could. After loads and loads of



Farewell dinner for a beloved guest.

were able to remain open to guests during the afternoons and evenings throughout the reign of the bugs, and it was a great feeling when we were able to begin filling up the rooms on the second floor again. Dorothy Day House crew 1 : bed bugs o!

More recently on the list of DD house woes, we noticed the mysterious bubble that had been brewing in the wall of the downstairs bathroom for quite some time, was growing. When Doris, volunteer and community hero, bravely investigated, the aftermath was.. explosive, to put it delicately. After a few days of clean up and plumbing work, the bathroom is back to about 75% of its original function. Luckily Dave's world renowned interior decorating skills came in handy and the room now has a rustic and cozy ambience. You barely notice the lack of a sink or wall tile! I'd say the Dorothy Day House crew tied with the mysterious bubble this round. Lets hope there isn't a rematch in our future!

With summer, we have enjoyed the sunshine, and welcoming new and old friends to DD. However, the comfort of warmer weather is mixed with some apprehension this year. Worries are building within the community that the local government may be stricter on folks who are sleeping outdoors this season. Coupled with a lack of resources for those who may be forced to move, this feels like just one more act of violence towards some of the most vulnerable people in our community from a system that seems determined to keep them out of safe and stable housing. Whatever may come, Dorothy Day House will strive to provide hospitality for all those in need, and find sweetness in the moments shared together.

new surface makes the job of working on bikes outside A LOT smoother. We are no longer losing small parts to the dirt, let alone having to clean them once we retrieve them.

Bike theft remains our biggest challenge at the Bike Cave. We've created a database for ourselves that records ownership details of each bicycle that is adopted at the bike cave (e.g. owner name, bike brand and model, serial number, and pictures of the bike and owner..). It's exhausting to have a bike that we've poured our energy into making rideable go missing the next week. If you're reading this, please consider donating a bicycle lock (preferably a U lock) to the Bike Cave. Our visitors are often living on the margins and can't afford such things. It's just a small

Bread and Roses Notes

By Tone Lanzillo

Over the past year, it has been remarkable how we've not only made the house feel like a home for Kate, Shannon and myself but maybe more importantly that we have created a safe and meaningful space for our larger Community. Community members hold meetings or share meals and we offer beds for former members visiting Duluth or visitors coming to Jefferson Street to spend time with the community (and even help with house duties at the Dorothy Day or Olive Branch Houses).

Kate continues to do house duty at the Olive Branch House while Shannon and I are doing house duty at the Dorothy Day House.

Recent house improvements at Bread and Roses include new windows on the front porch, new cabinet space in the kitchen and repair work to the house's foundation and a new basement window.

Even after living at Bread and Roses for over a year now, I still think about WWDD - What Would Donna Do? I, like many of the other members in Loaves and Fishes, continue to reflect on how Donna helped guide us in our work on Jefferson Street and beyond; whether it's her dedication to and embracing the various responsibilities of being present to our guests in the houses of hospitality or reminding all of us about the importance and value of coming together for our weekly community meetings and finding time to bond with fellow community members. Two years since her passing, Donna continues to be a moral compass in our community.



Volunteer mechanic Ken bringing new life to a donated bicycle! Photo Credit Alex Mensinger

bit of bike protection but it goes a long way for those who can't store the bike indoors.

Finally, we are saddened to learn that one of our prized bike mechanics, Daniel, will be leaving Duluth; however, we are rooting Daniel on as he starts a postdoctoral research fellowship at the University of Washington and Pacific Marine Environmental Laboratory, working to measure halogenated gases in the ocean. He'll be doing lots of carbon cycling and bicycling!

Bike Cave Report

By Drew Anderson

We've had a busier than usual year at the Bike Cave. As of mid August, we surpassed our 100 bicycle adoption mark, which usually doesn't happen until mid October. Much of this had to do with our exceptionally mild winter. Roads were rideable in February so our typically quiet winter hours on Wednesdays we're packed with people looking for bikes.

We couldn't be more proud of our crew of volunteer bike mechanics: Daniel, Isaac, Justus, and Ken, who continue to show up to fix, teach, and model good vibes. Another huge development at the shop, was our spring installation of a concrete patio. This

Hannah House Notes

By Chelsea Froemke

It continues to be a busy season for all of us at Hannah House. Chelsea started a new job at the Y in November, as Drew's work has wound down. This has given Drew the opportunity to focus a bit more on his budding music career (check out #climesmusic, I may be biased, but he is fantastic!), as well as continuing to care for the never-ending needs of our old houses on Jefferson Street. We both are still navigating these changes to our previous routine and trying to find balance in work, community life, and family time.

Maryn continues to be active in the classical music community, singing with Twin Ports Choral Project and at a few local churches. They recently sang in the premiere of a new opera and will be performing Schubert's *Winterreise* on October 29th (at 7:30pm in Weber Music Hall). Maryn also recently started a new job at Lutheran Social Service coordinating the Teen Health Center and Together for Youth, a group for LGBTQIA2S+ youth. They love being paid to hang out with other queer folk and do harm reduction work. Maryn continues to volunteer at both Dorothy Day House and Olive Branch and their six year old yellow lab, Anja, is an exuberant part of our household.

Foster care continues to be our primary focus here at Hannah House. We've had two different kiddos placed in our care over the last six months and we've been able to provide some weekend respite for another foster family that we have gotten to know. It has been a couple of years since we've had a long-term placement and this has been an adjustment for all of us. It is amazing how the addition of just one more person seems to triple our laundry loads. It has



Chelsea, Drew, and most of the kiddos enjoying a hike in Tischer Creek this summer.

also been challenging at times for our kids as they navigate sharing space, toys, and their parent's attention. On the flip-side, the addition of these kiddos has also brought opportunities to develop new friendships, express hospitality, and create so many cherished memories.

This spring our little family took an ambitious road trip to Florida to visit two other previous foster kids who lived with us for almost two years. We had a fabulous time with them (and now are enjoying their presence here in Duluth as they visit family this summer) and we're reminded after every visit how important it is for all of us to maintain the special relationship with these two kids (teenagers!?!). Also, on our way south we enjoyed time with our previous

community-mates, the Hendersons (who now reside outside of Chicago) and a stop in Indiana with Sarah Kilbarger-Stumpff (where we saw the eclipse!). It is such an honor to raise our children in the context of community and witness (often daily) the many loving relationships they have formed because of this community.

Hannah House has been full of activity this summer with current and previous foster kiddos, neighborhood friends, and our two kids (soon to be three; Drew and I have a baby coming in September!). The house will get so very messy (as it always does in the summer). We'll attempt to keep up on laundry and dishes but prioritize time in the garden, agate picking and daily playground visits. Just today, a previous neighborhood kid, who moved to the Twin Cities last summer, reached out because she wants to come for a short visit. Logistically I have no idea how this will work out. Is transportation to and from the cities possible? Where in our full house would she sleep? Can

we possibly manage another kiddo, even for a short visit? How would it affect the dynamic with the other kiddos? I'm not going to lie, the logistics of this summer have already been a challenge and I'm not sure if we can add anything else. And yet, my heart swells, knowing that she misses us, knowing that while we were neighbors we formed a meaningful bond, knowing that she remembers that she is always welcome here. It's a lot but it is also wonderful. This is exactly what we set out to do when we moved into Hannah House almost ten years ago. Hospitality here looks much different than Olive Branch and Dorothy Day house but it is thriving and we are grateful for the many who support Loaves & Fishes. With your love and support we will continue on.

Olive Branch House Notes

By Terri and Emma

As September begins we at Olive Branch are reflecting on the transitions of this past year.

In 2023, our volunteer team grew. Last September, Terri joined our house as a live-in volunteer. Terri is a welcomed addition, and brings her card games, recipes and warmth into life at Olive Branch. After six years living at our house,

Kate moved to Bread and Roses in December, and remains a mainstay of our Olive Branch community. Kate continues in the work of hospitality at both houses, and supports both volunteers and guests with her wealth of experience and humor. Emma joined as a live-in volunteer in late-December. This season of transition reminds us that community is an always-evolving, living thing. Hats off to Shelly, our steady long-term live-in volunteer who has weathered all of these changes and provided a calm, men-



Terri and DJ going on a summer adventure!

toring presence, as we found our new stride at Olive Branch.

Card games, weekly check-in's and shared meals sustained our house community over winter and spring. We celebrated holidays together and hosted birthday parties. We especially appreciated these moments of connection after several viruses passed through our house during the winter months.

Finding housing is proving to be a slow process for our guests, due to limited available and

affordable places in Duluth. As they search for housing, guests juggle securing health care, child care, employment, and other needs. The slow pace of the housing process has given us a chance to get to know each other well, and find a rhythm as a house.

A special thanks to our Meal Angels and St. Scholastica's VITA group, who cook weekly dinners which bring guests, volunteers and drop-in visitors around the table for food and conversation. Thanks also to Liz, who delivers delicious cookies every Friday, and to Kurt, who volunteers for house duty weekly and supplies us with pizza and brownies. Additionally, we give thanks to those who intermittently give their time to house duty and the UMD social work students who cheerfully accepted any task we assigned.

This summer, we have enjoyed time on the porch and by the lake, new countertops in our kitchen, and above all, continuing to support one another as we nurture community and are present for all who find their way to our table. Thank you for all the many ways you consistently support Olive Branch. We feel your support and are deeply grateful.

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

Current Needs:

- Eggs (home raised is ok!)
- Socks (adult small sizes)
- Men's underwear (not white, medium and large)
- Nitrile gloves for Bike Cave (S, M, L)
- Laundry detergent (prefer powder)
- Butter
- Winter coats, gloves, mittens, hats (adult sizes)
- Shampoo
- Bus passes
- Gas cards
- Dish soap
- Sugar
- Baby Wipes
- Toilet paper
- Hand warmers
- Baby wash

Donations can be delivered to 1614 (Wednesday, Friday, Sunday) or 1712 Jefferson St. (Tuesday, Thursday, Friday). 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. Send donations to 1705 Jefferson St, Duluth, MN 55812. Online donations can be made at www.loavesandfishesduluth.com

Volunteer Needs:

- Live-in volunteers at both Olive Branch and Dorothy Day! Come share life and help run the houses. Feel free to contact us at for more info.
- Plumbers, electricians and carpenters to assist with small projects around our four old houses.
- Volunteers with trucks or trailers to help occasionally with dump runs, donation deliveries and helping guests move into new apartments.
- Meal angels to bring a prepared meal for 12-15 people once a month.
- Volunteers to help cover house duty shifts at both Olive Branch and Dorothy Day House

For more information or to update your mailing address please 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 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, Emma Bromage, Shelly Bruecken, Chelsea Froemke, Maryn Hakes, Willa Kmoch, Tone Lanzillo, Shannon Loehrer, David McComas-Bussa, Anne Schepers, and Kate Young. Many other people are part of our community as volunteers, donors, meal providers and advocates.



New windows in Bread & Roses porch!



Tone, Doris, Shannon building the retaining wall in front of Bread and Roses



Hannah House bathroom got a new tub, floor tile, and rotten underlayment was replaced!

Loaves & Fishes Housing INC Board Report

By Doris Malkmus

Over the winter the Loaves & Fishes Housing INC Board set priorities for property upkeep and signed contracts for improvements for three Loaves and Fishes houses. By working closely with volunteer members, the board prioritized projects and set budgets.

At Hannah House, we signed a contract to reshape the slope of the backyard—moving dirt away from the foundation to reroute rain away from the house. This is important to control leaking, stop wood rot, and eliminating the habitat for rodents. This work will put a solid foundation under the prospective kitchen remodel that Hannah House is in the process of designing.

The board gives a shout out to Shelly at Olive Branch. She replaced the kitchen sink and its cabinet. In addition, the board is seeking funds to landscape the Olive Branch back yard. Since the OB sewer was replaced there has been a need for an area with a solid surface and also plantings to make the backyard more inviting and usable by kids and families who spend their days at Olive Branch.

At Bread and Roses, we have rebuilt the front retaining wall after our lead line was replaced two years ago. The next

step is replanting the beautiful garden back to its previous glory. The board also selected a heat pump for the new hot water heater. Although initially more expensive, it will be far more economical over its lifetime. We expect to take advantage of a state rebate to make it about the same cost as a gas hot water heater. Consider heat pump technology for your home—it's good for you and good for our planet.

This summer, we also poured a concrete slab outside of the Bike Cave. As the Bike Cave has grown, more and more work is done outside, churning up and making the dirt surface of the back yard unusable. A concrete surface will hopefully last 40+ years and make the space more useable for both the Bike Cave and the Dorothy Day house cook-outs that routinely happen throughout the summer!

Next year, we will remove the existing chimney at Bread and Roses to make way for a shower in the first floor bathroom. We have finally settled on a design for one of the most necessary and long-awaited projects—an indoor basement stairway at Dorothy Day. Despite working with numerous builders and two architects over four years, design options were too expensive. This year, we settled on a design and will have blueprints drawn up. With plans in hand, the board will seek bids for the work and raise funds to complete this interior project next year.



Kate, Dave, Anne, Shelly, Willa, Drew, Tone, Maryn, Shannon, Emma, Chelsea, Gavia, Alahna