



# AGAPE TABLE

# Nourishing Community

[www.agapetable.ca](http://www.agapetable.ca)



## Please Give Generously this Holiday Season



Donate online at [www.agapetable.ca](http://www.agapetable.ca) or use the form inside this newsletter. **Thank you!**

### “What would I do without Agape Table?”



Ten years ago, Randy, better known as Popeye, was living in a tent near the riverbank. It was during this difficult time that he found Agape Table and started coming daily.

“Agape Table became the backbone of my life,” he shared. Things began to change as the support services and encouragement of staff helped Popeye get back on his feet. “They kickstarted my life again,” Popeye said. “The staff members were always there to talk to and lean on. I felt like part of a family.”

Our steady and reliable support inspired Popeye, and he began to rebuild. “When I found a room, Agape provided me with a bed, blankets, coffee pot, microwave, and everything else I could need,” he fondly remembers.

Agape Table has been there for every step of Popeye’s journey. He was able to rely on us for a warm meal and our food bank for produce and

pantry items. “You can come here and get a meal and don’t have to worry about deciding between your rent or groceries. It really helps”.

Today, Popeye is a regular volunteer. “Agape Table has always been the one constant in my life,” he said. Our organization continues to serve Popeye, not in daily meals, but by offering community and a place to belong. The impact of the support he felt during tough times of his own is what he strives to pay forward to current guests. “When I speak to guests, I hear them say, ‘What would I do without Agape Table?’ It really is the best thing to ever happen to this area of the city” he shared.

Popeye would like to personally thank the supporters of Agape Table. The impact of your donation goes well beyond a daily meal, it offers stability, dignity and belonging to those in positions who need it most. Stories like Popeye’s are made possible because of you.

When guests say, “What would I do without Agape Table?” let’s make sure that question never needs an answer and we continue to provide support and unconditional love throughout their journey and for as long as it is needed.

# Make a Difference This Holiday Season at Agape Table

The holiday season is a time for giving, gratitude, and community — and there's no better way to embody that spirit than by volunteering at Agape Table. Every Monday to Friday, Agape Table serves 800 to 1,000 nutritious meals to people in need across Winnipeg.

Your time and compassion can make a real impact. Whether you come on your own or with a group of friends, family members, a sports team, or coworkers, volunteering together is a powerful way to give back and strengthen your bonds while helping others.

This season, step beyond the shopping and festivities — help serve a meal, share a smile, and spread kindness where it's needed most. Join us at Agape Table and be part of a community that truly cares.

**Together, we can make the holidays brighter for everyone.**

*Aaron Scarff*

Volunteer Coordinator

## What Makes Agape Table So Special?

My name is Seren Jocelyn, and I am delighted to introduce myself as the newest Agape Table team member. The first few weeks were a whirlwind as I stepped into my role as Marketing and Fundraising Coordinator. But one moment truly stopped me in my tracks.

On a cold November morning, I watched as a group of guests received hot bagged meals, each being greeted with a warm smile and genuine kindness. All of a sudden, something shifted, and I stopped worrying about whether I was 'getting everything right' and realized that I was a part of something truly extraordinary.

Since I started, the team has been serving over 900 meals every day. These are not just meals but moments of connection, dignity, and hope. For many of our guests, this warm and reliable food source means one less thing to worry about that day. It is a reminder that they are seen, valued, and, at Agape, will never be turned away.

One of our team members shared something that stuck with me. He said, "Sometimes I like to take a step back for a moment and truly take in the magic of this place. Our guests need us, but we also need them." That is something that makes Agape Table so special. Every day, we see volunteers from all backgrounds, local businesses, and staff come together, not just to serve food, but to build a community that is grounded in

unconditional love. Hope is something truly shared on both sides of our table.

I am grateful to be part of this mission and excited to share more stories with all of you and show how your generosity changes lives every day. As we move into 2026, I invite you to follow along @Agapetableinc on Instagram and Facebook, where we will share an inside look into the incredible impact of your support.

**Thank you for welcoming me into your Agape family and Happy Holidays!**

*Seren Jocelyn*

Marketing & Fundraising Coordinator



# Why Giving Back Matters at Agape Table

## Discover How One Volunteer is Making a Difference – and How You Can Too



Every year, thousands of hours are donated by dedicated volunteers at Agape Table, forming the heart of our community. Among these inspiring individuals is Jo-Anne, a retired senior who commits 15 hours each week and has been a part of our family for a decade. Her involvement

started after a friend asked her to volunteer, marking the beginning of her ongoing commitment to helping others at Agape Table.

Jo-Anne's mornings start in the early hours—she arrives at 5 a.m., eager to organize and prepare the soup and sandwich stations, the essentials of each meal we provide. By 7 a.m., everything is ready, and her devotion ensures that no detail is overlooked. "I love to socialize and want to give back," she shares. "When I am volunteering, I just work. I get it done and that's it. As long as the people get their lunches, they're happy."

Her commitment is rooted in gratitude; having grown up with very little, Jo-Anne understands the importance of giving back. "I have worked and saved for everything I have. So many people can't even afford food now," she says. Her compassion shines through both her volunteer work and her donations, making a real impact in the lives of those who rely on Agape Table.

The excitement is building for our new facility, which will provide a warm, welcoming space for people to gather, enjoy a nutritious meal, and connect. "I think people will really benefit when they can come inside and get warm (or cool off in the summer) and sit down and eat their meal together. The new kitchen and large dining room will be so much better for the people and the volunteers too," Jo-Anne enthuses.

Jo-Anne's story is a powerful reminder of the difference one person can make. You too can help—by volunteering your time or making a donation, you can ensure Agape Table continues to nourish our community. Join us and be part of something truly meaningful; together, we can change lives, one meal at a time.



## Jim Steep is a Paul Harris Fellow

A very proud moment for Agape Table as our Executive Director, Jim Steep, has been recognized as a Paul Harris Fellow. This is one of the Rotary's highest honours and

celebrates Jim's commitment to "Service Above Self" and his positive impact on the Winnipeg community through Agape Table. Thank you to the Rotary Club Winnipeg for their continued support in our mission of nourishing those in need in our community. Join us in congratulating Jim on his well-deserved recognition!

**SAVE THE DATE**

**AUGUST 18, 2026**

**AGAPE TABLE 8th ANNUAL GOLF TOURNAMENT**

Looking for Sponsorship Partners

## Most Needed Items

### Personal Care & Hygiene:

- Deodorant
- Feminine hygiene products
- Shampoo
- Toothbrushes
- Toothpaste
- Lip balm
- Hairbrushes

### Clothing & Warmth:

- Blankets
- Mittens
- Socks
- Underwear
- Scarves
- Tuques
- Hand warmers
- Footwear



### Food:

- Sandwich fillings
- Granola bars
- Individual snacks



# Thank You Agape Table Donors!!!



It's hard to believe that the holiday season is fast approaching! I'd like to take this moment to sincerely thank our devoted staff for their commitment to our mission. Their dedication to serving our guests, many days numbering 1,000 in 4 hours, is greatly appreciated and truly amazing. The work that goes into preparing for 250 guests per hour is almost beyond belief.

With only 5 staff on the floor maximum, this means we count heavily on our volunteers to achieve our goal each and every day. Thank you so much for all you do for Agape Table!!

As we move closer to our new home for Agape Table, we thank our generous capital donors who have pushed us to 90% of our goal. It is so very important that we continue to raise money for operations now and going forward so that Agape Table can serve the community for many years to come. For 45 years we have fed those in need through the kind hearts of our donors. We thank you so much for your support; without you, there would be no Agape Table. Every donation counts, including those heartfelt \$20.00 cheques that we love to receive in the mail, often with a beautiful handwritten note attached. This is how our grass roots organization was built.

**On behalf of our guests, staff and volunteers, we at Agape Table wish you a peaceful and healthy holiday season.**

*Jim Steep*

Executive Director



## Message from the Board of Directors

As the Christmas season approaches, we are reminded of the power of community and compassion. Every day at Agape Table, we see how a warm meal and a kind word can lift the spirits of someone facing difficult times.

This year, the need in Winnipeg continues to grow. More people are turning to Agape Table for nourishment and support, and thanks to the generosity of donors like you, we are able to respond with dignity and care.

We are also excited about the progress on our new home, which is currently under construction. This important project represents the next chapter in Agape Table's story—a space designed to better serve our guests and expand our outreach for years to come. Our capital campaign is helping to make this vision a reality, and we invite you to be part of building a stronger, more compassionate future for our community.

Your Christmas donation, whether directed toward daily meals or our new facility, will have a lasting impact. Together, we can ensure that everyone who comes through our doors feels valued, supported, and nourished.

**On behalf of the Board of Directors, thank you for your continued kindness and generosity.**

*Guy Chartier*

Vice Chair

## Agape Team

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## Board of Directors

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# Message from the General Manager



Agape Table is both thrilled and saddened to announce a significant milestone in our mission to combat food insecurity in our community: This year, Agape Table will serve an estimated 180,000 meals!

This incredible number is a testament to the growing need

for our services and the unwavering support of our volunteers, donors, and community partners. Each meal represents more than just nutrition; it's a moment of dignity, warmth, and connection for our guests.

## Why 180,000 Meals Matters

- **Impact:** Serving 180,000 meals means we are providing essential sustenance to individuals and families facing hunger every single day.
- **Community Need:** This record high reflects the current economic challenges many of our neighbors are experiencing. Your support is more crucial now than ever.
- **Volunteer Power:** This achievement would be impossible without the thousands of hours

donated by our dedicated volunteers—from prepping ingredients to serving with a smile.

## How You Can Help Us Continue the Momentum

As we look toward the future, the need remains constant. We invite you to join us in sustaining this vital work:

1. **Donate:** Financial contributions help us source high-quality ingredients and maintain our operations. Every dollar feeds hope!
2. **Volunteer:** Join our team! We need help with meal preparation, serving, and general cleanup.
3. **Spread the Word:** Share our vision and help us connect with more resources and supporters.

Thank you for being a part of this amazing commitment to our community. Together, we are making a difference—one meal, one life, at a time.

## Happy Holidays from our family to yours!

*Dave Fenik*

## Your generosity changes lives!

Please donate to Agape Table



First name \_\_\_\_\_ Last name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Here is my gift of:  \$500  \$100  \$50  \$25 Other \_\_\_\_\_

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I prefer  Visa  Master Card # \_\_\_\_\_ Expiry date \_\_\_\_\_

Etransfer: treasurer@agapetable.ca



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