

# GOOD WORK NEWS

The Working Centre, 58 Queen St. S. Kitchener, ON N2G 1V6

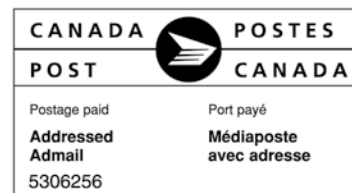
Issue 127

December 2016

Subscription: a donation towards our work

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## Common Work for Our Common Home

By Joe and Stephanie Mancini

*Editors Note: This article is the speech that Joe and Stephanie gave at the 41<sup>st</sup> Interfaith Community Breakfast organized by Interfaith Grand River this past May.*

Over these 34 years, living and working in downtown Kitchener, The Working Centre has sought to build an alternative model of community building. This work has taken place, while all around us the ecological, economic and cultural landscape has been under constant stress.

Even in 1982, it was clear that the growth economy had come up against its worst enemy, ecological limits.

Back in 1982, we started walking with a new group of workers, the "contingent labor force," workers who were without steady, full-time jobs, plucking away at lower waged jobs that were part-time and temporary.

We have watched the increase in depression, anxiety and addictions. We know a leading cause is when psycho-social integration is trumped by individualistic behavior. Another leading cause is an economy that fails to give people meaningful work.

These experiences provoked our efforts to rethink the meaning of work in urban centres. How, in an effective, practical way, can work be reshaped so that it provides citizens with a livelihood, and knits people together into the fabric of family and community life?

How can work improve our environmental footprint?

Common Work for our Common Home is about provoking new ways of thinking about the

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interrelationships between work, our natural environment and service to community.

### What is Common Work?

Our starting definition of Common Work is the effort to re-embed economic life into participatory, craft-centred social relationships that generate new structures of solidarity that help people to fulfill their dignity by serving community.

For 30 years we have experimented with a philosophy of work that reduces bureaucracy, increases hospitality, gives priority to relationships, and seeks to locate responsibility at the point where the work is accomplished.

In all these projects, the main goal is to teach the healing nature of service.

We consider it a blessing that over 30 projects have emerged that are serving meals, recycling bikes, recycling clothing and computers and furniture and housewares, growing food, creating community gardens, building a market garden and a greenhouse, growing microgreens, renovating housing, providing housing, providing supportive housing to the persistently homeless, supporting people through our housing desk, revitalizing old buildings, offering medical care, dental care, psychiatric supports,

*The way forward towards greater wholeness and unity must be inward, a deepening of mindful consciousness and focusing on love.*

*Life is about relationships, justice is about relationships, peace is about relationships, love is about relationships. We are invited to let go of those things that prevent a deepening of relatedness to the whole of life and attend to the new patterns of relationships, the strange attractors in our midst.*

*Ilia Delio, Making All Things New*



## Gratitude and Hospitality

By Stephanie Mancini

We are heading into the months of gratitude for The Working Centre. These are months where the day-to-day challenges get harder for people as the days darken and the weather gets colder. Maybe it's the fact that so many people reach out and support our work financially as the year comes to an end, but the steady donations and messages of good will come in the midst of everyday challenges that certainly do not seem to lessen as the years go by.

Last year we were getting ready to welcome Arabic speaking New

Canadians – this year we are looking to find work for people as they come to the end of their year of funded support. It's not just the job search, it is adjusting to all the ways that trauma leaves its shadow as people settle in a new country; it is mourning together as a young 25 year old man dies at a work site; it is aligning the important supports of Ontario Works with sporadic employment income; it is keeping awareness of the many people left behind in Syria and in camps who are the family members of our new neighbours. It is welcoming our Arabic speaking friends to step

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## The Green Door Arts & Clothing



*The Working Centre model has been to rebuild from the bottom up. We need to create communities where conscious love is fostered and acted on.*

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## Thirty-Second Year

Issue 127

December 2016

## Good Work News

Good Work News was first produced in September 1984. It is published four times a year by The Working Centre and St. John's Kitchen as a forum of opinions and ideas on work and unemployment. There is a circulation of 11,000 copies. Subscription: a donation towards our work.

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The Working Centre is pleased to announce that

## Neil Atchison

will be the Guest of Honour at the  
30<sup>th</sup> Annual Mayors' Dinner

Saturday April 8<sup>th</sup>, 2017

*The Mayors' Dinner is an evening that celebrates individuals who have made outstanding contributions to our community*

It is a special pleasure to announce that Neil Atchison has been chosen as Guest of Honour for the Thirtieth Annual Mayors' Dinner in support of The Working Centre and St. John's Kitchen.

Born in nearby Harriston, Ontario, Neil has become a fixture in Waterloo Region as a media personality, a sales executive, a business development expert and a popular actor, speaker and MC.

Neil has stood with The Working Centre as Master of Ceremonies for the Mayors' Dinner for 28 years – he has helped us to build this event to be an important celebration of our diverse community. Together we have honoured an amazing list of community builders – and each year Neil helped us to laugh at ourselves, to celebrate the contributions of each Guest of Honour, and to tease out the ways that each person made their unique contribution to our community.

Neil uses humour to teach about personality, service and community as a speaker across Canada and the US. He has successfully co-written and performed Sorry I'm Canadian which brings Canadians together to learn about their history and to laugh about themselves.

Presently, Neil is Senior Manager of Market Development for Melloul-Blamey Construction. He is a charter member of the Kitchener Westmount Rotary Club and has been named a Paul Harris Fellow three times, Rotary's highest award for community service. From the beginning, Neil has contributed behind the scenes to the building of Drayton Theatre. Neil was K-W Citizen of the Year in 2016. Neil serves as Master of Ceremonies for countless charities and public events.

At the 30th Annual Mayors' Dinner we will celebrate the way Neil engages humour as a community building tool.

We invite you to become involved by purchasing tickets, sponsorships, a community table for your group, company or church, or contributing an auction item.

For more details, please call Kara at (519) 743-1151 x119 or [mayorsdinner@theworkingcentre.org](mailto:mayorsdinner@theworkingcentre.org)

## Gratitude and Hospitality

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outside of their cultural traditions and adapt into Canadian traditions and ways.

We have also spent this year actively supporting those who are most persistently homeless in our new housing units. This is careful, thoughtful, relationship-based work. It's not just the housing that makes a difference, although it helps. It is also knowing each person and how best to be a good neighbour, especially in the complexity of issues between residents when they confront one another. How do we support people who become ill? How do we invite everyone into acceptance and inclusion? How does that change us and expand our capacity to respond creatively to the people before us? How do we bring respect and compassion to the moment when someone breaks a window or punches a wall as an expression of their frustration and fear? Opportunities for solidarity and respect arise as we get called into the hospital to support people – how do we continue to care for this person in the way they would choose; how do we share their story with the hospital? How do we stand with people who are unable to see their loved ones because of a severe division in the family?

The work to support Syrian refugees is important work, so too is providing long-term housing to people who normally only get access to poor housing which often breaks down and starts the process of homelessness over again.

There are others who we meet daily - like the many young people going through depression and others with high and crippling anxiety, a young mother trying to support her

child as a single parent, an older worker adjusting to lower income and different work opportunities, a person with a developmental disability seeking work that recognizes their strengths.

There is no easy bridge between everything working out and the sense of failure around complex social issues. Problems can sometimes be worked out, especially when friendship and hospitality have helped to clear the way. Other problems have deeply ingrained psycho-social responses that take a village of supports and years to help work it all out.

There is joy in the service of walking with people through these many complexities. We don't do this as hardship – we do it as love, respect, compassion and solidarity. We learn every day about ways we can be more generous and continue to open to the person before us. We share these stories not in a way that talks loosely about people's lives, but more as a statement of what it is to share together our humanity and compassion.

This joy is shared as the wider community contributes to this work, as people continue to be involved in making this thoughtful work possible. We see it each day, such as one group's effort to collect socks that keep feet warm in the winter months; to touring our spaces as class after class visits to learn about our creative community development work; the on-line donations that appear daily; the bundles of mail that contain people's annual donation; the many people who volunteer day after day to make this work possible. This gratitude grows as we celebrate the many ways Working Centre is part of the K-W community and the ways the community supports this radical commitment to a person at a time.

## Income Tax Clinic Volunteers Welcome

The Working Centre will be assisting low income individuals to complete their Income Tax returns between March and April 2017. We are looking for volunteers who are familiar with income tax forms and who will attend a training session with the Canada Revenue Agency. Income tax returns will be completed using on-line software.

Last year over 3000 people were assisted with the help of 40 core volunteers. The project ensures that low-income individuals access their tax credits. We offer drop-in or drop-off services.

To sign up as an Income Tax volunteer, please contact Jen Smerdon at (519) 743-1151 x 176 or [jens@theworkingcentre.org](mailto:jens@theworkingcentre.org).

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# Common Work for Our Common Home

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providing a job search resource centre, public access computers, computer training, employment counseling, training supports, making soap and body care products, creating day labour projects, a moving service, walking with the homeless, walking with youth, working with older workers and with New Canadians, supporting refugees, operating a café and a commercial kitchen, helping people with taxes etc. We call all these projects Community Tools, involving the work of over 600 people - 100 workers and over 500 volunteers, the majority of whom are people seeking community, including those who have been left out of the regular work force.

Work always has the potential to lead to meaningful relationships. This happens when people can plan the terms of their work; work in a structure that is flexible, which allows room for people to commit fully to the tasks at hand. A dynamic work culture is best described as a place where decision-making is decentralized, and the workers have the freedom to improvise with energy and creativity.

At The Working Centre, this is complimented by ensuring the overall goals are known and respected. All work is relational, and it is through relationships that our integrated but decentralized model is worked out.

As Zinnat Bader described it, "It is the social ethos with which The Working Centre operates, the respect they give people, the dignity they accord people, all people are treated at the same level and that kind of service, that kind of quality of support, you don't see enough of."

Common Work means teaching the skills and theories that model equitable and meaningful relationships at work, at home, and in communities.

## Our Common Home

We are reflecting on Common Home as a tribute to Francis's letter *Laudato Si: On Care for our Common Home*.

Francis reminds us of the interrelatedness of all cosmic life. He writes:

"Everything is related, and we human beings are united as brothers and sisters on a wonderful pilgrimage, woven together by the love of God."

Francis urges us to replace consumption with sacrifice, greed with generosity, wastefulness with a spirit of sharing, and to learn to give and not simply to give up.

A century ago, Teilhard de Chardin wrote:

"The success of humanity's evolution will not be determined by 'survival of the fittest' but by our own capacity to converge and unify."

We take this to mean that the way we work, the way we use resources, the way we consume the fruits of the earth, needs to be in balance with the Earth's carrying capacity. Evolution is calling us to greater complexity, greater responsibility, and a deeper respect for diversity.

The way we work and consume directly affects our Common Home. Look around and see, strewn throughout our habitat, the waste heaps, polluted waters, abandoned lands and buildings.

Thomas Berry in *Dream of the Earth* made it clear that we have "violated the norms of limitations, so upset the chemical balance of the atmosphere, the soil, and the oceans, so exploited the Earth in our use of fossil fuels, that we are devastating the fertility of the planet and extinguishing many species of wildlife."

We now inhabit a planet in climate change suffocating with greenhouse gases, chemical pollution, and biodiversity loss.

Laudato Si' is a theology that challenges a selfish world of disconnectedness by calling all people to a new world of interrelatedness. Loving is moving away from what "I" want towards what the world needs. Francis calls this liberation from fear, greed and consumption.

But there is more. Oren Lyons, a faithkeeper of the Turtle Clan of the

*We take this to mean that the way we work, the way we use resources, the way we consume the fruits of the earth, needs to be in balance with the Earth's carrying capacity. Evolution is calling us to greater complexity, greater responsibility, and a deeper respect for diversity.*

Seneca Nation, is glad that scientists have now determined that humans share 100% of the DNA of flowers. "It is about time they figured that out," he says, "indigenous people have been telling the white man this for 400 years."

All of us, Everything on the earth, we are All related. This is what our aboriginal brothers and sisters have been telling us for a long time, and we are happy Francis is joining them.

For all of us, this means matching our words with action through embracing a simple way of walking on the Earth.

## From Individualism to Integrated Wholeness

In last December's Good Work News, we highlighted a quote from Ilia Delio's book *The Unbearable Wholeness of Being*:

"Love is a consciousness of belonging to another, of being part of the whole. To love is to be on the way toward integral wholeness, to live with an openness of mind and heart, to encounter the other - not as stranger - but as another part of oneself."

Delio wants us to understand our interdependence, by seeing this as our evolutionary role, modeling the integral wholeness of love as a fundamental part of our being. Our actions are significant and they can be aligned towards love and wholeness, as opposed to greed and individualism.

Yet, our institutions are stuck with process models that lead to stagnation. They impose ever new layers of regulation, designed to enhance top-down power. They de-humanize and de-centre the human being. They thwart integrated wholeness.

The Working Centre model has been to rebuild from the bottom up. We need to create communities where conscious love is fostered and acted on.

Borrowing from the philosophy of personalism as practiced by The Catholic Worker, The Working Centre adapted six virtues as our commitment to teach the Common Good in word and action:

Serving Others  
Living Simply,  
Rejecting Status,  
Work as Gift,  
Building Community,  
Creating Community Tools

These virtues match E.F. Schumacher's definition of Good Work which is to use your skills and abilities, despite our regulated world which prevents many from working. For those unemployed or excluded,

offering their work as gift is a deep form of service.

Good Work is using your talents to serve others.

And Good Work comes alive when accomplished in community, working with others. Every day at The Working Centre, Community Tool projects create a virtuous circle. Inclusive work changes our culture.

We see it in the joy people feel when they serve others, we recognize the satisfaction that comes from rejecting status, we sense the freedom that comes from offering work as gift, and we see how living simply makes Good Work possible. This is faith in action.

This is moving beyond charity by spreading agency widely, to make possible the choice of building community.

## Our Common Home needs Common Work

The Working Centre is simply a model of work and community that incorporates the virtues at its heart. Our book, *Transition to Common Work* describes how that work has taken root.

This community stands in contrast to a world where our environment is under siege and most work has been bureaucratized.

How can each of us explore new ways of working that help to heal our home and our work?

John Ralston Saul quotes Chief John Kelly's vision, "as the years go by" he said, "the circle of the Ojibway gets bigger and bigger. Canadians of all colours and religions are entering that circle. You might feel that you have roots somewhere else, but in reality, you are right here with us."

Common Work for our Common Home is like the growing Aboriginal circle. We are all called to align personal action with integrated wholeness. We can all join this new interdependence and help the circle to grow.



Anna Hogan

# Emerging Projects

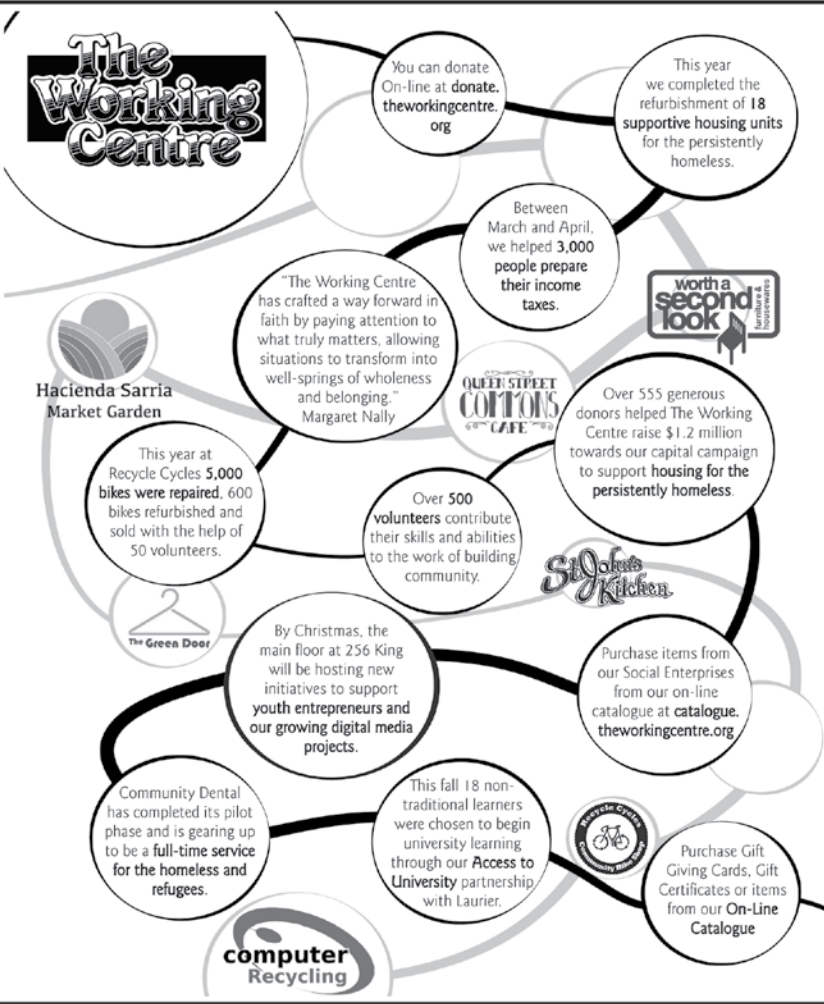
The unemployment rate increasingly fails to measure the difficulty of landing full-time work. We see this reality at the our Job Search Resource Centre at 58 Queen Street South, where each year over 3,000 people seek help for their job search from employment counselors and other resources.

A recent report from the University of Toronto's School of Public Policy and Governance warns that millions of jobs in Canada are at risk to automation over the next 10-15 years. Automation, combined with other trends in employment, is creating a growing number of workers with minimal attachment to the labour market and to wider social structures.

In this context, The Working Centre continues to develop new community responses:

- We have completed the 18 single apartment units that we have designated for those persistently homeless.

- When we open the main floor at 256 King we will be adding new resources towards youth entrepreneurship facilitation and digital media teaching opportunities.
- When **Common Studio** opens at 256 King we will be expanding video equipment rental, adding the sound and film studio and workshop space, new youth programming for animation and film camps and increased access to film editing suites.
- **Job Café** continues to develop its day labour infrastructure.
- **Community Dental** has been working as a pilot for the past four months. We have recruited new volunteer dentists and the project is set to expand hours initially serving those homeless and refugees.
- Next year, **Recycle Cycles** is opening 'the pit' in the basement of 256 King. In this new space we expect to increase the number of bikes that can be refurbished and sold at affordable prices.



# Diploma In Local Democracy

## Graduations

On November 16th, the eighth class in Local Democracy celebrated their graduation. This year the commencement address by Fr. Murray McDermott, Provincial Superior of the Congregation of the Resurrectionists spoke on the experience of L'Arche as Local Democracy. We look forward to publishing his talk in the next issue of Good Work News. This year's class had eleven graduates and those present each had the opportunity to express some main ideas from the course.



This year, Renison University College's Humanities 101, a non-credit course aimed at providing access to a university-level course for non-traditional students also held their graduation. Together, both educational initiatives provide opportunities to pursue critical thinking with the goal of becoming more engaged citizens.



## The Local Democracy Course

The Diploma in Local Democracy is participatory and democratic in format, drawing on each individual participant's experience of democracy or absence of democracy in their personal and working lives, whether lived in Canada or elsewhere, giving a multi-dimensional hue to the collective learning experience.

Unlike the perceived image of the teacher being the repository of expert knowledge the Local Democracy gathering is a sharing of many 'wisdoms' as each participant becomes a teacher-learner, sharing their own best insights and learning from one another. This is done through sharing our biographies of democracy (where people share with the class what their own experience has taught them about democracy), through a series of fervorinos (small thematic talks) on the lifeworld vs the systemworld, a collaborative class project, books reviews, and outside speakers.

The heart of the class is the discovery, together, through reflections on life experience, of the meaning of Local Democracy. Students will also learn through reading books that explore the philosophies of local democracy. The books we suggest are drawn from The Working Centre's Ideas and Influences page, however students may choose their own book to report on.

**Next Diploma in Local Democracy Class begins Wednesday January 4<sup>th</sup> 2017 7:00pm**

For more info: [localdemocracy@theworkingcentre.org](mailto:localdemocracy@theworkingcentre.org) or call Isaiah at 519-743-1151 x 175

# CT<sub>x</sub>GreEn's Bio-Energy Work



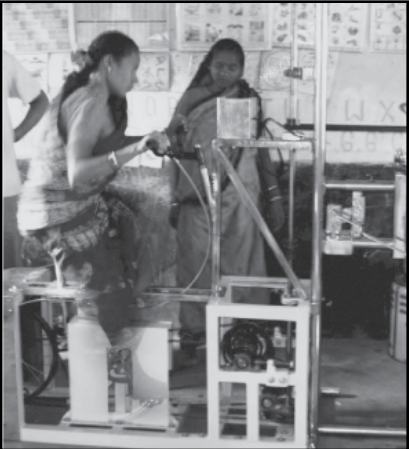
Geeta and Ramani continue creating village level bio-technologies in Odissa, India and Matangwe, Kenya. Now in their 12th year, they work with villagers to use seeds from the forest, seeds grown in the village, and juice from cashew fruit to create bio-fuel energy. The remaining waste is used as fertilizer. Grand Challenges has funded CT<sub>x</sub>GreEn to develop cleaner fuels from underutilized bio-resources to reduce cooking smoke, respiratory illness incidences and enhance food-fuel-and-income-security. They also work with Caring Partners Global in Matangwe Kenya on bio-fuel generation with sunflower seeds.

CT<sub>x</sub>GreEn's has twice been hit by major typhoons including Category 5 Typhoon Phalin which passed directly over their main location in Mohuda, Odissa during the 15 hour storm. The quote below from Geeta describes the relationship between that storm, personal loss and resilience.

*"Having personally suffered the loss, I can assure you that nothing can prepare you for such a string of tragedies and the healing is an integral part of bouncing back.*

*We have already discussed above how we tried to overcome the challenges. The escalating challenges were almost all outside our control – were dealt with by being humble and transparent about our vulnerability.*

*Resilience and steadfastness has been the hallmark of our ability to keep steady and focused at what we wanted to achieve. We have stood clear in our belief system anchored to our cause and have not lost focus. Steadfastness is a capacity, according to Margaret Wheatley, that gets easier as we are together. Our team has stood together and we have so far had the support of the Grand Challenge Team that made sure that the ground we stood on was firm.*



*We recommend an openness and transparency from the beginning keeping the doors of communication open. This has always stood us in good faith and we believe that it will continue to do so."*

- Geeta Vaidyanathan



## Books for Sustainable Living

# The Conundrum - A Review

By Isaiah Ritzmann

David Owen begins his book *The Conundrum* with a story about a trip he took to Australia – a trip that took less than a week. He compares his inexpensive and simple trip to that of James Cook, the first European who arrived in Australia in 1760. Cook's trip took two years by boat and only some of the men who set out with him from England survived. In the two centuries since Cook's voyage transportation technology has become cheaper and accessible. Yet increased efficiency has not reduced energy consumption. Owen points out that "My flight consumed a lot... my proportional share of the fuel burned during my round trip was greater than the total amount of energy that the average resident on earth uses, for all purposes, in a year."

Our problem is not inefficient technology. Owen suggests that "the environmental problem with modern flying is not that our airplanes are wasteful; the problem is that... we have eliminated so much waste from long-distance journeys that, nowadays, the main impediment to traveling ten thousand miles for a week's visit is less likely to be the cost of the ticket... than the perceived unpleasantness of spending a whole day watching movies and sleeping in a cushioned, reclining seat." Such easy access encourages people to fly repeatedly. Energy saved on efficiency gains is often spent elsewhere and sometimes the spending exceeds the savings. Owen writes "The only clearly, unambiguously effective method of reducing the carbon and energy footprints of air travel is to fly less – a behavioral change, not a technological one." The conundrum is that growing efficiencies in technology, especially those efficiencies that seem environmentally sustainable, may work against us without changes in our behaviour.

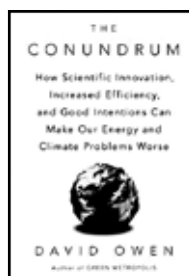
Our usual story is that we can avoid the dangers of reaching our ecological threshold through efficient technologies. Cars pollute too much? Get a hybrid, or better yet, an electric car. Fridge or furnace uses too much energy? Get an energy-efficient one. This is the story we tell - the story of green technologies and green jobs. Unfortunately the story is too simplistic. A better story would include the shadow side of efficiency - the unexpected rebound where greater efficiency leads to greater consumption, intensifying our environmental challenges. To be efficient is not sufficient. A better story would follow economist William Stanley Jevons argument that: "It is wholly a confusion of ideas, to suppose that the economic use of fuel is equivalent to a diminished consumption. The very contrary is the truth."

The Jevons paradox, can be summed up in this simple assertion: whatever is "saved" through efficiency is often "spent" elsewhere. This is efficiency rebound. Sometimes what is "spent" then exceeds what is "saved." This is efficiency backfire.

When efficiency gains become consumption multipliers, then backfire rises exponentially. Spending not only exceeds savings, but is multiplied through complex chain reactions. Owen uses the example of cars: "the critical environmental damage done by cars is not caused by the fuel that they consume." Rather the serious damage is from the other consumption that driving makes possible. People with cars are mobile consumers. Cars shape the cities around them. Driveways, subdivisions and highways are built to accommodate the car. All of this requires increased energy consumption. People can drive to faraway cities for concerts and sporting events – efforts that were previously not possible.

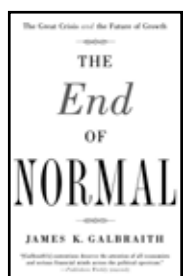
The refrigerator is another example of the "consumption multiplier" effect. People nowadays have more than one refrigerator and can buy and keep food more than previously. Since the mid-1970s refrigerators have become cheaper and more efficient yet food waste per capita has increased by half "so that we now throw away 40 percent of all edible food we produce." As it becomes easier to keep food, it is easier to throw it away. The rebound effect does not stop there. It multiplies itself in the food system that has grown up around the efficient refrigerator. People can now eat foods from all over the world mainly as an effect of increased refrigeration efficiency and the "vastly expanded cooling capacity of farmers, truckers, shippers, wholesalers, distributors, retailers [and individual consumers]" made possible by this efficiency. Owen shows the effect of this multiplier, citing a 2009 study that estimated "more than a quarter of U.S. freshwater use goes into producing food that is later discarded."

Owen spills much ink in this book in efforts to de-mystify our faith in technology. Humankind will not be saved by machines. If we pursue efficiency alone, far from making our problems better, we will actually make them worse. It's about sufficiency not just efficiency. We need to start living simply. As individuals, communities and whole cultures we need to be setting our limits – identifying our real, ecological boundaries - and living within them. No amount of technological efficiency can substitute for the boundaries of enough. We need to change, we need to live within our limits, but are we willing to do so? That's the conundrum.



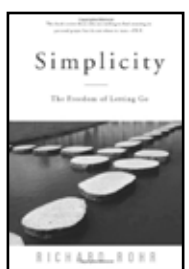
of stuff. We already have the technology and knowledge we need to live sustainably. But will we do it?

272 pages, \$26.95 softcover



growth in the midst of technological job displacement along with policy ideas.

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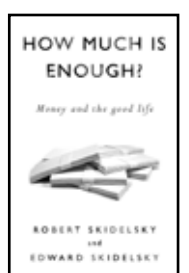


**Simplicity**  
*The Freedom of Letting Go*

Richard Rohr

One of Fr. Rohr's bestselling books, this revised and updated edition explores St. Francis's ancient call to the simple life, where joy, not dry theology, helps us build relationships and find peace in ourselves.

186 pages, \$21.95 softcover



**How Much is Enough**  
*Money and the Good Life*

Robert Skidelsky and Edward Skidelsky

In 1930 the great economist Keynes predicted that, over the next century, income would rise steadily, people's basic needs would be met and no one would have to work more than fifteen hours a week. Why was he wrong? Robert and Edward Skidelsky argue that wealth is not - or should not be - an end in itself, but a means to 'the good life'. Tracing the concept from Aristotle to the present, they show how far modern life has strayed from that ideal. They reject the idea that there is any single measure of human progress, whether GDP or 'happiness', and instead describe the seven elements which, they argue, make up the good life, and the policies that could realize them.

256 pages \$22.45 softcover

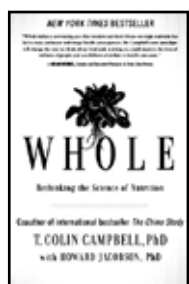


**Diet for a Hot Planet**  
*The Climate Crisis at the End of Your Fork and What You Can Do About*

Anna Lappé

The global food system is a major contributor to climate change, producing as much as one-third of greenhouse gas emissions. How we farm, what we eat, and how our food gets to the table all have an impact. And our government and the food industry are willfully ignoring the issue rather than addressing it. Anna Lappé offers a vision of a future in which our food system does more good than harm, with six principles for a climate friendly diet as well as visits to farmers who are demonstrating the potential of sustainable farming. Lappé helps readers understand that food can be a powerful starting point for solutions to global environmental problems.

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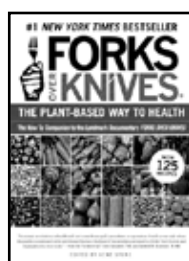


**Whole**  
*Rethinking the Science of Nutrition*

T. Colin Campbell

Nutritional science, long stuck in a reductionist mindset, is at the cusp of a revolution. The traditional "gold standard" of nutrition research has been to study one chemical at a time in an attempt to determine its particular impact on the human body. These sorts of studies are helpful to food companies, but provide little insight into how those chemicals contribute to our health. T. Colin Campbell explains why the array of chemicals in plant-based foods taken together creates a healthy way of eating. Whole is an eye-opening, paradigm-changing journey through cutting-edge thinking on nutrition, with powerful implications for our health and for our world.

352 pages \$22.45 softcover



**Forks Over Knives**  
*The Plant Based Way to Health*

Edited by Gene Stone

Can degenerative diseases be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods? For decades, that question has fascinated a small circle of impassioned doctors and researchers—and now, their life-changing research is making headlines in the hit documentary *Forks Over Knives*. Their answer? Eat a whole-foods, plant-based diet—it could save your life. Dr. Caldwell Esselstyn explains how meat, dairy, and oils injure the lining of our blood vessels causing heart disease. Dr. Colin Campbell describes how cancer and other diseases skyrocket when eating meat and dairy is the norm—and plummet when a traditional plant-based diet persists. More and more experts are adding their voices. You can learn more about the benefits of a plant-based diet through this accessible guide.

224 pages \$21.95 softcover

## Books for Sustainable Living

### Books for Sustainable Living

You can place orders by fax (519-743-3840),  
phone (519-743-1151 x111), or by [catalogue.theworkingcentre.org](http://catalogue.theworkingcentre.org)

Books for Sustainable Living at Queen Street Commons Café offers a wide selection of books on such topics as the environment, education, poverty, social alternatives, the philosophy of work, simple living, and more!

## Making All Things New: The Emergent Theology of Ilia Delio

by Joe Mancini

Pope Francis is a breath of fresh air. His theology is all about changing structures by helping people visualize the change he envisions. As a rector of a seminary in Argentina, he directed the college's farm to grow food for those living in the nearby barrios. When the harvests were ready he instructed the seminarians to create feasts with the people. As Pope he gets around by car and makes his own appointments.

He uses clear and purposeful language to teach us to understand our conscious role as human beings to be whole makers by treading carefully on the earth in a way that embraces our brothers and sisters.

"To sustain a lifestyle which excludes others, or to sustain enthusiasm for that selfish ideal, a globalization of indifference has developed. Almost without being aware of it, we end up being incapable of feeling compassion at the outcry of the poor, weeping

for other people's pain, and feeling a need to help them, as though all this were someone else's responsibility and not our own." *Joy of the Gospel*

Another light shining in the Catholic world

is the writings and teachings of Ilia Delio. She seeks to create a new consciousness about wholeness, living fully in the present, moving beyond egoism and self-interest.

Delio is a prolific scholar with PhDs in biology and theology. She has travelled through 3 different religious communities and is now settled in with the Franciscan Sisters in Washington DC. At Villanova University she is a theologian specializing in the area of science and religion, with interests in evolution, physics and neuroscience and the how these relate to theology.

Delio writes with a new language that builds on the work of evolutionist and Jesuit priest Pierre Teilhard de Chardin. She seeks to understand

the constantly evolving world that we live in and the role that religion has in harnessing the energies of the spirit.

"The whole person is the creative person who explores and animates the universe out of an inner sense of freedom and participates in the evolution towards unity."

The purpose of this renewed consciousness is to nurture our human spirit towards integral wholeness. Delio reminds us about the importance of friendship, hospitality, reaching out to the other in everyday living. All of us human beings find ourselves walking on the earth and it is only through belonging and contributing to the common good that we can move beyond our selfish needs.

She worries about the decentered human who has lost the sense of transcendence in creation and is left with a tattered autonomy unable to navigate the constant threats and upheavals of technology, violence, money and power. Yet, we are still participants in the cosmos, trying to search for unity and wholeness, finding the path to make things better around us.

"After 13.7 billion years life keeps pushing onwards towards more complex being, consciousness, and unity. There is an unbearable and unstoppable energy at the heart of the cosmos that is relentless, despite billions of years of cosmic life... the ultimate wholeness exceeds the human grasp. God is the unbearable wholeness of being, the unrelenting dynamism of love, pushing through the limits of matter... Divine love evolves the universe as it leans into an unknown future."

Delio injects a conscious awareness of how the stars, the rain, the oak trees, all the organisms form a dynamic spiritual quality. *The Unbearable Wholeness of Being* and *Making All Things New* both teach how this unitive principle fortifies our relationships.

Delio teaches that connectedness is a basic reality of our existence. Communal supports that we offer to each other reinforce how we help to make parts into wholes, stretching our hearts and minds to resist power and seek wholeness.

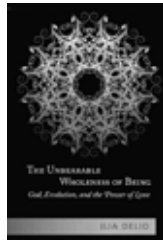


### Transition to Common Work Building Community at The Working Centre

Joe and Stephanie Mancini

The Working Centre in downtown Kitchener, Ontario, is a widely recognized and successful model for community development. Begun from scratch in 1982, it is now a vast network of practical supports for the unemployed, the underemployed, the temporarily employed, and the homeless, populations that collectively constitute up to 30 percent of the labour market both locally and across North America. This essential text about The Working Centre—its beginnings thirty years ago, the lessons learned, and the myriad ways in which its strategies and innovations can be adapted by those who share its goals.

212 pages \$20.00 softcover



### Unbearable Wholeness of Being God, Evolution, and the Power of Love

Ilia Delio

A quantum leap in our understanding of the universe, one that reveals the whole consciousness that is active in every part and how every part participates in the whole. The award-winning author of *The Emergent Christ* breaks new ground with this capstone in a trilogy that opens our eyes to the everywhere active, all powerful, all intelligent Love that guides and directs our new awareness of interrelatedness and interbeing.

230 pages \$22.95 softcover



### Making All Things New Catholicity, Cosmology, Consciousness

Ilia Delio

Catholicity is a dynamic, spiritual quality that literally means "becoming whole." It is an inner principle which has the power to reconnect all the dimensions of life: spirituality, religion, the new sciences, culture, and society. Catholicity is not an apologetics but an emerging unitive spirituality, expressed by Pope Francis and manifested in the lives of seekers everywhere. It is animating religion in a new direction and infusing key aspects of spirituality with the sciences, society and culture. Catholicity is a spirit of love, a love of the Spirit which resists ideology. "If any be in Christ he is a new creature. The old way of living disappears. A new Way of living comes into existence" (2 Cor 5:17)

232 pages, \$24.95 softcover

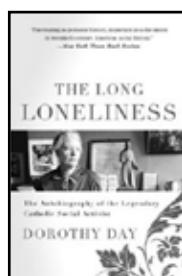


### All the Way to Heaven The Selected Letters of Dorothy Day

Dorothy Day

Dorothy Day, the cofounder of the Catholic Worker movement, lead a life of direct involvement in many of the past century's social issues. Now the publication of her letters, previously sealed for 25 years after her death and meticulously selected by Robert Ellsberg, reveals an extraordinary look at her daily struggles, her hopes, and her unwavering faith. This volume, which extends from the early 1920s until the time of her death in 1980, offers a fascinating chronicle of her response to the vast changes in America, the Church, and the wider world. Set against the backdrop of the Depression, World War II, the Cold War, Vatican II, Vietnam, and the protests of the 1960s and '70s, she corresponded with a wide range of friends, colleagues, family members, and well-known figures.

624 pages, \$24.99 softcover

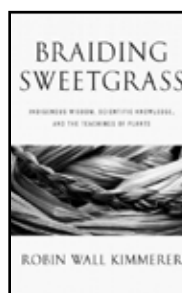


### The Long Loneliness Autobiography of Legendary Catholic Social Activist

Dorothy Day

Here, in her own words, Dorothy Day tells of her early life as a young journalist in the crucible of Greenwich Village political and literary thought in the 1920s, and of her momentous conversion to Catholicism that meant the end of a Bohemian lifestyle and a common-law marriage. The long Loneliness chronicles Dorothy Day's lifelong association with Peter Maurin and the genesis of the Catholic Worker Movement. In her commitment to peace, nonviolence, racial justice, and the cause of the poor, she became an inspiration to many other activists.

304 pages, \$24.99 softcover



### Braiding Sweetgrass Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants

Robin Wall Kimmer

As a botanist trained to ask questions of nature with the tools of science and as a member of the Citizen Potawatomi Nation, Kimmer embraces indigenous teachings that consider plants and animals to be our oldest teachers. She shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices. In a rich braid of reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward describing the awakening of a wider ecological consciousness and the acknowledgement of our reciprocal relationship with the rest of the living world.

408 pages \$23.77 softcover



### The Working Centre Experiment in Social Change

Ken Westhues

Published in 1995, this book offers an understanding of The Working Centre's founding concepts and how it produces knowledge and action in an effort to improve the community in which it belongs. Westhues draws a portrait of The Working Centre through a wide angle lens and demonstrates how it is doing authentic sociology. The second section consists of articles from Joe and Stephanie Mancini, Arleen Macpherson and Dave Conzani. Section three offers descriptions of earlier experiments in community-based work in the words of activist intellectuals Dorothy Day, Moses Coady and Jane Addams.

127 pages, \$20.00 softcover



## Community Enterprise at The Working Centre

supporting creative  
community projects

## Catalogue and Gift Cards

[catalogue.theworkingcentre.org](http://catalogue.theworkingcentre.org)



## Open Gift Card

This card can be used in any of The Working Centre's Community Tools projects like The Green Door, Recycle Cycles, Queen Street Commons, Worth a Second Look, Hacienda Sarria Market Garden and GROW, Commons Studio, Computer Recycling, and CAB.



## Green Door Art Space

Celebrate and share the gifts of locally made soaps and herbal body products. Our products are made in small batches by volunteers.

Soaps come in 6 varieties, mint, lavender, pear bergamot, oatmeal, frankincense, woodland and citrus star, plus holiday - a seasonal specialty soap.

Our line of herbal body products includes Sugar Scrubs, Scented Body Oils, Salves and Foot Butter, which use nourishing ingredients like cocoa butter, sweet almond oil, vitamin E and essential oils. We have 3 different holiday gift packs.

Available at The Green Door, the Queen Street Commons Café and online through [catalogue.theworkingcentre.org](http://catalogue.theworkingcentre.org)



## Rosemary Christmas Trees

Bring the garden indoors this winter with a festive potted rosemary tree and holiday wreath!

To order you can call 519-575-1118

To Purchase: Go to the The Green Door, 37 Market Lane

Online: [catalogue.theworkingcentre.org/csa](http://catalogue.theworkingcentre.org/csa)

Email: [hacienda@theworkingcentre.org](mailto:hacienda@theworkingcentre.org)



## Winter Microgreen CSA

Purchase a Winter Microgreen Community-Supported-Agriculture share (mid-January to end of April) for weekly pickups. We have a variety of items to choose from:

- Microgreens
- Peashoots
- Living Greens
- Dinners
- Freshly Roasted Coffee
- Baked Goods

Available for pickup through the winter.

Visit <https://catalogue.theworkingcentre.org/csa> to order!



## Fresh Roasted Coffee

Our coffee beans are roasted Daily at the Queen Street Commons Café

With our in-house fluid-bed coffee roaster, we make freshly roasted coffee. The revenue from coffee sales directly supports the Queen Street Commons Café.

Choose from your favourite FTO coffee beans from Ethiopia, Nicaragua, Guatemala, Indonesia. Coffee can be purchased in half-pound or one pound bags. You can purchase in a series; buy seven bags and get the eighth bag free.



Buy gift cards at the Queen Street Commons Cafe at 43 Queen St. South, or visit [catalogue.theworkingcentre.org](http://catalogue.theworkingcentre.org)



For 34 years, The Working Centre has responded to the needs of those experiencing poverty and unemployment in Kitchener-Waterloo, developing collaborative, innovative, and practical projects.

Dear Friends,

The Working Centre builds community through direct services. The Job Search Resource Centre on Queen Street South is always a bustling place. Over 3000 job searchers make use of our employment supports each year.

Every day we support youth, people re-entering the labour market, older workers and those in between jobs. The goal for each worker is to help match their skills with jobs or training, like assisting an injured carpenter enroll in a chef’s training program, connecting a youth to the new tech workplaces or setting up a work placement for a communications job at a non-profit.

Over 1000 people each year are supported through St. John’s Kitchen. The work of serving a daily meal is a community effort to ensure that a nutritious hot meal is available each day.

St. John’s Kitchen is extended through supports such as Downtown Street and Housing Outreach workers, Hospitality House, and Psychiatric Outreach all offering support by walking with those experiencing homelessness.

This year, by purchasing and renovating 18 housing units we helped a group of long-term homeless get into affordable supportive housing.

Our Community Tools projects like Recycle Cycles, Worth A Second Look Furniture and Housewares, The Green Door, Computer Recycling, Hacienda Sarria Market Garden and the Queen Street Commons Café all demonstrate practical action through community service.

With 500 volunteers helping out in 30 different projects, our community is constantly providing useful, important and direct services.

We rely on your contributions to make this creative work possible. Donations help us to build agile, creative community responses. Supporters of The Working Centre have proven, year after year, that community donations are vital in responding to local issues. We are grateful for your ongoing support.

Sincerely,

Joe Mancini,  
Director

## Ideas for Creative Gift Giving!

Your donation to The Working Centre can be turned into a creative gift giving idea. Each donation card details the work supported through your donation. The cards have a variety of activities and donation amounts – you can select the one that best suits the person you are gifting. **As the donor, you will receive a tax receipt, plus the card to give as a recognition of your gift. Also available through our on-line catalogue.**

### Public Access Computers

Each month our 25 public access computers are used 1000 different times. A \$50 donation will go towards costs such as paper, repair and computer licenses.

### Lunch for 300 at St. John’s Kitchen

300 people eat at St. John’s Kitchen each week day. A \$65 donation will cover food costs not donated by the community.

### Lunch, Shower, Clean Shirt

Each day, 5 to 10 people do their laundry, take a shower, and access clean clothing if needed. A donation of \$50 will go towards laundry costs per month.

### A Free Bicycle for a Child

At Recycle Cycles volunteers throughout the year refurbish childrens bikes and then they are offered for free. A donation of \$25 will go towards the cost of parts and tools to provide free bikes for a child.

### Transitional Housing for a Month

Our 30 units of Transitional Housing help many people. A donation of \$350 will go towards assisting the many costs associated with supporting people in our Transitional Housing.

## An Alternative Christmas Gift Idea

For donations made in the name of family and friends, we will gladly send a Christmas card acknowledging your gift. Please fill out the form carefully.

Please direct my gift to:

☐ St. John’s Kitchen

☐ The Working Centre

Please send a Christmas card to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Your name, email, and address:

(So we can send you an Income Tax receipt).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_



## Donate to Support The Working Centre Community

### TOTAL GIFT AMOUNT

☐ \$500    ☐ \$250    ☐ \$100    ☐ \$50

Other: \$ \_\_\_\_\_

### Please direct my donation to:

☐ The Working Centre    ☐ St. John’s Kitchen

☐ Where it is needed most

### Payment Method:

☐ Visa   ☐ MC   ☐ Cheque (payable to The Working Centre)

### Credit Card Information:

Name on Card \_\_\_\_\_

Card # \_\_\_\_\_

Expiry Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

### YOUR INFORMATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

Incorporated as K-W Working Centre for the Unemployed

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