

GOOD WORK NEWS

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

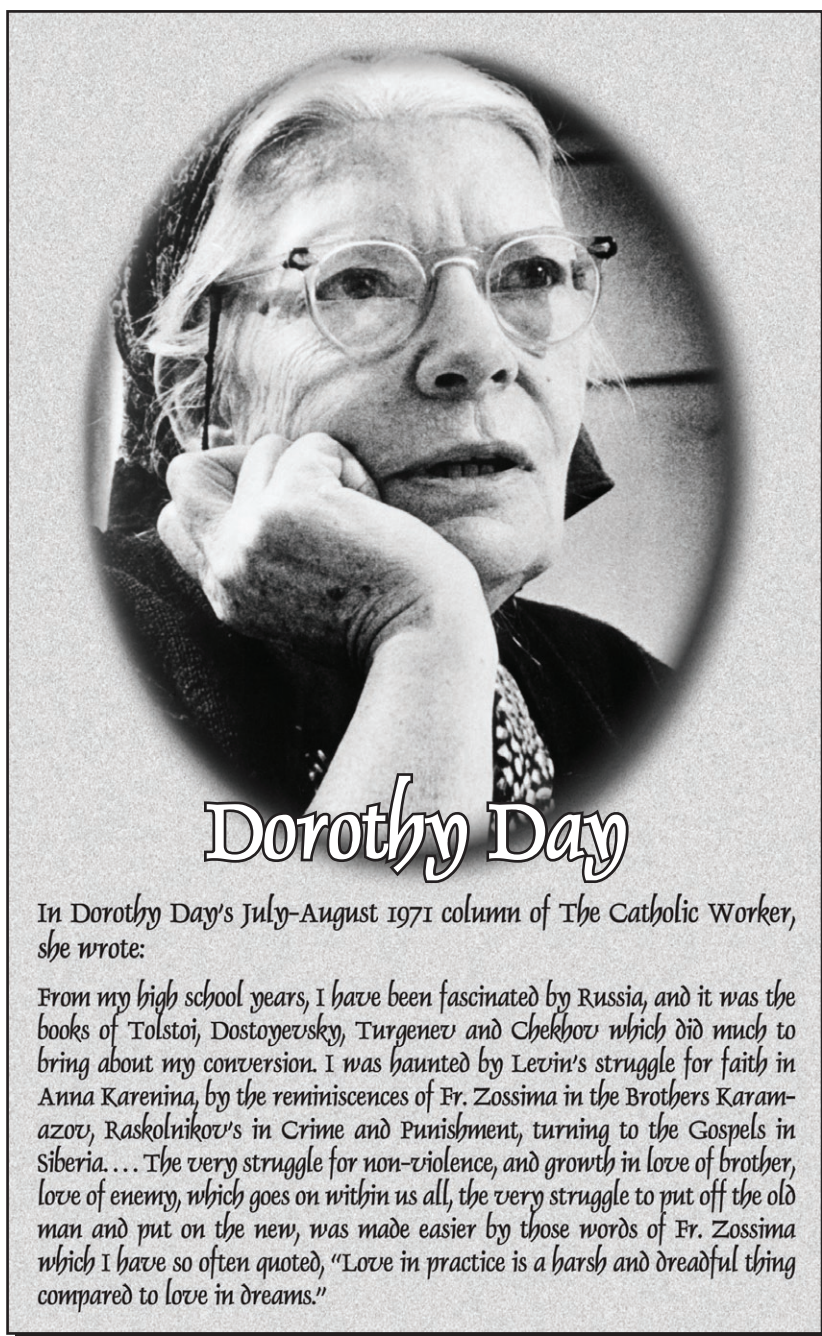
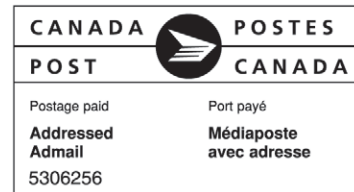
Issue 107

December 2011

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Dorothy Day

In Dorothy Day's July-August 1971 column of *The Catholic Worker*, she wrote:

From my high school years, I have been fascinated by Russia, and it was the books of Tolstoi, Dostoyevsky, Turgenev and Chekhov which did much to bring about my conversion. I was haunted by Levin's struggle for faith in Anna Karenina, by the reminiscences of Fr. Zossima in the Brothers Karamazov, Raskolnikov's in Crime and Punishment, turning to the Gospels in Siberia. . . . The very struggle for non-violence, and growth in love of brother, love of enemy, which goes on within us all, the very struggle to put off the old man and put on the new, was made easier by those words of Fr. Zossima which I have so often quoted, "Love in practice is a harsh and dreadful thing compared to love in dreams."

Engaging in Local Democracy

By Joe Mancini

Local Democracy is a practice we can cultivate by thoughtful engagement and practice. The course that The Working Centre offers in Local Democracy serves as a grassroots forum for debating and discussing how democracy can be extended into everyday relationships through work, community building, education and family life. We worked hard this fall to fill up our fourth offering of this course. We see it as a way to counter

the growing reality that large scale institutions are increasing their power over people's daily lives.

This reality was reinforced during both federal and provincial elections where Democracy seemed to become just another front in the ad wars. We witnessed harsh political ad campaigns that substitute for debates. Is it any wonder that the number of voters continues to decline? Only institutions with the power to

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The Passionate Heart of Fiction

With used furniture, a writer makes a tree.
- Anne Sexton

By Leslie Morgenson

Sometimes we are in the fortunate position of having work that is inextricably linked to who we are and how we move through this world. I observe this in my Outreach coworkers as they strive to define the community they work with and at the same time define who they themselves are. Stories play a large part in the work of outreach by slowly giving us a picture that leads to a deeper understanding of the person. And though we are enriched and humbled by hearing someone's narrative it at times eludes us how best to translate our work. So I find it no accident that my coworkers for the most part are avid fiction readers. Fiction resembles the narratives we hear and gives us a picture of the whole person by addressing the intricate details of a life and simultaneously speaking of the human condition.

A coworker recently told me that reading the *Chronicles of Narnia* when he was a boy gave him an immeasurable gift in Aslan, the lion. As a spiritual guide for the children in Narnia, Aslan was the height of goodness and compassion; he was wise, enigmatic and strong. At a young age, my coworker had never known someone to be both stern and caring.

The revelation, he said, was the understanding that there were options in life available to him.

Recognizing options is in fact vital to feeling control in one's life which in turn affects mental health. Diverse thinking is the creative product of looking for options. To see the alternatives and opportunities in a situation often leads a person to be accommodating to self and others, and to see the other person's argument. It is a road paved with the acceptance of others and ourselves and ultimately leads to compassion. And this is the legacy we receive when we read fiction.

This is precisely the point of a new study by a Toronto research group which is examining the effects of reading fiction. They report that in fact reading fiction substantially increases a person's ability to feel empathy. They believe that through reading fiction, people are more able to be taken out of themselves to identify with the characters.

My coworkers were quick to spill the lessons they'd learned through



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Twenty-Seventh Year

Issue 107

December 2011

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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Mayor Carl Zehr of Kitchener & Mayor Brenda Halloran of Waterloo

Invite you to Celebrate

25 Years of Mayors' Dinner & 30 Years of The Working Centre

Guest Hosts

Margaret and Bob Nally

Narrating the story of The Working Centre's Community Building Efforts

March 31st 2012

Mayor Zehr of Kitchener and Mayor Halloran of Waterloo invite you to celebrate the special 25th Anniversary of the Mayors' Dinner. The event will also recognize The Working Centre as an example of creative community building.

The Mayors have invited Margaret and Bob Nally as Guest Hosts to narrate this event. As original Working Centre board members, The Working Centre took shape around the Nally's kitchen table. Their open and generous spirit helped to foster the many initiatives behind The Working Centre.

Margaret is a pastoral worker providing spiritual direction in workplaces, shelters, and churches, and serves on the boards of community organizations. Bob Nally is an accomplished eco-entrepreneur whose designs and widely acknowledged business start-up skills are behind successful local companies like RDM and Virtek.

The idea of The Working Centre grew out of the cooperative culture of Kitchener - Waterloo. Margaret and Bob helped pass the energy and philosophy of the Good on to Joe and Stephanie as The Working Centre developed into a community organization. It became a model of bottom up, small-scale local work committed to cooperation, and helping people to shape their tools.

For 30 years, the people of The Working Centre, modeling cooperation, have developed over 30 vital initiatives through the Job Search Resource Centre, St. John's Kitchen, Community Tools, Access to Technology, Transitional Housing and the Waterloo School for Community Development.

Margaret and Bob will narrate the story behind these projects and the cooperation that is essential to involving people in building community.

We invite you to help celebrate the 25th Mayors' Dinner by buying tickets, purchasing a community table for your group, company or church, purchasing sponsorships, or contributing an item for the auction.

For more details, please call Kara at (519)743-1151 x119.

Past Mayors' Dinner Guests of Honour

We hope to have past guests of honour or representatives from their families at this special anniversary dinner.

- | | | | |
|------|--------------------|------|--------------------------|
| 1988 | Dominic Cardillo | 2000 | Peter Hallman |
| 1989 | Jonas Bingeman | 2001 | Chloe Callender |
| 1990 | Betty Thompson | 2002 | Walter Hachborn |
| 1991 | Milo Shantz | 2003 | Edna Staebler |
| 1992 | Sr. Aloysia Zimmer | 2004 | Mary Bales & Martin Buhr |
| 1993 | John Wintermeyer | 2005 | John Thompson |
| 1994 | Lorna Van Mossel | 2006 | Dr. Donna Ward |
| 1995 | Milton Good | 2007 | John Jackson |
| 1996 | Anna Kaljas | 2008 | Sylvia & Stephen Scott |
| 1997 | Ken Murray | 2009 | John & Donna Weber |
| 1998 | Steve & Eve Menich | 2010 | Lynda Silvester |
| 1999 | Lucille Mitchell | 2011 | Jim Erb |

Join us, invite a friend, make the space your own. We offer good food, affordable prices, interesting events and the creative contributions of many people from all walks of life.

Your presence, your conversations, and your enjoyment help to make it a true commons. A simple act of creative community building.

Fair-Trade Organic Coffee

Affordable Vegetarian Menu

Community Events

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Catering

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 519-749-9177 x.227
theworkingcentre.org/qsc**

**Monday-Friday: 8:30am - 9:00pm
 Saturday: 10:00am - 4:00pm**

St. John's Kitchen

The Passionate Heart of Fiction

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reading fiction. Surprisingly, their responses poured out, lending it the feel of rehearsed sermons, studied pronouncements on life about how fiction can take you on a journey, from despising a character to a place of empathy and understanding; how it can connect you with the past and show you, with the utmost creativity, things that are right in front of you.

Sometimes a certain book is pivotal in your life. **The Grapes of Wrath**, I was told, "brought out the leftist in me."

"Fiction made me more tolerant," said one. "**The Kite Runner** helped me see that redemption was possible. Sometimes you need an example of something before you can put words to your feelings." She went on to describe the significance of hearing the different perspectives from family members in Barbara Kingsolver's **Poisonwood Bible**; the valuable lessons of George Orwell's **Animal Farm** to look deeper, that things aren't always as good as they seem in the beginning and the reality of life that some people are more equal than other people. And although not in book form but movie fiction, the many episodes of **Star Trek: The Next Generation** which constantly faced "the other" with a mandate to not impose their will. Each episode was a lesson in reconciling one's lifestyle with other different lifestyles. It presents the kind of twists and turns, said another coworker, that make you think about what you take for granted.



While cleaning tables at the end of the day, a volunteer recently commented that she is reminded of Betty Smith's novel, **A Tree Grows in Brooklyn** whenever she comes to St. John's Kitchen.

Among my coworkers most of us have read and loved Alistair MacLeod's **No Great Mischief**, a narrative that could be anybody and everybody at St. John's Kitchen. After the death of their parents, the two youngest children in the family are taken in, nurtured, and loved by the grandparents while the older teenaged siblings are left to fend for themselves. MacLeod holds the lives

Fiction calls our attention to real life; to things that we might have missed otherwise. It gives you the story of the guy on the street corner, so in approaching him you can imagine that tragedies have come before this person.

of these characters under a microscope for us to view with stark clarity the spiraling down of those left uncared for. By the end of the narrative we are deeply moved by the very different legacies of the siblings and the sad state of the oldest brother, who through no fault of his own, is now an alcoholic living in a single room. The reader is filled with compassion for the journey of this man.

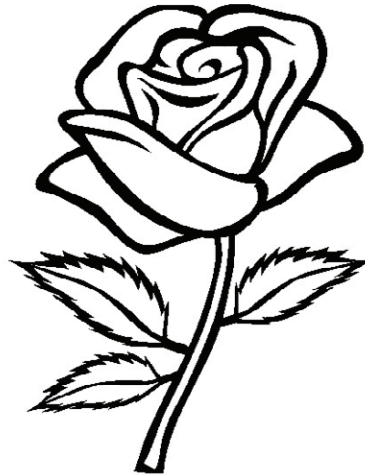
The same consideration, however, is not often extended for members of our own community who are in a similar situation. Why? Because people can't imagine the story that has come before the present day predicament of someone on the street. Fiction calls our attention to real life; to things that we might have missed otherwise. It gives you the story of the guy on the street corner, so in approaching him you can imagine that tragedies have come before this person.

Another work of fiction that informed our work at St. John's Kitchen was **The Curious Incident of the Dog in the Night** by Mark Haddon. The book is narrated by a 15 year old boy who thinks differently. The boy falls somewhere on the autism spectrum but it is a credit to Haddon

that he never mentions what that difference is. We are called upon in life to deal with people before us without always knowing what issues have befallen them. The ability to hear other perspectives just might yield an unimaginable nougat to carry with us.

Theodor Geisel (Dr. Seuss) wrote **The Cat in the Hat** after reading an article condemning boring primary readers that "feature abnormally courteous, unnaturally clean boys and girls." Today, having sold 11 million copies worldwide and been translated into 12 languages including Latin, **The Cat in the Hat** is wonderful for its lunacy; its interpretation of a different reality. Sadly, in life we still seem to desire 'courteous, unnaturally clean boys and girls' which is why I suppose we yearn, at least in fiction, for those adorable rascals Huck Finn, Scout Finch, Hermione Granger, Aladdin, Oliver Twist.

And thank goodness for those tales that at times save us from the rigidity which can settle into our lives. There is nothing quite as freeing as suspending our beliefs, allowing eccentricity, delusions and a blurring of the lines to keep us loose while we take a fantastical journey through Harry Potter, Keturah and Lord Death or Don Quixote.



The Help by Kathryn Stockett may have been the most important fiction I read this past year. People have denounced this book for what is misinterpreted as the arrogance of a white woman assuming she could

rescue the maids. But there was not arrogance. Skeeter (the white woman) was living a stifling hell inside her head and she knew it. There is an immense difference between rescuing someone and journeying with them. And the difference lies in how much of yourself you commit to the relationship and how the relationship levels through mutual giving. This was the story of a journey, of relationship building, of sisterhood. They needed each other.

The controversy around **The Help** began to swirl at the same time that we lost Jack Layton. His message seemed the perfect antidote to the mud-slinging. We must be inclusive, generous and make sure no one is left behind. In delivering his message he gave his authentic self and thereby gained trust.

His message, just like the message in fiction, was always about identifying with another, finding common ground and arriving at that place of compassion. Because ultimately we all are inextricably linked.

Thanks to Ann Lauzon, Tom Friesen, Stewart Dunbar, Steve Gardin, Gretchen Jones and Jennifer Mains for sharing the fiction that informed them.



GROW Herbal Gardens is still harvesting herbs for Maurita's Kitchen (for food served at the Queen Street Commons Café). With the addition of new cold frames, we should be able to extend the fall harvest and get a jump on spring.



Microgreen sales continue to grow, as we expand the locations where we sell the microgreens. If you know of any other interested stores or restaurants please let us know. We are currently working on a low energy heating system for the greenhouse to extend this local production of greens. We are often serving fresh and tasty greens with sandwiches at Queen Street Commons Café.

Handmade paper has become a popular craft activity that all are welcome to take part in. We are currently working on Christmas cards to sell at the Café and are always open to experimentation.



Soap! We're now selling soaps and salves at the Queen Street Commons. You can join us on Tuesdays to help make a batch.

Finally, we are working on putting some of our lovely products together as gift baskets for the upcoming holiday season. If you'd like to give some GROW products as a Christmas gift, we'd be happy to put together a customized basket for you! For more information and a catalogue of our products, visit: theworkingcentre.org/ct/grow/grow.html.

To get involved in any of these exciting projects, or for more information about GROW products, call 519-743-1151 x113, or email adamk@theworkingcentre.org

Income Tax Clinic

Volunteers Welcome

The Working Centre will be assisting low income individuals to complete their Income Tax returns between February and April 2012. We are looking for volunteers who are familiar with income tax forms – at the very least you have completed your own income tax returns. Volunteers must attend a training session before the end of 2011, arranged through The Working Centre (with the Canada Revenue Agency). Income tax returns will be completed using on-line software.



We have offered this service for the past few years, with the help of a core group of volunteers. We are hoping to expand the hours and the available volunteers to ensure that low-income individuals do not have to lose a portion of their rebate. We hope to offer individualized support, plus a drop-in or drop-off service.

For more information, and to sign up as an Income Tax volunteer, please contact Susan Collison at The Working Centre, (519) 743-1151 x 173 or susanc@theworkingcentre.org.

Supporting Local Farmers

Thanks to all of our CSA members, we have completed another year of Community Shared Agriculture. This year we designed a CSA that included shares of vegetables, pies, flowers, preserves, breads, cheeses, meats and eggs. We had a 104 members participate and the combination of products in the weekly boxes was a great success.



that it becomes a conscious choice to support local farmers and build community around local produce.

Our local farmers had a particularly difficult growing year this year, one of the most challenging in our 20 years of offering this CSA. This model shows

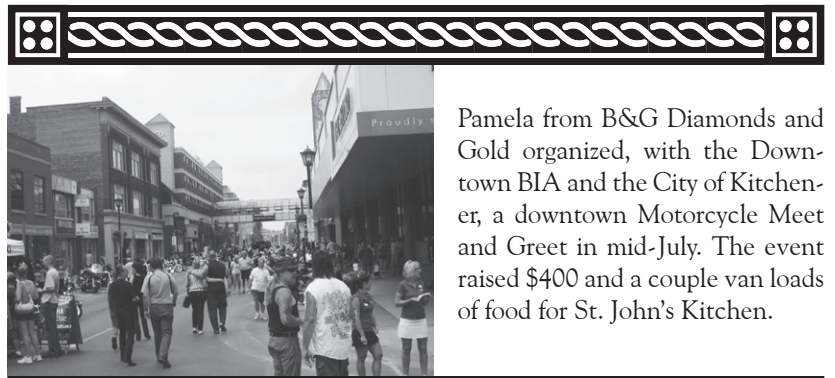
Thanks to all the farmers, producers, and members that helped to make this year a learning and growing experience.

Our huge inventory of highly affordable, quality used goods offers something for everyone this holiday season!

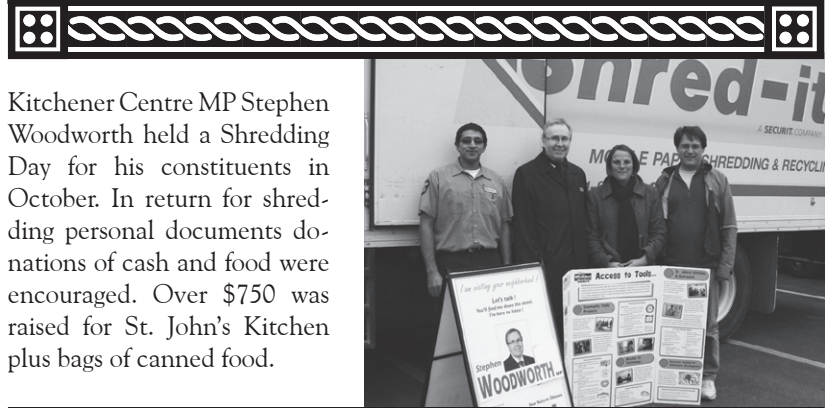
97 Victoria St. N.
519-569-7566
Call for free pick up of your old furniture
Monday-Friday: 9am - 5pm • Saturday: 9am - 4pm

- Christmas Decorations
- Toys & Games

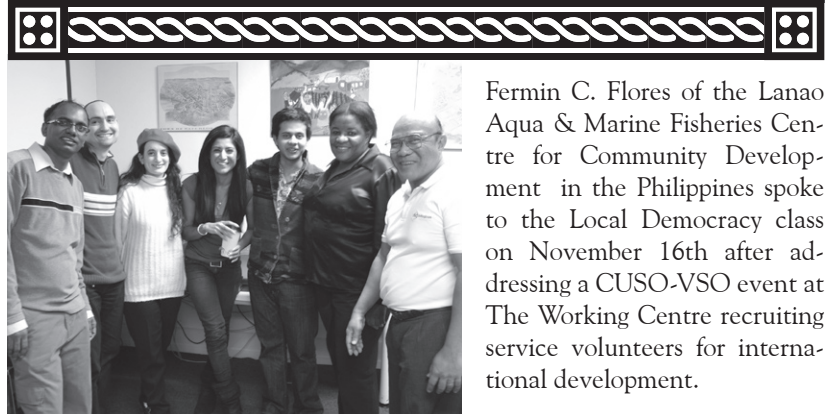
- Sofas & Chairs
- Coffee Tables
- Kitchen Furniture
- Dishes & Utensils
- Art & Crafts
- Books & Magazines
- Small Appliances
- Cassettes & LPs
- Jewellery
- and Much More



Pamela from B&G Diamonds and Gold organized, with the Downtown BIA and the City of Kitchener, a downtown Motorcycle Meet and Greet in mid-July. The event raised \$400 and a couple van loads of food for St. John's Kitchen.



Kitchener Centre MP Stephen Woodworth held a Shredding Day for his constituents in October. In return for shredding personal documents donations of cash and food were encouraged. Over \$750 was raised for St. John's Kitchen plus bags of canned food.



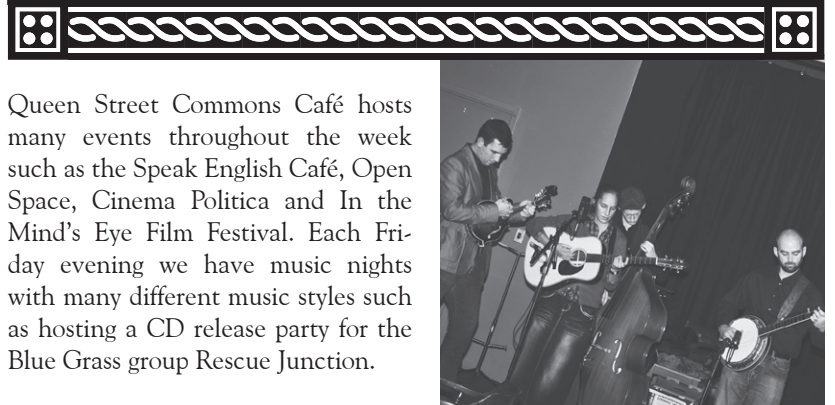
Fermin C. Flores of the Lanao Aqua & Marine Fisheries Centre for Community Development in the Philippines spoke to the Local Democracy class on November 16th after addressing a CUSO-VSO event at The Working Centre recruiting service volunteers for international development.



Waterloo Region ASSETS (A Service for Self Employment and Support) hosted an early morning MEDA breakfast meeting at the Queen Street Commons Café in November. Joe Mancini and Bob Shantz presented a certificate to MEDA's Gary Leis and Elaine Shantz in gratitude for member contributions towards raising \$198,000 over 6 years for ASSETS. Two business graduates from Snider Pork Sausages and Success Furniture made presentations about the ASSETS program and their small businesses.



On November 18, the #Un-JobSearchKW event was held at St. John's Kitchen. Here, job-seekers learned about using online social media to build a personal network.



Queen Street Commons Café hosts many events throughout the week such as the Speak English Café, Open Space, Cinema Politica and In the Mind's Eye Film Festival. Each Friday evening we have music nights with many different music styles such as hosting a CD release party for the Blue Grass group Rescue Junction.



Engaging with the City

By Maggie Murray,
Alicia Furtado, Becki Charles,
& Graham Herrick

This spring, *The Working Centre* hosted four Wilfrid Laurier University students from Alex Latta's fourth-year Global Studies course "Engaging with the City". The students volunteered 20 hours at different Working Centre projects and wrote a concise summary of the challenges of building community in a society that is becoming increasingly privatized.

In the contemporary world, through the process of globalization, society has been dominated by Western ideals of neoliberalism including individualism, privatization, and

Local Democracy

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be disconnected from people's lives can get away with treating others with such disrespect.

Nevertheless, we hardly realize how dominating large scale institutions are. At our November 9th class, Ken Westhues described the difference between the world of big integrated corporations and the smaller world of trades and craft people. Big corporations are about controlling the terms, limiting negotiations and insisting the buyer sign away claims to liabilities. Westhues explained that people accept this because this is now how most work is organized. Bureaucracies, both private and public, are the largest employers. In contrast the Local Democracy course helps people to identify how monopolies, centralization and hierarchy are the opposites of Local Democracy.

The rules of bureaucracy dictate how people can act through policies and procedures that limit creativity. The world of small proprietorship is in contrast to bureaucracy. Here competence, skill and enthusiasm for a job well done add up to something much bigger than the job itself. The relationships established through negotiating the work and the can-

capitalism. Community development organizations generally attempt to treat the root of the problem. The Working Centre realizes that there is a larger process at work and aims to address this through looking at the structures in place and restoring community values through social solidarity. Volunteering with The Working Centre allows community members to generate a better affiliation with society and structures within it.

Community privatization is present within everyday 'public' structures which separate society based on class and privilege. This can be seen within Canada by the daily degradation of low income individuals. Examples of this can be seen in the purchasing of goods and the level of access to services including transportation and technology. This degradation and lack of services that bring the community together not only

dour developed through honest discussion creates friendship. And no matter what type of work we engage in, this is the best result. The reason, emphasized Cicero, was that, 'to take friendship out of life is to take the sun away from the world.'

Ken likes to say that people tell stories, bureaucrats make policy. Local Democracy is being open to the many stories that people tell when they come together and have the opportunity to express issues that concern them. When people are open to the experience of others then the story telling that they hear will often change them. By listening deeply, they feel and understand the experience of the other. Listening then leads to a longer discussion and debate around the key factors that affect an individual's experience. This is where people with an open heart apply social analysis, ethics, and judgement, all in a spirit of understanding where an individual has come from and where they want to go. How do we invite ourselves to this deeper listening as a practice of building Local Democracy?

Sometimes a discussion is just a discussion but sometimes it leads to new ideas and creative action like helping someone through a problem. It might mean developing a wider discussion by organizing a movie night to further the debate. It could be a focused activity like establishing a community bike shop or rallying

creates further alienation between the various sectors of society but in addition, fails to provide people in need of help with any services to actively participate within society and build up confidence in their own abilities. The lack of services can be seen through the decay of community values, and a strengthened emphasis on individual values. This shift in focus has led to the social exclusion of the lower classes and the lack of services and continued degradation of their humanity has led to a cyclical pattern in which their situation is perpetuated. All of this has led to a constant divide in society in which class often dictates one's access to services and privileges. The separation of class and privilege can be seen throughout the world through the creation of privatized gated communities, made to divide the upper and lower class.

The Working Centre is an effective organization that breaks down the barriers that are constructed around class and status. By doing this, it allows for community values to be reinserted into society and provides for a socially inclusive place. Values such as support are seen through all aspects of the centre. Supporting people in job search, skill building, and access to food and healthcare are some of the ways The Working Centre addresses this. It bridges the gap that society has created and acts as a supportive structure rather than one that continually divides society. The Queen Street Commons Cafe is a prime example of how The Working Centre creates an inclusive and truly public environment. It is a unique complex setting where a variety of community interactions are

Local Democracy is a practice we can cultivate by thoughtful engagement and practice... How do we invite ourselves to this deeper listening as a practice of building Local Democracy?

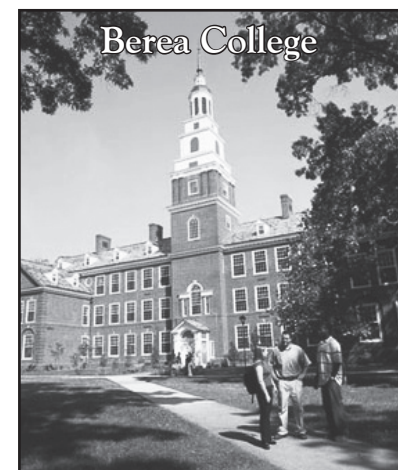
support for a community-based project that helps people establish home businesses. We call this open-ended process the pastoral circle and we have always been impressed by how such processes enliven community. At its root it helps people to reach out to others with the understanding that all involved are trying to make their little part of the world a better place. This is the essence of Local Democracy and the more that we have of it the better our communities will be.

In early November, Stephanie and I had the opportunity to travel to Kentucky where we were hosted at Berea College to talk about The Working Centre. We thoroughly enjoyed our time addressing some College classes, meeting professors, and giving a public presentation. Berea is located at the foothills of the Cumberland Mountains about 75 kilometers from Lexington. It is the Folk Arts and Crafts Capital of Kentucky. When we arrived we found our way into the Appalachian Centre which is a local museum run by the College. Immediately we learned of the press-

brought together. At any given time, the Queen Street Commons Cafe is a meeting place, an entertainment hub, a place for social programs, and allows for people to gain job skills through volunteering.

The Working Centre strives to be a place where the segregation in privatized areas of community no longer exist. With a stronger emphasis on community building and values, The Working Centre opens up the boundaries between community members and approaches community without the presence of social hierarchy, both within those who work there along with those who use the facilities. There is no criteria required in order to use and access the services offered, such as the St. John's Kitchen. These necessary services are free to the public at large and are seen as a more inclusive community engagement tool. Through such tools the current trend towards privatization is being challenged. The Working Centre provides people with the opportunity to better themselves through their own understanding. Rather than dictating to people what their problems are, The Working Centre offers people the opportunity to take part in productive work and allows people to gain confidence in their own abilities. Along with providing people with actual workplace experience, it also allows for social interaction and provides people with the space to be active members of the community.

As society has built up these barriers, The Working Centre has subsequently worked to challenge these structures and foster community development and space. Through volunteering and participating within the various areas of the Centre, we can witness how The Working Centre's approach to community development makes public space accessible and inclusive to everyone.



ing issues around coal extraction, craft, civil rights and community organizing. One poster board asks the question, "If the land is so rich, why are so many people poor?" We quickly felt at home, sensing the search for answers to questions of livelihood.

Berea was founded by abolitionists and radical reformers in the 1850's. It lives out its mission through trying to build a world shaped by the power of love over hate, human dignity and equality and peace with justice. This is just some of vision that is called the Great Commitment of Berea College. Students participate through a curriculum that stresses Learning, Service and Labour. 1550 students work in areas like college administration,



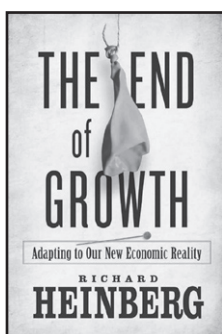
Books for Sustainable Living

Books for Sustainable Living

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!

You can place orders by fax (519-743-3840), phone (519-743-1151 x111), or mail (see order form on page 7)

The End of Growth Adapting to Our New Economic Reality By Richard Heinberg



Richard Heinberg's latest work goes to the heart of the ongoing financial crisis, explaining how and why it occurred, and what we must do to avert the worst potential outcomes. Written in an engaging, highly readable style, it shows why growth is being blocked by three factors: resource depletion, environmental impacts, and crushing levels of debt.

These converging limits will force us to re-evaluate cherished economic theories and to reinvent money and commerce. We can thrive during the transition if we set goals that promote human and environmental well-being, rather than pursuing an ever-expanding GDP.

Heinberg proposes Community Economic Laboratories (CEL) as a functional hub of projects and businesses dedicated to helping people impacted by hard times. His idea is to tie in a wide-range of services not in a model of charity but productive projects not unlike The Working Centre's Community Tools. Heinberg suggests the following types of projects:

- A food coop
- A community garden
- Inexpensive wellness classes
- Counseling and mental health services
- A tool library
- A co-op incubator
- A local-currency project
- A bicycle repair centre
- Housing services
- Community Education
- Teaching thrift skills like gardening, making due with less

He included The Working Centre on the list of groups that have tied such projects together, recreating old spaces into new public community space:

- Social Innovation Center, Toronto (socialinnovation.ca)
- Working Centre, Kitchener, Canada (theworkingcentre.org/wscd/wscd_main.html)
- Bucketworks, Milwaukee, WI (bucketworks.org/about-bucketworks)
- Springboard Innovation Centre, Torfaen, UK (springboard-innovation.org.uk)
- The Hive, Portland, OR (leftbankproject.com/hive)
- The Plant, Chicago (plantchicago.com)
- Citizen Space in San Francisco (citizenspace.us)
- ShareExchange Project, Santa Rosa, CA (shareexchange.coop)

Local Democracy

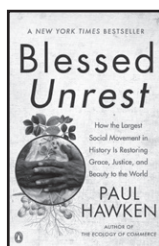
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pottery and woodworking shops, and in the college's farms, forests, greenhouses and gardens.

Our host was Richard Olson, Director of the Sustainability and Environmental Studies Program (SENS). He hopes to pilot a Community Sustainability Laboratory to involve students in solutions for increased community resilience. Richard proudly showed us the Berea College Ecovillage residential and learning centre where student housing integrates solar panels, straw bale construction, on site composting, family gardens, shared cars, rainwater collection, passive solar design, and a large greenhouse where fish are grown in an aquaponics system that also grows herbs and other vegetables.

It is a community that is learning to use less energy, to look after its waste and to teach each other the skills of food production.

The trip highlighted how important exchanges of ideas and culture can be. We had the opportunity to talk about The Working Centre's experience of integrating ecological projects into the fabric of community. We saw a functioning ecovillage committed to learning how to work with nature instead of against it while teaching how to make a smaller footprint on the earth. What we enjoyed so much about this trip was the lively discussion, the democratic culture, the stories of searching for new directions. Everywhere we turned in Berea we had a sense of an integrated community with a purpose. Local democracy in action is exactly this searching and open discussion towards a better tomorrow.



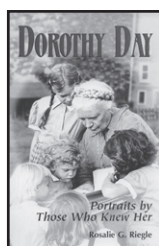
Blessed Unrest

How the Largest Social Movement in History Is Restoring Grace, Justice, and Beauty to the World

Paul Hawken

Paul Hawken has spent more than a decade researching organizations dedicated to restoring the environment and fostering social justice. These groups collectively comprise the largest movement on earth, a movement that has no name, leader, or location and that has gone largely ignored by politicians and the media. **Blessed Unrest** explores the diversity of the movement, its brilliant ideas, innovative strategies, and centuries of hidden history. It will inspire all who despair of the world's fate, and its conclusions will surprise even those within the movement itself.

352 pages \$20.00 softcover



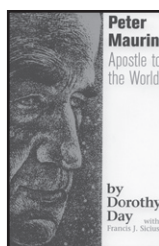
Dorothy Day

Portraits by Those Who Knew Her

Rosalie G. Riegler

In this moving and entertaining work, Rosalie Riegler draws on the memories of family, friends, and colleagues. This collective portrait captures Day's many sides: a woman both ordinary and unique, a lover of opera who chose to live in the slums; a devout catholic who suffered over the sins of the church she loved; a courageous witness for peace, and a model of holiness.

212 pages \$22.95 softcover



Peter Maurin

Apostle to the World

Dorothy Day

Dorothy Day describes the life of Peter Maurin, the man who inspired her to found the Catholic Worker. Maurin's life and thinking had yet remained in the shadows. Now, Day provides a complete and intimate portrait of the man she called "an Apostle to the world." Maurin emerges as a true saint who offers an instructive and healing challenge for our time.

187 pages \$24.95 softcover

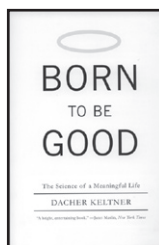


Twenty Years at Hull House

Jane Addams

Jane Addams was an American social worker, sociologist, philosopher, and reformer, known in America as the 'mother of social work'. In 1889 she co-founded Hull House in Chicago, one of the first settlement houses in the United States. These settlement houses provided welfare for a neighbourhood's poor and a centre for social reform. Filled with observations on everyday life, accounts of practical action, and prescriptions for public policy, this book is a rich source of provocative social theory.

239 pages \$22.50 softcover



Born to Be Good

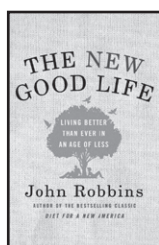
The Science of a Meaningful Life

Dacher Keltner

If humans are indeed motivated by self-interest, then what are we to make of the prevalence of emotions like compassion, modesty, and awe in social groups as disparate as the isolated inhabitants of New Guinea and the crowded people of New York? Keltner argues that the secret to happiness lies in the balance between good and evil in your life, and demonstrates that the simplest of touches and the slightest of smiles are encoded signals of our innate capacity to engage with others in cooperative communities.

This informative and amusing book shows that survival is actually a matter of who is kindest.

336 pages \$21.00 softcover



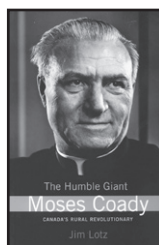
The New Good Life

Living Better Than Ever in an Age of Less

John Robbins

In recent years, millions have watched their American Dreams go up in smoke. But Robbins soon realized that there was an upside to our collective financial downturn: Curtailed consumerism could lead us to reassess our lives and values. **The New Good Life** provides a philosophical and prescriptive path from conspicuous consumption to conscious consumption. Where the old view of success was measured by cash, stocks, and various luxuries, the new view will be guided by financial restraint and a new awareness of what truly matters.

304 pages \$31.00 hardcover



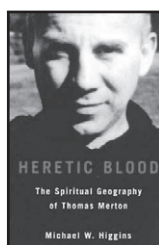
The Humble Giant

Moses Coady, Canada's Rural Revolutionary

Jim Lotz

Jim Lotz has documented the best of local initiatives that make a difference. He is known for his interpretation of the life and works of Moses Coady and has worked closely with those on the East Coast who have inherited the Antigonish movement. In **The Humble Giant**, Lotz tells the story of "how Coady and his followers laid the foundations for the co-operative and credit union movements that now play a significant role in the social and economic life of people around the world."

141 pages \$19.95 softcover



Heretic Blood

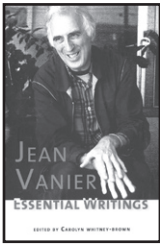
The Spiritual Geography of Thomas Merton

Michael Higgins

The genius and spirituality of Thomas Merton could not be contained in his life as a monk but spilled over richly into his life as a poet, critic, rebel, sage, and artist. This book provides recently released diary entries and correspondence by Merton. Higgins compares Merton with William Blake, the monk's intellectual and spiritual hero, and comes to conclusions about the emotional and intellectual passions that drove Merton.

256 pages \$22.95 softcover

Books for Sustainable Living

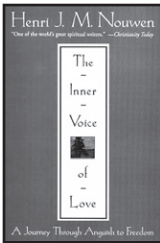


Jean Vanier Essential Writings

Edited by Carolyn Whitney-Brown

Through l'Arche, and later Faith and Light, Jean Vanier showed how the world can be transformed when we open our hearts to the experiences of people who have known life only at the margins. In this selection of excerpts from the works of Jean Vanier, editor Carolyn Whitney-Brown explores five decades of inspiring words and actions. Vanier sees the challenge as the need to "change the world, with love, one heart at a time." The result is a compendium of essential and deeply moving readings that reveal the powerful insights, the gentle wisdom and the profound spiritual significance of this great Canadian.

176 pages \$21.95 softcover



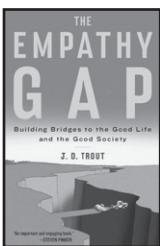
The Inner Voice of Love A Journey Through Anguish to Freedom

Henri J. M. Nouwen

This account was written during the most difficult period of Nouwen's life, when he suddenly lost his self-esteem, his energy to live and work, his sense of being loved, even his hope in God. Through this time he kept a journal in which he wrote a spiritual imperative to himself each day that emerged from his conversations with friends and supporters. For those who have to live through the pain of broken relationships, or who suffer from the loss of a loved one, this book about the inner voice of love

offers new courage and hope.

144 pages \$15.00 softcover

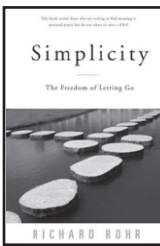


The Empathy Gap Building Bridges to the Good Life and the Good Society

J. D. Trout

Philosopher and cognitive scientist J. D. Trout recruits the latest findings in psychology, behavioral economics, and neuroscience to answer the question: How can we make better personal decisions and design social policies that improve the lives of everyone? Empathy towards the risk and suffering of our fellow citizens can lead to moral outrage, more decent laws, and fairer policies. But new research on judgment and decision making has revealed that the human mind makes decisions that undermine the best interests of the individual and society alike. Empathy needs to be balanced by rationality if we are to develop a responsible social approach to decent and democratic policy making.

306 pages \$28.50 hardcover

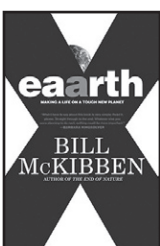


Simplicity The Freedom of Letting Go

Richard Rohr

One of Fr. Rohr's best-selling 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.

192 pages \$27.95 softcover



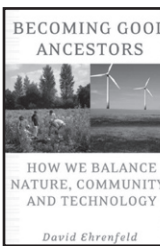
Eaarth Making a Life on a Tough New Planet

Bill McKibben

Our old familiar globe is suddenly melting, drying, acidifying, flooding, and burning in ways that no human has ever seen. We've created a new planet, still recognizable but fundamentally different. We may as well call it Eaarth. A changing world costs large sums to defend—think of the money that went to repair New Orleans, or the trillions it will take to transform our energy systems. But the endless economic growth that could underwrite such largesse depends on the stable planet we've managed to damage and

degrade. Our hope depends on scaling back and creating the type of community that will allow us to weather trouble on an unprecedented scale.

336 pages \$32.00 softcover

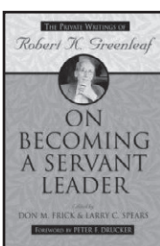


Becoming Good Ancestors How We Balance Nature, Community and Technology

David Ehrenfeld

The book focuses on our present-day retreat from reality, our alienation from nature, attitudes towards technology, the denial of non-economic values, and the decline of local communities. Through down-to-earth examples, ranging from a family canoe trip in the wilderness to the novels of Jane Austen, Ehrenfeld shows how we can move ourselves and our society towards a more stable, less frantic, and far more satisfying life, a life in which we are no longer compelled to damage ourselves and our environment, in which our children have a future, and in which fewer species are endangered and more rivers run clean.

320 pages \$21.95 softcover



On Becoming a Servant Leader The Private Writings of Robert K. Greenleaf

Edited by Don M. Frick and Larry C. Spears

Delve into the personal writings of the grandfather of the modern empowerment movement in business leadership. In this collection of previously unpublished works, eminent writer, consultant, and lecturer Robert Greenleaf shares his personal and professional philosophy, which postulates that true leaders are those who lead by serving others. Spanning a time frame of fifty years, these essays and lectures touch on such key issues as power, ethics, management, organizations, and servanthood. And they offer the

reader a wealth of practical suggestions and useful information garnered through the course of a remarkable career.

416 pages \$32.99 softcover

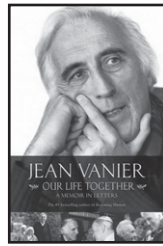


Twelve Steps to a Compassionate Life

Karen Armstrong

Karen Armstrong believes that while compassion is intrinsic in all human beings, each of us needs to work to cultivate and expand our capacity for compassion. Here, she sets out a program that can lead us toward a more compassionate life. The twelve steps Armstrong suggests begin with "Learn About Compassion" and close with "Love Your Enemies." She suggests concrete ways of enhancing our compassion and putting it into action in our everyday lives, and provides, as well, a reading list to encourage us to "hear one another's narratives."

240 pages \$25.00 softcover

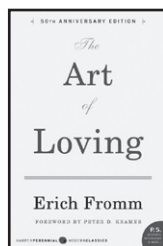


Our Life Together A Memoir in Letters

Jean Vanier

By any measure, Jean Vanier has led an astonishing life. He is the founder of the international movement of L'Arche communities, and of Faith and Light, two organizations that bring together people with developmental disabilities and the friends who share their lives. With an insightful introduction by the author, Our Life Together reads much like a memoir: inspirational, infused with a sense of community, and revealing in its candid portrait of a man who fully understands what it is to be a whole, compassionate human being.

576 pages \$21.95 softcover

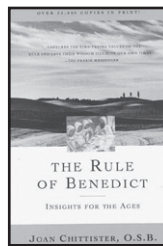


The Art of Loving

Erich Fromm

Most of us are unable to develop our capacities for love on the only level that really counts—a love that is compounded of maturity, self-knowledge, and courage. Learning to love, like other arts, demands practice and concentration. Even more than any other art it demands genuine insight and understanding. Fromm discusses love in all its aspects; not only romantic love, but also love of parents for children, brotherly love, erotic love, self-love, and love of God.

184 pages \$17.99 softcover



The Rule of Benedict A Spirituality for the 21st Century

Joan Chittister

This new edition of a classic religious text combines the timeless wisdom of Benedict of Nursia's Rule with the perceptive commentary of a renowned Benedictine mystic and scholar. Tracing Benedict's original Rule paragraph by paragraph, it expands its principles into the larger context of spiritual living in a secular world and makes the seemingly archaic instructions relevant for a contemporary audience. A new foreword, updated content, an appendix, and a recommended calendar for

reading the entries and commentaries make this an invaluable resource for solitary or communal contemplation.

184 pages \$10.50 softcover

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To the Readers of Good Work News

Dear Friends,

The Working Centre is made up of people who work cooperatively together on projects that make our communities better places. 400 volunteers provide work to over 30 different community building projects that are part of The Working Centre and St. John's Kitchen.

These projects are a hub of activity. Last year, 3500 different individuals used our Job Search Resource Centre. At St. John's Kitchen, a hot lunch meal is served each weekday to 300 people. Both of these core services are community building initiatives that have operated for over 25 years.

The Working Centre offers a community of supports that includes 28 units of transitional housing, a Hospitality House for those who are ill and without shelter, a housing desk, Recycle Cycles Community Bike Shop, and community gardens. Our thrift store Worth a Second Look is a substantial furniture and housewares recycling centre.

We rely on your contributions to make this creative work possible. This work of community, from serving meals, to providing housing, to recycling bikes is primarily supported by volunteers and financial donations.

For your contribution to our work, you will receive our quarterly newspaper Good Work News reporting on community building in downtown Kitchener with articles about community tool projects, simple living, growing diversity, ecology and stories about mutual aid.

Sincerely,

Joe Mancini, Director

Yes I want to support this work in K-W!

Enclosed is my donation for:

- \$35 \$50 \$75
 \$100 Other \$ _____

Please make cheque payable to:
 The Working Centre, 58 Queen St. S.,
 Kitchener, Ontario, N2G 1V6

Name: _____

Address: _____

City: _____ Postal Code: _____

Please direct my donation to:

- St. John's Kitchen
 The Working Centre
 Where it is needed most

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|-------------------------------|-------------------------------------|
| <input type="checkbox"/> Visa | <input type="checkbox"/> Mastercard |
| Amount: \$ _____ | |
| Card #: _____ | |
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| Signed: _____ | |

To donate by phone, please call 519-743-1151 ext. 111.



An Alternative Christmas Gift Idea

Each year we are grateful for donations made in the name of family, friends or associates. If you use this order form, we will gladly send a Christmas card acknowledging your gift. Please fill out the form carefully. The cards that we send have been designed by Andy Macpherson.

Please direct my gift to: St. John's Kitchen The Working Centre

Please send a Name: _____

Christmas card to: Address: _____

City: _____ Postal Code: _____

Your name and address: Name: _____

(So we can send you an Income Tax Address: _____

receipt). If more space is needed, City: _____ Postal Code: _____

Help Support Others in Your Community this Holiday Season!

An Invitation to Creative Gift Giving!

Your donation to The Working Centre can be turned into a creative gift giving idea. Cards detail the kind of work supported through your donation and are produced with 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.**

Public Access Computers

Every week over 100 different people use our 25 public access computers to access internet, e-mail, word processing and printing. A \$50 donation will go towards costs such as paper, toner, computer licenses, and repairs.

Lunch for 300 at St. John's Kitchen

300 people per day join us for a hot lunch-time meal at St. John's Kitchen. St. John's Kitchen is a place where people gather, work together to prepare and serve a meal, access a wide range of community services, and support one another. A \$65 donation will go towards costs to cover food 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. This offers much needed resources for those without stable housing, or those who live in rooms

without access to showers and/or laundry. A donation of \$50 will go towards costs such as laundry detergent, soap, and toiletries for a month.

Lunch at the Queen Street Commons Café for Someone In Need of a Meal

The Queen Street Commons Café provides an affordable café in the downtown, and is significantly supported by volunteers. The café is an integrated part of the downtown community and serves as a base for many of our Outreach activities. Often we share a cup of coffee or a meal with people in difficult circumstances. A donation of \$10 will go towards the cost of a meal and a coffee to two people.

A Free Bicycle for a Child

Recycle Cycles receives donations of used bicycles and refurbishes them with the help of volunteers. This year we have been giving free bikes to children. We recycle bikes



that would otherwise end up in the land-fill, volunteers learn skills and contribute to community good, and kids get a free bike to help them to get around. A donation of \$25 will go towards such costs as providing a free bike for a child.

Bus Tickets

The Working Centre provides a number of ways to help people get around. We participate in the Transit Reduced Income Project (providing discounted bus passes for people living on a limited income), and often providing a needed bus ticket for an important appointment. A donation of \$25 will go towards covering costs such as 10 bus trips.

Refurbished Computer

Computer Recycling receives donations of used computers and refurbishes them for people living on a limited income. These computers are often useful for families with children, or for someone who is building their computer skills for employment purposes. Your donation of \$80 will go towards costs such as providing a fully licensed refurbished computer for someone living on a very limited income.

Transitional Housing for a Month

Our Transitional Housing helps many people facing addiction issues. Often the first of the month arrives and someone does not have enough money left for their rent because of their addictions. We often choose to let someone stay for the month, even though the rent money is gone. We work carefully to decide if this can help us to stay focused on the long-term goals. A donation of \$350 will go towards costs such as one month's rent in our Transitional Housing.



More gift options available.
 Call 519-743-1151 ext. 119
 for more information.