



**Nourishing
Community**
www.agapetable.ca

Please Give Generously this Holiday Season

Donate online at www.agapetable.ca or use the form inside this newsletter. **Thank you!**



Natasha's Story



Meet Natasha, she is Agape Table's newest staff member, but that's not where her story begins. She first started coming to Agape Table as a volunteer and guest. She is one of the people that you have helped this year and who is immensely grateful for your support.

Natasha's story is like many people who fled the Ukraine as part of the Canada-Ukraine authorization for emergency travel (CUAET) program. Agape Table is seeing a growing number of people using our food programs and immigrants represent many of them.

Through a translation app, Natasha says that "living in the Ukraine was not easy but now life is very good." She wants to "thank Canada, and in particular Winnipeg, for the opportunity to live a peaceful, peaceful life."

In February 2024, Natasha, her husband, and 12-year-old daughter immigrated to Canada and settled in Winnipeg. Upon their arrival, Natasha and her family received short-term government support to allow them to seek employment and housing. After looking for many months, they found an apartment in downtown Winnipeg and Natasha's husband found a seasonal job that covered their rent, utilities, bus fare, and home internet however there was not much money left for food.

"It is a difficult time for me and my family and for many Ukrainians. When we decided to immigrate to Canada, we chose the beautiful city of Winnipeg, and for us it was a step into the unknown. We were scared but fortunately, we met and continue to meet kind and sympathetic people. One day my neighbour invited me to volunteer with her at Agape Table. I enjoyed getting out of the house, making new friends, and helping others. From that moment I felt happy to be helping people who needed it most. It is an incredible feeling to give back and be useful to someone. The team of staff and volunteers accepted me from the very first day. I loved volunteering and was so grateful for the food hampers I received to feed my family.

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Natasha's Story *(continued from page 1)*



Without this food, I don't even know how we would have survived."

"I want to thank Aaron, Dave and Jim for their kindness, trust, and faith in my abilities. They believed in me and after a few months of volunteering,

offered me a job as Agape Table's cook. This was a significant event in my life and career and my happiness has no bounds. I am blessed to be part

of the Agape Table team, and I will continue to make every effort to meet their expectations and benefit our team. I am confident that under their leadership I can succeed. Thank you for the new opportunities and for bringing peace, kindness, and happiness to people who need it. Now, my husband and I are saving money so we can buy our own home when we can."

"The staff and volunteers at Agape Table are like my family. I really like it here and I'm very happy. I am glad that circumstances led me to Agape Table, and I thank God that I met the Agape Table team. They believed in me and gave me a job. I love cooking so much and I am so blessed that I have the chance to work and be useful to people who need help."

Thank you to all of our Generous Donors!



Jim Steep
Executive Director

As we move into the holiday season, I'm recalling everything that has happened at Agape Table during the last year. It certainly has been a challenging, yet very exciting year in our history. 2024 marks a new era for Agape Table as our new home is now under construction. Our goal is to be back serving our guests

indoors by Christmas 2025! Unfortunately, we also saw the number of guests coming to us for food, grow substantially. On November 18, we served an unprecedented 1,088 meals in one morning! This year, we will serve 170,000 meals and provide 15,000 food hampers to those in need. While I am saddened by the increasing number of guests we

are serving, I am buoyed by the fact that Agape Table continues to be able to provide food to all who come to our door. Thank you to our amazing volunteers, dedicated staff, and all of you, our faithful donors. Without you, there would be no Agape Table.

On behalf of everyone at Agape Table, I wish you a peaceful, joyous and healthy holiday season!

Sincerely,

Jim Steep

**Executive Director
Agape Table**



Save the Date

Tuesday, Aug. 19, 2025

Agape Table's 7th Annual Golf Tournament

Southwood Golf & Country Club

To sponsor or register, contact Jim at jsteep@agapetable.ca

Volunteer Spotlight – Wawanesa

Agape Table is very fortunate to have caring volunteers like the **long-time, loyal volunteers from Wawanesa Mutual Insurance Company.**

Jennifer Ramjohn, Director, Application Product Owners regularly coordinates staff members to volunteer at Agape Table. She says she is, “continually inspired by the dedication and commitment of my colleagues who have been involved with this wonderful organization for many years. Volunteering here has allowed me to contribute to a cause that is both meaningful and essential. I am honoured to be a part of an organization that makes such a significant difference in people’s lives.”

“I highly encourage everyone to consider volunteering at Agape Table. The experience is incredibly rewarding and offers a unique opportunity to make a tangible difference in our community. By volunteering, you not only help provide essential meals and groceries to those in need, but also



gain a deeper understanding of the challenges faced by many individuals. The stories of resilience and hope you hear from both the staff and the community members are truly inspiring. Agape Table’s unwavering commitment to supporting our community is something I am proud to be a part of, and I believe you will find it just as fulfilling.”

If you, your family and friends, team or workplace are interested in helping make a difference in our guests’ lives please contact **aaron@agapetable.ca** or **204-786-2370**.

Agape Table Breaks Ground!



On October 10th, **A New Home for Agape Table Capital Campaign** was launched to build a 10,500 square foot building (adjacent to the current leased Agape Table location). This permanent facility will allow Agape Table to welcome guests back indoors and provide opportunities to extend days and hours of operation. The ground-breaking was attended by donors, volunteers, special guests, and Agape friends and family. Construction is underway and we anticipate welcoming our guests into the new building in December 2025.

For more information or to donate to the A New Home for Agape Table Capital Campaign please visit **www.agapetable.ca**.

Agape Team

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Delaney Ellis

Cassandra Montanino

Nick Noonan

David Patton

Breda Vosters

Members at Large

Reg. Charitable Number

10668 7833 RR0001

Most Needed Items

Food

- Sandwich fillings (chicken, tuna, ham)
- Peanut Butter
- Fruit (apples, oranges, bananas)
- Vegetables (frozen, canned, fresh)
- Juice boxes
- Fruit Cups / Yogurt / Pudding

Clothing

- Socks
- Winter jackets (new and gently used)
- Toques, mitts, and gloves

Cash Donations

- To help us feed 600 to 900 people every weekday morning



Did You Know?

- Agape Table is the longest running food program in Winnipeg
- We have no religious affiliation
- “Agape” means unconditional love
- We serve the most vulnerable and marginalized with respect and without judgement
- Meals are given out weekdays from 7 – 11 am
- On November 18, a record 1,088 meals were given out. This is the highest number of meals given out in a four-hour period in our 44-year history.
- 30-50 volunteers are needed each day (800 volunteer hours per week)
- In August, Stats Canada reported that “nearly 25% of all Canadians will need access to food assistance programs this fall”. Food insecurity continues to rise.
- We do not receive any government or United Way funding
- We rely on the generosity of individuals, companies, groups, and foundations to operate

**Your generosity
changes lives!**

Please donate
to Agape Table



First name _____ Last name _____

Address _____

City _____ Province _____ Postal Code _____

Phone _____ Email _____

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

Call **204-783-6369** to donate or become a Monthly Donor.

I prefer Visa Master Card # _____ Expiry date _____

E-Transfer to: treasurer@agapetable.ca

Donate online www.agapetable.ca or send in this form with your cheque or credit card information

Mailing Address: PO Box 26111, Winnipeg, MB R3G 3R3 **Physical Address:** 364 Furby Street
Phone: 204-783-6369 **Email:** treasurer@agapetable.ca