



THE WELCOME TABLE
caring for our community



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COMMUNITY ACTION GUIDE

April - June
2026



(484) 224-7669

3233 W Hunting Park Ave

Philadelphia, PA 19132

stjamesphila.org/welcome-table





INTEREST FORM

Name

Address

City

State

Zip Code

Phone

Email

Use this space to express interest in a class, make a home repair request, ask a question, or anything else you would like The Welcome Table team to know:

How did you hear about The Welcome Table?

☐

I would like to receive the Welcome Table Monthly Newsletter via email

Please tear this form out and mail it to us at 3217 W Clearfield St, Phila, PA 19132 addressed to "The Welcome Table", place in the donations box at the Farmers Market, or return to any Welcome Table staff member.



CONTACT INFORMATION



484-224-7669



www.stjamesphila.org/welcome-table



welcometable@stjamesphila.org



[@phillywelcometable](https://www.instagram.com/phillywelcometable)



3217 W Clearfield Street
Philadelphia, PA 19132

To register for classes, please email, call, or fill out the form on the next page



THE WELCOME TABLE

at St. James

At the Welcome Table, we believe everyone should have access to the resources they need to have a high-quality life. We work to make it easier for our students, their families and our larger community to have access to the things they need in order to thrive. As a team, we maintain a commitment to upholding certain values that benefit our community. These values include total care, community involvement/ownership, quality service, and reflection and response. Community Actions are the primary way we create spaces for members of our school and broader community to access essential needs and experience a community of sharing. Community Actions are the pillars which we operate year-round and consist of food sharing, adult education, legal aid, home repairs and community lending.

Building community is beautiful but challenging work that happens when all who participate in its formation are open to learning and adjusting to better serve the needs of the whole.

"We envision a time when all Allegheny West community members and our neighbors across North Philadelphia are thriving in their daily lives."



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EACH WEEK

Mass & Community Dinner

Every Sunday 5 PM

HOLY WEEK

Palm Sunday

March 29th 5 PM

Tenebrae

Wed. April 1st 7:30 PM

Maundy Thursday

Thurs. April 2nd 11 AM

Good Friday

Fri. April 3rd 1:45 PM

Holy Saturday

Sat. April 3rd 7 PM

Easter Sunday

Sun. April 4th 5 PM



ESTD



1846

STAINED GLASS

at St. James the Less



APRIL 11TH

3-5 PM

Join us for a tour of our collection
of stained glass windows followed
by wine and refreshments.

RSVP: srowe@stjamesphila.org (484) 224-7664

3217 W Clearfield St. Phila, PA 19132

Meet the Welcome Table Team!

Paul Barrett



Director
pbarrett@stjamesphila.org

Tiana Jones



Assistant Director
tjones@stjamesphila.org

John Boccanfuso



Adult Education Coordinator
jboccanfuso@stjamesphila.org

Hana Jemaneh



Special Initiatives Associate
hjemaneh@stjamesphila.org

Edward Wolfe



Servant Year
ewolfe@stjamesphila.org





THE WELCOME TABLE

OPEN HOUSE

APRIL 4th
10 am - 12 pm

Join us for brunch and get excited for our spring calendar!

3233 W. Hunting Park Ave.
Phila. PA 19132

RSVP: (484) 224-7669



St. James' Annual

ST JAMES DAY

MUSIC, FOOD, FUN & NEW BUILDING DEDICATION!



**MAY
2ND**

1-3PM

*A quiet hour
of prayer*

*St. James the Less
August 5th 2023*

3217 W CLEARFIELD STREET, PHILADELPHIA



Share Your Stories



We Want to Hear From You!

Story telling is the most ancient form of communication but has become somewhat of a lost art in today's society. Sharing our stories connects, teaches, preserves, and heals us as individuals and as a community, and that's why we want to collect stories about your experiences here at the Welcome Table! We are conducting in person interviews as well as written and we encourage everyone to contribute. Your story may be shared in future newsletters and other distributed material.

Some questions to get you started:

- 1) *How have your experiences at the WT impacted your life?*
- 2) *What have you learned or what new experience have you had during an Adult Ed. class?*
- 3) *Have you met anyone who has inspired you at the WT?*
- 4) *How would you describe the WT to someone new?*
- 5) *What keeps you coming back?*



The Welcome Table Closet is a community supported, low cost boutique created to continue our mission to "create spaces for neighbors to access essential needs and experience a community of sharing." Items are first come, first served, there is a changing room available to try on clothes and all proceeds directly support the Welcome Table. Come find your next fit!



OPEN HOURS

TUESDAY & THURSDAY

11:00AM - 3:00PM

SATURDAY

9:00AM - 12:00PM

Join us for fashion & Community!

Tiana Jones 215-883-7269 | @phillywelcometable



Please send your stories to: thewelcometable@stjamesphila.org

What is **FOOD SHARING** *at the Welcome Table?*



Get What You Need, Share What You Have

We host a no cost “farmers market styled” food distribution event that is open to the whole community. The market is year-round on Saturday mornings from 9:00-10:00am. All are welcome! Our goal is to make healthy produce and other staple foods accessible to our students, families and neighbors, as well as create an opportunity for fellowship and sharing.

Food sharing is led by our Assistant Director, Tiana Jones, who also leads group health coaching.

Questions about how to get involved in Food Sharing? Please contact Tiana.



Interested in **VOLUNTEERING?**

Volunteers are a major reason why the Welcome Table is able to function the way it does. Without them, it would be almost impossible to continue growing and doing what we need to do in the community. As our community grows, it is important for volunteers to be on the same page and set a standard for all those who engage in our Sharing Community.

There are three main ways to volunteer with the Welcome Table:



Farmers Market

There is a lot that goes into making the Saturday Farmers Market happen. Consider making a food pick up during the week or helping on Saturdays with set up, distribution and break down.



School & Work Groups

Volunteer groups help us with larger projects like cleaning, organizing, market preparation and home repairs. This is also a great way to bond with your school or work team by doing something for the community.



Friends Community Fridge

Please consider offering your time to pick up food, fill the fridge or clean the fridge throughout the week. You can let us know what days and times work best for you.





While the home repair program undergoes a transition, all new requests will be post-poned until the fall. Feel free to reach out if all you need is a referral for a handy person.



WEEKLY
Farmer's Market

| FRESH PRODUCE | PANTRY STAPLES
| BAKED GOODS | & SO MUCH MORE!

~~~~~

**NO COST  
EVERY SATURDAY  
9:00-10:00 AM**  
**\*No Market 5/23**  
**3217 W CLEARFIELD ST**  
**\*BRING YOUR REUSABLE BAGS\***

  
**THE WELCOME TABLE**  
caring for our community



## FROM MARKET TO MEAL

*Shared Stories and Recipes from Our Neighbors*



We're excited to announce our Community Cookbook! This cookbook is a display of our sharing community and the love we have for food and one another. It features favored recipes from our neighbors, near and far, along with heartwarming stories from their home and lives. We appreciate all of your support and hope this cookbook will bring you joy and full bellies all around! To purchase yours, talk to a member of the WT team or use this code to buy online. All proceeds go directly back to the WT and therefore back to you!



## LEGAL AID

## OFFICE HOURS

Steve and Reilly are available to discuss civil legal issues, including wills, estates, tangled titles, custody, eviction, and more. Please reach out to Steve with any questions or concerns. No appointment necessary for office hours. Contact Steve with any questions: [schawaga@episcopallegalaid.org](mailto:schawaga@episcopallegalaid.org)

Sat, April 11<sup>th</sup> 9:30 - 10:30 AM

Wed, April 15<sup>th</sup> 2:00 - 4:30 PM

Sat, May 9<sup>th</sup> 9:30 - 10:30 AM

Wed, May 13<sup>th</sup> 2:00 - 4:30 PM

Sat, June 13<sup>th</sup> 9:30 - 10:30 AM

Wed, June 17<sup>th</sup> 2:00 - 4:30 PM

## TANGLED TITLES

### WORKSHOP

**May 27<sup>th</sup> 5:30 PM**

A Tangled Title is a property title that inaccurately reflects the current homeowner's claim to the home. When someone passes away, relatives often continue living in the home without changing the name on the deed. Addressing tangled titles before there is an emergency is essential for protecting homes for future generations. This workshop is perfect for anyone in this situation looking to better understand how to handle it. There will be refreshments available.



Steve Chawaga



Reilly Dugan



# GUARANTEED INCOME

## 2026 PILOT

We are excited about the launching of a new Guaranteed Income pilot program at the beginning of 2026. The goal of this pilot is to support older adults in our community who are experiencing financial hardship to achieve economic security.

Like many individuals across our city and country, we know that many of our neighbors face challenges like housing insecurity, under-employment, and financial stress. These challenges make it hard to build stability, even when other resources are available. To address this, we are testing a guaranteed income program—an approach that provides direct financial support so people can meet their most important needs in their own way.

Through this pilot, we are providing 10 local residents aged 62 or older who are experiencing financial hardship with \$500 payments each month for the entirety of 2026. Our goal is to give our elder neighbors the stability they need to thrive and to show how guaranteed income can be a powerful tool for improving quality-of-life and strengthening our community's greatest asset—its people.

Stay tuned for more details about how the pilot is going and if you would like to learn more, please talk to Paul or Hana.



*Tiana Jones*

# HEALTH

## COACHING

**SATURDAYS**

**11:00 AM - 12:30 PM**

As an Integrative Health Coach, Tiana Jones is here to guide you towards less stress, better habits, and feeling good in your body. In this season, it's time to spring forward as a community. While our winter season was full of new routines, juicing, stretching and grocery tours, it's time to move around and get out into nature. Many classes will focus on physical movement this time around. We will continue to build on everything we've learned so far in the Fall and Winter semesters As humans who sit most of the day, at a desk or on the couch - WE MUST MOVE OUR BODIES! Get excited and get your workout gear out of the basement closet.

Tiana is here to be your guide on the side in your health journey. Team up and shape those health dreams of yours into real, achievable steps. Contact Tiana now to sign up for a complimentary session: [tjones@stjamesphila.org](mailto:tjones@stjamesphila.org) or 215.883.7269

APRIL 11 - Self Care & Stress Management

APRIL 18 - Chair Yoga

APRIL 25 - Mindful Eating

MAY 9 - Walking Crew

MAY 16 - Juicing & Smoothies

MAY 23 - NO CLASS

MAY 30 - Aromatherapy

JUNE 6 - Chair Aerobics

JUNE 13 - Budget Cooking (10 am)

JUNE 20 - Walking Crew

JUNE 27 - Journaling & Meditation



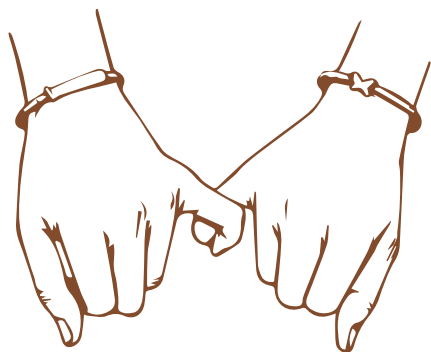
Scan QR Code to  
schedule 1:1 session



# COMMUNITY CONVERSATIONS

First Saturday of every month  
10:00 - 11:00 AM

Community Conversations is a space where neighbors come together to discuss community issues and collaborate on project-based solutions. So far this year, the group has hosted intergenerational conversations, a spring art expo, a youth forum, a community potluck, and a senior night. Each of these events was sparked by discussions about safety, justice, community biases, youth engagement, and building stronger, more connected neighborhoods. We host these meetings to both deepen communication between The Welcome Table and neighborhood residents and to provide an additional space for folks to connect. Want to learn more or get involved? Email [hjemaneh@stjamesphila.org](mailto:hjemaneh@stjamesphila.org).



**We built a Friendship Bench!**

A Friendship Bench is a simple but powerful community-based mental health initiative that provides a space for people within the community to sit, talk, and feel heard -- turning human connection into a form of community support. Our Friendship Bench is located in St. David's Field. Have you visited it yet?



**April 29** *Remarkably Bright Creatures* by Shelby Van Pelt  
**May 27** *All Her Little Secrets* by Wanda M. Morris  
**June 24** *Never Caught* by Erica Armstrong Dunbar



APRIL 7 - MAY 5 - JUNE 2

5:30 - 8:00 PM

If you think a book club sounds fun but hate reading, try film club! We will watch a movie over dinner with a discussion to follow. Note that these are private screenings, so to attend, please RSVP to John to secure your invite and to learn the title of the film! (Films may contain profanity, sexuality, and violence – discretion advised, and no one under the age of 17 will be permitted without a guardian present.)

Suggested value: \$5





## HONEY BEES

101

JUNE 20<sup>th</sup> 10:00 AM

Our campus beekeeper and owner of HomoGrown Honey, Carissa Moncavage of Philly Beekeepers will be here to answer all your questions about bees, honey, and/or beekeeping! Carissa will teach you the basics of bees, their lives, how they create honey, and more.

Many of our neighbors and visitors have asked about the bees we keep here at St. James, so this is your chance to ask the experts!

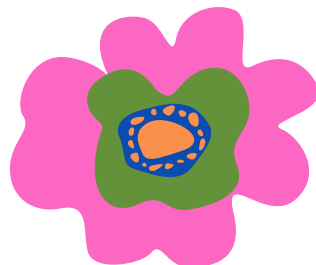
*Suggested value for class: \$5*

## MOTHER'S DAY FLORALS

MAY 10<sup>th</sup> 10:00 AM

Ciera Martin from Hollistic Arrangements will be with us for the first time to create miniature floral arrangements and floral crowns. Just in time for Mother's Day, you can create something for or in honor of your mother figure, or simply engage in this creative practice. Space is limited, so make sure you RSVP early for this special crafting event! Call John to get your spot: (484) 224 - 7664

*Suggested value for class: \$5*



*Join us for a memorable night!*

# SENIOR PROM

*Dress Code: Semi-Formal/Sunday Best  
Ages 55+*

**SATURDAY, APRIL 11TH, 2026**

**5:00 - 7:00 PM at ST. JAMES SCHOOL**  
**3217 W CLEARFIELD ST.**

**PAY WHAT YOU CAN TICKETS**

*Suggested price: \$10*

*Find someone from the Welcome Table team to reserve  
your spot for the prom!*



# SENIOR ACTIVITY HUB

Every Thursday  
11:00 AM - 1:00 PM

The Senior Activity Hub is truly a bright spot of the week for all who participate. Every Thursday, folks gather for a wide variety of activities and to share a meal with one another. This is a time when good conversation has turned into true bonding, deep friendship and always fun. This spring, you can look forward to flower arranging, Tai Chi, TD Bank, an Ethiopian culture dive and of course, BINGO the first week of the month. Come join the fun!



## BTS & the Whoopi Goldberg Connection

April 18<sup>th</sup> 10:00 AM

Suggested value for the class: \$5

What drives the global popularity of the K-Pop sensation BTS? What event will forever connect them to Sister Act's Whoopi Goldberg? We invite you to take a video journey to explore the music, mindset and message of self-acceptance that molded seven South Korean teenagers into chart-topping icons who

sell-out stadiums in minutes; who have addressed the United Nations three times; and have amassed a 100-million strong global fanbase known as ARMY. As they begin their 2026-2027 global tour of 23 countries, discover the secret sauce that has made BTS the biggest cultural phenomenon of the 21st century-and be a fly on the wall as Whoopi gives RM, Jin, Suga, J-Hope, Jimin, V, and Jung Kook the shirt off of her back.



Vickie Hatcher



## Chopsticks Class

May 9<sup>th</sup> 10:00 AM - 12:00 PM

Suggested value: \$5

Miss Vickie will teach you how to use chopsticks and improve your chopsticks skills. Get some practice in during lunch after your lesson and take a pair home.

Call 484-224-7669 to register.

## Cooking Class

June 13 10:00 - 11:00 AM

Suggested value: \$5

Tiana and John will teach you some budget-friendly, healthy and delicious recipes using ingredients from the Saturday market.



# MOVEMENT CLASSES

*Suggested value for each class: \$5*

## Move It with Melissa

*Saturday, April 11<sup>th</sup> 10:00 AM*

*Thursdays, May 7<sup>th</sup> & June 4<sup>th</sup> 5:30 PM*

A fast-paced but easy-to-follow cardio fitness class led by our neighbor, Melissa Villaruel. A combination of the energy of aerobics and the regiment of strength training, Melissa will get your body moving and your heart pumping!



*Melissa Villaruel*

## Line Dancing

*April 25<sup>th</sup> & June 27<sup>th</sup> 10:00 AM*

Lucia "Lucy-Lu" Jones, owner of Steppin' Up Tri-State, leads this fun, interactive dance class; who said exercise couldn't be fun?!



*Lucia Jones*

## ZUMBA

*May 30<sup>th</sup> 10:00 AM*

Geneva Campbell Brown takes the "work" out of workout with easy-to-follow moves in this upbeat, dance fitness party. Zumba® is an exercise class that keeps everyone motivated by creating a dance party atmosphere.



*Geneva*

## SAH Activity Calendar

|          |                                              |
|----------|----------------------------------------------|
| APRIL 2  | <b>Bingo</b>                                 |
| APRIL 9  | <b>Game Day (Board Games, Cards, Sudoku)</b> |
| APRIL 16 | <b>Bible Study</b>                           |
| APRIL 23 | <b>Flowers at St. Asaph's</b>                |
| APRIL 30 | <b>Fishbowl</b>                              |
| MAY 7    | <b>Bingo</b>                                 |
| MAY 14   | <b>Pair Share</b>                            |
| MAY 21   | <b>Tai Chi</b>                               |
| MAY 28   | <b>TD Bank</b>                               |
| JUNE 4   | <b>Bingo</b>                                 |
| JUNE 11  | <b>Legal Aid Workshop</b>                    |
| JUNE 18  | <b>Film &amp; Discussion</b>                 |
| JUNE 25  | <b>Culture Dive: Ethiopia</b>                |

*For questions or more info, contact John Boccanfuso at (484) 224 - 7669 or [jboccanfuso@stjamesphila.org](mailto:jboccanfuso@stjamesphila.org)*



# What is **ADULT EDUCATION** at the Welcome Table?

We offer a wide variety of classes and workshops for adults ranging from digital literacy and personal finance to enrichment classes like cooking, writing and exercise.

The innovative program, designed for learners 18+, follows the holistic model that informs our curriculum for grades 4-8. Adults can choose from an array of classes and services that help them increase self-efficacy and resilience in ways that best serve their lives.

## Pay-What-You-Wish

We encourage class participants to consider contributing some dollar amount when they register for classes. All contributions will support the sustaining of our adult education program and our other community actions that directly benefit our participants and the larger community.

Want to register for a class? Please use this QR code, fill out the form at the end of this guide, call our main line, or email our Adult Ed. Coordinator, John Boccanfuso at [jboccanfuso@stjamesphila.org](mailto:jboccanfuso@stjamesphila.org).



# **DIGITAL SKILLS** PEER CIRCLES & LAB

Suggested value for each class: \$5

## Peer Circles

**Thursdays, April 9<sup>th</sup>-30<sup>th</sup>**

5:30 - 6:30 PM (4 weeks)

**Saturdays, May 2<sup>nd</sup>- June 27<sup>th</sup>**

11 AM - 12 PM (8 weeks - no class May 23)

**Wednesdays, May 6<sup>th</sup>-27<sup>th</sup>**

12 - 1 PM (4 weeks)

Peer circles is a class format where one leader guides the topic of conversation while soliciting questions, information, and input from the rest of the group. Each class will be focused around a particular topic in the digital skills world, such as cybersecurity, email and computer basics, and will include hands-on activities.

We hope you or someone you know will join us as we explore this new world together! This course is designed for reluctant and returning learners of ALL LEVELS. Everyone has something they can contribute and something they can learn! Laptops are provided, but feel free to bring your own.

**Find out how you can earn a  
FREE computer!**



Nastacia Hawkins



Cordenne Brewster

## Open Lab

April

Thursdays 4 - 5:30 PM

May - June

Saturdays 12 PM & Thursdays 2-4 PM

