

‘Our Fall into Service’

By Kevin McGrellis

who works at Senior Support Services

Finally! For the first time in recent memory those pesky back-to-school adverts have failed to rouse a ball of worry in my stomach. No concern for me this autumn, of countless hours holed up on the 5th floor of the library studying anatomy or running around like a mad man trying to meet deadlines for various professors. Instead, I am too busy for all of that working 40 hours a week at a homeless day shelter, and reflecting on and discussing nearly every aspect of my life. This is the life of a newly initiated Colorado Vincentian Volunteer. This auspicious 18th year collects a diverse group of young adults whose homes stretch from California to Delaware and include every personality in between. The acceptance of this year allows the “18ers” to prune certain thoughts and die to their old selves in hopes of coming out on the other side better people, not simply better off people.

As the leaves begin to change and the weather yields in preparation of winter, so too do the new CVVers get ready for a massive change. One that is positive and beautiful, but nonetheless frightening. For the majority of new entrants this looks like a move from university life to one that requires a different type of responsibility. My senses are heightened as I now hold crucial aspects of people’s lives in my hands as a case manager at a homeless resource center focused on underserved seniors. Looking out of the windows from Senior Support Services is not what I had expected coming in to this year. Work is more emotionally exhausting than anything else but I’ve found that I wouldn’t trade it for anything. One simple smile from a client makes a day’s worth of toil disappear.

With the coming of the autumn sun, it becomes clear that we must actively pursue a lifestyle that at least imitates that of those whom we serve. We must “live simply so that others may simply live”. Consciousness, as it were, is integral to our communal development. The tricky part is that we each have divergent views of community. Food servings, keeping the place neat, and varying levels of simplicity, faith, and prayer are all things that we need to accept of one another in order to grow together. Community is our strong hold as we are in this together, experiencing a year that is unexpected and counter cultural to what most college grads pursue. Our full immersion in this mission of charity and



Kevin and a Guest at Senior Support Services

community is a task to say the least, but it can be immensely nourishing to our minds and bodies if treated properly.

So far we’ve gotten only a taste of this nourishment. We’ve camped out above the clouds, started fulltime volunteer positions and in one way or another acclimated ourselves to this counterculture year of choice that we’ve made. And can you believe we’ve been here only one month? And what comes next? Preparing ourselves for the future is to me a big reason for being here in Denver. A new fire of global consciousness has led me to recognize the importance of discernment and action in my life and the encompassing world. It is our time to change the world and rid it of the atrocities committed against our human brothers and sisters. Should we not all be afforded justice simply because we exist?

Many people have expressed apprehension to me about my year, concerning the difficulties of living simply and serving such a population. To those people who don’t understand, I can only say one thing: we are the lucky ones.

“live simply so that others may simply live”

Not unlike the leaves outside, it is possible to see the subtle hues of reds, oranges, and burnt sienna developing within our CVV lives. We are learning to deal with the many challenges of community life. We are spreading our wings as we aid those who desperately need help. We are searching for our faith, in whatever that looks like. I hope that come June we will be able to recognize and be thankful for the transitions we have faced in the year.

The idea of this year draws me to a line from a favorite song. “I was raised up believing I was somehow unique. And now after some thinking I’d say I’d rather be a functioning cog in some great machinery serving something beyond me. But I don’t know what that will be. I’ll get back to you someday soon you will see.”

A Newfound Love for Community

By Joel Fuchs who works at the Stout Street Clinic

Community, to me, had always been a sort of abstract concept that hadn't required much reflection. If anything, it was a word that simply described a group of people linked in some way. I'm a citizen of the United States. I was once a resident of Columbus, Nebraska. I was once a student of Creighton University. It wasn't until arriving in Denver that I learned the term "community" is not just a word waiting to be described, but a real feeling; a feeling of deep connectedness to others experienced through many joys and struggles over time. What I realize now is that community is hard to describe in words, and the only way I can begin to touch on community living is through experiences.

Shortly after orientation week, we attended a talk by civil rights activist Angela Davis. When describing the help of her support base during her struggle in the civil rights movement, she stated, "It is only in community with one another, that we are truly free to be individuals." Never has a quote meshed so well with what our CVV group experiences each and every day. It was almost as if Ms. Davis was speaking directly to our community. Each and every one of us has our own talents, experiences, and quirks. These aspects of ourselves make us different from one another, but it is only through living in community that we can fully understand the special parts of us.

Often, it's those I spend my days with that know me in a way that I can't begin to figure out. Arriving at CVV, I felt like I had my guard up. This couple-day period was not necessarily a time of community for me. I hadn't yet developed a relationship with any CVVers, and they hadn't yet developed one with me. As the days went by, especially during the icebreaker-induced orientation week, I began to learn so much about these people I will be spending the year with. Individually, we fill important niches in this community that help us to function as a whole, and slowly but surely, we discover the deeper traits of one another; everything from who's a good listener to who spoons peanut butter straight out of the jar.

Community living has fostered such a meaningful environment around my time in Denver. Every day, each of us spends at least eight hours serving homeless and low-income individuals. Often times, this work can be taxing, not only physically, but also emotionally and spiritually. There is no more comforting feeling than knowing I can walk into the kitchen as soon as I get home, and chat with someone about how work was over the third pot of coffee brewed that day. Like clockwork, within a few hours, the kitchen will be filled with fellow housemates getting ready to sit down for community dinner. Dinners usually involve an entrée of sidesplitting laughter with a double side

of meaningful conversation, and quite honestly, by the time this is all over, the stresses of the day have washed away.

While community living is full of support and comfort, it is not always as joyous as it sounds. Living in community is a growing process, and I have heard from many veteran CVVers that we are still in the "honeymoon" phase. With nine extremely passionate individuals living under one roof, it becomes a little like an MTV reality show at times: Who skipped out on dish duty? Why did you drink the whole carton of milk? How dare you let that animal into the house! However, what separates us from the "Real World Denver," is our drive to make the world a better, more intentional place to live, one reflection and discussion session at a time. I think we are all filled with excitement for what's in store. It is obvious to me that we will undergo many trials and tribulations, but without that, our community wouldn't grow. It's what we struggle with in community that helps us to become who we are as individuals and with God.

This is my newfound definition of community. It's funny how much understandings can change in such a short amount of time. And through the good times and bad times to come, I'm realizing that these fellow companions will always help me to realize the Kingdom of God in everyday life. 🙏



Joel (front row, right) with Colorado Vincentian Volunteers Year 18



Heart and Soul Committee and Volunteers from CVV 17

OUR ANNUAL REPORT

Perhaps the best testament of the year of fulltime volunteer work for Colorado Vincentian Volunteers is from the statements made by the volunteers as they were completing their year in June.

I have been changed by the example of those who take on the struggle. 19 volunteers companioned people who are living in poverty in 20 different agencies. They saw first-hand the struggle that they had only imagined before becoming a CVV volunteer. They saw, and they empathized.

This year has cultivated a love within me for those I now recognize as my brothers and sisters. Social justice issues now have faces, hearts and stories. It is no longer some buzzword I can throw around. It's about people. People like you and me. A deepened and true realization is that as humans, each one deserves dignity, as we see one another as

brothers and sisters.

Because of CVV, I now see people as children of God above all else, and that God's love is made manifest by just their sheer presence in my life. As Vincentians, we are called to "put on the spirit of Christ" and to recognize the face of Christ in each one we meet, especially those living in poverty.

I have had to expose my weaknesses and ask to be loved anyway. As much as we recognize our oneness with others, we also recognize our own dignity, our own vulnerability, and our own need to love and be loved.

I no longer accept ignorance as an excuse and have been motivated to learn about the injustices we face every day. Can we hide our heads in the sand? We can try, but the injustices of the world are not so easily dismissed. We must inform ourselves and then respond.

I have been changed for good by learning

to understand people deeply by really listening to their life stories. The awareness of each person's story touches my story. The need for true listening and the importance of that listening is beyond words.

My students have helped me remember how to see the world through the eyes of a child. And CVV volunteers help us to see through their eyes, reminding us that we do have a voice, we do have the means to change our little part of the world.

You are our companions on the journey. You have been instrumental in the transformation that has been so intricate to this year of service. You help to put words into action. Thank you.

Sincerely,
Mary Frances + Bill



CVV encounter folks at the Border in El Paso

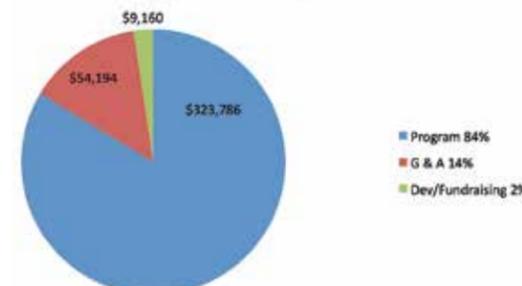


Community Ritual at Appreciation Dinner



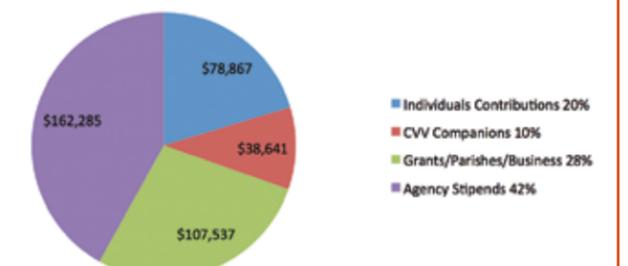
Volunteers Performing at the Heart and Soul Concert

CVV Expenses 2011/2012



This includes 19 volunteers in Direct Service to 22 local agencies; 19 education grants; Volunteer's Community (Housing, food, insurance, travel, misc.); Spirituality (retreats, workshops...) Reflection and Discussion (weekly in-services, guest presenters, materials, publications...)

CVV Revenue & Support 2011/2012



Colorado Vincentian Volunteers receives financial support from many sources in the community. CVV's revenue in fiscal year 2011/2012 was \$389,701 and the expenses were \$387,140. We are deeply grateful for the ongoing support of so many. Thank you for companioning us on this journey.



Lexington, Kentucky is home for **Ashlee Sleet**. She joined CVV after attending the University of Dayton and studying Electronic Media Communications. A second love of Ashlee's is working with children, and she does that well at The Gathering Place, a day shelter for women and children. Ashlee's respect of others is evident in her actions. She enjoys life and is able to adapt to different situations. Her openness to new experiences is leading her to new adventures.

"To have a support system can mean the world to a person who is struggling in life. Being able to be there for others and vice versa is one of the keys to being successful in life."



Living in Denver, Colorado, **Audri Talmadge** had the shortest commute, but her journey has taken her to Omaha as well, where she studied nursing at Creighton University. When anyone in the community is in need of a boost, Audri is there to offer her optimism and her joy. She shares that energy and enthusiasm at work as well, where she encounters seniors through Health SET, which is committed to elderly, low-income men and women. Audri's gifts bring smiles to many faces.

"I've been given the desire to promote people living lives to the fullest and I see we need to constantly work to keep the poorest in our society uplifted and empowered."



Casey Sharp's thoughts on life are influenced by many varied experiences. As a Religion and Philosophy student at the University of Georgia, and a graduate student of Old Testament, Casey has chosen to learn by exploring in other countries. Powder Springs, Georgia was his launching pad that eventually led him to work with refugees at Lutheran Social Services in Denver. Casey loves philosophical conversation and enjoys studying; the experience of this year will provide an inward journey that will feed his future life adventure.

"I like that the word 'Advent' is in 'adventure.' Nothing new and wonderful will begin without fearlessness to go to new places in our travels, in our work, or in ourselves."



Loyola University in Maryland was **Cathryn Dutton's** setting for studying Writing. Now her home is with very young children at Mt St. Vincent's Early Childhood Center. She is sure to have many things to write about as she encounters children who have experienced pain at a very early age. Cathryn's sensitivity to others helps her service, and her gift of asking insightful questions helps all in the community to delve just a little deeper. Cathryn is from Alexandria, Virginia.

"For me, hope is something that originates deep in the soul. It's what starts to fill the gaps left by pain, loneliness, and sorrow."



Christina Konkey traveled a short distance from her home in South Bend, Indiana, to school at Notre Dame where she received a degree in Marketing and Psychology. Christina has chosen a longer journey this year with youth who are homeless, as she works at Urban Peak shelter, where many youth lack the support they need to lighten their load. Christina brings her gifts of empathy and strong family ties to these young people and she brings great laughter to her community.

"I attempt to live every day as though it were Thanksgiving. I am called to celebrate the amazing blessings that God has given me through my family, friends and acquaintances."

CVV Year 18 with



Corrine Schraunagel received her degree in nursing from St. Scholastica in Minnesota, but she is actually from River Falls, Wisconsin. Now she has entered the medical field at Samaritan House through the Stout Street Clinic. Corrine's work with those who are homeless comes naturally to her as she has lived and worked in a Catholic Worker House. Her values and passion are deeply rooted in social justice, and she has a deep desire to live justly in the world. She offers her community a great challenge.

"True solidarity involves more than well-intentioned thoughts or hopes and prayers; it demands a determined consciousness and action toward change."



Elizabeth Downes is from Princeton Junction, New Jersey, and she studied Psychology at Stonehill College. Elizabeth witnesses that one's beliefs are reflected in one's actions. She lives her values of faith, curiosity and acceptance. These are all important values for her work with children at Mt. St. Vincent Home who have experienced trauma in their lives. Elizabeth serves them and all with great intentionality.

"Immersing myself in a world that is very different from my own has convinced me that strong relationships can make an enormous difference in somebody's life."



What do Chicago, Illinois, and Providence, Rhode Island, have in common? **Iram Ruiz** is from Chicago and studied Chemistry at Providence College. In Denver, he works at Metro CareRing, offering emergency assistance to those in need. Iram also offers his community a unique perspective, a sense of humor, and some great meals (he is a natural cook). His curiosity and freedom to ask interesting questions leads to some good conversation and insightful discussion.

"My spiritual life is just as important as the secular component and, in fact, they are inter-related. At the end of the day, it's hard to separate the spiritual life from important life decisions that may seem to be unrelated to spirituality, especially when thinking of a vocation."



From studying Political Science at Stonehill College to being a teacher aide at an inner city school in Denver, Annunciation, might seem like a big leap to some, but not to **Gerald Espinosa**. Gerald humbly knows his gifts and the need to share them. As a person of detail, he is very aware of his surroundings and helps others to be as well. Gerald believes that his strong family ties in Mission Viejo, California have given him opportunities that he sincerely wants to share with others. And he invites his whole community to participate with him.

"I hold empathy as one of my core values because it allows people the ability to transcend the minute surface differences and barriers between us and truly connect with others."

Eighteen Volunteers!



Castro Valley, California is home for **Jennay Smith**, who majored in history at Whitworth University in Washington. Jennay is quiet and reflective, leading her to ask great questions and share deep insights with her community. Her work at EarthLinks is helping her to get in touch with the earth alongside companions whose lives are grounded in the earth. Jennay also shares a love of sewing and doing crafts. She offers a unique perspective that is important in her CVV community.

"Though I realize I have a lot to learn, I would like to have the opportunity to really serve and learn from people who face challenges, and be stretched and shaped in the process."



Open-mindedness and flexibility allow **Joel Fuchs** to be at home just about anywhere, but he originally comes from Columbus, Nebraska. Joel studied Biology at Creighton University and hopes to go on to medical school. And so his work at Stout Street Clinic is a perfect fit as he discerns his future. Already Joel's openness has given him new insights and learning that have helped him to grow. His optimism is contagious.

"I think there is something so respectful and contemplative about purposely slowing things down and allowing enough time for them to unfold. God can be found in patience because in it I can feel a sense of grace."



Julie Keller moved from New Lenox, Illinois to her campus at St. Xavier University in Chicago and now to Denver, where she is working with children with varying gifts and needs at Sewall Child Development Center. Julie's gentle spirit is a true gift to the children and to her community. She has a deep respect for others and is receptive to each one she encounters. She has a true heart for service, and she has already used the knowledge gained from her degree in Communication Sciences and Disorders.

"Learning for life is a key component in leading a productive life. I do not want to ever stop learning new things or developing myself."



Kevin McGrellis has come quite a distance to Denver from Wilmington, Delaware, passing through Ohio where he studied Science and Pre-Medicine at the University of Dayton. Kevin now finds himself working at Senior Support Services, reaching out to the elderly population who find difficulty accessing their benefits. We know that Kevin's spirit of joy and peace touches those seniors, and his willingness to do whatever is necessary shows his strong commitment and empathy for others.

"I embrace my problems and learn to laugh, at least in some way, about everything that I've been through and anything that has ever hurt me. After all, life is meant to be enjoyed."



CVV is never at a loss for Minnesotans, including **Laura Shrode**, whose home is Plymouth, MN. Psychology and Biology were the focus of her studies at the College of St. Benedict in St. Joseph, MN. Laura is acting on her studies at Denver Urban Ministries where she works in outreach services (emergency assistance) and with the education immersion program. Laura's ability to listen offers others a safe space to share. Her long-term hope of continuing in ministry will be realized through her work and her sense of commitment to something greater than herself.

"Having a successful life would mean: serving as many people as possible and showing them Christ by being a witness to the faith."



Marisa Ybara ventured north from Lubbock, Texas, to first attend DePaul University in Chicago and then to join us at CVV. Marisa studied Digital Cinema, and hopes to continue that pursuit while working with seniors at St. Martin Plaza. Marisa's heart is touched by her experiences, and that in turn touches others. She has opened herself to both share in the lives of the folks and to also learn from them. Her acceptance of others leads her to relationships that offer great insight.

"Being a Vincentian has kept my faith alive for the past four years. Volunteering without spirituality is like the pear tree in my back yard, fruitless."



Is that singing we hear? It must be **Maureen Brabec** (Mo to all her friends). Mo's degree is in Vocal Performance from Catholic University of America. But her talents are far beyond her musical abilities. Mo shares her gift of being able to listen deeply and to discern wisely with the women at Sacred Heart House of Denver, a home for women and children who are without a home. Mo is originally from Homewood, Illinois, where she learned well the need to be a grounded person.

"The deficit of compassion in our world is one of the things that causes many people to feel misunderstood and lonely in their suffering."



Before coming to Colorado, home for **Sarah Ault** was River Ridge, Louisiana. Denver has quickly become a new home for Sarah. You can't miss her as she brings enthusiasm and a vibrant spirit to any group. Her love of music is matched by her love of people. Sarah has a degree in Theology and Religious Studies from Catholic University of America. Now she works in the GED program at Urban Peak, helping youth who are homeless or at risk of being homeless acquire their General Education Diploma.

"While joy is such a nice thing to have personally, it is even better to share it and see the joy on people's faces."



The good state of Iowa is missing **Thomas Lux** this year, after living in Ames and going to school at Iowa State. Thomas shares that warm Midwest hospitality and goodness with each person he meets. He received his Bachelor's degree and is working on his Master's in Sociology. He stepped away from academia into St. Francis Center, where he works with people who are homeless. Thomas' openness and humility offer him many opportunities to learn and to grow.

"As volunteers, we are the voice for disadvantaged people. We have a responsibility to hear about their struggles and strive to ask Christ for direction in aiding them."

Changed Expectations

By Ashlee Sleet

When I was assigned to the family area at The Gathering Place, I didn't know what to expect. Was this going to be like a daycare service, preschool program, or what? That question was quickly answered within the first few days there. We provide a safe environment where mothers and children are appreciated and loved. And that's what we do - appreciate and love them, guaranteed by the family area's mission statement. So every day, the children that walk through those doors will get our love and attention that they wouldn't get elsewhere. At first, the children are shy and tend to cling to their mothers' legs but by the time they leave, they are crying as they want to continue to play with the train set or with the dress up clothes. This daily occurrence is both warming and heartbreaking. But to know that we are able to give the children a place where they are free to run around and be kids, even if it is for a few moments, is precious.

The Gathering Place has really changed my opinion about the preconceived notions that I have had



Ashlee with Children at The Gathering Place

about women and children dealing with homelessness, poverty, and domestic violence. When I was in my orientation with the president Leslie Foster, she pointed out that when you think of homelessness it is often the image of a man. I thought to myself that this is usually the case with a lot of people. This group of women is often overlooked by the outsider looking in. It is easy to see why, going by appearances, when you see a mother and children walking down the street, you don't automatically assume they

are homeless. Working here has helped me begin to understand the lives of the people that walk through the doors every day and to gain a better appreciation of the work people do, not just here but all over the city and country, to help end the problems that plague women and children suffering from domestic violence, homelessness, and poverty.

Over the next year, I hope to have my mind, heart, and eyes opened wider to the women and children who come along my path. ✚

Ubuntu

By Sarah Mayer

The word Ubuntu is an African philosophy meaning "I am what I am because of what we all are." Ubuntu is the perfect word to describe the experience of being a CVV alum. Living in community we learned to live for something greater than ourselves, we live for those around us. Despite the distance between us now, whether it be a few city blocks or thousands of miles, the CVV community is carried with us always.

Sarah, Laura, Alison, and Madeline are living together in Denver and Mike, Steph, and Luke are doing the same despite not having Bill, Mary Frances, Ryan, and Katie to mediate house conflict. Erin, Mallorie, Jarrod, and Taylor are also still in Denver; must be those free Monday night meals that keep people around. A popular theme from last year has also been staying on at CVV work sites, Sarah & Luke-St. Francis Center,



CVV Year 17 at St. Benedict Monastery, Spring, 2012

Laura-Mt. Saint Vincent Home, Mike-Urban Peak, and Erin-Colorado Coalition for the Homeless. Alison is a Resident Service Coordinator for Denver Housing Authority; Madeline is trying her hand in restaurant work at 3 Sisters Café; Steph works as a job coach with Easter Seals and as a loyal volunteer at Senior Support Services. Jarrod works in maintenance at Mother Cabrini Shrine; Mallorie is nannying in the Highlands while working on a degree in Special Ed, and Taylor is working at Canvas & Cocktails. Taking things east, Christy, Emily, Nick, and Marissa are all living in Ohio. Christy and Emily are taking classes at Bowling Green State University and Nick and Marissa are living and working in Columbus. Marissa is enrolling in nursing school beginning in January. Kelly is in Phoenix, AZ at Andre House doing year of service number three. Patrick is based in Colorado with NCCC, an AmeriCorps volunteer program. Lumberjack Chris has spent the summer doing Log Home Restoration in Wisconsin. John is living in the House of Formation of the Roman Catholic Diocese of Little Rock discerning his call to priesthood. UBUNTU! ✚

Common Ground

By Jennay Smith

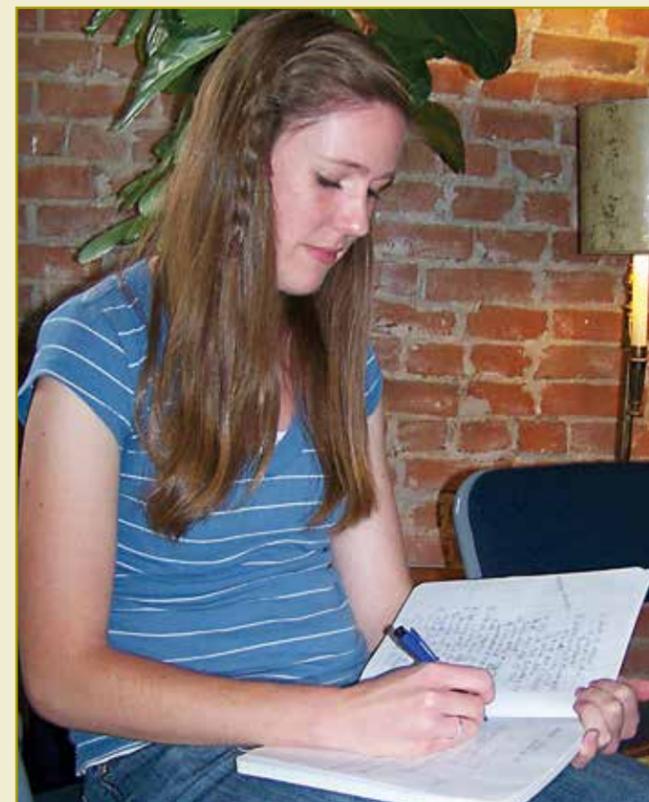
Two days after I arrived in Denver, we had our first Mass together as new Colorado Vincentian Volunteers. Having only attended two other Masses before this one (and one of those while in I was in Germany and officiated in German!), I felt very out of place as I had no idea when to sit or stand, and did not have any of the prayers or responses memorized. The service seemed very foreign to me. As a Protestant, I share my Christian faith but not Catholic traditions with my brothers and sisters here at CVV. Despite our differences, I am encouraged by the common bond of Christian faith I have with my new Catholic friends.

I came into CVV knowing that I was one of two non-Catholics in the program, but excited about this valuable opportunity to learn more about Catholicism. Through studying history and theology in college, I have an academic background in church history and some foundation in Catholic theology. Not knowing many Catholics personally, though, before coming to CVV, the everyday experiences and beliefs of Catholics and how this tradition is lived in twenty-first-century America, is not familiar to me.

In this regard, CVV is a prime classroom for learning about the Catholic faith. And the more I learn, the more I appreciate the richness and reverence of Catholic traditions. My community members also quickly caught on that I am Protestant, and are gracious in catching me up to speed on a variety of Catholic-related topics. I have received personal tutoring about the Catholic Worker organization, the structure of the Church and diocese, the Church's stance on evolution, and many other issues.

Through more conversations I am reminded that while my community members affiliate themselves with Christianity, we still all have different perspectives on faith. Our upbringing, family, experiences, and even the geographic location where we grew up shape the way we view our Christianity. But while we tend to approach our Christian faith differently, the belief in Jesus Christ unites us.

I am grateful for the common ground that a faith in Jesus Christ provides. Christianity necessitates the belief in certain basic doctrines, but the way we choose to live out these convictions can vary. Though I prefer to attend



An opportunity for Jennay to reflect in the CVV Chapel

a Presbyterian service on Sundays while my community members attend Mass, this preference in worship style does not take away from the fact that we all believe in Jesus Christ and seek to glorify Him. This exposure to different approaches to worshipping Jesus Christ adds depth to my faith.

I still remain a minority in my community as a Protestant. But, no matter what Christian faith tradition my community members identify with, I know that the bond which comes from the deeper reality of believing in Jesus Christ and striving to love and serve Him transcends the way we express these beliefs. ✚

Colorado Vincentian Volunteers 2012-13

Ashlee Sleet
Audri Talmadge
Casey Sharp
Cathryn Dutton
Christina Konkey
Corrine Schraufnagel
Elizabeth Downes
Gerald Espinosa
Iram Ruiz
Jennay Smith
Joel Fuchs
Julie Keller
Kevin McGrellis
Laura Shrode
Marisa Ybarra
Maureen Brabec
Sarah Ault
Thomas Lux

Lexington, KY
Denver, CO
Powder Springs, GA
Alexandria, VA
South Bend, IN
River Falls, WI
Princeton Junction, NJ
Mission Viejo, CA
Chicago, IL
Castro Valley, CA
Columbus, NE
New Lenox, IL
Wilmington, DE
Plymouth, MN
Lubbock, TX
Homewood, IL
River Ridge, LA
Ames, IA

The Gathering Place
Health SET
Lutheran Family Services
MSV Early Childhood
Urban Peak
Stout Street Clinic at Sam. House
Mount St. Vincent Home
Annunciation School
Metro CareRing
EarthLinks
Stout Street Clinic
Sewall Child Development Center
Senior Support Services
Denver Urban Ministries (DenUM)
Archdiocesan Housing@ St. Martin Plaza
Sacred Heart House of Denver
Urban Peak GED
St. Francis Center



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Check us out!
www.covivo.org
cvv@covivo.org

CVV Staff:
 Katie Cassady
 Fred Eyerman
 Bill Jaster
 Mary Frances Jaster
 Ryan Martin
 Tom Nelson, CM
 Tom Henderson

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Thank you!

Each year as CVV prepares for a new volunteer group there are so many individuals and businesses that put their hearts into the work and preparations. We are deeply grateful for all those who walk this journey with us. You are our "heart's memory."



CVV needs list:

- | | |
|----------------|-------------|
| Bed pillows | Coffee pot |
| Coffee grinder | Rice cooker |
| VCR/DVD player | |

Gratitude is the heart's memory. – French Proverb

Monthly donors and Individual donors
 Heart and Soul Committee:
 Yvonne Costello, Frankie Dehne,
 Alanna Kimmel, Catherine Hupp, Dirk
 Olson, Linn Redding, Lorie Schwindt,
 and Justin Zuiker, a wonderful event!
 CVV Board of Directors, great leadership
 The Bank of Denver, local hometown banking
 Heart and Soul Advancement committee:
 Mary Benoit, Kurt Bartley, Carla
 Frenzel, Alanna Kimmel, George Rock,
 Kathy Turley
 Paul Tamburello, Little Man Ice Cream,
 sweet treats for Heart & Soul
 Donors for the Companion's membership
 drive, lunches for the journey
 Prayer Families who keep
 each volunteer in prayer
 Melanie Simonet, graphic arts and design
 Egan Printing, printing company
 Janet & Larry Bergevin, wonderful meals
 King Soopers Reclamation Center
 Mathias Lock and Key,
 repairs on the CVV doors and locks
 ProWorks Flooring, refinishes the
 wood kitchen floor each summer
 Spinelli's Market,
 food for the volunteers each week
 3 Martini Lunch Advertising & Design,
 newsletter design

Wheat Ridge Cyclery,
 repairs the bicycle fleet each year
 Summer Cleaning Crew:
 Carol Eyerman, Jan and Charlie Killick,
 Mary Ann Lenahan, Mary Ann Miley,
 Mary Scheppers, Lorie Schwindt,
 Spic 'n Spanners
 Summer Maintenance Crew:
 Jim Sheehan, Dale Cavanaugh,
 Rick Schwindt, Dan Scheppers,
 no job too big or small
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 Liz Adams, copying and printing
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 and comforters
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 John Oldani, Blue Ribbon Home Warranty
 Parishioners and staff at Good Shepherd,
 Most Precious Blood, St. Elizabeth
 of Hungry, Spirit of Christ, St. Frances
 Cabrini, Communities of Faith
 and support
 Franciscans of the Holy Name Province
 May Bonfils Memorial Trust

**"God demands first of all the
 heart and then the work."**

St. Vincent de Paul