

HUPA

TE PIRINGA MANAAKI O MER



ANNUAL COMPASSION SOUP KITCHEN
MAGAZINE

• 2017 EDITION •



Guest Art

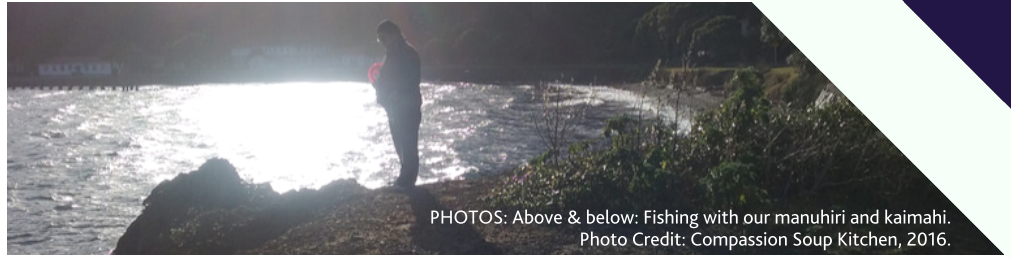


By **Joe Beckett**

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Thank you very much to Sadal & Co and Killa Kutz for providing free haircuts for our manuhiri in 2016.



PHOTOS: Above right (12): Manuhiri contribute to our front wall mural. Lower left (08): Kaimahi chef Leilani in the kitchen. Lower right: Wellington Youth Choir perform at Sound Bites Fundraising Concert, 1 July 2016. Photo Credit: Compassion Soup Kitchen, 2016.

COMPASSION SOUP KITCHEN

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The Compassion Soup Kitchen is a registered charity. Registration no. CC10140

A MESSAGE FROM SR MARGARET ANNE



PHOTO: Sr Margaret Anne Mills.
Photo Credit: Our Lady's Home of Compassion.

Dear Friends of the Soup Kitchen,

Just a couple months ago in December of 2016, we received the news that Suzanne Aubert, the Sisters of Compassion foundress, had been declared 'venerable' by Pope Francis on 1 December 2016. The news came via Vatican Radio and was printed on the website.

Being declared 'venerable' is a major step towards sainthood in the Catholic Church. There are a number of stages in the canonisation process. In 2015, the official case for her proposed canonisation was submitted to the Congregation for the Cause of Saints in Rome.

Her case had been examined by Church historians and theologians and now, with the Pope's approval, she has been declared 'venerable', which is the second stage on the way to being declared a saint.

The next stage involves the recognition of a miracle attributed to Suzanne, such as recovery from a terminal illness as a result of prayer. She can then be declared 'Blessed' by the Pope. A second miracle and proof that she is a model for the universal Church will enable her to be canonised as a saint.

The news from Rome is very exciting for the Sisters of Compassion, the Catholic Church, and all of New Zealand. Suzanne Aubert was an inspirational figure in New Zealand history, as she reached out to people of all walks of life. Her huge energy and respect for all those she encountered, especially the needy, impressed a wide cross-section of New Zealanders. Her funeral was the largest ever held for a New Zealand woman. When she died in 1926, at the age of 91, the Evening Post said of her: Suzanne Aubert "may rightly be described as one of the greatest women in public effort and loving self-sacrifice New Zealand has known."

Many of you are very aware that the well-known Soup Kitchen on Tory Street in Wellington originated with Suzanne and her pioneering Sisters of Compassion on Buckle Street in 1901. A reminder of this period is the Education Centre, formerly the Home of Compassion Crèche, in Pukeahu Park.

Many people have assisted the sisters since 1899, when they first arrived in Wellington. In these early days, they assisted with sewing for the frail elderly who were cared for in the Buckle Street Home and also for the children who came to the crèche. Leftover food was collected, and hearty soup was made for the guests who came for a meal. It was this tradition of volunteering and gifting that has enabled the Soup Kitchen to continue to offer its quality daily service. Volunteering and gifting continues today through the generosity of the people of Wellington and beyond. I sincerely thank you for your support and generosity.

When Suzanne Aubert's Cause for Sainthood is successful, she will be New Zealand's first saint. In preparation for her canonisation, a Crypt has been built as the final resting place for our tipuna, Suzanne Aubert. Once all the construction works have been completed at Our Lady's Home of Compassion, Island Bay, the chapel, and crypt will be a place where people can come and pray. This spiritual space will offer a place of spiritual renewal and refreshment.

Once again I thank you all for your continued support of the Compassion Soup Kitchen.

Sr Margaret Anne Mills

Congregational Leader

"Jesus, seeing the crowds of people who followed Him, realised that they were tired and exhausted, lost and without a guide, and He felt deep compassion for them (cf Mt 9:36). On the basis of this compassionate love, He healed the sick who were presented to Him (cf Mt 14:14), and with just a few loaves of bread and fish He satisfied the enormous crowd (cf Mt 15:37)".

Tēna Koutou,

2016 was a year with a focus on Health and Safety, and the speculation about the amount of extra work created by the new act is not exaggerated. But as I work through the process of bringing Te Pūaroa o Te Whare Hupa up to code, I realise that being compliant is not just about ticking boxes. Rather, it is an opportunity to rediscover and cherish the privilege of all our whanaungatanga. It demands genuine care for the health and wellbeing of our people-kaimahi (staff), volunteers, visitors and our manuhiri (guests).

Yes, the burden of paper is a bit overwhelming at times, but not so much I imagine, as the tragedy of an injury (or death) in our Whare because we aren't a safe workplace. So, a gentle plea from me-any changes you see at Te Whare Hupa, extra forms we ask you to fill out, equipment changes-please, just go along with it. Have faith that we do not make changes gratuitously, but because we need to in order to ensure the health and wellbeing of all.

You will read about some of the many highlights from 2016 in this publication. Of particular note is the kaimahi participation in Tikanga, Tiriti Waitangi, and Te Reo Māori (lessons). We are learning so we can create a culturally appropriate environment that acknowledges and respects the ethnicity of the majority of our manuhiri. Meri Hōhepa (as Suzanne Aubert is known to many Māori) came to New Zealand with her heart set on working with Māori. She did not want to turn them into Pākehā, but to work with them within the context of their own culture. She respected Māori and learnt a tremendous amount from them. It is our wish to keep that kaupapa alive at Te Whare Hupa, and by so doing, provide a better service to all our manuhiri.

The 2016 fundraising efforts must be mentioned, especially the Street Day Appeal. The hard work of kaimahi and volunteers together with the generosity of Wellingtonians meant we had a very gratifying result. Other fundraising ideas this year include Soup Kitchen for a Day, Compassionate Kai, 14 Hours Homeless and our open day. We cannot run any successful venture without the support of our amazing volunteers—so a big thank you to everyone involved.

We have had a very busy and mixed year here at Te Whare Hupa. Sadness with the death of Bill and Jason, two of our manuhiri, and joy, with the return of Sister Josefa who was welcomed by all the kaimahi, volunteers and manuhiri alike. Sadness when we farewelled Sr Lusi, Francesca our receptionist and Bede our kaimanaaki, but happiness when Hillary returned to us.

We hope that you all enjoy reading "Hupa" magazine. We are grateful to all of you who contributed to it. A loving thank you to the Sisters of Compassion whose enormous commitment ensures the continuation of the work of Te Whare Hupa. A huge thank you to the kaimahi and volunteers who put their time and heart into this place and our precious people. And of course to our manuhiri. Who, while they may not realise it, enrich all our lives because of the privilege we have to serve them.

Ma te Atua e Manaaki
Karen Holland - Kaiwhakahaere

Welcome back Sister Josefa



Sister Josefa's reflection on returning to the Soup Kitchen

When I was diagnosed with cancer, I left the Soup Kitchen and spent some months at Silverstream in Upper Hutt with our Sisters while I had treatment at the Public Hospital. It was a rough journey that felt like riding a wild horse.

All along I knew and believed that I wasn't journeying alone. The doctors and nurses were wonderful, both caring and supportive. Many prayers were said, and I received kind messages from my Sisters, family members, and friends. This helped me throughout my process of healing.

I am grateful to have experienced this journey.

My heart and mind were always with our work at the Soup Kitchen. I prayed that I would return one day if I became well again.



PHOTO: Sr Josefa Tikoisolomone.
Photo Credit: Our Lady's Home of Compassion.

What it's like to be back...

My first day back to the Soup Kitchen, I drove in to help with breakfast. I was overwhelmed with gratitude...I was actually returning to the place I really love. I received a big welcome from the manager Karen, staff, guests, and volunteers. I felt that I am home again.

I have gratitude for all whom I have walked with during my journey. I can only say the prayer of Mother Aubert:

"Thanks be to God for all he has done and is doing for us."

"I felt that I am home again."



Suzanne Aubert's

Artichokes Recipe

Ingredients:

- 2 lb artichokes
- Fried bread
- 1 tablespoonful lemon juice
- 3 pints white stock
- Salt
- 1 pint milk

Method:

- Take 2 lb of artichokes, boil them in the stock. When reduced to a pulp add a pint of milk. When boiling add the lemon juice and pour on the fried bread, or throw the fried bread in the soup.

"Let us have a heart like an artichoke, and such a big one that everyone can have a leaf of it." - Suzanne Aubert

Submitted by Sister Josefa

Kerehi's Not-So-Secret Coleslaw

Lani, our Evening Chef, offers a delicious coleslaw recipe by her mum's good friend

Ingredients:

- 1 x red cabbage
- 1 x savoy green cabbage
- 1 x white onion or spring onion
- Sweet corn, preferably fresh, although tinned corn will do (just be sure to drain liquid)
- 3 x medium carrots
- Sweet mandarin or sweet navel oranges
- 1 or 2 packets of Eta's Honey Roasted Peanuts (trust me)
- 1 x tin condensed milk
- 1 x jar of Best Foods Mayo (light or normal)

Method:

- Add to large bowl:
 - Red cabbage (shredded)
 - Green cabbage (shredded)
 - White onion or spring onion (fine diced brunois or sliced very finely if you're using spring onion)
 - Sweet corn
 - Sweet mandarin or sweet navel orange segments chopped up
 - Eta's Honey Roasted Peanuts (trust me)
- Add to bowl dressing stuff: condensed milk and mayo
- Mix thoroughly

• NOTE: You don't want to drown your coleslaw but you don't want it to be dry either. Balance. It also pays to be flexible when it comes to quantities with this recipe as it is based on how the coleslaw looks visually in terms of colour, so taste the slaw as you go.



The Beating Heart, Our Whare Kai

By Hillary Wilk, Reception & Administrative Support

At the center of the Te Pūaroa Whare Hupa (Compassion Soup Kitchen) is its beating heart, working day and night to sustain the vital organs of our work. In this place, you can smell the lingering scents of baking fish, potatoes, and soups, and you can hear the sounds of pots clanking and Talk Back playing through the radio. You can see plates of colourful kai being plated by Sisters and kaimahi (staff).

Of course, this place is our kitchen. "It's the heart of the place...that sounds so cheesy, but it's true," jokes our Kitchen Manager Paul. "It's the reason we're here. Without the kitchen, you don't have outreach, without the outreach, you don't have social workers... Everyone's got to eat, and it's the food that attracts people here."

From our kitchen, kai is provided twice per day, six days per week, and the number of manuhiri we serve at each meal can reach up to 80. Ensuring the kitchen can provide these meals is a multi-faceted process that requires the support of the three branches of support - kaimahi, volunteers and benefactors. This process, despite its complexity and many moving parts, operates with an incredible amount of humanity, grace and efficiency.

This is not to say that there are not the occasional bumps. Still, "the show goes on", says Paul. "Even when there are hold-ups, we still make it work."

Making It Work: The People of the Kitchen

The kitchen's smooth and resourceful operation is thanks to both the Soup Kitchen's tāhuhu kōrero (history) of doing this work and the groups of people who work in-front of and behind the scenes to support the kitchen.

On the frontline is our kitchen kaimahi, which includes Paul - the head chef, Wai - the breakfast chef, and Lani - the evening chef. To help serve the kitchen's twice daily delicious kai, we have volunteers, Sisters and kaimahi working in teams to serve up meals, wash dishes, and help manuhiri to feel at home. Outside of meals, bread collection volunteers wake up at 7am to scoop up the leftover bread from New World for delivery to the Soup Kitchen.

We have our benefactors to thank for our delicious, nutritionally balanced and affordable meals. This includes regular benefactors, like New World who provide leftover bread, Arobake who keep the pastries and artisan breads in constant supply, and GS1 who provide the kitchen with heaps of meat and flour. It is also common for groups and individuals to donate baked goods, drop off leftover food from a party or work function, or sponsor the cost of an evening meal. Last month, we saw a spectacularly humbling influx of donated meals from those in the Indian community following the Diwali celebrations. To keep our canned food supply stocked (and wow, are they ever!), schools, churches, and groups like Girl Guides run canned food drives many times a year.

It is a shiny, shimmering web in which each strand of support enriches the kitchen in a unique and significant way.

A Different Type of Kitchen

The kitchen kaimahi agree that cooking at Te Pūaroa Whare Hupa is a special kind of chef's work. "I wanted to work at a community organisation...

It was just plain luck that I saw this on the Seek site," explained Lani, who left the commercial kitchen world three years ago to start cooking here.

For Paul, a father of two, the choice was either to stay a chef and lose out on time with his family or find a new career. He was about to make a career change when he applied for the cooking position here. The evening meals, which are over by 5:45pm, mean that the chefs head home by 6:00pm. It's a special kind of schedule that allows Paul to have two of his loves: his kids and his cooking. Plus, he adds, "It's unique, it's got history, it's different. I thought it could be cool...and it is pretty cool!"

Of course, it is Suzanne Aubert's legacy and the Sisters of Compassion that underpin so much of what makes this kitchen so special. "Learning about Sister Aubert and her wonderful work in early New Zealand and the continuing work of the Sisters of Compassion has been a real highlight," say two breakfast volunteers, Steve and Linda Strand.

The kitchen is encompassed with reminders of this tāhuhu kōrero. Old photos and text lining the dining room walls depict the history of Suzanne Aubert and the Sisters of Compassion. The ongoing legacy is ever present in moments like the Sisters listening, laughing, and providing support for our manuhiri in the whare. I believe this provides a sense of purpose and spirituality in the kitchen that enriches the volunteers, kaimahi, benefactors, and manuhiri who walk through its doors.

Why We Do This Mahi

While interviewing kaimahi and volunteers for this piece, I asked, "What do you think is the importance of the Compassion Soup Kitchen in the local community?" I was curious to know why those with years of commitment to the Soup Kitchen felt that its services were vital. Here's what they said.

Wai: Aside from the practicalities of providing kai for people who need it, as well as a hub for services and interaction, I think the Soup Kitchen is like a reminding thorn. That these services are required in a relatively rich nation of only 4 million people is pretty heinous and should remind us that we live in a very unjust society with serious (re)distribution issues. The 'answers' aren't to be found solely in food generosity, but also in addressing structural inequity.

Lani: We feed hungry people! And we provide a safe space for two hours a day, where guests aren't judged, the meal is really good and affordable...and they get community. It's deeper than just the physiological nourishment of the food. It sounds cheesy, but their souls are nourished as well.

Lisa Marriott, breakfast volunteer: My 'day job' (at the university) means that I do a lot of largely theoretical work in the space of social justice and inequality. However, what makes a real difference to people's lives is the practical work done by non-profit organisations like the Soup Kitchen. The Soup Kitchen not only provides some of the fundamentals we all need to survive, such as food, it also creates a supportive community for everyone who comes through the door – guests, staff and volunteers. I think our lives are all richer for being part of the Soup Kitchen community.


Linda & Steve Strand, breakfast volunteers: The Soup Kitchen looks around all the differences [in people] and treats each individual as an important part of the human race. Breakfast is more than a cup of soup, it is communication and social interaction and belonging for all. The Soup Kitchen is family. 



PHOTO: Volunteers Steve & Linda Strand. Photo Credit: Compassion Soup Kitchen, 2016.



Soupy Snippet

Memories of bread collecting with a volunteer veteran

For 25 years, Joan Barbalich has volunteered as a bread collector for the Compassion Soup Kitchen, often bringing along her daughter. She reminisced on some of her memories as a volunteer:

I've been with the Soup Kitchen since it was at its original location on Sussex St...and I was doing the bread then, too! I had a huge station wagon then, and sometimes, there was so much bread leftover, that the bread touched the top of the roof. I remember once, a police officer stopped me. He took one look into the car and asked me, "Where are you going with all that bread?" Honestly, it was full to my ears.



KAI KORERO

Lets talk food...

What is ka pai kai?

Always seeking to improve our service, in 2016 we approached Regional Public Health for some expert advice on the quality of meals we're providing for our community. We were again advised that we're doing great! According to the experts, we're offering our manuhiri a highly nutritious, balanced diet with all of the bits and bobs that make up a healthy meal.

Where does it come from?

Serving hundreds of nutritious meals each week requires a huge amount of kai. Check out just some of the ways we source food to provide delicious healthy meals for our manuhiri.

Individual donations

From families, gardeners, students, etc.

It's a very rare day when we don't have frequent visits from members of the public dropping off odd donations of food.

We receive anything from a bag of oranges or hundreds of mini sandwiches, to several crates of chocolate.

No matter the quantity, we are always delighted by the donation, as every bit represents someone taking the time to think of others in need and every bit helps.

Kaibosh Food Rescue

Zero food poverty. Zero food waste.

Kaibosh is a food rescue organisation which utilises a small army of volunteers to collect good quality surplus food from supermarkets, fruit and vegetable markets and cafes.

Founded in 2008, Kaibosh now redistributes 10,000kg of food each month, to over 45 community groups, providing the equivalent of 28,500 meals.

We have now been a recipient of Kaibosh's generosity for a number of years. Want to learn more about Kaibosh? Visit www.kaibosh.org.nz.

Arobake

Whipping up great treats for the past 25 years.

'Whether it's breaking bread amongst friends or settling down with something sticky and sweet I believe it is important to take time to appreciate and celebrate family, friends and good food.' Excellent sentiments, Arobake...so do we!

Arobake provides us with fresh bread and sweet treats every morning, and we think that's pretty phenomenal. Pop by their spot at 83 Aro St, Aro Valley, to say thanks for us!

Food Appeals

Twice yearly at Island Bay New World.

Each year we run two food appeals at Island Bay New World collecting donations from the Island Bay community to stock up our shelves.

It's always a fun opportunity to chat to the locals about what's happening at the Kitchen and how they're supporting our mahi. Last November we were fortunate to receive an enormous donation of kai from a group of local Girl Guiding Rangers, which meant we didn't even need our second appeal!

Kiwi Community Assistance

Working together to reduce inequality in our communities.

Kiwi Community Assistance (KCA) is a charity hub based in Tawa which passes fresh produce, non-perishable food, clothing, books, toys, household goods, including furniture and whiteware, to local schools, foodbanks and other organisations.

We regularly receive boxes of food from the stars at KCA. Want to donate goods to KCA? Visit www.kca.org.nz.

Good Bitches Baking

Spreading a little sweetness in our community, one bite at a time.

This network shows kindness to families and organisations through delicious home baking. The self-proclaimed 'good bitches' bake tasty morsels for those experiencing tough times, including our Soup Kitchen community.

These sweet treats are a wonderful pick-me-up for our hungry manuhiri and hard-working volunteers. Interested in being a Good Bitch baker or recipient? Contact hq@gbb.org.nz or visit www.goodbitchesbaking.co.nz

Ngā mihi nui. Thank you.



FRONT COVER

EM WAFER

ARTIST EM WAFER WORKED WITH THE GUESTS OF THE SOUP KITCHEN TO CREATE THE SOUP KITCHEN'S VERY OWN STREET MURAL ON TORY ST

BY EM WAFER, ARTIST

In early January 2016, I went to discuss the idea of a mural with staff at the Compassion Soup Kitchen. They were very keen, and after subsequent meetings and discussions we decided to involve the guests.

This turned the project from a simple mural on the side of the building into a community project that resulted in guests contributing something to their building that they could be proud of and hopefully look at for years to come.

The food falling into the Kava bowl represents the meals at the Soup Kitchen, as well as the other support provided to the guests and their whanau, essentially the feeding of bodies, minds and spirits.

The first two frames (a stencilled image of Suzanne Aubert and the Compassion logo) acknowledge the heritage of the organisation and what it stands for.

The Māori/Pasifika koru designs on the bowl and all the frames represent the multicultural aspects of the Kitchen.

This is also a way of acknowledging Suzanne Aubert and her dedication to her work with Māori.

One of the most enjoyable parts was the week when I'd finished the top and was

working on the lower third of the mural with the guests.

The frames were for the guests to fill in with their artwork, as a way for them to leave their own mark on a place that is an incredible source of support and community to them.

While I was decorating the frames with the Koru designs, the guests were filling them in. I answered any questions they had, but I didn't suggest too much.

I wanted to see what they came up with on their own as that's what the beauty of art is about for me – no one can really tell anyone the 'right' way to do something, and each frame is a separate artwork in itself.

Being with and working with people who use the Soup Kitchen regularly and hearing first-hand all the positive things they say about the organisation has made me realise on another level just how much the staff there do for the people in our city who need it the most.

It has been an honour to work with these wonderful people and to have them collaborate with me. I look forward to continuing to work with the Soup Kitchen in the future!



PHOTOS: Top: Artist Em Wafer. Middle: The mural in progress. Bottom: Em and manuhiri painting. Photo Credit: Compassion Soup Kitchen, 2016.



By Matt Petrie,
Street Outreach Case Management Worker



TE WHAKAMURA AI TE AHI

The Soup Kitchen continues to work alongside Kahungunu Whanau Services and DCM to manage the specialist housing project Te Whakamura Ai Te Ahi.

This exciting collaboration continues to house some of Wellington's most vulnerable people and to ensure that they can find somewhere to call home.

"However, just giving someone a roof is not always enough"

Central to this is the provision of an innovative new Outreach service that goes out to meet people before they end up rough sleeping.

Running weekly sessions based at organisations around Wellington, this service targets people before they reach the street to ensure that they get the right support to find somewhere safe to live.

However, just giving someone a roof is not always enough, and many people need additional help to turn their living space into a home. Te Whakamura provides this support by continuing to work with people after they are housed. From arranging furniture, budgeting plans and coordinating support for health and addiction problems, to simply visiting and having a cup of tea and a chat, Te Whakamura continues to work with people until they are settled back in the community.

The Soup Kitchen plays a key role in supporting Te Whakamura. In doing so it ensures that many of its manuhiri are able to access high quality support that allows them to take positive steps towards the future. In this way the compassionate work of the Soup Kitchen now goes much further, reaching people who may not have previously experienced it.

FISHING THE SOUP KITCHEN WAY

By Eru Fox, Guest Social Worker

Matthew 4:19

New Living Translation: Jesus called out to them "Come follow me, and I will show you how to fish for people!"

Why is this verse so significant to "Fishing the Soup Kitchen Way"? Because as we watch the fishing programmes like the ITM Fishing Show or Ados Addicted to Fishing we see the BIG fish they catch. Has this been the case with our Monday fishing spot?

Of course it has...NOT!!!

Since the 2nd of May, 2016, our manuhiri and kaimahi have spent one day a week fishing somewhere around Wellington. Every Monday, we leave the Soup Kitchen between 9:00 - 9:30 am. We started out using hand held lines, then progressed to adding two children's fishing rods from The Warehouse to our kit. Yes, we have indeed lost a number of sinkers and hooks, but with a bit of perseverance, we eventually got there (meaning lost less).

On the first day, we went out and caught no fish, then went to KFC for lunch. Since that first day, we have netted a total tally of 2.5 fish actually caught.

We have had a few particularly stand out days. One day, for example, we had been discussing hook baiting techniques with a fellow fisherman. After kindly bestowing his fishing wisdom upon us, he left us to continue on his lookout for where the fish were "running". He ended up finding a great fishing spot somewhere else, and returned to us with a donation of six good sized snapper, which were excess to what he needed. Of course we thanked him very much for this and then discussed how we'd tell this story :).

Thanks to the many manuhiri who have joined us on our fishing expeditions and have brought with them their knowledge and skills on fishing. It has been a great time getting to know these people, and we appreciate their willingness to share not only with us, but also with fellow manuhiri, some of their life experiences.

So, to take us back to Matthew 4:19....yes, Jesus did say, "I will show you how to fish for people." This statement is true for us, because statistically speaking, we have taken more manuhiri out fishing than fish we have caught.

That's how we go "Fishing the Soup Kitchen Way".



PHOTOS: Fishing with manuhiri.
Photo Credit: Compassion Soup Kitchen, 2016.



PHOTOS: Left & Right: Fishing with manuhiri.
Photo Credit: Compassion Soup Kitchen, 2016.

http://www.Looking_Back_on_a_Year_in_the_Soup_Hub.com

Volunteers contribute immensely to the running of the Soup Hub through their varied life skills and backgrounds. We want to say a special thank you to John Billings who upgrades and maintains our computers.

Here in the Soup Hub, support is not just about technology help; Soup Hub is also a place where manuhiri can go to seek support with life challenges, such as mental health challenges.

Manuhiri know that we can direct them to the appropriate agencies to get the care they need, such as a mental health case worker. This is a challenging component of our work, but it is also very rewarding when manuhiri are able to receive the right health care in a timely manner.

We ran two workshops in June for manuhiri to register for 'MYmsd', which allows people to access their personal Work & Income information on appointment times and more without the challenge of having to go directly into the Ministry of Social Development (MSD) office.

We were supported by two manuhiri who volunteered their time to navigate the information for other guests.

One of these manuhiri volunteers also worked alongside John Billings to help connect printers to all the computers. Unfortunately, this task was not fully completed because sadly, this guest became very ill and was hospitalized in late July.

After a little over two weeks of care in the hospital, he died in the hospital on 6th August, 2016.

We held a memorial service in the dining room during one of our evening meal sessions.

For most of our manuhiri, Soup Hub is a time to come in and chill out or relax away from the business of their community. They do the usual things like emails, Youtube, or Facebook. Occasionally, there are out of the ordinary tasks, like booking travel to go visit friends or family in other parts of Aotearoa.

For kaimahi and volunteers, Soup Hub is a space to get to know our manuhiri in a different environment, by working alongside them to make their CVs more attractive to prospective employers or just through general conversation with each other.

So, from News Hub to Soup Hub, that's it from me, and that's it from them.

Ka kite ano..

By Eru Fox, Guest Social Worker

ngā mihi nui... thank you

Abrakebabra
Altura Coffee
ANZ Bank
Arobake
Baker Gramercy
Balance of Life Trust
Berhampore School
Bernie Harfleet & Donna Turtle Sarten
Bible Society New Zealand
BidVest Food Services Ltd
Bishop Viard College
BNZ Bank
Catholic Archdiocese of Wellington
Catholic Social Services
Challenge 2000
Chris & Tom Finnigan
Coleen & Mike Hickey
Combined Probus Club of Eastern Suburbs
Community Organisation Grant Scheme
Corporate Consumables
CQ Hotel
David Barnes
Diocese of Palmerston North
Dixtia Budhia
Dominion Post
Downtown Community Ministry
Fire Protection Inspection Services Lts
Fix Gas
Francesca Haylock
Francis Fanning
Good Bitches Baking
Grant McNeil
GS1
Harbour City Guard Services
Harbour City Security
Havana Coffee
Hire Master
Impact Legal
Island Bay Butcher
James Reilly
John Billings
John DeGregorio
John Foothead
John Forster
John MacDonald, RC Macdonald Ltd
Karori Foodbank
Karori Medical Center
Kiwi Community Assistance
Korean Embassy
Ken Stiffler
Killa Kutz Barbershop
L'Affare Coffee
LT McGuinness
Luke Baron
Macarthy Trust
Makana
Maurice Dodson
Mike Hubbard
Moana Pacific Fisheries
Mojo's Coffee
Monty Arnott
Mount Cook School, Tory Street
Munro Benge Accountants
New World, Chaffers
New World, Island Bay
Newlands Community House Knitting Group
Ngati Kahungunu Ki Poneke
Nigel Ramsay, Albetech
Noel Leeming
Opus International
Our Lady's Home of Compassion
Pandoro Bakery
Paul Hastings and Co Ltd Real Estate
Peoples Coffee
Peter Goulter
Public Trust
Queen Margaret College
Ramanik Lal
Rentokil
Rob Thompson
Rotary Club of Courteney Place
Rotary Club of Karori
Rotary Club of Wellington South
Roy Hartley Motors

We are grateful for the support of many organisations, businesses and individuals who have contributed to the Compassion Soup Kitchen this year, enabling us to continue supporting those living on the margins.

*Ngā mihi nui.
Thank you.*

Rydges Hotel, Featherston St
Sacred Heart College
Sacred Heart School Thorndon
Sadal & Co
Salvation Army
Sarah Bacon's Baking Group
Sathya Sai Service Organisation
Skills Active
Southern Hospitality
Sovereign Military Order of Malta
St Anne's School
St Bernards's College
St Catherine's College
St Mary's College
St Patrick's College Town
St Teresa's School, Karori
St Thomas More Parish, Napier
St Vincent de Paul Society
Steve Logan
Te Aro Health
The Wellingtonian
Tindal Foundation
Marie & Tony de Joux
Total Risk Management
Upper Hutt College
Waikane Catholic Women's Guild
Warehouse Wellington
Webstruxure Limited
Wellington City Council
Wellington City Mission
Wellington College
Wellington Community Mental Health
Wellington Night Shelter
Wellington Rotaract
Wellington Youth Choir
WELTEC Catering Department
Whittaker's Chocolate
Wormalds
Z Petrol Stations
Zaida Bakery
Zelati Gelato





14 Hours Homeless

On Friday 7th October volunteers, Sisters, manuhiri, kaimahi and supporters of the Compassion Soup Kitchen participated in 14 Hours Homeless, braving the Wellington cold to sleep rough for a night in support of organisations in our capital working to end homelessness.

A confronting experience, 14 Hours Homeless delved deeply into the realities of living without a home. Visits and talks with the agencies-Wellington Homeless Women's Trust, DCM, Wellington City Mission, the Salvation Army Youth Services and the Compassion Soup Kitchen-gave members of our street community the opportunity to tell their stories and give faces and personalities to the statistics we read in the papers.

The event was a resounding success, raising close to \$90,000 nationally, with almost \$45,000 of that raised in Wellington alone.

14 Hours Homeless is set to return on Friday 13th October 2017-pop in it your diary now if you're up for the challenge!



PHOTOS: Top: Sr Lusi Raratini, Steve Logan, Virginia Ashcroft and Sr Catherine Hannan sharing kai. Left: Sophie Goulter (Soup Kitchen Volunteer Coordinator), and Bede Haughey enjoy the atmosphere.

Photo Credit: Compassion Soup Kitchen, 2016.

Reflection by Steve Logan

As expected Friday 7/8th was a very uncomfortable 'lie down' because sleep barely came into it. I am fine sleeping rough when tramping in the bush no matter the climatic conditions and sounds of the forest. But on the street there is a lot more to hamper sleep; the bright city lights and traffic noises for a start. Then there are the other humans talking, snoring and moving about. Squeezed into my cardboard coffin with my head at one end and legs poking out the other I felt vulnerable even in the safe place I was. It was easy to imagine being down town in an alley or shop front trying to sleep and being harassed by drunken teens or even more sinister people beating me. No wonder many homeless take liquid sedative to literally escape their space.

But that part was not even half of the experience.

All the 230 or so people participating were split into different groups and we went on a tour of several different facilities set up to support homeless people. My tour included DCM and the Compassion Soup kitchen... I was touched meeting the professionals and volunteers who have so much passion and love for the care of others and who build relationships with their 'guests' to help them on their way to a better situation permanently.

I was surprised that the homeless we see on the streets are just the very tip of the iceberg. Many thousands more live in cars, garages, are couch surfing or squashed into rooms in uninhabitable houses. Being in these predicaments is more than just being uncomfortable; it is having no privacy and pressuring friend and family relationships through overstaying their welcome. The worst part is that they have no place to call their own, where they can unpack the precious things that represent their lives and families. They have no base to set up their lives on, find jobs and build relationships.

Why are these people homeless anyway? I promise you it's not a choice but almost certainly because of very unfortunate experiences either as a result of their own actions or others. Frankly does it matter? One's own dumb decisions but also circumstances beyond your control have consequences and if you are living day by day like a huge percentage of the population, the likes of a cutback at work could lead to a missed weeks rent and eviction and you are out on the street.

Many of the homeless are running from unsafe homes where they are beaten and abused or have mental health issues and don't fit anywhere. Imagine the courage they must have to leave their families and lives and with just a bag of their belongings start again in a place far enough from that danger.

A small percentage of the homeless community beg. I can feel a bit uncomfortable seeing these people and am tempted to cross the road. I mean it's a bad buzz seeing others in a desperate space and ignoring them is one tactic. But please don't. These people don't want to be invisible. Like any human being they need to be acknowledged and feel some sense of belonging. Eye contact, a nod or a smile is free. For them, getting a coin is a bonus.

Some agencies actually say it could be better not giving them money because it supports them in their homeless situation. If the homeless people have to go to one of the agencies such as DCM or the Soup Kitchen for food or support the staff have an opportunity to begin the process of getting them off the streets and into society. They can feed them and arrange emergency housing.

Thanks so much to all those who donated so generously. You helped me raise \$1,714.

Reflection by Virginia Ashcroft

It's 12.30 am and I'm lying in my clothes, beanie, scarf and jacket inside my sleeping bag (that I discovered a couple of hours before didn't zip up). The cardboard box, my bed for the night, comes up to just below my shoulders—no fridge boxes which according to the 'homies' are gold. But thanks to my next door neighbour for the night who has spent time homeless, I set myself up with another box which acts as a buffer against any wind that might come. So with a jacket as my pillow, warm clothes and wind buffer, I'm well set up.

However, I'm writing this because there is quite a lot going on at 12.30 am with about 230 people sleeping in cars, on couches and cardboard outside in the playground and verandas at Mount Cook School. The beat from music playing, laughter, giggling, snoring, talking, an ambulance driving by—but somehow it doesn't matter—well, I can always sleep tomorrow night. But what about those people who don't have a home to go to? Who have to get up and pack away their bed, their lives, and hope they have somewhere safe to keep them until they need them again. I heard one man say that he had had his stuff stolen 14 times—often when he was sleeping and by others sleeping rough. That is the gold with the fridge boxes. You can put your stuff right inside and there is still room for you to get inside.

Earlier in the evening we were divided into groups and taken to or had someone from two agencies talk to us. The Homeless Women's Trust was set up a couple of years ago because there was nowhere for women in Wellington. Sisters and others worked hard to set up a home which allows women to spend 3 months in a safe warm nurturing environment while they are assisted to find accommodation, and helped in many other practical ways to get on their feet again. About 100 women have been helped. We also went to DCM who run a service providing practical assistance in so many areas – advocacy, providing medical and dental care, foodbank, social interactions, social workers and so much more.

I had known a little about homelessness before last night but the conversations with different people, the short documentaries, the passion of the people working for the organisations behind the 14 Hours Homeless campaign in Wellington really opened my eyes to the problem. You might want to watch a short video called 'Street Smart', which Loading Docs 2016 showed recently. Regina now works for DCM, is married and has a lovely family—three of her sons were there last night. She knows about homelessness, but she also knows that with help people can get out it. Her message to us is not just to look—but to see these people—acknowledge them with a nod, a hello, or stop and talk with them. That exchange really makes a difference—not just to them but to you and I as well. In the end we are all people and we all want someone to say, "I see you".

Thank you all for your generosity towards this campaign, not just to assist those who are homeless, but to end it.



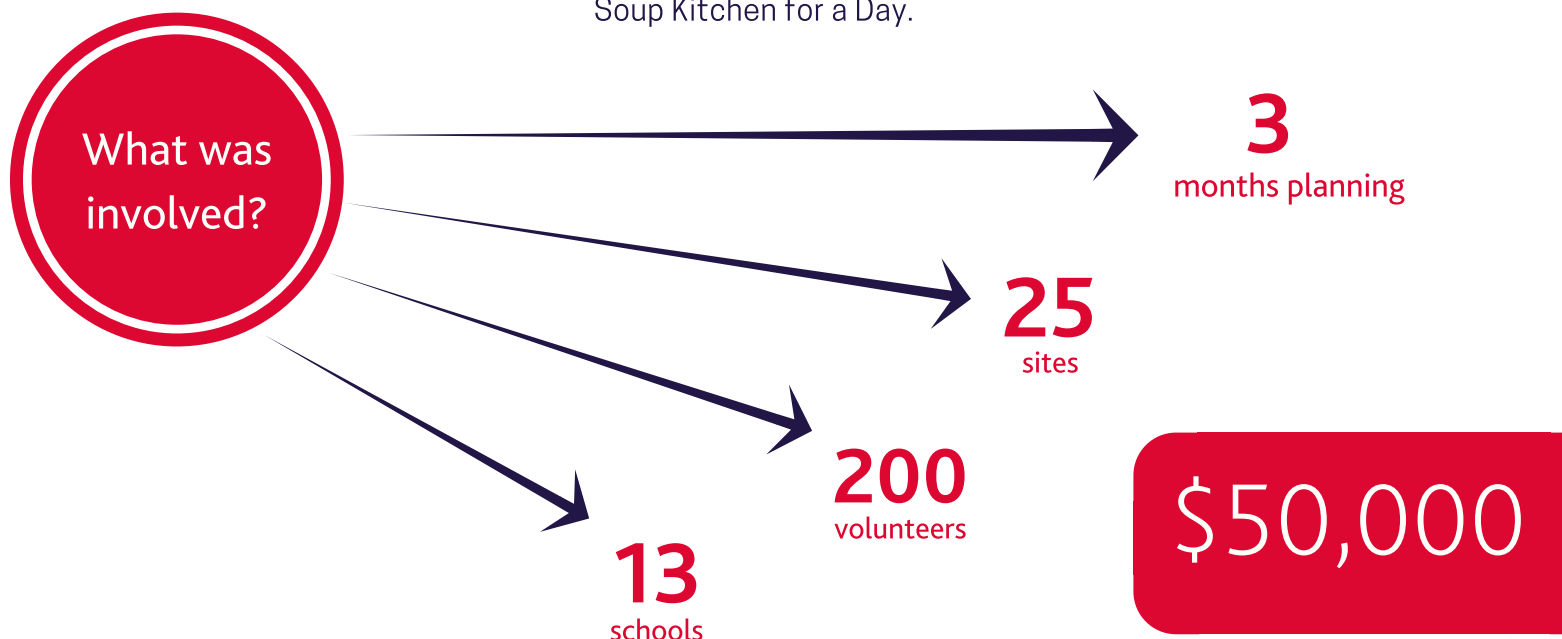
PHOTO: Cellist Caitlin Morris performing at Sound Bites. Photo Credit: Compassion Soup Kitchen, 2016.



PHOTO: Sr Catherine Hannan and Sr Sosefina Mafi collect on Cuba Street. Photo Credit: Compassion Soup Kitchen, 2016.

Soup Kitchen Appeal

On Friday 1st July we went all out for our annual Soup Kitchen Appeal with three separate fundraisers occurring on the same day—our Street Appeal, Sound Bites Concert and our new education initiative, Soup Kitchen for a Day.



Street Appeal

With almost 25 sites across the city and suburbs, Soup Kitchen collectors were out in force receiving donations from members of the public. Despite the cold and drizzly morning, Wellingtonian's gave generously.

We would like to say a big thank you to all of our site coordinators and collectors who braved the chill and supported us, including Wellington Mayor Justin Lester, Annette King MP, Grant Robertson MP, Cr Jo Coughlin, Cr Nicola Young, the huge team from the Ministry of Education, and the students of Holy Cross Miramar, St Teresa's School, Samuel Marsden Collegiate, St Mary's College and Wellington College.

Sound Bites Concert

St Joseph's Church proved a beautiful venue to host Sound Bites, our fundraising concert. With music provided by Cantoris, the Wellington Youth Choir and New Zealand School of Music students Caitlin Morris, Katrina Brougham, Lucinda Ng and Jenna Searle, attendees were treated to a wonderful evening of highly talented musicians.

Thank you to Erolia for running the evening and the Catholic Parish of Wellington South for giving us use of such a wonderful space.

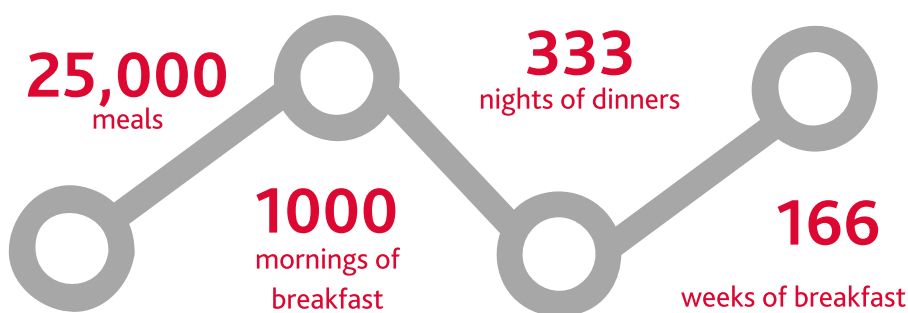
Soup Kitchen for a Day

This year we created a new educational programme called Soup Kitchen for a Day with the goal of getting more young people involved in the work of the Soup Kitchen. Based on the Global Citizenship Education model of learn – think – act, the programme comprised a resource pack, including discussion activities, short video clips, role play scenarios and information about the realities of daily life at the Compassion Soup Kitchen. Through these, students discover social justice knowledge and values and critically assess their beliefs. Students were then given the opportunity to take action to support the Soup Kitchen. Some of the ways schools took action were running can drives, making soup and selling it, helping collect during our Street Appeal, and having a pajama party mufti day.

We supported the schools to participate by providing the resource pack electronically to be easily shared between teachers, a tool kit of stickers, fliers, collection buckets, bibs and a tablecloth, by speaking to classes or at assemblies, and inviting the schools to visit the Soup Kitchen for facilitated learning activities and a tour of the organisation.

Although we initially planned Soup Kitchen for a Day as a three school pilot, the programme blossomed to include 13 schools. With positive feedback from all participating schools this year we are already planning for 2017.

Interested in getting your school involved? Get in touch by ringing (04) 385 9299 or emailing soup@compassion.org.nz.



Thank you very much to the schools who participated: Bishop Viard College, Holy Cross School Miramar, Sacred Heart Cathedral School Thorndon, Sacred Heart College Lower Hutt, St Anne's School, St Bernard's College, St Catherine's College, St Mary's College, St Patrick's College Town, St Teresa's School Karori, Samuel Marsden Collegiate School, Upper Hutt College, Wellington College. We would also like to say a big thank you to the Wellington City Council Wellbeing Group which for the second year hosted a 'pop-up Soup Kitchen' at the Wellington City Council offices, raising \$630.90 for the Soup Kitchen.

PHOTOS: Top Left: Louise Goldsack and Sophie Goulter collect on Lambton Quay. Right: Sr Sosefina Mafi helps out at St Anne's School's Soup Kitchen for a Day 'Pop up Soup Kitchen'. Bottom Left: Volunteers John and Maya of CQ Hotel collect on Cuba Street. Photo Credit: Our Lady's Home of Compassion and Compassion Soup Kitchen, 2016.

Coordinated and written by Sophie Goulter.

In the past 12 months the Soup Kitchen has said farewell to a number of experienced volunteers who have left our team to move jobs, cities, countries or to take a well-deserved break after serving with us for many years. Every volunteer leaves a legacy here, and all are remembered fondly by manuhiri, Sisters, volunteers and kaimahi. Indeed, many continue to share in our journey through continuing to pop by to say hello, by sending us postcards or bringing in baking for our manuhiri.

In 2016 we also welcomed over 65 new individuals to our Soup Kitchen volunteer community—each bringing diverse skills and life experiences. All bring compassion and willingness to learn and contribute.

2016 also marked an exciting shift in the way we run our volunteering as we worked closely with Our Lady's Home of Compassion to develop its own volunteer programme and increase opportunities to get involved. We look forward to expanding on this in the coming year.

Volunteers live their values

Compassion demands action and throughout the 115th year of the Soup Kitchen's operation volunteers continued to drive our organisation. Providing endless enthusiasm, our volunteer community brought energy to our space, and promoted a safe and positive environment for all.

Joe Ready

Dinner volunteer, 3 years
Primary School Teacher & adventurer

What inspires you to help?
My family has a strong connection with the Home of Compassion and I'm inspired to continue this by volunteering at the Soup Kitchen.

What's your favourite Wellington spot?
Anywhere in the Town Belt. I love how this is right at our footsteps overlooking our amazing city!



PHOTO: Joe Ready. Photo Credit: photo provided.

*Ngā mihi nui!
Thank you!*

Leigh Hatwell

Dinner volunteer, 7 months
Yoga fan & bank worker

What inspires you to help?

It's great being able to give back to the community and there is a real feeling of satisfaction for me in being able to help people, even if it's in a very small way.

What's one of your favourite memories of volunteering at the Kitchen?

It seems to me that there is a great sense of community among the guests which is really refreshing, because sometimes it feels like it's this sense of community and engagement that is missing from the wider community that we live in.



PHOTO: Leigh Hatwell. Photo Credit: photo provided.

Damien O'Callaghan

Dinner volunteer, 3 years, 10 months
NZ Ballroom Dancing Champion & hunter

What inspires you to help?

It is a sense of pride, empathy, giving back to the community and helping in any small way I can.

What's one of your favourite memories of volunteering at the Kitchen?

Talking to friends about the Soup Kitchen and then them donating clothes etc – everybody in the community helping, in any way they can.

PHOTO: Damien O'Callaghan. Photo Credit, photo provided.





Compassionate Kai

Your opportunity to make a difference

How much does it cost to feed people in need?

\$50

provides breakfast for **80 people**

and

\$150

provides dinner for **80 people**

Why sponsor?

Your sponsorship ensures we can provide two meals a day six days a week, social workers, meaningful activities, access to computers, and a safe environment for community and social interaction.

The Soup Kitchen supports people in need to live with dignity in the community, regardless of race, religion or gender. Everyone is welcome.

You choose...

Red Ladle

\$1200

1 x week of meals

Green Ladle

\$9600

1 x month of meals

Blue Ladle

\$19200

2 x months of meals

Certificate of appreciation



Name on website



Facebook post



Facebook cover for 1 week



Kitchen Guest speaker



Logo in centre page of HUPA



Logo & link on website for 1 year



How do I sponsor the Compassion Soup Kitchen?

- 1) By bank transfer, including your name and 'Kai' as the reference. Bank account: 02 0500 0022193 08.
- 2) Email soup@compassion.org.nz, including your name, phone number, the colour of the ladle you purchased, and 'Kai' in the subject line.

- For more information please get in touch -

(04) 385 9299 soup@compassion.org.nz www.soupkitchen.org.nz 132 Tory Street, Te Aro, Wellington 6011
Charity number: CC10140

Q&A with the Sisters of Compassion at the Soup Kitchen

AROHA IN OUR HEARTS, MINDS, & INTENTIONS



Sister Fina
A Sister of Compassion
for 21 years.



Sister Josefa
A Sister of Compassion
for 50 years.



Sister Catherine
A Sister of Compassion
for 64 years.



Sister Telesia
A Sister of Compassion
for 50 years.



Sister Lusi
A Sister of Compassion
for 29 years.

Sister Fina: When I hear the guests are laughing and chatting happily to one another (happy noise) and even sometimes when they tell me off ... 'Sr Fina you're late to open the door' (especially at breakfast). These express how they experience being at home in the Soup Kitchen...it is their home! It is great joy to know there is a place where they feel at home.

Sister Josefa: I like to meet with the different volunteers, and I also like to meet with the people who bring things to the Soup Kitchen, like clothes. I love the guests, too!

Sister Catherine: I have many wonderful memories but a favourite was last weekend. While walking through town I met a former guest standing outside a pub. We were both pleased to greet each other and discuss the job he's had for over a year. When he kissed my hand I felt like a queen. Only a couple of blocks later I met another former guest who now has a job in security who also greeted me warmly. Both these incidents were vivid reminders of what the Soup Kitchen may mean to people in need. It's not just the food, but the respect everyone gives which enhances our guests' dignity.

Sister Telesia: I like to communicate with and see our guests..This is part of our work, to support these people living in need.

Sister Lusi: A favorite memory for me is the smiles I get from the guests...the high fives and the "Hello, Sister" greetings I receive. It is the ordinary things! You share a love with someone, and it is good. People talk about things that matter to them, and all you need to do is listen. While I am here from 4 - 6, two days per week, I want to make the most of my time with the people that are here... Hospitality is very important...making guests feel like they are at home here and welcoming them as they are.

Photo Credits: Hillary Wilk.

What is your
favourite memory
of the Soup
Kitchen?

What is your
favourite Suzanne
Aubert quote?

Sister Fina: "A kind heart is the joy of everyone who comes in contact with it".

Sr Lusi: "Let us always be ready to render our service to others, and full of love and concern for the other."

Sr Catherine: "Let us have a heart like an artichoke; and such a big one that everybody can have a leaf of it."

Sr Telesia: "Let us have a big heart, and everyone will have room in it. Let us give ourselves to all for the love of Jesus Christ."

Sr Josefa: "Gratitude is the most beautiful ornament of the human heart."

Sister Fina: I was inspired by the Sisters of Compassion sisters who were working in my village in Tonga....their commitment and their love in action, which they shared with the disabled, sick, prisoners and elderly people they visited. They also organised home development projects for the village's women's groups. They went to Church every day, taught in the village's pre-school, worked hard like planting food crops and repairing the fences of their home. I was inspired by everything they did!

What inspired you to become a Sister of Compassion?

Sister Josefa: I had never heard of the Sisters of Compassion. I wanted to help people, and I liked the word compassion. I fell in love with that word! It grabbed me, so I searched for what it meant. But when I went to look it up in the dictionary, the meaning didn't make sense to me. So, I went to see the Sisters of Compassion in the Fiji mainland. I was due to meet the leader, and when I walked in the door to meet her, I knew immediately that I wanted to be a Sister. The rest happened so fast - I went to Wellington where I started my training, and two years later I become a Sister of Compassion.

Sister Catherine: I had no desire to become a Religious Sister as I felt this was for pious people, but the calling persisted. I chose the Sisters of Compassion as I felt they were ordinary and down to earth, and I have never regretted it. I have had an amazing life.

Sister Telesia: I was talking with a friend in Tonga, and she asked me, "What do you want to do with your life?" I told her I wanted to be a Sister. But not a school teacher! I wanted to help sick people...I was a nurse for a long time - cleaning wounds, all sorts of stuff! I like to be in the action, haha. When I first came to New Zealand to become a Sister, I spent six months with the Sisters to determine if it was right for me. I grew to love the people we helped - those with disabilities. I entered the convent for training after that experience.

Sister Lusi: I did not know about them until I was invited to the Home of Compassion in Fiji by Sr Josefa (!)...but I had the calling already. I saw the work they were doing to care for the elderly and disabled in Fiji. I was taught by Sisters of a different order (SMSM). They inspired that calling to be a Sister.

What do you do at the Soup Kitchen?

Sister Fina: All sorts! Welcome & chat with and listen to guests when working during breakfast & dinner, do the laundry, organise the clothing room and help guests with it, reception cover and help with volunteer training, look after the pot plants and arrange the dinner tables' flowers and serviettes. These are all small tasks but very important because they uplift our guests' self esteem.



Sr Fina adds: "I bring fresh flowers from our garden at home, because fresh flowers are more 'special' than plastic flowers. This expresses how we value our guests."

Sister Josefa: I am a presence. So, I like to support the staff, by being friendly and listening. I also serve breakfast.

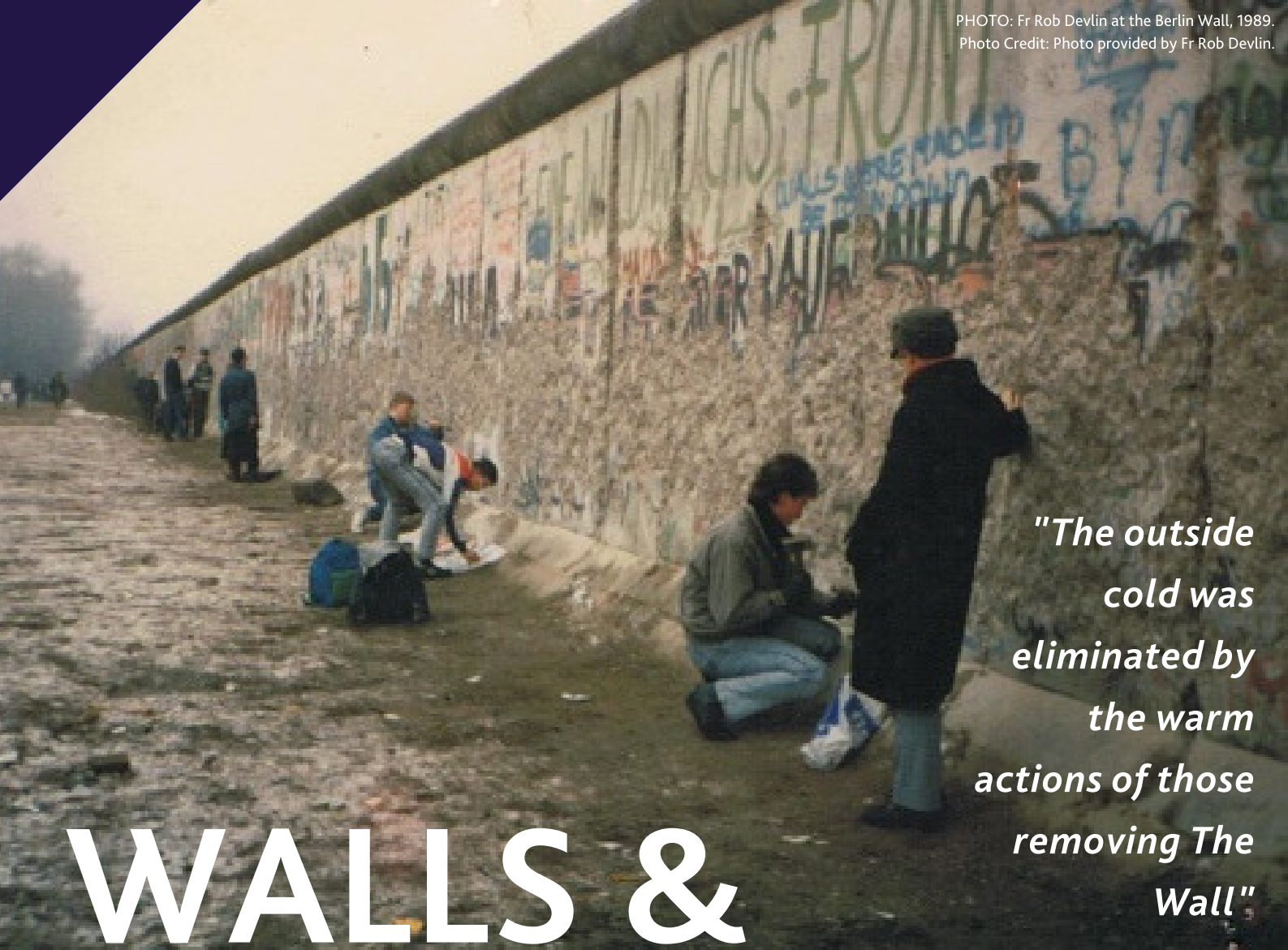
Sister Catherine: Besides helping with Breakfast and Dinner daily, I have also organised a programme of volunteers visiting sick and elderly people, especially former Soup Kitchen guests. Now every Tuesday I welcome guests for the evening meal and offer a take-away to the occasional person who may be disruptive. It's a great opportunity to spend time with guests.

Sister Telesia: I welcome guests to the Whare, and I usually help to dish the meals when dinner begins.

Sister Lusi: I come to the Soup Kitchen two days a week. The most important thing for me is to meet the guests as they come to Soup Kitchen. I also stand by the door to collect money, which gives me a bigger opportunity to meet, greet, and acknowledge the people who come. That is what really matters.

Answering a Calling: Sister Lusi will be leaving Wellington and the Soup Kitchen this year to head for a new mission in Westport. She provided some parting words:

"I have come to know many guests here at the Soup Kitchen. They are all my brothers. I love this place, and I especially the guests...I respect them for who they are, people of God. It's time to move on to a new mission...I am off to Westport! Here I come! Woohoo!"



*"The outside
cold was
eliminated by
the warm
actions of those
removing The
Wall"*

WALLS & BARRIERS

I had the privilege of being at the Berlin Wall at Christmas 1989. The outside cold was eliminated by the warm action of those removing The Wall. Barriers are eliminated when the warmth inside of us turns into action on the outside.

The Compassion Soup Kitchen is about warm food that nourishes and sustains. But it is perhaps more about the warmth of people helping each other—volunteers and staff by their helping actions—guests helping each other by their friendliness and empathy—supporters and benefactors whose warm help enables sustainability. This 'warmth of help' is what enables walls and barriers to be eliminated.

Often we have ideas and thoughts about what can make for a better world... but ultimately it is our actions that demonstrate our commitment to that better world.

A REFLECTION FROM FATHER ROB DEVLIN SM

Our Compassion Soup Kitchen is a place of action, and it is all about 'the warmth of welcome'. The arms—the maihi—of our carving cry out, "Come... come... come... come join the compassionate love of God within".

Maybe we are all called to pause in our lives and reflect on the 'warmth of life' we desire for ourselves and for others... and continue to turn that 'warmth' into action.

Thanks everyone for the 'warmth of care' that is witnessed at the Compassion Soup Kitchen.

The mahi of the Compassion Soup Kitchen is about nourishing food. The kaupapa is about nourishing hearts.

Pa Rob



PHOTO: Hiruhārama.
Photo Credit: Sr Sue Cosgrove.

Haere Rā

James K Baxter

James K Baxter, one of New Zealand's most well-known and much-loved poets died on 22 October in 1972.

His poem here is accompanied by Sr Sue's photograph of Hiruhārama / Jerusalem, where Baxter now lays.

Farewell to Hiruhārama –
The green hills and the river fog
Cradling the convent and the Māori houses –
The peach tree at my door is broken, Sister,
It carried too much fruit,
It hangs now by a bent strip of bark –
But better that way than the grey moss
Cloaking the branch like an old man's beard;
We are broken by the Love of the Many
And then we are at peace
Like the fog, like the river, like a roofless house
That lets the sun stream in because it cannot help it.



Support the Soup Kitchen



Time

Our team of volunteers collect bread, serve breakfast, help with writing CVs, collect in our street appeal, speak at events and hand out tea and coffee with dinner. The majority help with our breakfast and dinner service which runs Monday – Saturday.

Volunteers range from college students to retirees, and the one thing everybody has in common is the desire to help support people in need to live with dignity in the community. To register your interest, send us an email at soup@compassion.org or phone (04) 385 9299.

Talent

If you are interested in contributing your skills to the Soup Kitchen please get in touch. We are always looking for talented individuals who are gifted in fundraising, marketing, event management, communications, music and more. Is your talent bringing people together? Help us grow our community and share our story-get in touch today.

Treasure

We appreciate all sorts of treasure! If you would like to make a donation to the Soup Kitchen, online payments can be made to our account 02 0500 0022193 08, cheques can be sent to 132 Tory Street, Te Aro, Wellington 6011, or pop by our reception with a cash donation between 9am – 4pm, Monday – Saturday. For a special gift, you can make a donation to the Soup Kitchen on behalf of a friend or family member, or in honour of a loved one's memory.

1. Buy

Want your own Soup Kitchen branded merchandise for yourself or to give as a gift? We're selling Soup Kitchen chutneys, tote bags and cards. Pop by our reception to pick some up today.

2. Entertainment

This Book and cell phone app offers hundreds of deals on local restaurants and attractions. For every one sold, the Soup Kitchen keeps 20% of the proceeds. The 2017/2018 Entertainment Memberships will be available to pre-order mid-February and purchase online in March. For more information go or to buy your Membership go to www.entbook.co.nz/9331r93.

3. Join

Street Appeal:
Friday 26 May

14 Hours Homeless:
Friday 13 October

International Volunteer Day:
Tuesday 5 December

P: (04) 385 9299
F: (04) 384 9769
[soup@compassion.org.nz](mailto:soup@compassion.org)

Compassion Soup Kitchen
132 Tory Street, Te Aro, Wellington 6011
Reception: 9am - 4pm, Monday - Friday

www.soupkitchen.org.nz
FB: [SoupKitchenWellington](https://www.facebook.com/SoupKitchenWellington)
Charity number: CC10140