

HUPA

He Rākau Koikoi

Purpose and
Community

Te Hā Tangata

A human library
on Homelessness

Street Appeal

2017

Our People

Taonga &
Volunteers



**COMPASSION SOUP KITCHEN
MAGAZINE**

• FEBRUARY 2018 •



SOUP KITCHEN 1905



COMPASSION SOUP KITCHEN

132 Tory St | Te Aro | Wellington 6011 | (04) 385 9299

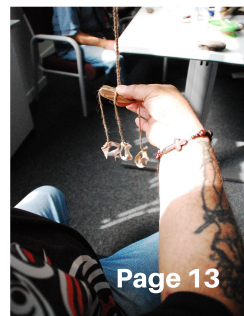
soup@compassion.org.nz | www.soupkitchen.co.nz

Facebook: [SoupKitchenWellington](https://www.facebook.com/SoupKitchenWellington)

Charity Registration no. CC10140

CONTENTS

- 03 A Message from Sr Margaret Anne
- 04 A Message from Karen Holland
- 05 Haere Ra Staff Farewells
- 06 Kai Korero with Paul McKerracher
- 07 Taonga Stories with Sau & Alice
- 08 Te Hā Tangata The Breath of the People
- 09 Who are our Volunteers?
- 11 Street Appeal 2017
- 13 He Rākau Koikoi Purposeful Activities
- 13 He Rākau Koikoi Soup Hub



COVER: A windchime, made by whānau as part of He Rākau Koikoi (page 13), hangs in the space that will become the Soup Kitchen garden.
Credit : Trish Tuthill

A MESSAGE FROM

Sister Margaret Anne

Dear Friends of the Soup Kitchen.
Tēnā koutou. Greetings

Early in January, I was with Sister Sosefina in her new home in Levin. As we chatted over a cup of tea, she began sharing many stories about Divine Providence and her joy at how the volunteers and staff at the Soup Kitchen respect this value of the Sisters of Compassion.

Sister Sosefina also commented "Like the sisters, the staff knows not to turn any gift away. They have experienced, during the course of day, all gifts, big or small, have been sent or given for a reason that unfolds. That unfolding is usually over the next 24 hours." It is amazing how this daily miracle continues and that we are always surprised by it.

It is also Divine Providence that the Haining Street buildings took so long to be demolished.

There were many meetings with various people and progress was painfully slow at times. I noticed that, because of the delay, the best possible outcome has happened for the space in the form of the garden project. It all occurred at the exact time when almost all the support for the project became available.

I would like to thank you for your part in the daily gift of Divine Providence; in the gift of your time, expertise, goods and donations. As a result, the service of providing meals to the guests continues. Your contribution is appreciated by the sisters, thank you.

The various activities the Compassion Soup Kitchen has been engaged in during the last 12 months have been encouraging and exciting.

I am delighted to see that a number of schools have continued to be involved in some way and I enjoy the Facebook page updates about the various activities at the Soup Kitchen. It was awesome to

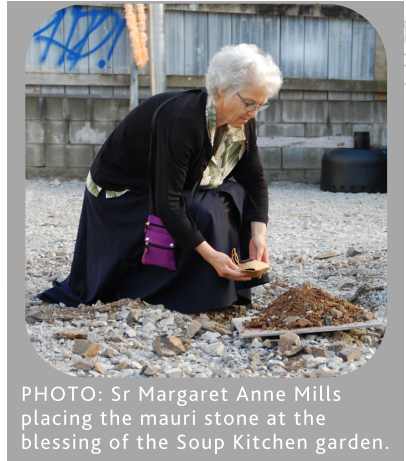


PHOTO: Sr Margaret Anne Mills placing the mauri stone at the blessing of the Soup Kitchen garden.

see that Wellington High School continues to have a role with the service of the meals. I certainly enjoyed the relationship we had with the students from this school when I was working at the Sussex Street soup kitchen in the 1990s.

The 14 Hours Homeless fundraiser is also supported by many of you. I like seeing the staff, sisters and volunteers who take up this challenge each year and hearing how it changes perspectives.

If you are visiting Our Lady's Home of Compassion Island Bay, please make yourself known to one of the staff, volunteers or sisters. Offering you hospitality at the refreshment space of the visitors' centre would be a pleasure. Her Resting Place inside the Chapel is complete. You are most welcome to come and be in this spiritual space. I ask you to continue praying for Suzanne Aubert's Beatification.

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

Mā te Atua koutou katoa e tiaki, e manaaki. May God protect and care for you all.

Sr Margaret Anne Mills

Congregational Leader

KAI WHAKAHAERE

Karen Holland

Tēna Koutou,

I am not naturally someone who looks back. I tend to “live in the now”. But it would be remiss of me not to spend a little time looking back with gratitude. For me, this reflection is always about the people.

There are those who have come into our lives, shared their time, talent and treasure, and then moved on to other things. We also have those who are new, and finding their place within the mission of Compassion, and the life of the Soup Kitchen.

The staff, Soup Kitchen whānau (guests), the sisters, volunteers, and benefactors continue to carry the kaupapa and the mission. To you all, we owe a debt of gratitude. As I have heard Sister Margaret Anne say, “No matter where you are, you are now a part of our story”.

In 2017, we continued to consistently serve healthy breakfast and dinner six days a week, we ran a successful Street Day Appeal and collaborated on an incredible project called Te Hā Tangata. The impact of which has been the catalyst for a new initiative called He Rākau Koikoi. This is where we engage with the Soup Kitchen whānau around purposeful activities.



PHOTO: Karen Holland,
Kaiwhakahaere/Manager

The centre piece of He Rākau Koikoi is the new urban garden. Thank you to the Sisters for gifting the land beside the Soup Kitchen to build the garden.

In 2018, we look forward to walking alongside those touched by the work of Compassion, to bring purpose, dignity and hope into all our lives.

Ma te atua e manaaki.

Karen Holland

Kaiwhakahaere/Manager

“Compassion is not a relationship between the healer and the wounded. It’s a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognise our shared humanity.”

— Pema Chodron

HAERE RA

Staff Farewells



During 2017 we said haere ra to several staff members.

Top: Sister Sosefina followed her calling to Compassion Housing in Levin after six years at the Soup Kitchen. Her smile and grace will be missed.

We also said goodbye to Sophie, Lani, Hillary (below left to right) and Louise. We wish them all the very best. Thank you for being part of the Compassion Story.



KAI KORERO

Paul McKerracher

In 2017, we received a fantastic level of donations yet again! Just over the Christmas period, we had 37 hams, 20 kilos of coffee, cakes galore and hundreds and hundreds of canned goods donated. One of the most consistent donations we receive is awesome home baking.

Donations are what enable us at the Soup Kitchen to provide a variety of meals.

Without them, meals would be plain and repetitive. One of the most important things we aim for is to provide healthy meals which are low in fat and sugar.

In 2018, we would like to encourage people who wish to donate food items to us to call ahead. This will allow me to have a discussion with you about what we are in need of. Of course, all of your donations are gratefully received. It really makes a difference.

A HUPA welcome is extended to Levi, who joined the kitchen team in September.



PHOTO: Kitchen manager Paul

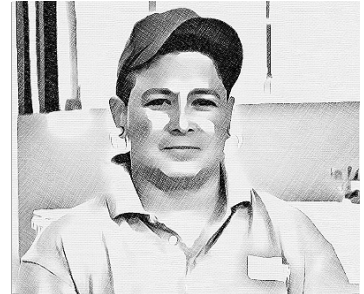


PHOTO: Welcome to Levi



Due to health and safety regulations, we are no longer able to accept donations of the following:

- Frozen products (especially meat) which have been frozen for an unknown period or longer than six months.
- Opened pantry items.
- Old or spoiled vegetables or fruit.
- Raw or cooked meat which has not come straight from the fridge or no accurate history can be given.

TAONGA STORIES

"Being heard is so close to being loved that for the average person, they are almost indistinguishable." - David Augsburg

Pau

Welcome to Wellington. How long have you been here and how have you found being in a new community.

I have been here two months. I needed a change. I was approached by a guy when I was on Courtney Place not long after I got to Wellington. He looked at my CV and he's given me a job in his company. I want to learn and understand everything that is going on.

What would you like the public to know about the homeless community.

We need to get rid of that term "homeless community". When you put a label on people, you stop

seeing them as human. See others around you. See them as individuals. When you do that, it's harder to deny the person in front of you.

What's been the hardest thing about being new to town

Getting a roof over my head has been the hardest. Accommodation is hardest every where.

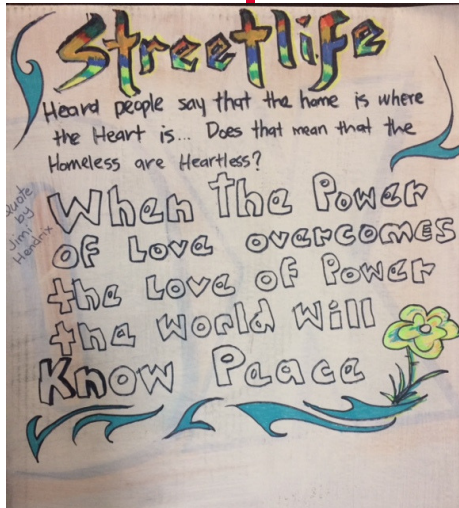
Alice

Why do you feel comfortable at the Soup Kitchen?

I have been coming here since 1998. Have a strong faith and that leads me to where I need to be. I will walk in for dinner and see someone sitting alone, and I will know if they need me to sit with them.

Where else has your faith lead you?

In the past, I have done missionary work in Cambodia. I really loved the people there. I also enjoy working with refugees. My faith allows me the strength to deal with different agencies and to advocate for myself.



I believe you have an interesting collection. Can you tell me about it?

I really love secondhand books. My favourite shop is the one in the Old Bank Arcade. I collect old Bibles. I even have a 1905 Children's Bible.

TE HĀ TANGATA

The Breath of the People

In 2017, The Compassion Soup Kitchen in conjunction with Massey University, presented an Aotearoa first with Te Hā Tangata - a Human Library on Homelessness.

People living with homelessness are so often talked about, but not talked or listened to. This human library project provided a platform for our homeless community to tell their story to members of the public in small groups.

The project developed over three months with regular workshops on story-telling for Taonga, and culminated in three 'libraries' where Taonga told their stories: once to their whānau, once to the public and once to community leaders.

Taonga also received a printed copy of their story, developed by the Taonga with support from students at Massey University, the Compassion Soup Kitchen and Caxton Press.

Te Hā Tangata, a book which documents the human library process & background, complete with Taonga stories, is due for release in March 2018.



PERSPECTIVE

"I can cope with the rain, rain's no problem, we're out in the rain all the time. It's the wind you have to avoid. I tell the young ones coming onto the street, I look out for them and I say, you absolutely must get out of the wind, it's a killer." (Te Hā Tangata Taonga)

"Days like today with a freezing Southerly I think gee I'd like to just crawl back under the duvet. And then I remember you don't have that option. Puts a whole new perspective on things." (Te Hā Tangata student participant.)

WHO ARE OUR

Craig

How did you come to volunteer at the Soup Kitchen?

I am from a family where volunteering is who we are. At my Grandfather's funeral there was a large group from the Chinese community, who he had helped teach English. He was in his eighties and still volunteering. I've been here almost a year and I do the breakfast shift because it's a good way to start my day.

What has surprised you most about volunteering at the Soup Kitchen?

The surprising thing is that volunteering at the Soup Kitchen isn't about "giving back", as people often think. I get much more from being here than I give. It has helped me keep perspective in so-called tough situations and helps me remember to be grateful in my own life.



PHOTO: Volunteers Craig and Fiona

What advice would you give someone who was thinking about volunteering at the Soup Kitchen?

The guests are warm, thankful and grateful. If you are a bit risk averse, realise that the Soup Kitchen is more relaxed and comfortable than you would expect. Good communication is also key.

What is your favourite meal?

When I was a child, my favourite food was pizza. Now, I'm the guy who orders something he's never had before, just to try it.

THANK

YOU

VOLUNTEERS INVESTED AN
INCREDIBLE 12,000 HOURS IN THE
SOUP KITCHEN IN THE PAST
12 MONTHS

VOLUNTEERS?

Sarah

How long have you been involved with the Soup Kitchen?

I joined the team in February 2017. I usually help out on Tuesday nights dinner service. I also volunteered for the Street Appeal last year. It was really lovely to see how supportive the Wellington community are. They had an incredible amount of love and respect for the work of the Soup Kitchen.

What has surprised you most about the Soup Kitchen?

I thought dinner time at the Soup Kitchen would be loud, noisy and chaotic - like a big family gathering. But often the guests are very quiet and calm, talking amongst themselves and enjoying a delicious dinner.

What would you say to someone thinking about volunteering?

Come join us! It's a great friendly atmosphere where you quickly get to know guests and other volunteers.

Who is the best cook you know?

As a gluten free vegan, my best friend Ells is very creative in the kitchen and makes some great hot sauce cauliflower fajitas!

PHOTO: Volunteer Sarah has been at the Soup Kitchen a year.



Ted



PHOTO: Ted has been volunteering at the Soup Kitchen since 1987.

How long have you been involved with the Soup Kitchen?

I moved to Wellington in 1987 and joined the St Vincent de Paul Conference at Sts Peter and Paul's Johnsonville. Some of the members were volunteering at the Soup Kitchen and I became curious about it... and I've been here ever since.

What has changed in that time?

The meals used to be more formal. Everyone was seated at the same time and each meal began with a prayer led by one of the Sisters. Fewer Sisters are working in the Soup Kitchen now, as well.

What would you like the public to know about the Soup Kitchen.

There is on-going need in the community. The Soup Kitchen relies on the generosity of the community. Donations mean that this need can continue to be addressed.

**Ready to get involved?
Register now!**

<https://soupkitchen.org.nz/become-a-volunteer/>



Street Appeal 2017





HE RĀKAU KOIKOI

Purposeful Activities

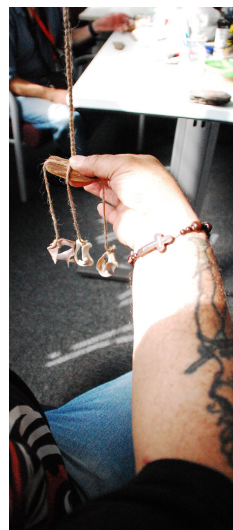
After the success of Te Hā Tangata, we realised that we need to do more for our whānau.

The people who come to the Soup Kitchen have skill, talent and energy bursting to come out. Yet too often they do not have anywhere to go where they can express themselves, be creative and develop the skills that they have.

He Rākau Koikoi is the Soup Kitchens response to our whānau. The Sisters of Compassion have gifted a piece of land adjacent to the Soup Kitchen where whānau are currently creating an urban garden. This will be a place of growth, connection and community where whānau can learn, share and do look positively to the future.

Central to the idea of the garden is that it is a place where people can connect. We are working with other organisations to develop a programme of activity that will benefit whānau and help them to move away from homelessness and social isolation. This will be an opportunity for whānau to learn new skills, practice old skills, have fun and enjoy being with other people. Through art and cultural sessions, outdoor activities, healthy living, volunteering, vocational and educational opportunities, whānau will improve their wellbeing and be able to look with hope to the future.

As part of this we are looking to involve community volunteers to work alongside our whānau to bring the garden to life. We are always keen to hear from anyone who has skills or an interest in being involved. This may be running a session or supporting a session alongside other volunteers.



**Anyone who would like more information can contact Matt Petrie
Kaiārahi o He Rākau Koikoi on matt.p@compassion.org.nz**

HE RĀKAU KOIKOI

Soup Hub

It has been a busy year for the Soup Hub. Guests come and guests go. Volunteers come and volunteers go. But within all the coming and going there has been a lot of work done.

I applaud our guests who regularly use this space. Some use the Soup Hub for chill out time or to stop off for a drink of water and to munch on some nibbles brought in by volunteers. Others have something more specific they need to do.

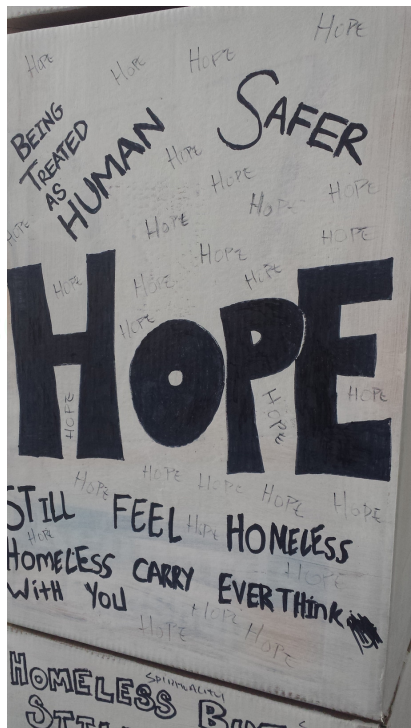
We've had a number of guests who have come to update their CV's or apply for jobs online. One guest, had been coming in for some time to apply for work. Eventually an interview resulted and then a full time position with a government agency. A wonderful result and congratulations!

Where would the Soup Hub be without it's volunteers? Some have finished up because of other commitments. We appreciate the time that they gave and wish them well. To those who continue into 2018, thank you for your ongoing time and gifting your skills.

Once again thank you for participating and contributing to the Soup Hub, we look forward to this continuing in 2018.

Taonga Poetry

A friendly, kind-hearted soul.
Who knows right from wrong
But is tainted by the evil of
Our modern, forced into hard
Situations, where I
Can't always make the right
decision.



NGĀ MIHI NUI

Thank You

We are very grateful for the support of many organisations, businesses and individuals who have contributed to the Soup Kitchen this year.

This generosity allows us to support those who are marginalised to live with dignity.

Organisations & businesses who have supported us include:

Ngā Whaea Tapu Pūaroa Sisters of Compassion

Arobake	NZSO
ANZ Agrigroup	New World - Chaffers
ASEAN Women's Group	New World - Island Bay
Balance of Life Trust	OPUS
Bata Company New Zealand Ltd	Points for Purpose
Bidvest	Ray Hartley Motors
Cafe L'affare	Rotary Club of Wellington
Catholic Parish of Otari	Sanders Family
Catholic Social Services	SAI Group
Caxton Print	Sovereign Military Order of Malta
Cybertoa	St Bernard's College
DataTorque	St Patrick's College Town
Dominion Post	St Vincent de Paul Society
Associate Professor, Elspeth Tilley	St. Teresa's School
Gault Mitchell Lawyers	Tony's Workshop
Good Bitches Baking	Total Risk Management
GS 1	TG Macarthy Trust
Havana Coffee	UNESCO
Harbour City Security	Wellington City Council
James K Baxter Trust	Wing It Productions
Kahungunu Whānau Services	
Kaibosh	
KCA	
Korean Embassy	
Kowtow Clothing	
Lions Club Wellington (Host)	
Loyalty NZ Ltd	
Massey University	
Mediterranean Food Warehouse	

The individuals who share their time, talent and treasure are many.

We thank and value you all.



compassion *te pūaroa*
soup kitchen