

HUPA



COMPASSION SOUP KITCHEN
MAGAZINE

• JUNE 2019 •



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Cover photo: The Soup Kitchen writing group in Hiriuhārama/Jerusalem.

Contents photos (top to bottom): Gerardo (volunteer) and Eru getting ready for the weekly fishing trip; Wellington College collects and donates toiletries; Nicole Chan and her Mum in front of the gingerbread house Nicole made and donated; a work group from TradeMe volunteer for an afternoon.

A message from...

Sister Margaret Anne

Dear Friends of the Soup Kitchen,
Tēnā koutou.

I would like to thank you all for the support that you give so generously in a variety of ways to the guests, staff and volunteers at the Suzanne Aubert Soup Kitchen. You do make a difference by responding to the needs of others, without judgement. I recently saw the film "Green Book". A powerful movie highlighting the harmful judgements about race, class, culture and discord in communities. I am still pondering how I can so easily make thoughtless judgements about others.

The long tradition of gifting and volunteering at the Soup Kitchen enables us to offer a respectful service to all people. Thank you for your generosity.

The following quotes from Suzanne Aubert and George Harrison highlight the difference you make.

Suzanne wrote, "It is necessary to keep the tables neat and in order as the [guests] have to sit there. Let us not judge these [Guests] according to our personal views, nor let us judge them by their appearance. Jesus has chosen them."

George wrote, "The thing is, everybody is potentially divine. It's just a matter of self-realization before it will all happen. The whole point of life is to harmonize with everything and every aspect of creation."

Thank you again for your continued support and commitment.

Mā te Atua koutou e manaaki, e tiaki hoki.
May God bless you and also protect you.



Photo: Sister Margaret Anne and Matt Petrie at the Waitangi Day 2019 in reception at Government House for Community Groups.

Sister Margaret Anne Mills
Congregational Leader

A message from...

Matt Petrie

Tēnā Koutou,

Stepping into a new role can be challenging, especially when following a respected and popular manager such as Karen Holland. Fortunately I have been surrounded and supported by wonderfully talented and committed people who have made this transition straightforward and have ensured that the Soup Kitchen has continued to provide the best service we can to our whānau.

It is to this community that this edition of HUPA is dedicated; the Sisters of Compassion, the staff of not only the Soup Kitchen but also the broader Compassion group, all our wonderful volunteers and community supporters, the organisations who contribute to our mahi and the whānau at the Soup Kitchen. It has been a privilege!

In the following pages you will see some of the many highlights of the last few months. Whether it is watching bees thrive, impromptu BBQ's, fun days or road trips, these have only been possible through the hard work of our community.

And in 2019 we already have many events planned. Our Street Day Appeal will soon be upon us. The kitchen is busy planning for the year ahead. Matariki will soon disappear below the horizon warning us to prepare for New Zealand's mid-winter festival and our Annual Street Appeal coming up in June. We hope you will be able to join us and share in these events.

Waiho i te toipoto, kaua i te toiroa - Let us stay close, not far apart.



Photo: Matt Petrie

Matt Petrie

Kaiārahi/Acting Manager

HAERE RĀ

Karen Holland

On Friday 30 November it was Karen Holland's last day as manager of the Compassion Soup Kitchen. We are so thankful for Karen's contribution to the Soup Kitchen during her time with us in this role; for her support, mentorship and friendship.

The Sisters, staff, volunteers and guests wish Karen all the best for her new role as the Community Facilitator for Catholic Social Services.



NAU MAI



Sr Ruth

Sr Ruth joined us in March 2019 from Fiji. Come in and say hi!



Sam

Sam joined the kitchen team at the end of 2018, working with Clare to prepare healthy and delicious meals each week.



Judith

Judith has worked in many roles within the Soup Kitchen over the years, and recently came back to help with reception! Welcome back Judith!




Maddie

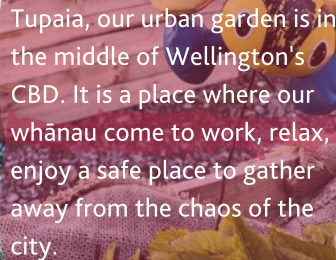
Maddie joined us for a 7 week student placement shadowing Eru our social worker to learn about the field of Social Work.

NO ORDINARY WEEK


Since 1901 the Compassion Soup Kitchen has served those in need in our community. While the reasons for people coming and the services needed for them may have changed over the course of 119 years, there has always been one constant in the day to day work of the Soup Kitchen: **the generosity and kindness of the people of Wellington making it possible.**



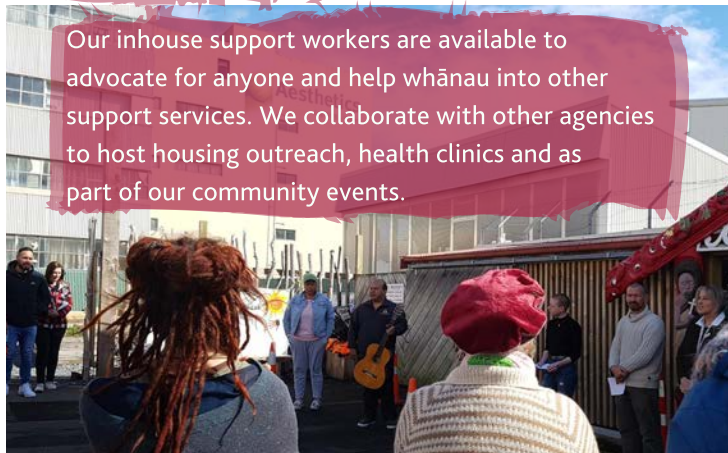
Our week starts with serving two hot meals, Monday to Saturday. Breakfast is served from 7.45am - 8.45am, and dinner is served from 4.45pm - 5.45pm.



Tupaia, our urban garden is in the middle of Wellington's CBD. It is a place where our whānau come to work, relax, enjoy a safe place to gather away from the chaos of the city.



We offer our regular activity sessions such as creative writing, fishing, sewing, gardening. Our internet hub runs 3 days per week.



Our inhouse support workers are available to advocate for anyone and help whānau into other support services. We collaborate with other agencies to host housing outreach, health clinics and as part of our community events.

JOIN US! Follow us on Facebook for our latest news:
facebook.com/soupkitchenwellington

NGĀ WHARE PĪ / OUR BEES!



Bees - it would be easy to get carried away in metaphor. Bees represent many of the values that we aspire to at the Compassion Soup Kitchen; community, togetherness, industriousness, endeavour, nature and harmony, to name but a few. For this reason we are incredibly excited and grateful to have our own urban beehives in the Soup Kitchen māra/garden.

Whānau of the Soup Kitchen built a home for the hives and they were introduced in November 2018. We have watched the hives grow and thrive and even tasted a little honey! A wonderful talking point for our whānau and visitors from schools, organisations, our community and the many passers-by who stop to admire our wonderful green space. We look forward to a time when we can enjoy the fruit of their labour on our morning bread.

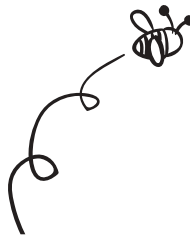
A great thank you to our volunteer beekeeper and provider of the hives, Ginni Murray, who has made all this possible.



Visit our bees!

Come and visit us to see more at
132 Tory Street,
Te Aro, Wellington.

Monday to Friday, 9am - 4pm.



KAI KORERO

Clare Sutton

It has been an incredible time in the kitchen over the last few months and some very good things have been happening.

We have built a hugely rewarding partnership with Kaibosh, a food rescue company which rescues edible food from markets, supermarkets and food suppliers. Kiwi Community Assistance are giving us large regular donations including meat and produce and, with the support of our many other regular givers, we have been able to ensure that our whānau have high quality meals that will sustain them throughout the day. Our mantra is 'fresh, nutritious and healthy.'

Over the last 6 months we have served nearly 14000 meals! We have been working hard to make the Soup Kitchen streamlined and efficient, so that we can keep costs to an absolute minimum while still providing a consistently high standard of service. Our aim is to have the whānau leaving with full stomachs and a smile on their face, which we do!

Amazingly, even given all the hard work that goes into running the kitchen, we are still able to have some fun. The Christmas party was a fantastic and over 140 people enjoyed a full traditional Christmas meal, including entertainment and presents! Another highlight was the chance to hone our filleting skills after the very generous donation of fresh fish came in from the Kapiti Boating Club's Annual Fishing Competition. Running a Koha Cafe for Neighbour's Day Aotearoa was a great opportunity to enjoy ourselves with our whānau in the Summer sun.

Excitingly we were also given the chance to cater for Mayor Justin Lester for Women's Suffrage Week, as well as catering for Kaibosh's 10th Birthday (for 225 people - no mean feat). Both were a huge success and were an additional way to raise funds to support the work of the Compassion Soup Kitchen. We will seek opportunities where resources allow to provide a bespoke catering service. This will raise the profile of the Soup Kitchen hopefully increasing the donations and other support that we get. In turn that will help support our whānau. It will be interesting to see what 2019 continues to bring.



Photo: Kitchen manager Clare



**Thank
you!**



WHĀNAU

Ben shares his experience of coming to New Zealand as a refugee.

Sylvester Benedict (Ben)

***" I call [the Soup Kitchen] 'my Mother Place.'
She has been feeding me and the place is full of
love for everyone."***

It was a difficult time at home ground that made me come to New Zealand, a land of hope and freedom. Upon arrival, I realised I didn't have anywhere to go or anyone to see for shelter. After one night in Auckland, I took the bus to Wellington, planning to go onto Christchurch, but I stayed in Wellington.

Without much cash in hand, my only option was to seek help. I went to St Mary's of the Angels Cathedral and attended mass daily. After a week, I talked to Father James at the Cathedral and he showed me the way to the Soup Kitchen for food, and Saint Mary of the Angels as my parish.

I was welcomed in both the places by open arms. Food for my soul at St Mary's and food for my body at the Soup Kitchen.

Time went on, and I felt at home in Wellington. The Soup Kitchen was and is my first choice of belonging. Before I started working, I gave all my free time to volunteer in the Soup Kitchen garden. With some knowledge and experience in wood working, I tried to contribute what I could to the garden and Soup Kitchen.

Now I am working at Wellington Bus, as a driver. I still make time to visit "my Mother Place."



Photo: Ben working in the garden. Some of the furniture he made out of pallets can be seen in the background.

STORIES

Matt Petrie shares the story about our whānau workers.



During the last year we have been working alongside whānau at the Compassion Soup Kitchen to build Tupaia, our community garden. In this time what we have seen is that our whānau have great skill, commitment and care about the work they do, and about their Soup Kitchen.

With this in mind, on the retirement of our long serving cleaners, we saw an opportunity to recognise the ability of our whānau. For the last three months, two of our whānau have been paid to work daily at the Soup Kitchen.

Their job reference reads: reliable, on time, hard working, capable, team players, responsible and proud of their work. Would I hire them again? Anytime!

But perhaps the highlight was having them teach the staff how to do the job properly. Who would have known that using a buffing machine was so tricky? It was very lucky that one of the whānau knew what he was doing.

"I enjoy having the best of both worlds - work and play; cleaning and being in the garden. It's good to get back to my roots working in the garden."

- Manu



Photo:
Top: Manu in the garden.
Bottom: Duncan working away!

HIRUHĀRAMA /

In December 2018 the Soup Kitchen creative writing group took a road trip to Hiruhārama to enjoy this special place. On these pages you can hear some of the words that described this time.

Memories of Hiruhārama

Bruce's Mountain
Manu's omelette
Richard's kōrero
Smurf's hayfever
Swimming, rakuraku, winding roads
Sue's stories
The sad horse
But mainly the big, busy dining table!

We followed the final river, the scenic route as it turned out, but nobody minded. Bruce's boombox soundtrack jumped from Bill Haley to Alien Weaponry and we were busy with nostalgia, puzzling out forgotten bands and lyrics. Jokes were told. The dashboard statuette of Mary steadfastly watched the road. We saw the majesty of two maunga, a reward for diversion.



We travelled up the gravel road past loitering feral peacocks to the old cherry orchard, a special place to Sister Sue. Sue remembered when one of the sisters was asked by the media about Mother Aubert planting “all those cherry trees”, and the sister said “We know. We dug the holes.” Sister Sue told us to “Always remember who dug the holes.”

JERUSALEM



Back at the Old Convent Bruce chopped onion after onion, eyes streaming. A cyclist turned up with no food and we fed him. He stirred the bolognaise pot while we were out. Sister Sue stayed for dinner and Matt made perfect custard for dessert, not a single lump, then while he was out of the room the cyclist ate his, and Matt just shrugged and had tinned peaches instead.

We visited Sister Fina, and her housemate Sister Alisi wanted to know if we were all full-time staff at the Soup Kitchen? Sister Alisi told us a story about how their house locks them out unexpectedly, because it was designed for dementia patients. Sister Fina said quiet words that made each of us feel welcome and cherished.



STOP PRESS! It is official: 'Te Hā Tangata: The Play' has won the Special Jury Prize for Outstanding Curated Play in the Stage-it International Playwriting Competition 2019, Florida, USA. It will be published in a book of winning plays and performed at the Centre for Performing Arts, Bonita Springs, Florida. There were 280 entries in the competition, from all over the world. Three of our Taonga all receive due credit as authors and are all now prize-winning and soon-to-be-published playwrights.

Want to purchase the 'Te Hā Tangata' book?
Order online at compassion.org.nz/product/teatangatabook

WHO ARE OUR

We are fortunate to have almost 200 volunteers who help out regularly at the Soup Kitchen! For each shift we have 9 volunteers on our breakfast and dinner shifts, 2 volunteers in the Soup Hub, 6 volunteers setting tables, kitchen support volunteer, volunteers in the garden and one volunteer a week fishing!

That is more than 106 hours a week, every week, of time gifted to the Soup Kitchen and the whānau from some pretty special people. Our volunteers are such an important part of the Soup Kitchen and we are really lucky to have each and every one of them!

Mele



Photo: Mele painting a mural for our noticeboard in the waiting room.

Mele has held many volunteer roles since she started in 2017, helping with art projects, working in the garden, and always being a happy presence in the Soup Kitchen!

Q: What made you want to volunteer at the Soup Kitchen?

A: My Sunday School visited the Soup Kitchen and Sr Fina showed us what happens here. She asked if anyone wanted to sign up to volunteer and because I was the youth leader at the time, I wanted to lead by example so I signed up to volunteer. But it changed from me doing this to be a good role model, to now doing it for myself and to be a better version of myself.

Q: What do you enjoy about the Soup Kitchen?

A: The people that work here, the people that come here. The Sisters! It's just a cool environment. And Eru has good playlists!

Compassion Soup Kitchen Annual Appeal

Our Annual Street Appeal is on Friday 14th June. We need lots of volunteers on this day. Your support will help raise funds to keep the Soup Kitchen doors open. It is a great way to get workplaces involved too.

Sign up at soupkitchen.org.nz/streetappeal or call (04) 385 9299.

VOLUNTEERS?

Hanging out with... Yoga Rhapsody



Paul and Jem volunteer regularly on Thursday mornings at the Soup Kitchen.

For the last 3 years we have been working and volunteering in the wider Wellington community. Our aim is to create and maintain a sense of connectedness, well-being, confidence, empowerment, creativity and offering tools of self-help through the practice of yoga, music, mindfulness and meditation.

In this time, we have had great success working with vulnerable youths, older people, people going in and coming out of prison, and in mental health and addiction units. Our approach to each group is often very different, tailoring the sessions to meet needs of the group as a whole, as well as creating a safe space for individuals to feel comfortable in exploring their own sense of well-being.

Whānau at the Soup Kitchen are another part of the community we are deeply passionate about. Over the last year, we have developed a unique approach around creating an open weekly hangout session, where everyone can come together for some music, a haircut, kōrero and morning tea.

More than anything, we see this as a huge opportunity to bridge the big wide gap in the community. This weekly gathering has enriched our lives, has been healing and so insightful. We have made many friends and our lives wouldn't be the same without being part of this community.



Photo:

Top: Jem with whānau.

Bottom: Manu and Paul.

- Paul and Jem

**Thank
You!**

COMMUNITY EVENTS

Community Fun Day

On the 13th October 2018 we hosted a Community Fun Day to raise awareness of World Homeless Day and to celebrate the collaboration between local organisations. This was a great day filled with kai, music and activities including painting, a photobooth, and pop-up markets, as well as information sessions on the mahi happening in the community. This was followed up by an event on the 23rd March 2019, where we hosted an event for Neighbour's Day. Both of these events were enjoyable, hanging out with our whānau, having the chance to whakawhanaungatanga, meeting new people and spending time with our friends from other agencies who we work alongside.

Many thanks to Catholic Social Services, Kahungunu Whānau Services, Pablo's Art Studio, Sustainability Trust, the Salvation Army, St Vincent de Paul Society, Wellington City Mission, Wellington City Council, the Night Shelter and the Wellington Homeless Women's Trust for making this day happen!

World Day of the Poor

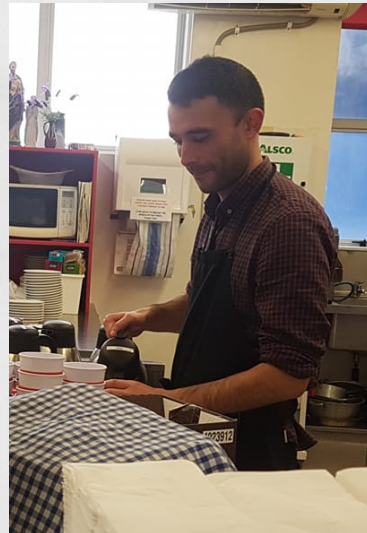
In 2018, the Wellington Archdiocese was one of 12 Dioceses around the world chosen by Pope Francis to coordinate events for the World Day of the Poor (18th November). This day is about reaching out to neighbours to offer practical acts of assistance. This included sponsoring a meal at the Compassion Soup Kitchen.

We would like to acknowledge and thank all the parishes and individuals that helped out at the Compassion Soup Kitchen. Thank you to Cardinal John Dew and the Archdiocesan Pastoral Council, Otari parish, Cardinal McKeefry School, the Catholic Institute, Anna and Nigel, Plimmerton St Vincent de Paul, Holy Trinity Parish and the St Joseph's Social Justice Group who collectively sponsored over a week of meals for our whānau in response to Pope Francis' call to action.

Photos (left to right); Top: 1) Sr Josefa and Sr Telesia joining in on the Neighbour's Day activities 2) Community Fun Day with Amber (Kahungunu Whānau Services), Paul Eagle and Maria (Wellington City Mission). 3) World Day of the Poor: Otari Parish.

Middle: 1) World Day of the Poor: TCI. 2) World Day of the Poor: St Vincent de Paul Plimmerton 3) Nick Callaghan at the Community Fun Day.

Bottom: 1) World Day of the Poor: Cardinal John Dew and the Archdiocesan Pastoral Council



Sign up to receive information on events!

Send an email to soup@compassion.org.nz or call (04) 385 9299 to be added to our mailing list for upcoming events!

GET INVOLVED

Here are some ways you can help keep the Soup Kitchen doors open and make a difference!

Volunteer for our Street Day Appeal

If you can help with being a Street Collector for one to two hours on Friday 14 June, please sign up at soupkitchen.org.nz/streetappeal or call (04) 385 9299. Come and help our biggest fundraiser of the year and increase the awareness of the services we provide to the community.



The Good Registry

Create your own Good Gift Registry for a special event (e.g. a wedding, a child's birthday, a milestone birthday) and so friends and family can donate to the Compassion Soup Kitchen instead of purchasing gifts. Or purchase Good Gift Cards are an option instead of traditional gifts, to enable others to make donations to charities they care about. Check out: <https://thegoodregistry.com/>

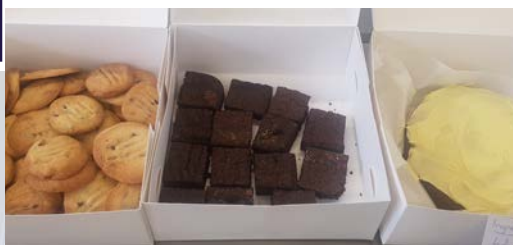
Donate Food and Goods

We accept food donations and goods including clothing items, bedding and toiletries for our clothing room.

Entertainment Book Fundraiser

Purchase the 2019/2020 Entertainment Book from us for \$65.00.

have a happy
to Loving Day.





\$5000

Food for the Soup Kitchen
for one month

\$1200

Food for the Soup Kitchen
for one week

\$600

Meaningful activities
for one month

\$200

Breakfast and dinner
for one day

\$150

One dinner for up to
80 people

\$100

Breakfast for 80 people

\$75

Breakfast for 40 people
and guest activities

My gift to the Compassion Soup Kitchen

1

I would like to give

\$ My choice \$75 \$50 \$100 \$200

2

My payment details

- I have donated through online banking: Suzanne Aubert Compassion Centre. BNZ 02 0500 002219308
- I have donated through the website: www.soupkitchen.org.nz/donate
- I have enclosed my cheque payable to Compassion Soup Kitchen
- I have donated over the phone: (04) 385 9299
- I would like you to debit my donation from my credit card:

one-off donation per month per year

Card number:

Expiry date: / Type of card: Visa Mastercard

Name on card: _____ Signature: _____

3

My details

Name: _____

Address: _____

Phone: _____

Email: _____

Please send me more information about:

Making a regular payment

Payroll giving

Supporting the Soup Kitchen's work

NGĀ MIHI / THANK YOU

We are grateful for all the amazing support from so many individuals, businesses and organisations who contribute to the running of the Compassion Soup Kitchen.

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| The Mother Aubert Home of Compassion Trust Board Adprint Ahmadiyya Muslim Youth Association Altrusa International of Ohariu ANZ Commercial and Agricultural ASEAN Ladies Circle, Wellington Baker Gramercy Beautiful Minds Charity Bishop Viard College Bunnings, Tory Street Caffe L'affare Cardinal John Dew Cardinal McKeefry School Cashmere Primary School Catholic Parish of Otari Catholic Social Services Challenge 2000 City Mission Coffee Supreme Commonsense Organics Johnsonville Community Organisations Grant Scheme Consumer New Zealand Crossways Community Creche David Hollander Deloitte Dominion Post Downtown Community Ministry Eastern Suburbs Fruit and Vegetable Cooperative Embassy of France Embassy of Korea Francis Fanning Gazley Good Bitches Baking GS1 New Zealand Harbour City Security | Havana Coffee Works Holy Trinity Parish Hiremaster Intercontinental Hotel James K Baxter Trust John Paul College Kahungungu Whānau Services Kaibosh Kiwibank, Lower Hutt Kiwi Community Assistance KSC Wellington Charitable Trust Board Ladies Auxillary Island Bay Lions Club (Wellington and Tawa) Livtogive Business Network Lodge Zetland Loyalty New Zealand Marsden College Masterpets Mediterranean Foods McSyth Charitable Foundation Newtown School New World, Newtown New World, Wellington City Niwa Onslow College Pablo's Art Studio Pics Peanut Butter Points for Purpose Queen Margaret's College Rongotai College Rugby Union Salvation Army Sathya Sai Service Organisation Shoes for Planet Earth Society of Mary St John's Trust Board St Anne's School St Benedict's School | St Bernard's College St Catherine's College St Francis de Sales Church Ladies Auxiliary St Joseph's Social Justice Group St Mary's College St Patrick's College St Theresa's School St Vincent de Paul (Wellington, Plimmerton and Otaki) StarNow Sustainability Trust Swan Legal TAS NZ Te Aro Health Te Muku Rau Charitable Trust TG Macarthy Trust The Archdiocesan Pastoral Council The Catholic Institute The Good Registry The Pines The Online Printer The Warehouse, Tory Street United Way, New Zealand Wellington City Council Wellington City Mission Wellington Community Justice Project Wellington Community Trust Wellington College Wellington East Girls' College Wellington Girls' College Wellington Homeless Women's Trust Wellington Night Shelter Whittakers Yoga Rhapsody |
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compassion *te pūaroha*
soup kitchen