

# HUPA

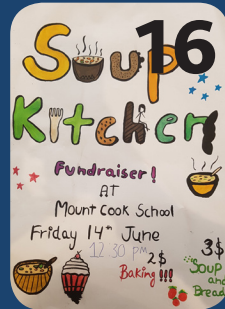


compassion  
soup kitchen  
*te pūaroha*

November  
2019

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**Pictured on cover:**  
Compassion Soup Kitchen staff and whānau reflecting in Hiruhārama/Jerusalem. Read more about their pilgrimage on page 14.

*A message from*

# Sister Margaret Anne

Dear Friends,

Tēnā koutou, Greetings.

The few times that I have shared a meal at the Compassion Soup Kitchen, Bruce, Manu, Robert and others, have warmly welcomed me. Previously these guests participated in a writing programme. The result was the publication of Te Hā Tangata - the breath of

the people - a Human Library on Homelessness. The whānau have found their voice by expressing their story in the written word. The published book has affirmed them. Some have gone on to write more and have shared their poems. Check out the Te Hā Tangata Facebook - [www.facebook.com/tehatangata](http://www.facebook.com/tehatangata) - and enjoy the poems in this magazine. The writing programme continues. The whānau of the Compassion Soup Kitchen have the space to continue to write and to develop their skills. Others have seen their growing confidence and have joined the writing group.



Sr Margaret Anne and Sr Sue listening to a guest's beautiful impromptu concert!

Thank you for your ongoing support of the Compassion Soup Kitchen. You help to create a safe and friendly space for our guests. The gifts and donations of money and voluntary time are significant. The Sisters of Compassion for many years have relied on the good will of the people of Wellington. We sincerely thank you. You not only help us to continue the meal service; you help us to offer space and support for creative activities. The garden is growing abundantly. If you are at the Compassion Soup Kitchen or just passing by, take a moment to have a look at this wonderful space.

I would like to take this opportunity to wish you well as you prepare for the Christmas and New Year Season. It can be a stressful time as the year concludes. I pray that you get enough time to rest and reflect so that your end of year tasks go well. There is a relaxing space at Our Lady's Home of Compassion where you can have tea or coffee and quiet time. You are welcome.

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

*Sister Margaret Anne Mills*

**Sister Margaret Anne Mills**  
Congregational Leader

*A message from*

# Gary Sutton

Tena Koutou,

Although I have only recently joined the Compassion Soup Kitchen team, I have already had many wonderful experiences, the highlight of which has been getting to know the whānau.

What has impressed me most is the happy buzz in the dining room during meal service. Jokes are exchanged, old friends meet up, newcomers make new friends, a family will share a wholesome meal together, and some just come and sit quietly and reflect. Many times a guest will play piano, adding a musical element to the clatter.



It has been a heart-warming experience to see how, as in any family, our guests look out for one another; paying for another's meal, sharing food and other items when a fellow guest has a need, giving space when needed or a listening ear.

The Compassion Soup Kitchen is a safe place where each person is treated with respect, and the atmosphere is like that of a large family sharing a meal together. Experiencing this has made me reflect on Mother Aubert's vision for the Soup Kitchen. A place where those experiencing homelessness or going through hard times can come and share meals together. A place where they would be treated with dignity and respect. Almost 120 years have passed since Suzanne Aubert started the Compassion Soup Kitchen, and it is as if her spirit is still here – that spirit of compassion, understanding, acceptance and respect prevails.

So while we will work to improve our humble kitchen and further develop the services we are able to provide the whānau, in all our changes and improvements we will strive to keep Mother Aubert's vision in the forefront of all we do. It is one thing that will not change.

A handwritten signature in blue ink that reads 'GARY' followed by a stylized flourish.

**Gary Sutton**  
Kaiwhakahaere/Manager

# HAERE RĀ

## MATT PETRIE

Matt left the Compassion Soup Kitchen in June this year. He was the leader of He Rākau Koikoi, the manager for some time and a grounding presence for the whānau and staff. His care and knowledge have been greatly missed. We wish Matt all the very best in his new venture and hope to see him around often.



## KAISA BEECH

Kaisa left the Compassion Soup Kitchen in July after almost 18 months with us, firstly as a receptionist and then as the Community Engagement Coordinator. Kaisa's time at Compassion Soup Kitchen was filled with her kindness and compassion. She is very much missed by staff and whānau.



## ERU FOX

Eru left the Compassion Soup Kitchen for his new venture at the Catholic Social Services (upstairs at the Soup Kitchen). Eru is well known for his gentle way, kindness to whānau and staff and his love of a good biscuit or two! Many of us have learned so much from Eru and wish him all the very best.



## CLARE SUTTON

Over the last year and a half, our kitchen manager Clare went above and beyond ensuring the kitchen ran efficiently and sustainably. Clare strengthened our relationship with food rescue charities, helped organise functions and fundraisers and raised the profile of the Soup Kitchen. Clare will be sorely missed and we wish her all the best for the future.



# NAU MAI

## ALEXANDRA

Alexandra joins us again after her part in the Te Hā Tangata project and 2018 Street Appeal, as our Community Engagement Coordinator.



## BERNADETTE

Bernadette is our new administrator/receptionist! So good to have you on board Bernadette.



## MARA

After volunteering for 2 years, Mara joins us as Kaimanaaki for our meal service!



## SANJANA

Sanjana joins us as a part of the Massey Internship Programme, and put together all the content for this issue of Hupa!



## TASH

Tash is our new Community Worker! Keep an eye out for the great things Tash is doing for He Rākau Koikoi - our Purposeful Activities programme.



# WHĀNAU STORIES

***"Soup Kitchen soup - it leaves a lovely aftertaste. Just a hint of salt, a taste of carrot. Keeps me going all day. The whole world could live on that soup."***

- Anonymous Guest

When this guest decided to leave his hometown, he left with nothing but a \$20 note in his pocket, enough supplies for a week and a passion for the environment. After weeks of walking and hitchhiking, he found himself in Wellington with no money and nowhere to go.

The guest says that it was the soup that brought him to the Soup Kitchen, and the "scintillating conversation" that made him stay. He started spending his days cleaning up rubbish on the beaches around Wellington, and came into the Soup Kitchen in the mornings and evenings for a meal. His love for nature went deep and he was taken aback by the sheer amount of litter he was picking up. 'If cigarette butts were worth money, I wouldn't be homeless anymore.'

"The food that people throw out is unbelievable. Out the back of the supermarket, there are boxes of yoghurt and packets of bacon thrown away. It's not even unpackaged; it's just thrown out in its plastic, not even separated for a pig bin. Unbelievable. We need a war on waste."

That was something the guest appreciated about the Soup Kitchen. "Here, we don't waste things, we use everything." He says that the potato soup illustrates this perfectly. "[It's] a really good soup - you only need a bit of meat for flavour, the potato gives it body. Just throw in everything - the parsnips, the cabbages. Nothing is wasted."

For this guest, hot food and clothing are all he needs to be happy. "Every three months, I get a whole new set of clothes. But underwear - that's the one thing you never get. Nobody donates underwear but we need it. A new set of underwear would be great."

For more information on donating, visit: [www.soupkitchen.org.nz/donate](http://www.soupkitchen.org.nz/donate)



# TE MĀRA

*"If you don't know who you are, you're a lost soul"*

- Manu

Late last year, one of our whānau, Manu started spending his free time tending to our community garden, Tupaia. Since then, he has been working to expand it to include a variety of plants for different purposes. Organic, edible, medicinal and native plants are all part of his effort to let Tupaia cater to all the different needs of the community.

One of the first things Manu planted were plants that had medicinal properties - lavender, chamomile, sage and jasmine among several others. For Manu, it was important to provide natural remedies for Wellington's homeless community as medicines are often unaffordable for them. "I'm an old-fashioned guy. I may not be an expert in physics or chemistry but I know that these ancient herbs have been helping our ancestors for centuries."



Manu's work in growing a variety of vegetables as well as tending to the beehives also means that the garden is able to regularly supply fresh food for the kitchen.

As part of an effort to bring New Zealanders closer to their roots, he also planted several native plants. "We've got kanuka, kawakawa, all sorts of things." For Manu, keeping close to his New Zealand heritage is an important part of his life. "I always say, if you don't know who you are, you're a lost soul. It's based on what I've learned about whakapapa."

And he's not stopping there. Manu already has plans to grow more plants. "In summer the concrete is so hot you can't walk on it. I'm hoping that means there is enough warmth in the ground to grow peppers. Ultimately, I'm taking a gamble but I'm just going with the flow and hoping it works."

He also has plans to replace the old wooden garden structures with more permanent, long-lasting brick ones. Eventually, Manu is hoping that his efforts with medicinal plants will attract experts in the field to the garden who can develop it further.



# WRITING GROUP

*The Te Hā Tangata Writing Group meet at the Soup Kitchen every Wednesday morning*

## Ageism Anger

*by Anonymous*

### Ageism

They say I'm too old, too experienced  
Too good, too skilled.  
Well too bad for the job.  
But what they are really saying is  
They are too inadequate  
Too weak, too fearful to trust.  
And all I wanted to say was  
Together we are so strong,  
So much better, so experienced.

### Ageism

They say, you can't do this, this, this  
Or that.  
But really they are saying  
Conform, conform, conform.  
Fake imposters everywhere.  
And all I wanted to say was  
Free yourself.

Liberate yourself,  
and the rest will follow.

Among the range of activities we provide for the whānau is a weekly writing group on Wednesday mornings. Here, they have access to computers to work on their writing under the guidance of Dr Elspeth Tilley, an associate professor from Massey University's School of English and Media Studies. Elspeth oversees the whānau's progress, providing help or feedback when needed. Sometimes, Elspeth will bring writing prompts to help get the group started but often, members will come in bursting with their own ideas. Fueled by tea and biscuits, the group works on everything from poetry to fiction writing. Some are working on novels with help from Elspeth.

In 2017, members of the writing group documented their experiences with homelessness in a book titled *Te Hā Tangata - The Breath of the People*. The book aims to elevate their voices and challenge the stigma surrounding homelessness by sharing their moving stories. If you would like to purchase one, it is available for sale at: [www.compassion.org.nz/shop](http://www.compassion.org.nz/shop)

# A NEW NOVELLA

*"I love writing because you get to write about what's on your mind and no one will judge"*

- Bruce

You can find Bruce most days at the Soup Kitchen computers, working on his novel about a middle-aged Scottish man and his wife, Aileen. According to Bruce, the novel is an ode to life in your 50s "when your children have all grown up and you realise that you're not the young person you used to be."

Bruce's love for writing started young, soon after leaving intermediate. In high school, he loved drama class and the ability it gave him to express himself. He even had dreams of becoming a voice actor after being inspired by Robin William's performance as the Genie in Disney's Aladdin. However, problems with drug addiction left him homeless and unable to pursue his dreams.

Bruce points to a play he became involved in a few years later as the turning point in his life. "I was in a play about a man who forced a cafe to close down, and that represented homelessness to me. We [people experiencing homelessness] were always being kicked out of every place, and to me, the play represented that."



A few years later, he would be at the Soup Kitchen, still holding on to his passion for telling stories, this time through the weekly writing group sessions he attended. Bruce says that his dedication to writing is "testimony on how I went from being homeless to who I am today."

As for future projects, Bruce has plans to write about the lessons he learned from his grandfather. "I've been listening to his stories for a long time and I want to share them."

"It's pretty emotional for me. I've been through a lot before I got here."

# Chapter One

by Bruce Downs

*A SHORT EXCERPT FROM THE NOVEL 'DANNY AND AILEEN'*

It was the year 1977 just outside of Edinburgh, where it's peaceful and calm, other than the bloody irritating bagpipes playing. People are wearing kilts and children are fighting, The old people are drinking and shouting about the war with England.

We take a journey through the mountains of Ben Nevis with the deadly snowy heights and the violent sound of the wind and the taste of the sea salt drifting in the air. People are enjoying the fresh air of Scotland - until they hear a violent echo rippling through the valleys.

"B...D!"

Shocked and confused, the people ask, "Who the hell is that?" One of the locals replied, "Ah, that's Danny MacDowns, a local fisherman with a real bad temper.

Danny MacDowns is one of the most legendary Scotsmen that you can imagine - think tales of Welshmen going through the floors of pubs."

Ah, sorry folks I'm jumping ahead and ruining it for everyone - let us go back to the northern seas of Scotland, shall we?

**In case you missed it:**

Bruce has recorded chapters from his novel as podcasts! Find them at the Te Hā Tangata Facebook page!

# WHĀNAU POETRY

## **Authentic Love**

*by "A Tortured Poet"*

Love is a tortured poet

Love is create

Love is revelation

Love is patience

Love is faith deep

Love is hated dramas as they bore me senseless

Love is a knowing that unity brings

Diversity is love

Diversity of occupation

Diversity of belief

Diversity of all

As a rose garden is diverse colours

Beauty is love

Love is the crown of universal forces

Love is the ultimate dream

Craved by all

Love is the rag to clean up the mess

Love is the resolve for all the runners and chasers

Love is the recognition of the Glory of God

Love is the recognition of safety, license and ripening of

The huge potential capacity of God calls us to all express for all

Love is so useful for us for ourselves, the other and the people

Love is getting carried away but sober awareness

Love is community, trust and sharing

Love is authentic

# WHĀNAU POETRY

## City Observations

by *Anonymous*

I see a woman quietly leaving a big box of food by a sleeping bag and moving away.  
Anonymous kindness: a clap went through my heart.

A man, nearly ninety, shuffling down to the waterfront every morning, taking endless photos of the dawn light.

Hundreds of people, otherwise engaged, scuttling along, never making eye contact.

Staring down into a device, talking to someone who isn't there like a horde of muttering mental patients.  
And they call me disconnected.

Get out and listen to the tui sing and the pigeons murmuring and watch the sunrise and listen to the sound of the water flowing, which is like the blood flowing through your body.



You can find more of the Writing Group's work on their Facebook page:  
*Te Hā Tangata - Human Library on Homelessness*

## Te Māra

by *Richard*

**T**his is the work of the people  
**E**mployment – people are transitioning

**M**eals are grown in this soil  
**A**nd trees are planted  
**R**egeneration – people finding meaning  
**A** beautiful garden, for the people, for good.



# HIRUHĀRAMA /JERUSALEM

In early October, the Compassion Soup Kitchen staff were accompanied by some of the whānau to Hiruhārama/Jerusalem. The purpose of the pilgrimage was for the whānau to experience the peacefulness of being in their own thoughts and learning to sit within the wairuatanga of Hiruhārama. Hiruhārama has been known to be a wonderful place for spiritual healing and a central waypoint for journeys in New Zealand.

For whānau who have not had the opportunity to visit Hiruhārama, this last trip, for one of the whānau members, spoke volumes. One of the quotes given on the return home was, "time to put the armour back on." Hiruhārama is a place where the whānau are truly able to be themselves and not feel that they need to protect themselves from the roughness of the streets within the city.

It was a time for everyone involved to reflect on the bigger picture of what they can contribute to society. Another reason for this pilgrimage was to connect with papatāunuku and the whenua by helping the local whānau with ground maintenance. They especially helped with nurturing the rose gardens which grow there in acknowledgement of Sister Christina.

***He aha te mea nui o te ao?***

*What is the most important thing in the world?*

***He tāngata, he tāngata,  
he tāngata***

*It is people, it is people, it is people*

It also allowed us to sit down and have some kai together as a whānau. This amazing place was once utilised by prisoners when the prison scheme programs were running. Sister Sue mentioned in a korero that she had with Soup Kitchen staff, the one thing she loved most was how the prisoners at that time sat around the same table, shoulder to shoulder, eating from the same porridge pot. As a part of this pilgrimage we want to bring back the manaakitanga (making people feel welcome through hospitality) around the dinner table with the whānau that we travel to Hiruhārama with.

We hope to do many more journeys in the near future. We would like to work closely with local hapu/iwi for upcoming pilgrimages to understand the true history and definition of what whenua means to them, and how we can all work as one.

We are hoping to collaborate with other services within the Wellington region who also work with whānau who may want to join us.



Pilgrimage to Hiruhārama. Working hard on garden maintenance, and the beautiful view!

# A VISIT FROM THE FRENCH EMBASSY

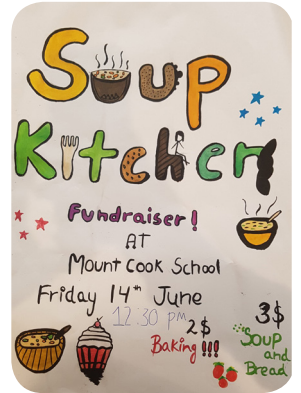
In September, we were pleased to welcome Ambassador Sylvaine Carta-Le Vert and diplomatic staff from the French Embassy, who spent a week volunteering for our breakfast services. The visit was extra special due to our history with our founder Suzanne Aubert, who came to New Zealand from Lyon, France in 1860. Our staff, whānau and volunteers were all incredibly grateful for the French Embassy's support and friendliness, not to mention the delicious croissants they provided!



Ambassador Sylvaine with Sisters, staff and volunteers from the Compassion Soup Kitchen

# STREET APPEAL

On Friday 14th June, we held our annual Street Appeal! Over 200 volunteers flooded the streets raising money for the Compassion Soup Kitchen. The success of this day was due to our amazing volunteers, both old and new!



# thank you

For our school project, we had to find a social issue in Wellington and do a social action on it. My friends and I decided that our issue would be food poverty which is a big problem because good quality, healthy food is expensive, so its easier for people struggling to buy cheap, processed food. While we were researching ways to try and help, we came across the Compassion Soup Kitchen. We were really happy to support their mission: to provide help and support to those in need of food and love!

Meredith, Rebecca, Sienna and Kara



Meredith, Rebecca, Sienna and Kara's Bake Sale at Karori School!



# OUR SUPPORTERS

## *Sathya Sai Group*

For the last 27 years, the Sathya Sai Group have been coming to the Soup Kitchen once or twice a month to supply and prepare meals for our dinner service. Volunteers gather at the Soup Kitchen in the afternoon and prepare a nutritious, delicious, vegetarian meal for 90 guests.



Sathya Sai Group in the kitchen

Here at the Compassion Soup Kitchen we are so impressed by the Sai Group's support and dedication to lifting up vulnerable people in our community. We want to give our deepest thanks to the Sai Group for their continued support. Every Saturday that they volunteer is a highlight for us. It gives our chefs some relief and their presence creates a warm and welcoming atmosphere for the guests.

Beyond the Soup Kitchen, the Sai Group is involved in countless charitable efforts across New Zealand and around the world. From donating 300 reading glasses to the Fiji Medical camp each year to providing non-perishable items at low decile schools, the Sai Group's work is incredible and we are fortunate to be a part of it.



Sharron McSweeney, Carol Ryan, Peter Byrne, Ted White, Justin Shaw, Paul Cameron, Evelyn Sebastian, Karen Porter (photographer).  
Volunteers of the Soup Kitchen!

## *St Vincent de Paul Johnsonville*

St Vincent de Paul of Johnsonville has a long history with the Compassion Soup Kitchen. Their devotion and enthusiasm is greatly appreciated! They enjoy the opportunity to spend time with the whānau.

*"We all agree that a love of God and the wish to help people has been the biggest motivator for us all to become involved with this work. We are willing to share our time with others, and carry out the beliefs of St Vincent de Paul."*

# KAI KŌRERO

Tena Koutou,

The last few months in the kitchen have been very eventful and productive, laying a foundation that we plan to build and expand on in 2020.

We've had visits from the French Embassy who kindly donated boxes of croissants for the whānau for breakfast, even getting a visit from Madame Ambassador herself. We had a visit from the ASEAN Ladies Circle as well as the Thai Embassy who brought needed donations and volunteered for meal service.



Clare and Sam with a new donation of tea towels for the kitchen!

We are updating our kitchen and looking to make some exciting changes in the near future. We plan to hold monthly fundraisers to support our daily operations and help us upgrade equipment and improve efficiency so we can go above and beyond when it comes to providing services for the whānau. We are establishing a catering service as well as providing cooking lessons for our community, to build confidence among those who can get food but don't have the confidence to cook it. Soup Kitchen staff are always looking for ways to provide meaningful activities to the whānau.

With Christmas just around the corner, we will start our 12 Days of Christmas appeal, where we will post items which we are in most need of on our Facebook page and website. The much anticipated Whānau Christmas Party is in the planning stages and we look forward to sharing this special time with all of you.

Thank you to all our wonderful volunteers, donors and sponsors. We look forward to another year of working together to improve the lives of Wellington's vulnerable.

# \$5000

Food for the Soup kitchen for one month

# \$1200

Food for the Soup Kitchen for one week

# \$200

Sponsor a meal

# \$300

Fuel bill for the month, covers food pick ups and meaningful activity transport

# \$500/month

Quarterly pilgrimages to Hiruhārama for the whānau

## In Kind Donations

For kitchen -

Fresh fruit and veggies, milk products (especially grated cheese), canned tomato products, spices, salt and pepper, eggs, gravy powder

For clothing room -

Sleeping bags, blankets, men's: socks, underwear, jackets, jumpers and shoes (especially sports shoes) sizes 9-12



My gift to the Compassion Soup Kitchen

I would like to give:

\$  My choice  \$200  \$300  \$500

I have enclosed my cheque payable to Suzanne Aubert Compassion Centre

I would like to debit my donation from my credit card:

Card type:  Visa  MasterCard  Amex  Diners

Name on card:

Signature:  Expiry date  /

My phone number:

I have donated through online banking to:

**Suzanne Aubert Compassion Centre, BNZ 02-0500-002219308**

**Donate online at [soupkitchen.org.nz/donate](http://soupkitchen.org.nz/donate), or call (04) 385 9299**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Making a regular payment

Payroll giving

Please send my receipt by email. My email address is:

**For more information on in-kind donation, visit [www.soupkitchen.org.nz/donate](http://www.soupkitchen.org.nz/donate)**

# NGĀ MIHI

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.

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  
Commensense 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  
Fabric Warehouse  
Francis Fanning  
Gazely  
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  
Kahungunu 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  
Masterpet  
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  
St Joseph's Social Justice Group  
St Mary's College  
St Patrick's College

St Teresa's School  
St Vincent de Paul  
StarNow  
Sustainability Trust  
Swan Legal  
TAS NZ  
Te Aro Health  
Te Muku Rau Charitable Trust  
TG Macarthy Trust  
Thai Embassy  
The Archdiocesan Pastoral Council  
The Catholic Institute  
The Fabric Store  
The Good Registry  
The Pines  
The Online Printer  
The Warehouse, Tory Street  
Tindall Foundation  
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



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