



Newsletter

Volume 1, Issue 12

December 2008

Our Goal: To create a place where people of all ages can gather and be present with openness, freedom, love, and respect - learning from and with one another.

Join us for our First Annual

Christmas



Cookie

Bash!

When: December 22nd
1:00-4:00 PM

Where: Soul Cafe
(corner of 12th & Taylor)

Why: Decorate cookies and take them home!

Be sure to reserve this date and time!

Giving Thanks for Community Dinner

On Thanksgiving I saw a miracle happen as more than 100 people volunteered their time and talent to share with others in our community, so that they might have a special Thanksgiving this year. One hundred and thirty meals were served to shut-ins, homeless individuals, veterans, needy families and others who came together in a unique gathering of strangers, all wanting to somehow be together on this special holiday.

Thank you to the many people, too numerous to list or thank individually, for the hours spent donating, preparing and serving food at Soul

Cafe's Community Thanksgiving Meal. Your sacrifice of time and talent made this holiday even more special to me as I saw the faces of children and parents, young and old light up at such a bountiful table.

Thanksgiving has to be one of my favorite holidays of the year. To be able to be with family and friends for a great meal, fellowship and thanking God for His blessings to me always brings happiness to my soul.



Judy and Tim enjoy a smile as they volunteer at the Community Thanksgiving Meal

Thank you to Riverside Community Church for use of their Pioneer Room and an added thank you to Providence Hood River Memorial Hospital, Your Rental Center, Brian's Pourhouse and Three Rivers Grill, for partnering with us again this year.

It is my prayer that God will bless you as we all 'give thanks with a grateful heart'.

Perry C. Cole, *Manager/Volunteer Coordinator*

Volunteers Needed

- Soul Café is actively seeking volunteers to assist in our Youth Programs and activities.
- Do you like to bake? Do you have apples to spare? Could you purchase oranges or other healthy items and donate them? Fruit, healthy snacks, and cookies are always in demand at Soul Café for our after school program. Call first to find what is needed!
- Here at Soul Café we are always thankful for the various businesses, churches, individuals and others who help provide for our “Sunday Supper Community Meal” each week. We are presently filling available Sundays in January and February.

Contact Perry Cole, Manager/Volunteer Coordinator at (541) 386-6164 or soulcafe01@gmail.com.

Christmas Wish List

- Electric Pan/Skillet
- Crock Pot (7-8 qt.)
- Tall Kitchen Bags
- 4 Desk Chairs with rollers for computer desks
- Weather proof banner for Sunday Supper advertisement
- Monthly financial partners
- Large glass bowls
- Wii Exercise Software
- Print cartridges (call for models)
- Art supplies for youth activities
- Grant writing assistance

Monthly Financial Support

Each month Soul Café opens its doors, it costs \$5500± to cover salaries, lease payments, utilities and supplies. We are thankful for our partners who each month supports us through

their financial donations. To help continue the work of this faith based community center it is our prayer that more individuals will consider a monthly contribution to the work that we are doing.

Each week we see new youth and adults visit the center and as more funds are available, we would like to expand by having a Youth Director and Youth Advisory Board. By doing so, we will have more structured activities for the kids in our community.

We would invite you to consider supporting Soul Café on a monthly basis. And if you haven't dropped in lately, we invite you to do so, to see first hand the activity and success that we are having.

Monthly Visitor Statistics

Day	Adults 18+	Youth 17-	Special Groups	Total
Jul-08	30	50	0	190
Aug-08	87	50	0	137
Sep-08	92	64	87	243
Oct-08	171	139	194	504
Nov-08	208	164	57	429

Special Groups include Leos, GEM, Faith in Action, Big Brothers Big Sisters and the ELCA.

Month	Suppers Served	Take out meals
Jul-08	52	0
Aug-08	87	8
Sep-08	36	13
Oct-08	74	19
Nov-08	169	94

November totals include the Community Thanksgiving Meal where we served 61 and took out 69 meals.

Thank you to our Volunteers

Here at Soul Café we have a very special group of people who volunteer of their time to help make us what we are. Thank you to: Debby Chenoweth, Linda Streich, Dory Fiamingo, Dee Cole, Doug Busby, Matt Lowe, Gwen Richards, Scott Slattum, Adriana Starwing, Ann Barnard and Michael Barnard.

This group of people logged over 248 hours of volunteer time during the month of November.



In addition there were over 75 people who put in over 188 ½ hours Thanksgiving Day and another 25 who spent countless hours preparing turkeys, squash, pies and other items for the Community Thanksgiving Meal.

10 tips for a Simpler, More Meaningful Christmas

1. Plan ahead. Instead of going on auto-pilot the day after Thanksgiving, hold a family meeting to decide what the group really wants to do and who's going to do what.
2. If you need a symbol for giving (in addition to Jesus and the Three Wise Ones), learn about St. Nicholas. Santa Claus has been completely taken over by commerce.
3. Avoid debt. Refuse to be pressured by advertising to overspend.
4. Avoid stress. Give to yourself. Don't assume that things have to be the same way they've always been.
5. Draw names rather than everyone giving something to everyone else in your giving circle. Set a ceiling for each recipient. Give children ONE thing they really want, rather than so many gifts. If need be, pool funds.
6. Give appropriate gifts. Get to know the recipient. Give what they want to receive, not what you want to buy.
7. Give alternative gifts. Give 25% of what you spent last year to the needy... individuals or

groups locally, nationally or internationally. Buy crafts and clothing from developing countries at alternative gift markets, not from commercial importers, so that the artisans receive a fair price for their work. Give of yourself, not just "stuff" - a coupon book for future services (such as baby-sitting or an "enchanted evening"); something baked, sewn, handmade, composed, etc.; or a family service project, such as working together at a soup kitchen.

8. Celebrate Advent for four weeks before Christmas.

9. Put the gifts under the tree shortly before opening them. Then take turns opening them around the tree, not all at once, so that each gift can be admired and each giver thanked.

10. Make changes slowly but persistently. Don't try to change everything and everybody all at once. The resistance will make you feel defeated and lonely

(From www.SimpleLiving.org)



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Copies of the monthly newsletter are e-mailed to our list of contacts. Please let us know if you would like to be included or whether you would like your name removed. You also may request a copy be mailed to you