

## SOUP MINISTRY

### PARISH MINISTRIES OF ST. PAUL'S CATHEDRAL

On Tuesday, Wednesday, and Thursday from 11 am to noon, our neighbours drop in and take 2 large yogurt containers of frozen soup or other frozen meals. Sometimes they get little extras like baked goods, buns, frozen applesauce and fruit juice.

This year we served over 640 people; an average of 54 per month. This is an increase over previous years with the busy months being August with 82 people and September with 80 people. When you consider the week of Income Assistance distribution, when we usually have fewer people—sometimes none—we are distributing food to about 12 people per week. Those are the stats. On the human side of this coin, we have men and women who, without these contributions, might not eat all day. They are people who are stretching a few dollars to meet ever increasing expenses. They may be trying to cover medications, rent, food, clothing, and some little entertainment on a small government pension, or education loans/grants, or the charity of family and friends. Those on Income Assistance might not have to pay for health care, but then their income might be even less. One of the people who came in said after living expenses he has \$15 a month to eat.

This year we have been blessed by a new partnership with Sorrento Centre and their food services program. They have been packing up and bringing in left over meal items from their meals to help supplement our regular soup makers and to help Sorrento Centre have less food waste. We are so grateful for this partnership and our neighbors have been so thankful for some of the delicious offerings of meals like breakfast burritos, lasagna, artichoke stew and the crowd favorite beef stroganoff.

Our objective is to feed anyone seeking food, no matter what their circumstance. We don't have a committee as such, but the entire parish is involved. Those who don't bring soup can bring extra containers for storage. We ask that if you bring plastic containers please bring with lids on them.

They are truly grateful for this supplement given so graciously by our parishioners. We have several freezers to contain the soup given and can manage all the donations you can supply. We could not manage this ministry without the help of the entire congregation and we thank you!!!!

Claire Tosoff  
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January 2017