

Westside CARES

Uniting religious fellowships of the Westside in care and compassion towards those in need...

September 2008

Westside CARES April 2008 – March 2009 Executive Board

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Wilson UMC

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Gateway Presbyterian

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Church in the Wildwood

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- Zoe Lance
St. Paul Catholic Church
- Georgia Thompson
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Community Representatives

- Patricia Severn
First Congregational Church
- Rich Strycker
Greccio Housing

Executive Director

- Stephen Brown

From Steve's Keyboard Executive Director's Musings

One of the hallmarks of Westside CARES is that we use a lot of volunteer hours to get the work done. In 2007 we know that hundreds of people gave an estimated 16,565 hours of their time in order to fulfill our mission. We do not say "thank you" enough to those hundreds of volunteers who:

1. Greet and listen to the stories of our neighbors, then give what help is available.
2. Tirelessly collect, purchase, and then distribute food through our four food pantries.
3. Prepare and graciously serve the Lord's Dinner to dozens of people every Sunday evening.
4. Ask for food, school supplies, Christmas gifts, and other donations on behalf of Westside CARES.
5. Immunize children and improve health through our health fairs.
6. Govern and advise through our Board and Committees.;
7. Prepare and serve our special events (Prayer Breakfast and Annual Banquet) to help us learn and grow together.
8. Contribute money to lubricate the whole process.

So let me now, once again, say "Thank You!" Through your generous giving of yourselves we have a current "overhead" to "services" ratio of about 7%. This means that for all the value brought to the community (\$1,002,022) in 2007, we spent about \$70,000 in overhead (like keeping the lights on and paying salaries).

As I think about how this happens, I realize that our while our "thank you's" are good and valuable, there is some other factor that provides the urge that gets our volunteers in the door. I like to believe that it has something to do with the human need to be giving people. Particularly for those of us who are people of faith, our self-claimed identity is fulfilled when we follow the teachings of our faith to share ourselves. Beyond this, I believe that we find internal satisfaction and we connect with something foundationally good and right when we give ourselves to our neighbors.

Here's hoping that you are finding satisfaction and connection with good and right things.

1930 West Colorado Avenue ♦ Colo Spgs, CO 80904 ♦ 719-389-0759
Hours: Mon-Thurs—9:30am - 12:30pm ♦ Thursday evenings—5:00pm - 7:00pm
www.westsidecares.org

September is Hunger Action Month October 16 is World Food Day

What can YOU do about Hunger in our midst?

Events such as Hunger Action Month and World Food Day focus our attention on increasing awareness and understanding about hunger in our country, as well as inviting informed year-round action to help alleviate hunger. As our economy struggles with higher prices on food, goods, and gas, the average American is in a battle to make ends meet. Did you know that 1 in 3 households pay close to 70% of their total earnings on housing? This doesn't leave much money left over for other needs – like food.

Our Food Program people -- through our Neighbor Advocates who distribute food vouchers to neighbors in need, our Pantry Volunteers at our four church-based pantries who hand out grocery bags of food, and you, our Congregations, who support us through food drives and donations -- work very hard to make this one of our critical ministries to our community.

Access to a sufficient variety of safe, good-quality foods remains a serious problem, even though the food supply is adequate at the national level. As Steve likes to say, "There is enough food in this country. The problem is distribution."

Putting an end to hunger necessarily starts with ensuring that enough food is produced and available for everyone. However, simply growing enough food does not guarantee the elimination of hunger. 35.5 million Americans are food insecure, of which 12.6 million are children. Access by all people at all times to enough nutritionally adequate and safe food for an active and healthy life – also known as food security – is our goal. That is the reason for our Food Program and why we are constantly on the look out for fresh produce, meats and dairy products, herbs and spices that make food tasty and healthy, and a variety of nutritious shelf-stable foods for our food pantries.

The contribution of each and every one of us – through information sharing, caring and participating in activities – helps to ensure that our neighbors are free from hunger.



Ways to Take Action

1. Share hunger facts with people you know.
2. Invite folks to volunteer or tour one of our four church-based food pantries or the Westside CARES offices.
3. Pack a lunch and donate the money to Westside CARES, one of our food pantries or Care and Share Food Bank.
4. Take the Food Stamp Challenge: Food stamps provide, on average, \$3.00 per day per family member. Try it for a month. Donate the money you save to help fight hunger.
5. Have a vegetable garden? Join Broadmoor Community Church members in donating a portion of your harvest. Fresh produce is needed and appreciated!
6. Participate in our next food drive, happening Friday and Saturday, October 17 and 18. Volunteers are needed to collect food outside west side grocery stores, to transport food back to Westside CARES, and to help allocate the donations to our four church-based food pantries. Call 389-0759, ext 108 to volunteer.
7. Attend the *Grapes of Wrath* Care and Share benefit night on September 25.
8. Host a "non-Event" or a bake sale and donate the proceeds.

Thanks for taking a moment to consider the problem of hunger in Colorado Springs.

Community Outreach... Westside CARES Open House

Members of our supporting Member Churches are invited to join us for an Open House on Friday, September 12 from 5:00 – 7:00 p.m. The after-work event will include a tour of our offices conducted by staff and Board members along with information about our programs and services, and a delicious buffet of appetizers. If you would like to attend, please RSVP to 389-0759, ext 108.

OUR MISSION

Formed in 1983, Westside CARES is an interfaith, nonprofit collaboration of 21 religious fellowships of the west side of Colorado Springs united in care and compassion for those in need by providing crisis human services. Our Mission is to serve our neighbors in need with the love and support we receive from our member churches as well as the greater community.

Specifically, we aim:

- ♦ To establish a closer relationship, cooperative spirit and programs among the churches and religious fellowships on the west side of Colorado Springs and its environs.
- ♦ To develop a network of outreach and resources to serve the emergency needs of individuals and families and to assist them to become physically and spiritually self-sufficient.

Thanksgiving Baskets

Once again this year Westside CARES will put together 40 Thanksgiving baskets to give to our neighbors in need. Westside CARES gives vouchers to 20 area schools who will determine the recipients, and then those neighbors come to our offices the week of Thanksgiving to pick up the basket. Each basket contains the food items that will make a traditional holiday meal for a family.

During this month of September, pastors and lay representatives of each of our member churches will be asked to organize the effort within your church to provide either a turkey or a ham plus a quantity of one assigned item of food. The entire list of churches and foods will be run in the October newsletter.

Thank you in advance for your support of this annual project!



Thanksgiving Baskets 2008

Church	Item	Quantity	Notes
All churches	turkey or ham	1 or more	frozen
Bethany Baptist	dinner rolls	40 - dozen packages	
Bethany Evangelical Lutheran	turkey gravy	40 cans/envelopes	
Broadmoor Community Church	pumpkin pie	40 pies	frozen
Central Christian	butter or margarine	40 - 1lbs packages	
Chapel of Our Saviour	potatoes (fresh)	40 - 5lbs bags	
Christ the King Lutheran	green beans	80 cans	
Church of Jesus Christ LDS	yams or sweet potatoes	40 cans	
Church in the Wildwood	celery (fresh)	40 bags	
Fellowship of the Rockies	apples (fresh)	40 bags	6 in each bag
Gateway Presbyterian	corn	80 cans	
Ivywild Community Church	stuffing	40 packages	
Manitou Community Congregational	juice	40 - 64oz	
Pikes Peak United Methodist	spiritual gift		
St Aidan's Anglican	cool whip	40 tubs	frozen
St Andrew's Episcopal	canned cranberries	40 cans	
St Paul's Catholic	sugar	40 - 5lbs bags	
Tri-Community Catholic	oranges (fresh)	40 bags	6 in each bag
Trinity United Methodist	jello	80 - 3oz boxes	
Wilson United Methodist	canned fruit	80 cans	

Most families will be between 3-6 persons. Please bring to WSC no later than November 20th.

Westside CARES
1930 W. Colorado Avenue
Colorado Springs, CO 80904

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Help sustain the Ministries of Westside CARES!

Yes!

I want to make a financial commitment in order to
sustain and extend the ministries of Westside CARES

Name: _____

Address: _____

City, State, ZIP: _____

Church or Organization (if applicable): _____

I would like to contribute: \$10 \$25 \$50 Other: _____

Thank you!

Please return this form with your check to:

Westside CARES
1930 W Colorado Avenue
Colorado Springs, CO 80904