

## Here to Serve

Heather Cassie, Founder and CEO

The Table Soup Kitchen Foundation operates so effectively, based on the incredible volunteers that we have and the goodness of God. We serve our community together from a place of love, compassion and desire to help those in need. The Table is such a wonderful place to meet people, become part of a chosen family, and a special place to use your gifts and abilities. God has us all here for a reason!

### LIST OF VOLUNTEER NEEDS

- Cleaners
- Food Rescue Pick up Volunteers
- Bakers
- Food Bank Volunteers
- Coldest Night of the Year Teams for Feb./23

Amy Snow has been our Volunteer Coordinator for a number of years and does such a beautiful job connecting with people who are wanting to serve with us. Amy has written a piece on the reverse of this Table Talk issue, describing the benefits of volunteering. Our Administrator, Anna Downey, assists me with the placement of volunteers. The Table is so blessed to have each volunteer give of themselves through their time, efforts, sweat, and generosity. Our volunteers are the absolute best!

We are always happy to welcome new volunteers to our Table family. You're welcome to join us! Volunteer Applications are available on our website, [www.thetablefoundation.ca](http://www.thetablefoundation.ca).



Heather Cassie (left) and Julie Allgeier (right) during our presentation of the Volunteer of the Year award <3

# Vitamin V

## Amy Snow, Volunteer Coordinator

The Table is a place where guests and volunteers all benefit from empathy, compassion, love and dedication. Volunteerism is at the heart of the gift economy where the currency is no longer money although the donations are greatly appreciated and needed to keep our doors open! Our energy and time are our greatest gifts and when well spent it elevates and motivates. New skills and self confidence are developed, new life directions and dreams born and fulfilled. Contributing to being part of a solution brings great satisfaction and hope.

People are moved by all of the aspects of service that we offer and are able to provide because of the incredible volunteers that come through our doors. Some stay for years while others come for a specific time. We easily see how impactful our services are for our guests, but the volunteers also share heartwarming stories as well.

The connection we so innately need for survival as human beings is satisfied through volunteering! By giving of oneself we open our hearts to receive in ways we may not have expected. We learn great patience, form meaningful friendships and respect of like minded individuals from all walks of life and for ourselves. New members of the community that volunteer, quickly feel a sense of belonging and family in what otherwise may have been isolating and daunting making their way in a new town.

We feed more than hungry bellies, we nourish our souls. The sense of accomplishment and flow of kindness has an incredible ripple effect and we know it improves our overall health, immune system and well-being. Vitamin V! It can be addictive!

There are deep motivations that drive us to volunteer and self care and awareness brings us ever more growth. We discover our true purpose to serve others while finding ourselves.

To those of you volunteering with us, thank you for keeping your hearts open; you are the lifeblood and soul of The Table and our greater community. You are loved and so deeply appreciated.

## Ways to Donate

We always welcome food and financial donations.

**CHEQUES** can be written to "The Table Soup Kitchen Foundation," and mailed to P.O. Box 5411, Huntsville, ON, P1H 2K7.

**ONLINE** donations can also be made at [www.thetablefoundation.ca](http://www.thetablefoundation.ca).

**IN PERSON** at our Foundation office, 9 Hanes St., Huntsville, is also an option for making donations. A member of our leadership team will be happy to receive your generous gift. Business hours are Tuesday and Friday between 12 and 3 pm; Saturday 10 am to 1 pm.



Our Beautiful Amy Snow <3

**Table Talk**

Summer 2022

Table Talk is a quarterly newsletter sharing news and inspiration from The Table Soup Kitchen Foundation. We mail issues to our supporters and donors, along with a personalized thank you note. We appreciate the support, encouragement, and prayers of our community as well. Our volunteers, guests, and Board send our thanks! God is good!