



Sacred Heart Shelter

232 Warren Avenue North Seattle, WA 98109

Program of Catholic Community Services



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40 Seasonal Soups Cookbook

- | | | |
|-----------------------|-----------------|------------------------|
| • Canlis | • Voila Bistrot | • Brazino |
| • Ponti Seafood Grill | • Tilth | • Olivar Restaurant |
| • Le Pichet | • Union | • Matt's in the Market |
| • Macrina Bakery | • Le Pichet | • Lark |
| • Kaspars | • A&J Meats | • Taste |

40 Seasonal Soups is a cookbook of wonderful, seasonal soup recipes. The Seattle area's best chefs and restaurants, from local gems to those that are nationally renowned, contributed all of these delicious recipes. This user-friendly cookbook celebrates soup as the ultimate comfort food. Extremely versatile, soup can start, finish or headline any meal--and can range from luxuriously decadent to fundamentally basic, easily modified to fit any budget.

COOK BOOK ORDER FORM

Yes! Please send me _____ copy(s)
of 40 Seasonal Soups Cookbook

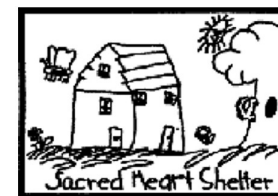
\$20

☐ Enclosed is a check for \$_____ Plus \$3.00 shipping per book

Name _____

Address _____

Phone Number _____



Heart•Beat

News From the Sacred Heart Shelter



Newsletter October 2011

Urban Soup 2011 Make This Lunch Count!

Sacred Heart Shelter's popular Downtown Urban Soup Luncheon (Formerly called Soupline) will be held Friday, October 14th at Plymouth Congregational Church, on 6th and University from 11 a.m. to 2 p.m. Urban Soup is held each year in downtown Seattle to raise funds for Sacred Heart Shelter. It is an easy and yummy way to make a difference in the lives of the homeless in our community. All proceeds go directly to the shelter's operating budget.

Soup and breads from some of the area's best restaurants, bakeries, and gourmet shops - Matt's in the Market, Ivar's, Canlis, Purple and Macrina Bakery, to name a few will be served, along with a happy dose of live bluegrass by the Overhalls!

Urban Soup is presented by the law firm Karr Tuttle Campbell and the Order Of Malta. Tickets can be purchased at the door or by calling 206-285-7489. Volunteer and sponsorship opportunities are still available. For more information call Angie Michelle at 206-285-7489. See you there!

SACRED HEART SHELTER'S 19TH ANNUAL urban soup 2011

an urban soup luncheon benefiting the Sacred Heart Shelter
(formerly called Soupline)

**FRIDAY
OCT. 14**
11:00am-2:00pm

ALL YOU CAN EAT
LUNCH **\$15**

Featuring delicious soups and baked goods from some of Seattle's best eating establishments including:

.....
**Plymouth
Congregational Church**
1217 6th Avenue
Seattle, WA 98101
.....

Canlis
Matt's in the Market
Macrina Bakery
Essential Baking Co.

All proceeds for this event benefit Sacred Heart Shelter's homeless families and women. For more information please call 206-285-7489

Farestart
TASTE at SAM
Purple Cafe

Luxury door prizes, live music and much more!

**Kaspar's Special
Events and Catering**



Sponsored by:

Ivar's
Grand Central Bakery
Il Fornaio
Savor



232 Warren Avenue North Seattle, WA 98109 • 206-285-7489

Baby Shower Committee at SHS!

Members of the St. Frances Cabrini Guild and members of Our Lady of the Lake parish did a fantastic job of raising funds and purchasing baby products for our new and expecting mothers at Sacred Heart Shelter.



Generous members of the OLL parish donated funds and purchased baby items for 10 baby showers over the course of the next year. New mothers will now be equipped with many baby necessities such as blankets, bottles, bibs, a highchair, a Pack and Play, sleepers, a nursing bra and health and safety items to name a few! Special thanks to Julia Engel for pulling this great team together. Thank you very much we are so excited to welcome out new babies to SHS in the coming year.



Committee members from left to right
Back Row: Julia, Barb, Ruth and Mary Ellen
Front Row: Joanne and Pat

Donate Today!

Your tax deductible financial donations enable us to provide a safe, warm place for a homeless woman or family. Your gift of \$25 or more will greatly contribute to the safety and security of homeless families and women.

On-Line Donations:

Save a Stamp! To make an immediate and secure online donation:

<http://www.ccsww.org/site/shshelter>

Planned Gifts, Stock & Other Donations:

Sacred Heart Shelter also welcomes bequests and memorial gifts, as well as other types of support. Please contact Gillian Parke,

Program Director, at (206) 285-7489 to discuss a wide variety of ways to give.

Join us for a Tour!

Are you interested in knowing more about Sacred Heart Shelter? Call Angie Michelle at (206) 285-7489 to schedule a tour of the house and learn about volunteer opportunities for you or your family.

Cash & Check Donations:

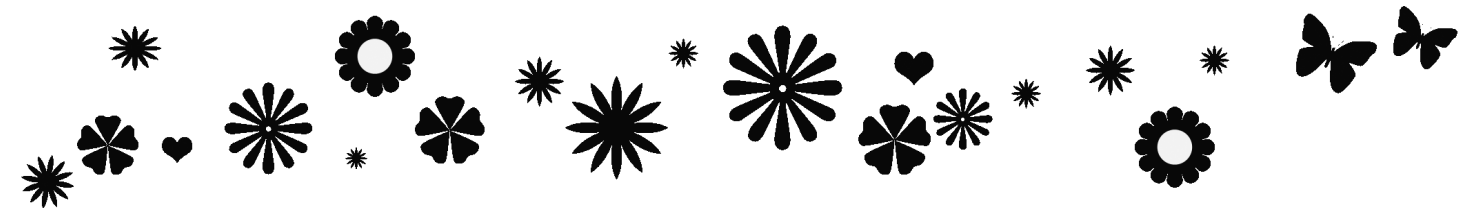
The good old fashioned way! You can send a check donation via US Mail to or hand deliver to the following address:

Sacred Heart Shelter
232 Warren Avenue North
Seattle, WA 98109

Thank You to All our Volunteers, Staff and Board Members

Bradley Allan– Community Member
Trudy DeSilets– SHS Chairperson
Patrick Higgins– Community Member
Susie Jarvis– Community Member
Colin Klein– Microsoft
Angie Michelle– SHS Fund Developer
Dylan Munn– Community Member
Jim Odom– Odom Corporation
Jim O'Neil– RBC Wealth Management
Gillian Parke– SHS Program Director
Walter Terry– Community Member

Gillian Parke–Program Director gillianp@ccsww.org
Angie Michelle–Fund Developer angiem@ccsww.org
Elissa Knight–Shelter Coordinator elissak@ccsww.org
Eve McCarthy–Case Manager evem@ccsww.org
Evan Miller–Volunteer & Resource Coordinator evanm@ccsww.org
Mimi Bayeh–Direct Service Advocate
Taffey Murray–Direct Service Advocate



October Wish List and Volunteer Opportunities

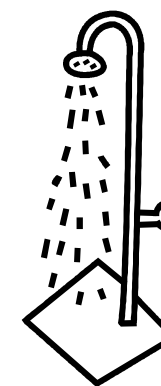
Donations Needed!

- **New Bath Towels** (*Urgent Need)
- **New Face wash clothes** (*Urgent Need)
- **Toothpaste** (*Urgent Need)
- **Toothbrushes** (*Urgent Need)
- **Razors (men and women)** (*Urgent Need)
- **Women's Deodorant** (*Urgent Need)
- Paper Towels
- Toilet Paper
- Facial Tissues
- Hair Brushes and Combs
- Dish Towels and Hand Towels
- Diapers all sizes except newborn sizes
- Shampoo
- Conditioner
- Body Lotions
- Feminine Hygiene Products
- Pine Sol
- Multipurpose cleaners
- Sponges and scrub brushes

Supply Drive of the Month

Bath Towels

A great way to help Sacred Heart Shelter is to hold a drive at your workplace, church or school. This month SHS is in need of NEW or



VERY GENTLY USED BATH TOWELS! 150

towels would last us through the year. Please consider organizing a drive to help stock our supply for our residents. For more information contact our Evan Miller at evanm@ccsww.org or call at 206-285-7489.

