

Dear Friends in Christ,

***“Whatever you do for the least of my brothers, you do unto me.”***

The Wednesday evening ARISE group, hosted by Alpheen and Prem Menachery and co-facilitated by Betsy Czarnowski and Carol Ritter, along with members of the Parish ARISE Team, Joan Duffy and Nancy Dunne, invite you to join us in a special action step, inspired by ARISE, to raise funds for the most vulnerable of our society, the elder homeless. The ***Food for the Body and Soul Cookbook*** committee is collecting recipes for a cookbook, all proceeds to benefit Hearth, a nonprofit organization dedicated to the elimination of elder homelessness.

Approximately 33% of Boston’s homeless shelter population is over 50 years old. Homeless elders often have multiple co-morbidities that compound financial difficulties and contribute to chronic homelessness. Across the United States, elder homelessness has tripled since 1990 and the percentage continues to rise. Hearth currently oversees 136 units of permanent supportive housing in seven residencies throughout the greater Boston area. Hearth is preparing to commence the construction of an additional 59 unit residency, Hearth at Olmstead Green, upon securing public funding to complete the development. This new residency will not only bring Boston closer to eliminating elder homelessness in the area but will also serve as a national prototype of Hearth’s effective model to end homelessness. Please visit Hearth on the web to learn more about its efforts ***www.hearth-home.org***.

We invite you to be a part of the project by submitting no more than three of your favorite recipes to the ***Food for the Body and Soul Cookbook*** committee by either completing the attached form (use only one side of form, one recipe per form), or xeroxing copies of your favorite recipes and bringing them to your ARISE group or scanning/typing your favorite recipes and e-mailing them to [alpheen@hotmail.com](mailto:alpheen@hotmail.com) or [betsyczar@comcast.net](mailto:betsyczar@comcast.net) or mailing them to Alpheen Menachery at 68 Laurel Road, Weston, MA 02493. Recipes will be organized into the following categories: appetizers & beverages, soups & salads, vegetables, main dishes, breads & rolls, desserts, and miscellaneous. Please check your recipes for accuracy and legibility. Print your name as you would like it to appear in the cookbook next to each recipe submitted. Recipes must be received no later than March 26 and final selection for inclusion in the cookbook will be at the discretion of the committee. Our goal is to start selling the cookbooks by September 2010.

Please pray for the success of our project and for all those elder homeless individuals who are waiting for someone to walk ***In the Footsteps of Christ*** and lead them to shelter and safety.

Thank you in advance for your contributions!

ARISE Cookbook Committee