

A Capella for a Cause!



Blend brilliant barbershop harmonies with a benefit for Bellevue LifeSpring and you've got a capella for a cause!

[Northwest Sound](#), a Bellevue-based men's singing group, is holding a holiday concert to celebrate the season with friends, family and music. They have selected Bellevue LifeSpring as the beneficiary of the event.

Saturday, November 12th | 7:30 - 9:30 p.m.

[First United Methodist Church of Bellevue](#)

(home of our Holiday Adopt-A-Family distribution)

Admission is free with your donation of a non-perishable food item for the Bellevue LifeSpring Food and Basic Needs Pantry at the door. All ages are welcome!

Check out Northwest Sound on YouTube!

What's in the Box?



[Breaktime-Mealtime™](#) provides nutritious boxed meals for children on the free and reduced-price lunch program during school breaks.

Each box contains non-perishable food items that help build easy, nutritious meals, as well as a grocery store voucher to purchase fresh fruit, vegetables, meat and dairy.

One critical item in the box is rice. Why rice?

There are more than 80 languages spoken in the Bellevue School District. Rice is a staple across cultures and can be mixed with soup, veggies or meat to create a more filling meal. Rice is also low in fat, low in cholesterol, high in starch and contains nutrients like vitamins E and B and potassium.

Learn what else is in the box!

Just \$25 provides a hungry child with a week of vital nutrition this winter break.

[Adopt a Breaktime-Mealtime box today.](#)

What Does Holiday Adopt-A-Family™ Mean For Your Family?

Bellevue LifeSpring's [Holiday Adopt-A-Family](#) matches families in need with community sponsors to provide food, gifts and clothing for the holidays. Here's what your support means to the families you're supporting this Christmas:

*"It's a lot of help during this difficult time where we have to find a place to live. We are glad we don't have to stress about buying gifts; **we can focus on having a roof over our head.**"*

- Georgina, mother of three

*"This program is already **making a difference by***

allowing our children to choose gifts. Giving our children options for gifts is something we can't give them. We are very grateful."

- Flora, mother of two

"It's helping us pay down our debt and actually make payments instead of worrying about getting more in debt to be able to provide or by getting gifts for our children."

- Kyle, father of five

Be a part of the impact for 300 families living in poverty in Bellevue this Christmas. [Donate](#), [volunteer](#) or [sponsor](#) a family.

Upcoming Events

[Northwest Sound Concert](#)

Benefiting Bellevue LifeSpring

Saturday, November 12, 2016 | 7:30 - 9:30 p.m.

[First United Methodist Church of Bellevue](#)

Free admission with your donation of a non-perishable food item at the door!

Winter Breaktime-Mealtime™ Packing

Monday, December 5, 2016 | 9:00 a.m. - 12:00 p.m.

Bellevue School District Warehouse

Volunteer signup available [here!](#)

Holiday Adopt-A-Family™ Distribution

Tuesday, December 20, 2016 | 7:00 a.m. - 7:00 p.m.

[First United Methodist Church of Bellevue](#)

Volunteer signup available [here!](#)

Learn more about sponsoring a family for Christmas [here](#).

[Step Up to the Plate Benefit Luncheon](#)

Thursday, March 30, 2017 | 11:00 a.m. - 1:15 p.m.

[Meydenbauer Center](#)

Contact us to learn about being a table captain or sponsor!

Connect with us:

www.BellevueLifeSpring.org

