

## Feeding The Soul Foundation Benefit CD

Written by Robert ID4663

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Stuff your stockings this season with a little bit of soul and a whole lot of love. A community connected through creative generosity, the Feeding the Soul Foundation is pleased to present their first benefit CD, Feeding the Soul, Volume 1: Family Dinner. The CD features 13 songs, including new music from Bushwalla, Tristan Prettyman, Raining Jane, Dawn Mitschele, Alex Woodard and more. Proceeds from sales of the CD will benefit SuperFood Drive, making it truly the one Holiday gift that will keep on giving. The CD will be available for pre-sale beginning December 1st at [www.feedingthesoulfoundation.org](http://www.feedingthesoulfoundation.org), and will ship to anywhere in the U.S. just in time for the Holidays!

The benefit CD also contains a cook-booklet, detailing recipes for three family-style meals for large parties, and is the brainchild of baker, coffee shop owner and Feeding the Soul founder Vallie Gilley: "There are so many musicians and artists in this community. A family-style dinner followed by some great musical entertainment is a regular occurrence. These casual events, with contribution from the entire community, are our good fortune and inspiration. The cookbook and CD are meant to help others recreate that atmosphere."

Thirteen artists donated songs for the benefit CD, including San Diego locals Tristan Prettyman, Gregory Page, Alysse Fischer, and Day Old Johnson. The music ranges from folk-inspired harmonies in Raining Jane's "From Me to You" to hip-hop by MC Flow ("Everybody"), and a new ballad, "Open Up", from singer/songwriter Alex Woodard. "These are songs of gratitude, love and positivity," Gilley elaborates, "and we're grateful to talented friends like The Makepeace Brothers, Parker Ainsworth, and Luc & the Lovingtons for their contributions."

The album is "hosted" by acoustic hip-hop artist Bushwalla, featuring commentary from the original Feeding the Soul benefit concert held March 6, 2010. "Feeding the Soul's concerts, much like the CD, are our way of sharing the community experience with a larger audience," explains Melissa Grove, the foundation's Director of Events. "Bushwalla gives a sense of the fun and informality that are hallmarks of our shows."

Feeding the Soul plans a CD Release Benefit Concert for December 18, 2010, in La Jolla. The concert will benefit the Lewy Body Dementia Association which supports sufferers of the Parkinson's-like disease, their families and caretakers. The cause is close to the hearts of the Feeding the Soul Foundation co-founders, as Gilley's mother is fighting the disease. Jessie Payo's contribution to the CD, 'Mother', reflects this connection.

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### About Feeding the Soul:

The Feeding the Soul Foundation promotes concerts for causes, bringing community together in creative generosity. The foundation promotes local artists, charities and businesses that make a positive difference by creating events that draw attention and opportunity to their talents and intents. Proceeds of each show benefit a different local, national or global charity. Since its formation in March, 2010, the Feeding The Soul Foundation has donated more than \$15,000 to organizations that feed the hungry, empower young women through music, promote environmental responsibility, and free slaves around the world. For more information please visit [www.feedingthesoulfoundation.org](http://www.feedingthesoulfoundation.org)