

## Interfaith Action of Evanston

### Speakers Highlight Fall Programs

Dick Whitaker, well-known yoga instructor, will lead a Peace Meditation as Interfaith Action kicks off its 2008-9 Seasons of Faith series. The meditation will take place at Clark Street Beach on Labor Day, September 1, at 9:00 A.M. Whitaker, who has been teaching yoga in the Himalayan tradition for more than sixteen years, will guide participants through basic postures, breath awareness exercises, and relaxation techniques. These will be interspersed with readings on peace.

The September 22 IA Delegates meeting will feature Karen Singer, executive director of the YWCA Evanston/North Shore, and Paul Selden, executive director of Connections for the Homeless, in a discussion of homelessness in Evanston. This husband-wife team works actively within our community, through the organizations they lead, to address the concerns of homeless people in need of housing, health care, jobs, and a safe environment. The Delegates Meeting will take place at Second Baptist Church, 1717 Benson Avenue, at 6:30 PM, beginning with a light supper.



Rev. Bud Ogle

Rev. Bud Ogle, executive director of Good News Partners, who will reflect on the broad theme: "poverty in a land of plenty." This service will be held on the Sunday before Thanksgiving, November 23, at 7:30 P.M., at First Congregational Church, 1417 Hinman Avenue. Rev. Ogle founded Good News Part-

ners in 1976 with Northwestern students and others interested in working and living in the inner city neighborhood just south of Evanston. In slightly more than 30 years, the organization has developed multifaceted programs that provide low income housing for community residents as well as youth programs, employment opportunities and training, tutoring, and community and spiritual development programs for adults, including cultural and recreational activities, counseling, and drug rehabilitation.

Carolyn Gifford

### Interfaith Officers Stated

Happily, four of our current officers will continue for another year. President Sheri Delvin, pastor of St. Paul Lutheran Church; Vice President Diane Currano of St. Mary Catholic Church; Vice President Seth Weinberger of the Jewish Reconstructionist Congregation, and Treasurer Ralph Starenko of St. Paul Lutheran Church will serve another term. This year's secretary, Theresa Zingery of the Bahá'í Faith, will serve on the board but resign as secretary. Her successor will be named soon.

Several long-time board members are finishing terms: Patty Baker of Garrett-Evangelical Theological Seminary, Jane Jeffrey of First Presbyterian Church, Mavis Hageman of Northminster Presbyterian Church, and John Barner Williams of Fisher Memorial AME Zion Church. They have brought years of experience to our religious community and vision for the promise of interfaith work, and we are grateful for their contributions. Recruitment of new board members will continue through the summer.

*..to bring together communities of faith and spirit to serve people who are hungry and homeless and to express our shared values through action and interfaith dialogue.*

Interfaith Action of Evanston  
Purpose Statement

## Seasons of Faith Spring Choral Festival

On April 27, choirs and music groups from nine religious organizations joined in song at the Jewish Reconstructionist Congregation in a first-ever combined choral concert sponsored by Evanston Visiting Ministries and Interfaith Action. Budding trees outside the sanctuary windows, the LEED-certified new building, voices raised in praise all testified to renewal. Groups from the Jewish Reconstructionist Congregation, Bahá'í House of Worship, First United Methodist Church, Multicultural Children's Choir with Inspired Youth of Uptown-Edgewater, Northminster Presbyterian Church, St. Paul Lutheran Church, Second Baptist Church, and Lake Street Church moved an audience equally diverse in age, race, and faith.

Evanston Visiting Ministries is comprised of Senior Connections, Friends in Christ, and Faith in Action – all faith-based initiatives to bring care and services to elderly and homebound Evanston residents. For several years their primary fundraiser was a spring gospel choral concert. In earlier years, music ministers from downtown churches organized a choral concert that benefited IA's predecessor, EEAC. Proceeds from a freewill offering at the choral festival were divided between IA and EVM—their complementary missions growing into cooperative fundraising on behalf of those who are hungry, homeless, and in need of support services.

*Patty Baker*



The Bahá'í Choir

## Yoga and Meditation to Promote Peace

Labor Day morning at 9:00, few people will be at work, right? So join us for yoga and meditation at Clark Street beach. Yoga is a practice coming from the Hindu spiritual tradition. To our knowledge, there is no Hindu worship center in Evanston, but we want to honor the tradition that teaches us to find strength within, realize fuller wisdom, and promote peace.

Yoga is related to the word "yoke," a kind of practice to integrate body, mind, and spirit. This is *hatha yoga*, a combination of physical and mental exercise. Religious Studies Scholar Huston Smith says "The word once conjured up images of shaggy men in loin-cloths, twisting their bodies into human pretzels

while brandishing occult powers. Now that the West has appropriated the term, however, we are more likely to think of lithe women exercising to retain their trim suppleness." Neither extreme fits, and most of us are somewhere in between. Never fear, the practice we do on the beach will be accessible, gentle, and peaceful, interspersed with readings from Hindu and Buddhist sources. Not too many Sanskrit words, and not too much exertion for what may be a warm day. Bring your mat, beach towel, folding chair, and water bottle.

### Buddhists Take A Bow

For the first time, a Buddhist group from Evanston cooked and served for the Sunday afternoon soup kitchen at

St. Paul Lutheran. The Chicago Zen Center crew, orchestrated by IA delegate Cynthia Stone, produced a healthy and hearty meal. The group's spiritual leader, Sevan Ross Sensei, was sighted stirring the ravioli. Two members of Heartland American Buddhist Sangha also helped out. What was different about this soup kitchen? To begin with, since many of the cooks are vegetarians, the meal was meatless. Guests did not seem to mind in the least. Dinner started with a quote from Ven. Thich Nhat Hanh, beginning, "This food is the gift of the whole universe, the Earth, the sky, and much hard work." Origami birds were table decorations.

*Rev. Elizabeth Stout*

## Hospitality Center

The Hospitality Center serves a variety of people. Some are our guests - people who are in need of help. Some are our volunteers - people willing to share their time and gifts. Sometimes there is a unique match between the two.

Ella is one of our guests. She is around 50 years old and suffers from depression. She has been in and out of programs and finally moved into an apartment. Three days after the move, she had a stroke. She recovered with the help of medical care and case workers and was able to keep her apartment, but she had very little beyond the necessities.

Kathleen is a volunteer who sits by our door once a week and greets our guests. She is part of a book club, and each of the women knit squares to make a quilt. They wanted the quilt to go to a woman at the Hospitality Center who would appreciate the beauty and benefit from the warmth. We gave it to Ella! Her pleased smile showed her gratitude. And her words telling how the blue of the quilt adds happy color to her apartment bring smiles to all around her.

Join us as a volunteer! You will receive as much as you give!

*Susan Murphy*

### Sue's Wish List

razors  
q-tips  
lotion  
toothpaste, brushes  
chapstick  
personal calendars  
gloves, hats (especially for men)  
umbrellas  
magazines - current  
healthy treats  
books  
fans  
sleeping mats

### People Needed

-Fridays from 7-11 A.M.  
-Substitute volunteers  
-Someone who will occasionally supervise a movie from 8-11 A.M.  
-A Cleaning Crew

### Office Wish List

small couch, loveseat, or chairs  
paper supplies

**Contact a grateful Susan Murphy at (847-475-1150) to volunteer or drop off your donations.**

## John Blegen Is New Web Master

John Blegen of Lake Street Church became our Web master this spring. He has made the site easier to navigate and able to accommodate more news as well as more pictures of our events. The complete schedule of soup kitchens, warming centers, and Hospitality Center is on an easy-to-read chart. Visit our updated web site at [interfaithactionofevanston.org](http://interfaithactionofevanston.org).

## Volunteer Needed

Our Administrative Director Sue Murphy needs a volunteer to welcome guests to the Hospitality Center on Fridays from 9:00-11:00 A.M., beginning in the fall. There is an additional need for a volunteer who can be trained to open the Center during Sue's occasional absences. Please consider volunteering. Without proper volunteers, the center cannot open, and our guests will be left with no place to go for hospitality services.

## How Much Do You Know About IA Soup Kitchens?

- ☞ Our three soup kitchens serve 90-100 guests per night, 156 times per year.
- ☞ Interfaith Action has approximately 75 different teams who take turns serving the meals.
- ☞ A typical soup kitchen team spends \$350 to provide the food for each meal.
- ☞ New teams are always welcome! Gather a few friends, some co-workers, or some members of your faith community and form a team.

Provide food for someone who is hungry, and you perform a mitzvah (good deed). Your donation to Interfaith Action will help support the soup kitchens, Hospitality Center, winter warming centers, and job counseling that IAE offers.

## Schedule of Meals Covers Most Days, Every Week

<b>Sunday:</b> 3:00 Lunch <i>St. Paul Lutheran *</i>	<b>Thursday:</b> 11:30 Lunch <i>Ebenezer A.M.E</i>
<b>Monday:</b> 12:00 Lunch <i>Second Baptist*</i>	<b>Friday</b> 6:00 Dinner <i>First United Methodist*</i>
<b>Tuesday:</b> 12:00 Lunch <i>Second Baptist</i>	<b>Saturday:</b> 11:30 Lunch <i>First Presbyterian</i>
<b>Wednesday :</b> 6:00 Dinner <i>Beth Emet</i>	<i>*Provided by Interfaith Action of Evanston</i>

## Calendar of Events

**September 1** – Labor Day  
Meditation on the Beach,  
9:00 A.M., Clark Street  
Beach. Rain site: Parkes Hall,  
1870 Sheridan

**September 22** – Delegates  
meeting, 6:30 P.M., Second  
Baptist Church, 1717 Benson

**November 23** – Interfaith  
Thanksgiving Service, 7:00  
P.M., First Congregational  
Church, 1417 Hinman.

**January 11** – Delegate meet-  
ing, time and location TBA

**January 19** – ML King Vigil,  
Alice Millar Chapel.

**February 22** – Vision Keeper  
dinner, 5:30 P.M., Hotel Or-  
rington

## Donate at No Cost: Shop Through iGive

More than 600 stores will donate a percentage of your internet purchases to us if you shop through a service called [iGive.com](http://iGive.com). Interfaith Action is registered with iGive and will benefit from purchases at the participating stores. There is no cost involved; just list Interfaith Action as your charity. Simply go to [igive.com](http://igive.com) for more details and to register.

Remember to use GoodSearch, powered by Yahoo, for your internet research. This is another way to support the work of Interfaith Action without any cost to you. If you register us as your charity, GoodSearch will donate money to us each time you make a search using their site. Although we earned only \$7 last year, increased usage will increase our revenue. Go to [Goodsearch.com](http://Goodsearch.com) to get started.

*Here's my donation*

*In support of Interfaith Action's work*

\$25 \_\_\_\_\_ \$100 \_\_\_\_\_ \$1,000 \_\_\_\_\_ Other \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

E-mail address \_\_\_\_\_

Please make all checks payable to Interfaith Action of Evanston and mail to Interfaith Action of Evanston, P.O. Box 1414, Evanston IL 60204.

## Jean's Gift to IA



Bright and early on Friday mornings, Jean Herbert arrives at the Hospitality Center to help set up and put out snacks for the morning. Sharing cups of coffee and conversation with the guests is Jean's gift to IA.

Jean came to IA more than five years ago when she accompanied a friend from her church who was transporting breakfast from Hilda's Place on Friday mornings. "Somehow, I ended up there," says Jean, who also serves as a delegate to IA from First Congregational Church, where she volunteers at the warming center when the cold weather sets in.

Jean retires this summer as a social worker at the University of Chicago Lab School. Fortunately for the Hospitality Center, she will continue her valued presence there. She enthusiastically acknowledges that it is Sue Murphy's commitment and dedication that inspires her to help out.

*Marge Bradford*

*Seasons of Faith*

### **Beach Meditation Service**

**September 1, 2008, 9:00 A.M.**

**Clark Street Beach**

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**Led by Dick Whittaker**

**Rain site: Parkes Hall, Room 122,  
1870 Sheridan Road**

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