

The TACO Times
Third Avenue Charitable
Organization, Inc.
First Lutheran Church
1420 Third Avenue
San Diego, CA 92101-3193

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This Month in the TACO Times: Fight Hunger by....

* Losing 100 lbs., with
Nancy Eckert! (see page 1)

* Riding a Triplet Bicycle,
with Tour de Revs! (see
page 2)

* Hypnotizing Yourself,
with Pastor Brian Hooper!
(see page 3)

* And many other ways!

In this month's TACO
Times we look at some of
the more creative, uncon-
ventional, or just plain
crazy ways to fight hunger
here in our community.

A place where healing of body, mind and spirit can happen for any and all who come."

Upcoming Events at TACO!

- Tour de Revs visits the Friday morning meal at 8:30 am on July 17th (see page 2 for more info)
- Pastor Brian Hooper presents his free seminar on self-hypnosis from 2:00-4:00 pm on July 25th (see page 3 - and the box to the right - for more info)
- Our annual Christmas in July fundraiser has kicked off (see page 2 for more info)
- Our 4th annual fall fundraiser, Sunset by the Sea, is coming on October 10th (see page 5 for more info)

Contact us

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The TACO Times

Vol. 6 No. 3

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Return Service Requested

Hypnosis for Weight Management - Two Hour Seminar - July 25th, 2:00-4:00 pm at First Lutheran Church

Pastor Brian Hooper will be teaching the basics of self-hypnosis for weight management. These are the same techniques used by Nancy Eckert to lose 100 lbs. as part of her weight loss and food collection project for TACO (to read more about Nancy's journey, see her article on page 1).

No one will be forced to be part of a demonstration. To someone looking into the room, it will appear that we are all just enjoying a nice nap. Nothing embarrassing will take place. All of the work you will do will be in the privacy of your own mind. So, bring a pen, clipboard, a pillow and maybe a light blanket if you get chilly when relaxed.

Everyone is asked to bring a non-perishable item for the food pantry at TACO. For more information, see page 3.

Nonprofit Org.
U.S. Postage
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What happened to the color?

The TACO Times is usually printed in black and white on a premade color shell. However, in order to ensure that as much of your donations as possible go towards providing services for our clients, we have decided to print the TACO Times in black and white for the time being.

This month's issue will feature a special color insert, however.

TACO's Wish List

- * Meals for hungry people:
\$3 per meal
- * Blankets for those cold
on the street:
\$12 per blanket
- * Duffle bag or backpack
\$20 per person
- * Transportation for one
person in need of
medical care:
\$30 per person
- * One month of shelter
for a vulnerable person
recovering from medical
problems or surgery:
\$500 per month

To give any of these gifts to TACO, simply write which of the above gifts you plan on giving in the memo line of your next donation. You can use the envelope enclosed with this issue. Thank you for all your support!

The TACO Times

Celebrating 34 Years of Bread Day

Volume 6, Issue 3

June 2009

Empty Bowls Report by Rachel Line

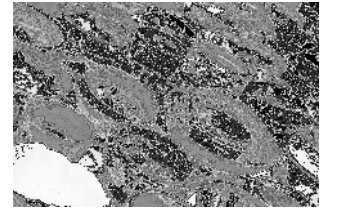
A huge thank-you to everyone who made Empty Bowls a success! This year, we raised \$11,000 and counting! We estimate that over 300 people who picked out a beautiful hand crafted bowl and filled it with wonderful soup from around San Diego and La Jolla.

Small bowls, large bowls, deep bowls, square bowls lined the tables as people perused to find the bowl that called out to them. Some had their arms full of several

bowls, trying to decide which was the perfect one.

The bowls were then cleaned out and ready for soup. Cream of carrot, chicken gumbo, and lobster bisque were just a few of the wonderful soups available from restaurants in the area.

These restaurants included long-standing restaurants like George's at the Cove and McCormicks and Schmicks and new exciting upstarts



Bowls lined up for bidding from our 2009 Empty Bowls event

like Wisknadle. Many people walked away with more bowls than they intended to get. The bowls were truly pieces of art.

Hundred for Hunger by Nancy Eckert

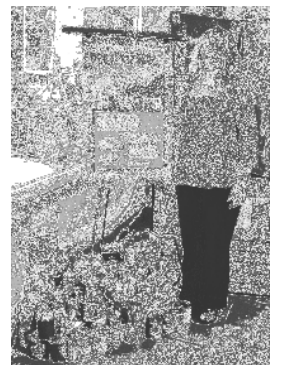
Hi, I'm Nancy Eckert and I have been on an incredible Spiritual, Mental, Emotional and Physical Journey. In January 2008, I decided that I had been thinking and acting in the same destructive ways for 49 years and by golly, I was not going to turn 50 (rapidly approaching in July) without having learned something and grown.

I decided I needed help. Dr. Ellen Colangelo is a psychotherapist who is helping me with depression and emotional issues in my life. Dr. Brian Hooper is my Pastor and an amazing hypnotherapist and life coach and he has helped me see myself as I want to be and act accordingly. With their guidance I have changed from the inside out. Literally. I now see myself as I want to be, I act accordingly, and have lost one hundred pounds toward my goal. I am no longer "on a diet, waiting to get back to normal life," I am living my normal life and it shows!

As a way to celebrate and give

thanks to God for my one-hundred-pound weight loss milestone I decided to collect 100 cans of food for The Third Avenue Charitable Organization. The response was terrific! I received 175 donations which totaled 198 pounds of food!! I received much more than food during the campaign. It was a joy and encouragement for me to deliver the gift that so many generous hearts had given.

I am so thankful to God for his help and the loving people he has provided that support and enable me to reach my goals, especially my wonderful husband Matt Eckert; Dr. Brian Hooper; Dr. Ellen Colangelo; the Members of University Lutheran Church; The Wednesday Ladies' Bible Study Group at Holy Cross Lutheran Church; The Tuesday Morning Sewing Class of the Community College District, Point Loma Campus; My Neighbors on Providence Road and Dr. Strommer and New Image Dental.



Now to Him who is able to do immeasurably more than all we can imagine according to His power that is at work within us, now to Him be the glory in the church and in Christ Jesus to all generations, for ever and ever. Amen. Ephesians 3:20-1

To learn more about how Nancy pulled off this incredible accomplishment, see page 3

Do you have a story you'd like to share? Send an email to the editor, Bob Case (bobcase1@gmail.com).

TACO Creates "Arms Outstretched"

The TACO board, at its June 11 meeting, created **Arms Outstretched**. To become a member of **Arms Outstretched**, you are asked to contribute at least \$1 a day or \$365 a year to the work and ministry of TACO.

Many of you have already been giving at this level and even above. You will automatically be included in **Arms Outstretched**.

Arms Outstretched has been created to insure the future health and vitality of the Third Avenue Charitable Organization. The generosity of individual members is essential to carry on

TACO's incredibly compassionate work to God's blessed poor at 3rd and Ash.

During the early stages of its development, TACO relied heavily on a few major grants from very large foundations. As is often the case for nonprofit organizations, TACO has found that these foundations tend to be "one time funders" and they do not tend to fund "bricks and mortar work" (staffing, utilities, wear and tear).

Now more than ever, TACO needs individuals who will be the very heart and soul of all that happens to feed, nurse, and tend to the needs of so many needy peo-

ple. Without your individual contributions, TACO's future will be in serious jeopardy.

For those who wish, they will be listed as **Arms Outstretched** members in *The Taco Times*. Also, **Arms Outstretched** members will gain free entrance to "Sunset by the Sea" and be invited to other special donor events.

Please become one of the first members of **Arms Outstretched**. Help us care for God's blessed poor every day of the year.

Christmas in July

It's that time again. It is time to start thinking about Christmas. Yes, here at TACO we are once again planning our Christmas in July program. The past three years at Christmas, we have given each hungry guest a gift.

Thanks to your generosity, we have been able to give approximately 250 brightly wrapped Christmas gifts each year. In years past we have given much needed sleeping bags, duffle bags, or back packs.

It is such a joy to see the anticipation on our guests faces as they eagerly await the arrival of Santa's helpers. Please prayerfully consider contributing \$25 to purchase a gift for someone in need.

Gratefully yours,
Dianna Little
Board Member



Tour de Revs to Visit TACO on July 17th

The Tour de Revs will pass through our home stomping grounds at First Lutheran Church at 8:30 am on July 17th.

What is it? Combine three ELCA Pastors, one bamboo triplet bicycle, 65 cities and 13,000 miles of road, and the result is the Tour de Revs, a fundraiser for the ELCA World Hunger Appeal.

Starting on May 13, Pastors Fred "Fixed Gear" Soltow, Ron "The Slacker" Schlak, and David "The Tweeter" Twedt of the WV-WMD Synod began a 13,000-mile circuit of the country that will end at the Churchwide Assembly in Minneapolis on August 20th.

Over the course of the ride the three

of them hope to provide Revelation, Revolution and Revenue to each church and city they visit. Their goal is to raise \$5 million towards ELCA World Hunger's goal of raising \$25 million annually.

This effects TACO in two ways: first, as we have been a beneficiary of ELCA World Hunger in the past, Tour de Revs is riding to support the hungry right here at home as well.

Second, they'll be helping us serve our Friday meal at 8:30 am on July 17th. There will also be several presentations available:

-What are the realities of world hunger and what can we as Christians do?



-How does good stewardship relate to justice, poverty, health and wellness?
-What is a triplet bamboo bicycle and how do you ride that thing?

We hope that you will join TACO in welcoming Tour de Revs to our community. For more information, including maps, itinerary, online donations, and the Tour de Revs blog, visit their website at www.tourderevs.org.

TACO Financial Update by Pastor Miller

It has been said that we are in the midst of a "perfect storm" (foundation giving down and people's needs up). This "perfect storm" is affecting so many people, in so many ways.

TACO has been buffeted by this storm, too. More people than ever come to our clinics, our food line, and many are in need of the host of services we provide.

While the "perfect storm" is raging, there, nevertheless is very good and encouraging news. Individual giving so far this year is up, amounting to \$25,260 or \$8,866 more than the same time last year. Many of you are being incredibly generous in these trying times!

Also, *Empty Bowls*, one of TACO's two major yearly fundraisers (*Sunset by the Sea* is the other), has raised \$12,064 this year or \$4,000 more than last year.

While these figures are heartening, they in no way indicate that the storm is subsiding. There is much more work to accomplish before we sleep. Our director, Jim Lovell, has said that we must rely on individual donations to maintain TACO staff at current levels beyond November.

This all could seem a very gloomy picture. We choose to think otherwise, however. Everyday, we see people receiving medical care, offered compassionate social work guidance, walked with until the day they die, fed warm meals twice a week, being outfitted with clean clothes and hygiene kits. God is good to us and those we serve. We pray that we might all keep the faith and confidently steer the course, trusting that God will lead us safely to the other side.

A Prayer for the Homeless

Ever-caring God, you who once came to this earth in Jesus and lived homeless among the people whom you love, help us to have compassion for the homeless among us. We know that it is painful to go to bed cold, hungry, and outcast, surviving only on scraps from the garbage and castoffs from the closets of the rich. Help us to house and clothe the homeless by sharing from the abundance you have given us without begrudging of condescending. You have taught us that bread alone is not enough, but we pray that bread might be sufficient for all, and that you would add all those other things necessary for life and well-being. Teach us to share and love others in need as Jesus did when he walked among us. Amen.

-from *Oremus III: A Book of Worship for Corporate and Private Prayer*. 1996, Lutheran Student Movement-USA, Chicago, IL

Join Our Party! Sunset by the Sea 2009 Committee Call for Sponsors

Sunset by the Sea, TACO's annual fall fundraiser, will be held October 10, 2009 at the seaside home of doctors Rup and Vani Nagala, longtime friends and supporters of our organization.

Anyone who attended the event last year would likely insist on throwing a few superlatives into that description of that location – spectacular, gorgeous and breathtaking fit the bill. And last year's live and silent auction was a resounding success, raising more than \$15,000 for TACO, the most so far.

This year, we've set our goal higher. And we need your help. Last year's event was successful, and profitable, due in part to the generosity of our sponsors and underwriters, who helped cover the costs of everything from food to linens to chocolate fountains. Organizers of this year's event are approaching banks, corporations and other sources that have provided underwriting in the past. However, this year's proven more challenging due to the difficult economic situation that continues to affect charitable giving.

As you ponder your charitable giving for the year, please consider sponsoring or underwriting Sunset by the Sea. And if you own a business, you might consider purchasing an ad in the event's program. All sponsors will be mentioned in the program and celebrated on the night of the event.

Friend: \$10-\$100

Could cover: So many smaller expenses such as silverware, flowers, candles, water and soft drinks, decorations.

Ambassador: \$100-\$500

Could cover: Linens, bar expenses, bar attendants, music and PA system, catering extra hors d'oeuvres, printing expenses.

Silver: \$500-2,000

Could cover: Extras for catering like last year's chocolate fountain; rental equipment expenses, auction credit card machine rental.

Gold: \$2,000-\$5,000

Could cover: Catering, entertainment, shuttle services and attendants.

Angel: \$5,000 and above

Could cover: Catering expenses, sound system, entertainment.

Please contact Melanie Novak, Auction Chair, (619) 294-9174, or Jim Lovell, TACO Executive Director, (619) 235-9445, ext. 1, for more details.