



The TACO Times

Celebrating 30 years of Bread Day

Fudge Brownie Delight

- Tray of brownies (can purchase already made or make your own!)
- Chocolate pudding
- Chopped walnuts
- White chocolate chips

Spread the pudding on cooled brownies. Sprinkle with chopped walnuts and white chocolate chips. Chill and serve. They are delicious!

From Paul Moorman, TACO Food Coordinator. Get a new recipe from our fabulous chefs in every issue!

TACO Wish List

- Disposable razors
- 30-minute telephone cards
- \$5 gift certificates to McDonald's or Burger King

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September, 2005

Director's Report: An Invitation to Celebrate!

We are incredibly blessed and excited to be here at First and TACO on **Bread Day's 30th Anniversary**, an amazing ministry and mission. Our slogan, "30 Years of Transforming Communities," represents the gift we have been given as a community and a congregation. Of course we are much more than just one congregation and that, too, is an amazing part of the story. For example, in this past year, more than 20 churches and faith- or community-based organizations have come and worked with us. Last year more than 590 new volunteers came to Bread Day for the experience of Transformation.

In this type of social ministry, people often hope that their help might bring about a point of transformation in a homeless person's life. This kind of help is what so many pray for. But, I believe that Transformations happen in the lives of **everyone** who comes in contact with those who are forgotten or disregarded in our communities. Thirty years ago, when people at First Lutheran thought about increasing membership by offering bread and fellowship,

I wonder if they imagined a place that is often busier on Fridays than on Sundays.

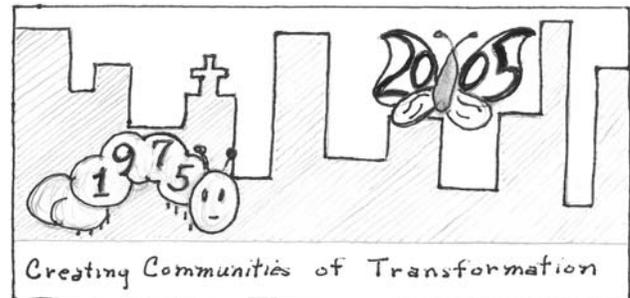
Thirty years ago, those first volunteers baked bread and brought it fresh to the table so that it could be broken in communion with those who had and those who didn't. Did this do more than change one life?

Indeed, it changed the entire community of the church. Now we have many different congregations forming relationships not only with those who eat, but also with First Lutheran and with a different concept of caring for our brothers and sisters. Twice each week, our patio becomes a place where those from the church and those from the community, both haves and have-nots, share some of who they are and move on - with lives filled with Transformation.

And we have no way of knowing where all this will go. Efforts to guess are always confounded. It is for us to celebrate and recognize and listen for the quiet, still voice.

Therefore it's with an eye towards Celebration and Transformation that we invite you and your family and neighbors and friends to come to our Anniversary event! The tables are set for a fantastic feast, we will celebrate our volunteers, donors and supporters, both past and present, and all who have worked to help Bread Day survive and thrive.

Mark your calendars for October 30th, 2005. Dinner begins at 4 p.m., with a program to follow. For information, contact Lisa Seiler at 619-235-9445 ext. 2.



Art from TACO Board Member Rebecca Snure celebrates "30 Years of Transforming Communities"

Volunteer's Birthday Extra Special

Venu Babla celebrated her birthday with TACO guests last month. Here's her firsthand account:

Birthdays are always special--whether you're a child or a 42-year old with children...birthdays are special. My birthday this year was even more wonderful because of the way our family chose to celebrate it with me.

"Lisa," I emailed. "Would it be possible for my family to cook and serve the entire meal for your guests?" Lisa Seiler replied right away with dates. We settled on Friday, August 12, the day before my birthday.



Venu, her family, and volunteers serve the Friday meal

And the preparations began. We held a meeting at our home where Harish, my husband, conducted it just like an executive meeting at the office. The menu was decided; the shopping list made; the head chefs (of each entree) selected; the assistant chef tasks assigned--all in the midst of laughter, joking, and a sense of purpose.

At 6 am on Friday, August 12, six cars drove into the church parking lot. We unloaded the cars of all the produce and food. Before we burst into action, we formed a small circle and gave thanks to the Lord for giving us the opportunity and the ability to be of service. Everyone knew what he/she had to do and the work began...chopping, peeling, washing, frosting, stirring, burrito-making, mixing...the whole family including Lisa and other TACO volunteers all together. We worked as a team moving effortlessly from one task to the next.

At 8:30am the feast was finally ready: breakfast burritos, hearty lentil and vegetable soup, baked goodies from Starbucks, tropical fresh fruit salad (with mangoes and peaches) a crisp green salad and of course, cupcakes.

After the prayer circle the doors were open to the guests. A wonderful feeling washed over me. How blessed I felt that I was given a loving, supportive family and extended family--all 20 of us. And so very grateful for the opportunity to contribute in a small way.

Several of the guests wished me Happy Birthday. Yes, it was a happy day. Birthdays are special. Celebrating it in this way was extra special.

Update From Lisa: Super Summer!

We've had an awesome summer here at TACO! More than 160 new volunteers helped the regular crew serve more than 6,800 meals in the past three months! We were blessed with a visit by the 60-member youth choir from Our Savior's Lutheran Church in Lake Oswego, Oregon. They graced the patio with their beautiful voices and treated our guests to a very special afternoon.

In addition, we had three groups from the Lutheran Summer Camp program come and help out. Many of the campers had visited us last year and returned this summer just to come and volunteer with TACO!

One of the groups was instrumental in helping Paul with the 4th of July BBQ, where more than 250 people were fed hot dogs, hamburgers and chicken, and given clothes and hygiene kits. Paul even arranged for Emma's Gut Bucket band to entertain with their lively bluegrass music.

Pastor Noel Estergren's daughter, Lori Galloway, brought her Girl Scout troop to help serve twice this summer. The last time they came, the girls surprised us with a donation of \$170 to buy sleeping bags for our second annual Christmas in July program. They had organized a garage sale specifically to raise some funds for TACO. Thank you Troop 1105!

In addition, many thank to the Babla and Asher Families for celebrating Venu Babla's birthday by preparing an incredibly delicious vegetarian meal including homemade cupcakes. The TACO Board of Director's honored our volunteers by hosting a Volunteer Appreciation night at the Padres game.



Our Savior's Lutheran Church choir performs on the patio

We all enjoyed pizza, treat bags, a Padres victory and even fireworks. Way to go TACO Board Members! Thank you for your generosity!

TACO has begun its second annual Christmas in July program. Our goal this year is to purchase 250 sleeping bags to hand out during the holidays. Last year's program was so successful that not only did we give out 200 new blankets on Christmas Eve, but we raised enough money to also buy and distribute 200 first aid kits and bottles of sunscreen, much to our guests' appreciation.

The History of Bread Day: Part 3

The TACO Times concludes its story of how Bread Day has grown over its 30-year history.

Social activism

Bread Day and the other weekly feeding programs ran into trouble in the late 1990s. First Lutheran wanted to expand its sanctuary and classrooms, but the Center City Development Corporation, the city's downtown redevelopment arm, would not allow the building permit unless the church stopped feeding the homeless.

In an effort to help solve the problem, prominent local homeless activist Larry Milligan, who was involved with the church's outreach programs, led a protest to the mayor's office in 1998 to demand a new feeding place. It began at the church.

Noel Estergren, pastor of First Lutheran from 1988 to 2003, took a special interest in social justice as did many in the congregation. Estergren helped define social outreach and activism on behalf of the downtown's disenfranchised as part of the church's ministry.

Through all the hoopla, the volunteers quietly continued to serve food at temporary locations, carting pots and pans back and forth, keeping up morale, and cobbling together strategies for food deliveries and distribution from week to week. Eventually, the expansion was complete and twice-weekly meals resumed.

Today, Bread Day and TACO feed 200 to 300 people every week, on Monday nights and Friday mornings. Medical and acupuncture clinics, counseling and dental services are offered every week.

The programs have received numerous grants from social and

government organizations, but are still very dependent on

donations from First Lutheran's congregation and simply would not exist without volunteers. Volunteers are the lifeblood of the organization, providing more than 3,000 hours of labor and support each year.

And still, a core group of volunteers returns every Friday for Bread Day. Many began serving when the program was originally conceived and have been helping out for 15 and 20 years or more.

These men and women remember nearly everyone who has helped over the years. There was Helen Mosk, "The General," who growled if the bread was just a little bit overdone. Clyde, the territorial dishwasher and jovial grump, who warned that anyone who didn't belong in the kitchen should stay out. And the many guests who came for a meal and stayed to pitch in.

"This is the biggest example of miracles in action that I've ever seen," says Vivian Dillahunt. "You never know how many people are going to show up, you don't sometimes what's going to be served until the last minute, and you don't know how many people you'll have to feed."

Still, every time, the job gets done.

Volunteer Geri Engelke reasons that all sorts of big corporations find the time and money for philanthropy. It should be second nature to groups like the one at First Lutheran. "If Starbucks can do it," she says, "then why wouldn't a church?"

"It's a downtown church," volunteer Jacob Umlauf says. "I think our congregation realizes that if we're going to be involved in our community that we have to exhibit this sort of compassion."

Continuing Journey Through Dentistry

Celebrating its third year in partnership with the First Lutheran Church in downtown San Diego, the UCSD Student-Run Free Dental Clinic Project would like to extend a heartfelt thanks to everyone who has been, and is currently involved in this incredible project. For those that are not familiar with the program, it was initially founded six years ago in Pacific Beach and is specifically aimed at providing service for low-income San Diegans in response to the high demand for quality oral healthcare. It is noted that a substantial number of the UCSD Free Clinic patients had pain and discomfort associated with their mouth. It was immediately apparent that something needed to be done to alleviate or at least help these patients. This idea quickly turned into a reality, which eventually transformed into a program that now runs three free dental clinics, one of which is the Downtown Student-Run Free Dental Clinic.

Through the generosity of the San Diego community, as well as outside organizations it has grown into what is now a nationally recognized outreach program worth replicating throughout other parts of our nation. Outreach of this magnitude is made possible in conjunction with donations which allow us to increase our patient loads while not sacrificing the quality of healthcare provided. Dental labs have also been at the forefront of our goal to supply patients with dentures and partials, which may be aptly referred to as the "Tooth for Tooth" project. The objective is to replace extracted teeth

Dental care is not taken lightly at the free dental clinics where it is our goal to

do comprehensive treatment. Demonstrating the same professionalism as any dental office, we provide initial patient exams including full mouth x-rays, and a full treatment plan including, but not limited to, free fillings, extractions, root canals, dentures, partials, and when possible, crowns and bridges. We are always asking for any dentists interested in sharing their expertise and time. This opportunity is not only fulfilling in the sense of giving back to our San Diego Community, but also offers itself as an example to our future dentists who are instilled with a sense of responsibility by being involved with their community through volunteerism. Through this program undergraduate students have been given the chance to not only help people in extraordinary ways, but to be exposed to the dental profession by assisting the dentists in all aspects of the procedures.

We are grateful that the San Diego community consisting of dentists, pre-dental student volunteers, dental supply companies, financial benefactors and the church have made this project successful. We are trying to increase our services and treat more patients, in order to do so we need to increase our grants and obtain more donations. If you wish to contribute to the UCSD Student Run Free Dental Clinic Project please contact our Director/Advisor Dr. Irvin Silverstein at 619-466-6666. It has truly been a blessing and a wonderful journey which we hope to continue in years to come.

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

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Third Avenue Charitable
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Join us

- Preparing and serving meals
- Set-up and cleanup
- Driving, shopping and picking up food
- Gathering other supplies and donations

Sponsor us

- Urge your company or corporation to contribute
- Organize your church or youth group
- Make an individual financial contribution

Support us

- With your prayers and voice of advocacy for the people we serve

Are you a medical professional? Consider donating your time and services to our medical, dental and acupuncture clinics.

Contact us

We can not close our eyes to the realities of our community, and we will not close our doors when outside there are people in need.

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Time to celebrate!
30 years of
Transformation

TACO and First Lutheran
Church invite you to join us in
marking the
**30th Anniversary
of Bread Day**

October 30th, 2005

Please help us plan this
very special event!

Call (619) 235-9445

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