



INTERRELIGIOUS FOOD CONSORTIUM

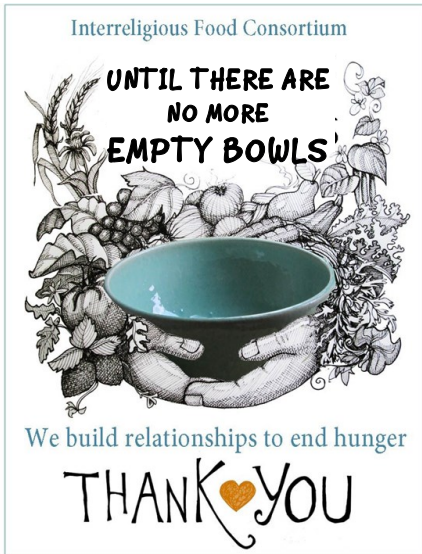
Building Relationships to End Hunger

SPRING/SUMMER 2022

OUR MISSION: SERVICE...The IFC is a grassroots organization providing valuable resources to food pantries and other service providers, many of whom are very small and under-resourced, in the emergency food network of Syracuse and Onondaga County.

EMPTY BOWLS---SAVE THE DATE---SEPTEMBER 30, 2022

The last couple of years EB has undergone some transformations. 2020 EB was virtual due to Covid. Our main potters from SU and Clayscapes...Peter Beasecker and Dr. David McDonald volunteered to donate their wonderful pottery to sell online, donating the proceeds to IFC. 2021 we were allowed to have an in person event at the Nancy Cantor Warehouse but not indoors. Instead, a large tent was set up and we were able to socially distance, and have folks look over and purchase the bowls. Cazenovia College provided glass bowls to sell which was an added bonus. Despite the brisk wind which challenged our tent and decorations, we sold many bowls and made many new IFC friends.



We are formulating our plan for the Empty Bowls 2022. It will be . . .

**Last Friday in September... the 30th from 11 to 2
Nancy Cantor Warehouse
350 West Fayette St. 13202.**

There will be beautiful bowls to give as special gifts or keep for yourselves. This is **our biggest and only fundraiser** so please come. Empty Bowls' philosophy is

- **Raise awareness of world hunger**
- **Collect money to support programs to feed the hungry**
- **Build community**
- **Create lasting social change**

Keep up to date for any changes by visiting our website: ifccny.org providing all the details the closer it gets to **SEPTEMBER 30th.**

HISTORY OF EMPTY BOWLS

There is a story about a man who left this earth and was taken on a tour of the inner realms. He was shown a room where he saw a large group of hungry people trying to eat dinner. But because the spoons that they were trying to eat with were longer than their arms they remained frustrated. "This," his guide told him, is hell. "That's terrible exclaimed the man. Please show me heaven!" "Very well" agreed the guide, and off they went. When they opened heaven's door the man was perplexed to see what looked like the very same scene, there was a group of people with spoons longer than their arms. As he looked more closely, he saw happy faces and full tummies. For there was one important difference, the people in heaven had learned to feed each other. Believe that we here on earth can learn to feed each other.

The basic premise is simple: guests are served soup in a handmade bowl in exchange for a donation to fight hunger. They are asked to keep that bowl as a reminder of the meal's purpose. Every time they take that bowl from the cupboard, they will be reminded that someone's bowl is empty. So, on this occasion they have helped to change the world of an individual by elevating hunger. And can do so again any time. All money collected will be donated to an organization

fighting hunger chosen by the people involved in that particular event.

The Interreligious Food Consortium has been the recipient of this fundraiser for the last 18 years! Sounds simple? It is. Think about it. Ceramic and other craft students creating bowls, potters teaching students to make and glaze bowls, school service-learning projects happening at every level. The possibilities are endless. We invite you to participate. The Empty Bowls project was originally started by John Hartom and Lisa Blackburn in 1990, who have raised millions of dollars around the world. Alas, the motto "Until there are no more empty bowls."



Kate Artessa, IFC Executive Director 315-474-8855

731 James Street ▪ Syracuse, NY 13203 ▪ Email: ifcfc@hotmail.com ▪ www.ifccny.org



Dear IFC Family

It is one of my responsibilities as Executive Director of IFC to keep you informed as to what we have been doing and what we plan to do going forward. During the last 11/2 years that I have been here it has been quite the ride. Navigating Covid, pantry closings (or at the very least reduction of hours of operation), inflation and food prices increasing, etc. has caused a rollercoaster of thoughts and feelings...exhilaration, exhaustion, questions of motivation and purpose, sustainability. Fortunately, though I have never been fond of rollercoasters, there are support systems available to help move forward. We have been able to grow in some new ways that Covid has revealed. There are many who are suffering with how to make ends meet and we have been successful in meeting some of those needs.

Connecting the dots with pantries that are underserved and being able to supply them with food has lifted our spirits. The many relationships we have established and nurtured have grown. Interfaith Works has been a critical partner in reaching many more folks and uncovering new needs. It has always been a goal of mine to be a connector of people with each other and their needs so that we are all sharing in the ownership and betterment of our community. It is a sense of purpose that keeps me going. Small efforts in being able to serve someone in an emergency in their lives is what keeps IFC going. Food always seems to be something that everyone can get behind and support. So, we continue to have people call, drop by, email, snail mail us monetary donations which we continue to use to purchase the foods we do not receive. Hopefully, at the end of this letter, you can detect my continued commitment to this place and its need to exist...with your help.

Blessings,

Kate



The IFC has a newly created website...ifccny.org. Please check us out for the latest updates, information, newsletters, photos and more, including how to make a DONATION. Our hope is that this will be our regular form of correspondence.

Special thanks to our Web Guru, Meg Lowe, for her expertise and creativity.

WHAT YOU NEED TO KNOW...

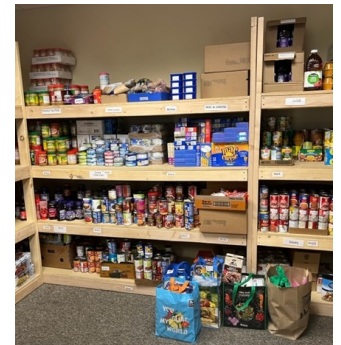
The Covid Quarantine deliveries that we have been so busy with for more than a year, have tapered off. From **Feb 2021** to **April 2022**, we served 663 adults and children! This was a labor of love with referrals from the Onondaga County Health Dept. We packed up items from IFC and supplemented with perishable foods like milk, eggs, cheese, bread, potatoes, yogurt, etc. Sometime we would deliver 8-10 families per week who could not leave their homes to shop. We delivered to families in Syracuse to the suburbs of Clay-Baldwinsville-Liverpool-Solvay-Brewerton-Lafayette and beyond. At the moment the Covid numbers are down and we hope they stay that way but we stand ready to respond if necessary.



We continue to store food for the Afghan refugee families being resettled by Interfaith Works and maintain a wonderful partnership with IFW. We have a monthly meeting of the Pantry Partners including many churches, mosques etc. that need food, which we have been able to serve. Also, we have offered to store food for any resettled Ukrainian families.



In addition to the St. Patrick's Day Parade, some of the many **FOOD DRIVES** that have helped IFC fill their shelves are: Bishop Grimes, Liverpool Library, May Memorial Universalist Church, Pitcher Hill Church, St. Matthews Church in Liverpool, St. Charles/St. Ann's (Marie Cullen), The Notre Dame Alumni Club of CNY (they have a 40 day lenten program, a \$1.00 a day for 40.). These are essential relationships that help us help others.... so for that we are forever grateful.... Many thanks to the wonderful donors who provide us with financial resources to buy food, that is not donate. Too many to mention by name, but so grateful.



Kate Artessa, IFC Executive Director 315-474-8855

731 James Street ▪ Syracuse, NY 13203 ▪ Email: ifcfc@hotmail.com ▪ www.ifccny.org



ST. PATRICK'S DAY PARADE

What did you do this year Saturday March 12, 2022? Hopefully some will answer, "I went to or watched the Syracuse St. Patrick's Day Parade. If so, you might have seen the "IFC FLOAT" either in person or on Channel 9! We were asked by the wonderful St. Patrick's Day Parade Committee, specifically Vince Christian and Janet Higgins, of the Hunger Project, to be in the parade. Of course we could not say no, especially because of its 2 year Covid hiatus.



My wheels began turning as to what our participation would look like. A good friend of mine, Marie Cullen, said that one time she decided to pack up several shopping carts full of food and walk down S. Salina St. I adopted that idea but pared it down to one cart and asked several IFC friends and family (my daughter, Marielle, and 3 yr old granddaughter, Aubrey) to join us. After gathering decorations, food products, signage, etc. we were ready.

As it got closer we were monitoring the weather. Yes, Syracuse weather. And of course we were not at all surprised to see a winter storm in the forecast for March 12th! It was touch and go as to whether the Parade would happen. So we decided to recalibrate!



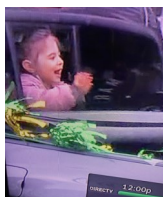
We would make a FLOAT and decorate our Toyota truck with "the Green" so we could drive in the parade. We had to get permission. Permission granted! We shifted the "design team", (me), to outfitting the truck, assemble everything in our garage, prepare the car seat for Aubrey, put the food in the shopping cart and load it onto the truck, etc. Pictures tell the story.

We were scheduled to go off as #21 in the first of the 4 groupings of participants. We needed to be there by 11:30 to start at 12. Our house is about 5 minutes from downtown so we were good. My daughter and Aubrey

came on time to go but of course the new 3- month old baby, Stella Kate, needed to be fed. Just a slight delay and then we were off. No problem. But then no problem turned into a problem. Not ever having done this before, we went downtown to discover the many **BLOCKADES** encircling the parade route. Blockades everywhere, snow falling heavily, freezing temps, heavy winds, more blockades, and a police presence, who were not aware of how or where to direct us. A 5-minute trip to downtown then turned into a 15-minute trip around Syracuse, leading to a 40 - minute escapade. With each police person telling us to go this way and that...as we all know it only takes a few minutes to circle Syracuse... so 40 minutes?!?...we could have been in Oswego.

Fortunately there was no blood pressure kit in the truck or we would have had to take Arn, my husband and driver, to the hospital. Fortunately our 3-year old Aubrey was in the car so we had to be good examples of patience. But the blood pressure was rising and Arn decided to just run over one of the barricades. That did not go over well with the police person in front of us, but we managed not to get arrested and continued on.

We were still not in our assigned place. Finally we could see in the distance where we were supposed to go. We went down a one-way street the wrong way where we saw a line of parade participants and joined them. It was not our group, it was group 2 and we just decided to join them to the extreme glee of Aubrey, who could now open the back window and wave to the people.



The last thing I needed to do was to contact Tim Fox, the Parade organizer for Channel 9 and apologize for mixing up the order as he had to have our narrative ready for the TV coverage. He emailed back saying that he was able to correct for "errant vehicles" and had our information perfectly timed. The bottom line—we had a great time and a great story to tell.

The postscript of the story is... several days after the parade **the HUNGER PROJECT brought over 3000 lbs. of food and a check for \$5000! THANK YOU VINCE, JANET AND ALL YOUR LEPRECHAUNS FROM THE BOTTOM OF OUR SHAM-ROCKS!!**



Kate Artessa, IFC Executive Director 315-474-8855

Interreligious Food Consortium
731 James St.
Syracuse, NY 13203

PRESORTED
STANDARD
US POSTAGE PAID
SYRACUSE, NY
PERMIT 150



A SHOUT OUT to some of the PANTRY PARTNERS we serve each month:

**Metro Harvest Church
Promise Church
Gethsemane Church
Apostolic Church
Isaiah House**

**Ahepa
Victory Temple
Bellgrove Missionary Church
Eastwood Heights
Light of the World**

**James Geddes Food Pantry
Eastern Farm Workers
Villa Scalabrini
Ross Towers
Vnette Towers**

SOME OF OUR ONGOING NEEDS ARE:

Items listed below are the most common items we provide the neediest of our community and the ones that are in shortest supply. All of our food is nonperishable. We would greatly appreciate it if you would make sure that the food you donate is not expired. We always want our families to get the best food possible. Thank you from the bottom of our bowls!



**Spaghetti Sauce Canned Tuna/Chicken
Soups/Ramen Jelly
Cake Mix/Frosting Pancake Mix/Syrup
Cereal/Oatmeal Flour, Sugar, Oil, Mayo
Ensure Baby Formula**

Please contact us if you would like to host a food drive or have items to donate!

Where's Aubrey and Stella ...this is like a Where's Waldo game but I have put my granddaughters in the newsletter somewhere for you to find. They come periodically to help me with food sorting...sort of...lol.

Kate Artessa, IFC Executive Director 315-474-8855

731 James Street Syracuse, NY 13203 Email: ifcific@hotmail.com www.ifccny.org