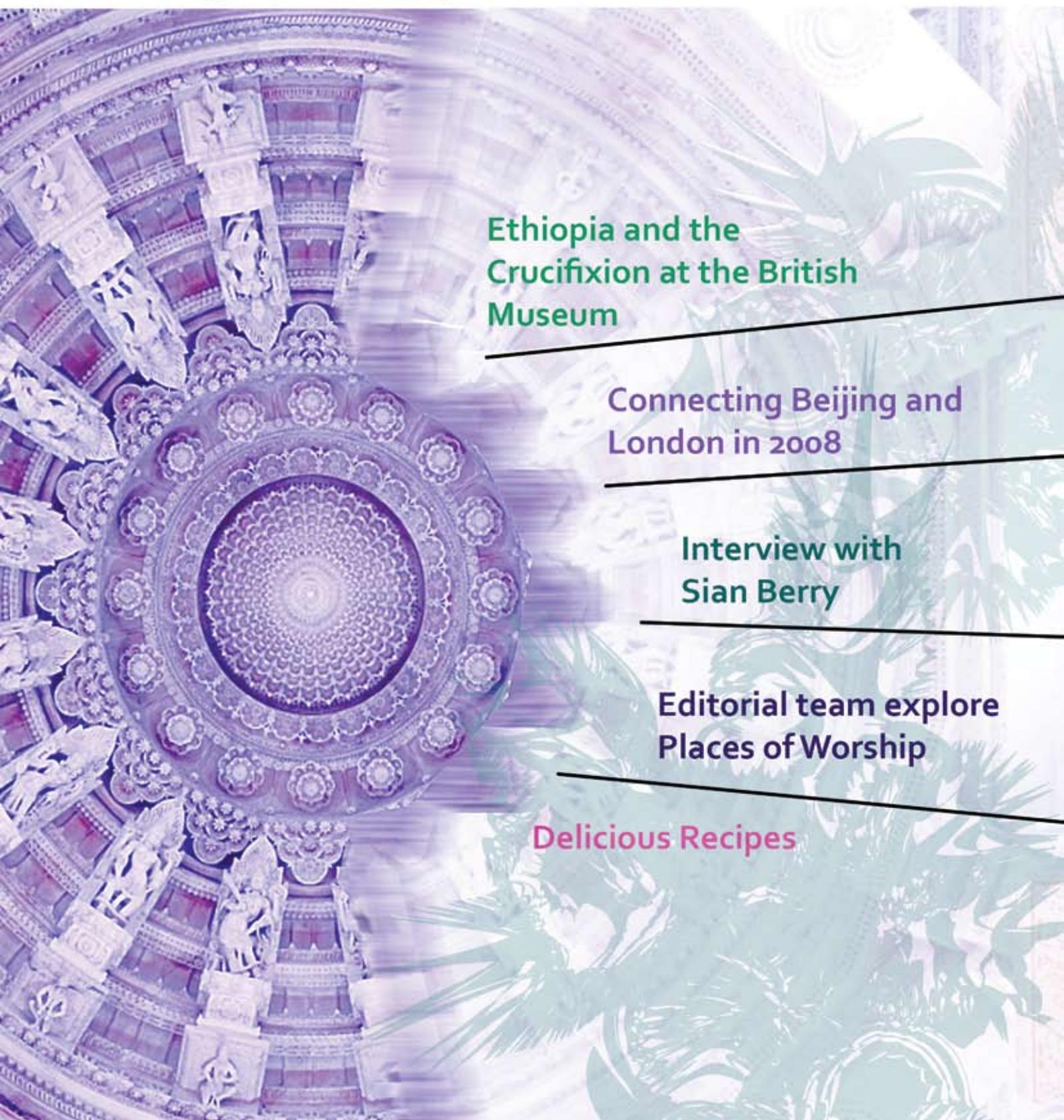


Issue 1 Spring 2008

Free

# Interact

Reflecting the Diversity of London's Faith and Culture



Ethiopia and the  
Crucifixion at the British  
Museum

Connecting Beijing and  
London in 2008

Interview with  
Sian Berry

Editorial team explore  
Places of Worship

Delicious Recipes

# Editorial

## Welcome to the first issue of Interact magazine Spring 2008!

6 writers (see below), 1 photographer (Fatima Abbas), 2 designers (Dirish Bansoodeb and Zeenat Niazi) a number of contributors have all volunteered to produce this issue of Interact. I would like to thank everyone who has helped and supported. We hope you enjoy this issue, and look out for the next one in June (Summer 2008).

If you would like to contribute to the next issue, get in touch soon. We need articles, opinion columns, poems, short stories, recipes, features and much more! The next issue will include a 'letters' page (so star writing and let us know what you think of this issue), a sports/hobby page (do you have a strange sport or hobby you would like to tell us about?) What ever you have to contribute, we want to hear from you...

### Sean Delaney (24)

A post-graduate student at Imperial College London. Raised as a Catholic, but no longer an active member of the parish I grew-up in, I broadly identify myself as Christian and am a firm advocate for a multi-faith society. Today we live in a turbid world, full of uncertainties and conflict where cultural and political idealisms often clash, which is why I was so keen to promote Inter-Act's philosophy.

### Anna (22)

An exchange student from Berlin, Germany, studying English at Queen Mary, University of London (Mile End). I have previously worked for a local German newspaper, but the experience at Interact has been particularly rewarding for me. It is the first time I have created a magazine as part of a team, instead of just taking orders on where to go to cover the next story.

### Marie (19)

Interact is great fun! I've met some lovely people and I've visited some beautiful places I would never have been to otherwise. I love to write, Interact is especially great because as well as being able to do something I love, I feel like I've contributed to something really important and worthwhile. Creating this magazine with such a diverse group of people has been a really enjoyable experience.

### Andrew Rajanathan (20)

The opportunity to work with Interact has been a thoroughly enjoyable experience that has taught me a lot about project management and writing. My main interests are politics, culture and music some of which have provided the framework for a lot of the articles contained in Interact. I hope you enjoy this issue.

### Daniel Jason (20)

I've been intimately involved in activities I would never have dreamed I'd do since joining Interact, such as visiting a Gurdwara or even going on a tour of a working Cathedral. The Interact experience has certainly broadened my cultural horizons. In the second year of an anthropology and law degree, this is welcome hands-on experience in terms of the cultural exposure and career development!

### Sahdia Khan (22)

I love football and am still furious that England didn't make it to the Euro Cup! I am also a chocolate fiend and a devout Muslim. I got involved with Inter-Act because I liked the idea of working with a diverse range of people from different faiths, cultures and traditions - on an equal platform to promote unity and cohesion amongst the youth of today. This is my drop in a vast ocean. Enjoy!

### Zeenat Niazi (25)

As someone with two religions in the family, I connected with the concept of having all the faiths learning and achieving together, giving respect to every religion. The magazine project has been very interesting and I have enjoyed working on it as a designer; developing designs of various topics that show different cultures come together, celebrating unity.

### Dirish (24)

London born and raised, I've completed 3 years of bliss, studying Graphic Design at Middlesex. I've always had an interest in faith, music and the arts while growing up and found inspiration to fuse these interests at Inter-Act. Working with the people on this project has been wonderful and has fulfilled the creative needs in this issue. I look forward to seeing more of what Interact Magazine can bring by connecting with all faiths.



Writers of the editorial team during first meeting, Fatima Abbas, 2008

# Contents

London is one of the most multi-cultural cities in the world; every country, every culture, every faith is represented here. Each cultural tradition, whether derived from faith or ethnicity, is unique, but all are in their own way constantly evolving, all striving to ensure the survival of a cultural heritage in a modern world. Interact aims to provide a platform for these culture and this process, showing that culture provides a stage on which faith and cultures face no barriers for discussion, understanding and interaction.

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This is the Spring 2008 issue of Interact. Does it contain what you think it should? If you've got an opinion on this issue then contact us and get involved with the next one. One purpose of this magazine is to bring young people together from different faiths and cultures in one publication. If you are interested in being involved in the next issue, whether you are a budding writer, journalist, designer or photographer please contact [magazine@intercat-uk.org.uk](mailto:magazine@intercat-uk.org.uk)

For a web version of this magazine, more articles as well as information about Interfaith Action and our projects please visit our website [www.interact-uk.org.uk](http://www.interact-uk.org.uk)

#### Advertisers and Supporters:

This magazine is distributed free to Universities, Colleges, community, youth and faith groups across London. To advertise in Interact, or to support us, please contact us on 0207 4824 020

Thanks to the City Bridge Trust, The Three Faiths Forum, the Culture, Faith & Youth Connective and all the people who contributed in some way to Interact. While we are indebted to the assistance of these groups and our Board of Advisors, they bear no responsibility for the final contents of this magazine.

**Contributors:** Sean Delaney, Daniel Jason, Marie Kemplay, Sahdia Khan, Anna Klopper, Kathryn Luckock, Andrew Rajanathan.

**Photographs:** Fatima Abbas. **Layout & Design:** Dirish Bansoodeb and Zeenat Niazi. **Editor:** Kathryn Luckock. Copyright Interfaith Action 2008

# Culture

## Connecting Beijing and London in 2008

In 2008 both Beijing and London become Olympic cities. At the end of the 2008 Olympics Beijing pass the flag to London who are already well on the way preparing for 2012. It is no coincidence then that China Now, the UK's largest ever festival of Chinese culture, runs from Chinese New Year in February to the opening ceremony of the Beijing Olympics in August this year. At the time of writing the festival is already well under way; with many events in London run in association with the China in

This six month festival aims to open the UK's eyes, minds and imagination to the best of Chinese culture, and greater understanding of modern China. With over 800 events happening across the UK the festival includes exhibitions, performances and activities spanning Chinese film, cuisine, art, literature, music, design, science, technology, business, education and sport. Simon Heale, CEO of China Now expresses, "I feel very strongly about the need for us to engage, understand and communicate with people of other nationalities, and appreciate their

diversity - that is what China Now is trying to do."

At the V&A you can explore the recent explosion of new design in China across three rapidly expanding cities: Beijing, Shanghai and Shenzhen. Featuring around 100 designers, it displays the work of Chinese and international practitioners, focussing on architecture, fashion, graphic design and digital media.

A free exhibition at the London College of Communication (Elephant and Castle) explores the powerful narrative art form Manhua; comics and graphic novels from China and Hong Kong.

This fascinating festival challenges our perceptions of China through every aspect of its culture and is not to be missed. For a full list of events and activities happening during the China Now and China in London festivals visit [www.chinanow.org](http://www.chinanow.org) or [www.visitlondon.com/london/china/](http://www.visitlondon.com/london/china/)



Copyright China Now by Giulietta Verdon-Roe

### Highlights

Explore the recent explosion of new design in China across three rapidly expanding cities: Beijing, Shanghai and Shenzhen. Featuring around 100 designers, the V&A displays the work of Chinese and international practitioners, focussing on architecture, fashion, graphic design and digital media. Available until 13th July 2008.

The powerful narrative art form **Manhua**; comics and graphic novels from China and Hong Kong are explored in this free exhibition at the London College of Communication (Elephant and Castle) until 11th April.

**China Philharmonic Orchestra** at the Southbank Centre with internationally renowned Lang Lang (soloist in the legendary Yellow River Piano Concerto) and Long Yu (Music Director) on 13th May.

'**Bahok**' at Sadlers Well : Akram Khan joins forces with acclaimed writer Hanif Kureishi and multi-award winning composer Nitin Sawhney, and has brought together a new company of nine dancers in collaboration with the National Ballet of China.



By Chen Man, from China Design Now exhibition at the V&A

# Exhibitions

## Jewish Collections Online



Banner of London Jewish Bakers Union c.1926, from the Jewish Museum London

The Jewish Museum, founded in 1932, is currently closed whilst it undergoes a major expansion project to transform the visitor experience. However, until its reopening in 2009 it continues to run a variety of educational programmes and events. It also has a wonderful online exhibition of the museum's Jewish art collections, which are amongst the finest in the world.

The aim of the Jewish Museum is to collect, preserve, interpret and exhibit material relating to Jewish history, culture and religious life. It draws on the Jewish experience as a focus for the exploration of identity in a multicultural society, actively engaging with the shared experiences represented in the diverse cultural heritage of London, Britain and the wider world. As a forum for education, learning and inter faith dialogue, the Museum encourages



Megillah in silver fish-shaped case, from the Jewish Museum London

understanding and respect by challenging stereotypes and combating prejudice in all its forms.

The Museum has three online exhibitions: the 'Treasures of the Jewish Museum', 'Continental Britons', and 'Yiddish Theatre in London'. The latter was created by and for Jewish immigrants from Eastern Europe who settled in the East End, in the late 19th century. The Yiddish theatre tradition lives on today through this unique collection, including posters, programmes, costume, musical scores and photographs. It is also possible to explore the Museum's collections online, through the collections search facility. To see more and find out more about the Jewish Museum visit their website at [www.jewishmuseum.org.uk](http://www.jewishmuseum.org.uk)

Jewish Museum,  
129-131 Albert Street,  
Camden Town, London;  
020 8371 7373;  
[admin@jewishmuseum.org.uk](mailto:admin@jewishmuseum.org.uk)  
Nearest Tube: Camden Town

## Theatre

### Fiddler on the Roof at the Savoy

One of my childhood favourites, Fiddler on the Roof, currently showing at the Savoy Theatre, portrays the fear, anguish, tears and joy of a small Jewish community in Russia at the turn of the 20th century.

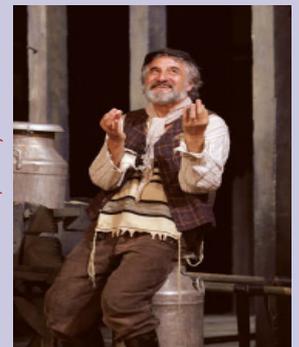
Living in Czarist Russia was difficult for anyone who was not 'well to-do', which was most people. Jewish residents found it especially difficult; open to physical attacks from Russian peasants and soldiers, often banding together to inflict damage and harm to Jewish settlements across Russia. Further, the ancient Jewish traditions were open to intellectual attack, from the young and illegal Communist movement.

The story follows Tevya the dairyman, resident of the small town of Anatevka, and his near-comical mission to wed his five daughters to respectable men.

But in the ultra-modern era of Tsarist Russia in 1905, where communism was bringing equality to Russia. Anatevka too was drenched in the tradition-breaking ideals and his daughters had different ideas. Pretty soon tempers are raging. Communism and love are the new fashions and the traditions Tevya brought up his daughters to respect are being dealt a blow.

Fiddler on the Roof is an old-time favourite of the theatres and their audiences, having first been staged on London's West End in 1967, becoming a successful film in 1971. The musical is loosely based on Shalom Aleichem's book Tevye the milkman and other stories, first published in 1894. More recently, the musical inspired Gwen Stefani's song "Rich Girl" (2004), which ranked amongst the top 10 songs in the American charts.

Now playing in the Savoy Theatre, this production is every bit as good as I remember the film being. Lead actor



Fiddler on the Roof, Savoy Theatre 2008

Henry Goodman does a reasonable job as Tevya; though I didn't enjoy his rendition of the famed "If I Were a Rich Man", as much as Chaim Topol's in the 1971 film. The other actors were very much in-character and delivered a great performance all around. Highly recommended to all.  
by Daniel Jason

Fiddler on the Roof bookings until 26th April 2008; Savoy Theatre, The Strand, London, WC2R 0ET

# Arts

## Ethiopia and the Crucifixion at the British Museum

This Spring the British Museum celebrates the first Easter of the Ethiopian Millennium with a short season exploring Ethiopian arts and culture.

Today Ethiopia is a country of many faiths and cultures founded on an ancient kingdom established at Aksum over two millennia ago. The Ethiopian church and state uses a unique calendar, which is 7-8 years behind that, used by the rest of the world. Therefore, on the 12th September 2007 Ethiopians around the world celebrated Enkutatash (New Year 2000). Making this Easter the first of the new millennium for Christian Ethiopians.

A new exhibition, Church and Emperor: Ethiopia and the Crucifixion, displays an extraordinary African painting of the Crucifixion of Christ, from the mid 19th Century. This remarkable painting comes from Tigre in northern Ethiopia and was donated to the British Museum in 1893. As an icon of one of the world's oldest states, it tells multiple stories - with layered meanings about Christianity and the Ethiopian empire in 19th century Ethiopia.



The image of the crucifixion of Christ is at its centre, but the scenes around the edge of the painting explore a turbulent period of Ethiopian history, including the life story of Bishop Selama, head of the Ethiopian Church from 1841 to 1867 and a key political and religious figure of the

The painting follows many Ethiopian artistic traditions, both in style and composition. By layering historical narratives with messages of Holy Scripture, it communicates complex ideas of faith and history through image rather than word. It provides insight into the complex relationship between church and state and allows a greater understanding of modern Ethiopian history.

As part of the British Museum's celebration of Ethiopian art and culture a short season of Ethiopian films will be screened every Friday evening and gallery talks will run throughout the period of the exhibition. The Museum will also host a day of Ethiopian music, dance, art and culture with gallery talks and workshops on May 3rd.

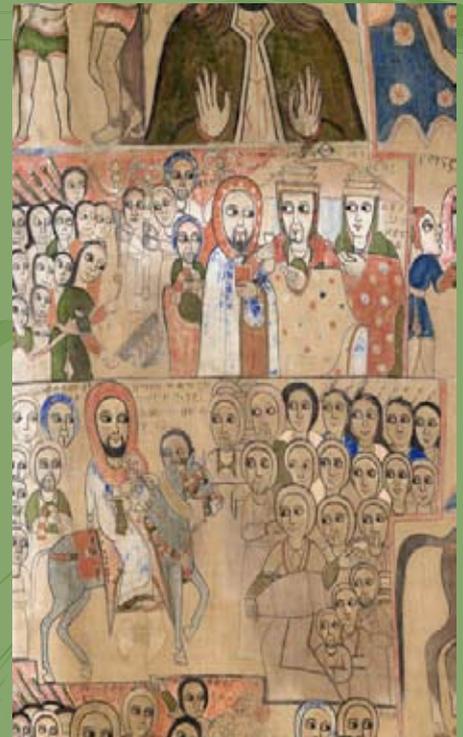
**On 3rd May the Museum will host a day of Ethiopian music, dance, art and culture with gallery talks and workshops.**

Virtual tours on the Museum's website allow worldwide appreciation of Ethiopia's rich heritage, while projects with colleagues at the National Museum of Ethiopia and with the Ethiopian community in London will continue the legacy of this millennium celebration.

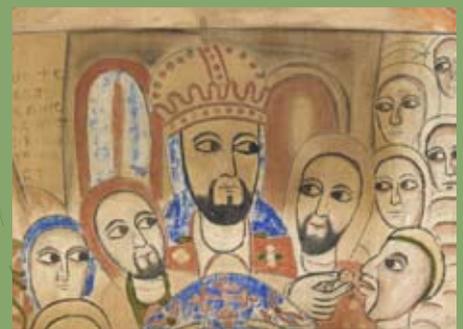
There will also be a new temporary display of Ethiopian paintings exploring themes of royalty and everyday life leading visitors into the Sainsbury Africa Gallery, where many of the objects illustrated can be seen.

Further permanent displays in Gallery 66 celebrate the diversity of Ethiopian culture and Ethiopia's connection to Coptic Egypt.

Church and Emperor: Ethiopia and the Crucifixion runs from 6th March to 5th May, for more information visit [www.britishmuseum.org](http://www.britishmuseum.org)  
The British Museum, Great Russell Street, London; 020 7323 8000  
Nearest Tube: Holborn, Tottenham Court Road or Russell Square



Images from a painting of the Crucifixion of Jesus Christ and the life of Bishop Selama, from Tigray, Ethiopia, c. AD 1855; British Museum website, 2008



# Politics

## Nurturing future leaders...

The first conversation the three of us had together, following the reception for the new ParliaMentors programme, was about death penalties and weapons trade. Heavy topics for a first meeting, perhaps, but heaviness is an expected feature in our communication. Considering our backgrounds -Islam, Christianity and Judaism, or, to put it differently: Singapore, Pakistan and Israel - violence, sadly, is one of the troubles we have in common. I've never been religious. However, atheistic or agnostic as some of us may be, it doesn't take much effort to see what powerful influence religions

by identification with a certain belief, nationality or ethnicity. The university is a place that, ideally, can grow a unique society: a group of truth-seeking scholars, who collaborate with each other and exchange knowledge and ideas; people who constantly question the social structure around them. However, our existing university is different. Instead of using the various backgrounds we have got - thanks to our differences- most of us prefer to stay in the cosy bubble they have come from. In our ParliaMentors group, we've chosen to research the potential our educational institutions

the results? Well, even if great solutions would take a long time to construct - at least , in our future meetings, we will be able to discuss more positive ideas than the death penalty.

Stav Shafir is a participant on the Undergraduate ParliaMentors Programme run by the Three Faiths Forum. Participants work in groups of three (one from each of the three Abrahamic faiths; Christianity, Islam and Judaism), alongside an MP who mentors, whilst they develop a project together. In addition the group intern with an NGO.



have on our lives. Being a student in London, surrounded by an endless amount of people from different traditions and faiths, it's impossible to ignore the problems. Our universities are fragmented, divided to different social groups which are many times determined

have got; not as certificate- -cultural integration to occur. With the encouraging providers - but rather as ideal environments for a cross support of the Three Faiths Forum and our mentoring MP, Louise Ellman, it all seems like very interesting research to take part in. And



# Politics

## Interview with Sian Berry

Written by Marie Kemplay

### The Future's Bright, the future's Green?

What are your thoughts on supporting young people in the City?

I'd definitely keep the free bus pass in place and extend the student discount available on Oyster cards. I'd make it cover everything, including day travel cards and pay as you go. Students are important and always having their income attacked, which isn't really fair.

Sian believes in reducing the voting age to 16, encouraging young people to take responsibility and therefore feeling invested in society.

"I can't imagine it's any kids first choice to hang around on the corners getting involved with knives...it's a last choice, it's something that fills a gap. If you could fill that gap with something else that would be really important. I think it's just so hard to be a kid. There's not enough open space, houses are overcrowded [and] then we punish kids just for being on the street, for example, every summer they put up a curfew in parts of Camden; I think that's dreadful. I think it's really important to provide funding and let young people decide what it's spent on."



Above: Sian Berry

You have a Facebook group...?

"I went on Facebook and got really addicted. I spent weeks checking it everyday. I love the way it works and everybody I know is on it. Sites like Facebook and YouTube make it really easy to highlight an issue."

Do you support projects like Interact?

"I absolutely respect everybody's right to religion. I enjoy the festivals that... encourag[e] people to celebrate together and think that it is really important. I'm a big supporter of cultural events, I think it's really important that we fund and support them. I would also provide funding for inter faith groups and people [promoting] dialogue."

And the campaign?

Having been with the green party since 2001, Sian is now standing as the green

party candidate for London's Mayoral elections. "I'm working full time on the campaign now. We're expecting to do really well in the Assembly elections."

Sian wants to make London greener and more affordable. "I'm trying to change the image of green away from something that costs money." Making buses cheaper, improving their service, reducing carbon emissions and addressing issues of fuel poverty are all part of her campaign.

"I go all around London at the moment, so I'm using everything." Sian travels by public transport, but often walks or takes her bike for shorter journeys. "Quite simply," she adds, "[we need] more buses, more routes and cleaner. Buses and tubes are overcrowded. A lot of journeys could be walked but we don't have enough support for walking around. People feel vulnerable, I feel vulnerable. Good signs saying, for example, walk this way to station it's half a mile, would encourage people to walk."

**On 1 May 2008 Londoners will elect both the Mayor of London and the 25 members of the London Assembly. All British, Commonwealth or EU citizens aged 18 or over and living in London are eligible to vote. You must be registered to vote, so if you not complete a registration form by the 16th April. For more information on the London Mayoral Elections visit**

**[www.londonelects.org.uk](http://www.londonelects.org.uk)**

**"The overall theme of my campaign is to make London greener and more affordable."**

# Recipes

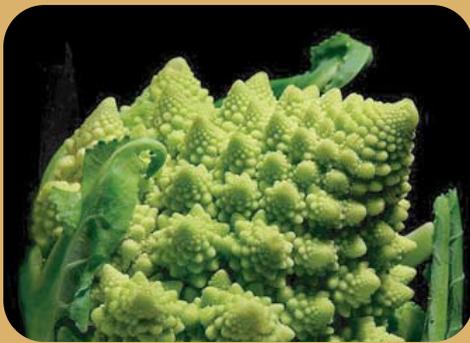
## Prawns and Green Flower

Prawns and Green Flower (Broccoli) recipe from Music, Food and Love by Guo Yue and Clare Farrow, Portrait Books, 2008, [www.guoyuemusic.com](http://www.guoyuemusic.com)

*"I couldn't buy broccoli - we say 'green flowers' in Mandarin - in the Beijing hutongs (alleys) of my youth, but it is a vegetable that goes beautifully with seafood. This dish demonstrates the beauty of simplicity in Chinese cooking, which depends on accurate timing and an emphasis on the natural qualities of individual ingredients: the deep, fresh greenness and crunchy texture of the broccoli combines brilliantly with the pale pink, chewy prawns, their distinctive sea-smell emanating from the dish."*

### Ingredients:

1 good-sized broccoli, torn by hand into little 'flowers'  
Sunflower oil  
1 spring onion, washed, divided in half lengthwise and chopped finely;  
10-15 raw tiger prawns, peeled with the heads removed  
1 ½ tsp of Chinese cooking rice wine  
Toasted sesame seed oil  
Sea salt



"Music Food and Love by Guo Yue and Clare Farrow, Portrait Books, 2008"

1. Boil some water and add the broccoli, cooking them for 3 minutes only before draining through a colander.
2. Heat your wok until it is warm and add 1 ½ tbsps of sunflower oil. Continue to heat until your oil is hot, and then add your spring onion. 3. When the spring onion has curled, after about 5 seconds, add your prawns.
4. Stir them with a wooden spoon for 2-3 minutes until they turn a reddish colour.
5. Add your broccoli and toss, or move around the wok with a wooden spoon.
6. Finally, add the cooking wine, a drizzle of sesame seed oil and a few pinches of salt to taste. Give a final toss, combining all the ingredients, to ensure that the broccoli absorbs all the natural flavours whilst retaining its distinctive texture and emerald-green colour.

## Stuffed Monkey

Serves 10

### Ingredients:

*For dough*  
1 egg white beaten  
2 teaspoons of water  
2 cups all purpose flour  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
½ cup margarine  
3 drops Almond extract  
1 egg yolk  
1 cup of sliced almonds

### For mixture

1 egg slightly beaten  
½ cup brown sugar  
½ cup Chopped candied peel  
½ cup chopped nuts  
½ cup golden raisins  
½ teaspoon ground cinnamon  
½ teaspoon ground all spice  
2 tablespoon sugar  
3 tablespoon margarine (melted)

1. To make the dough:
  - Sift the flour, salt and cinnamon into a bowl and rub in the margarine until mixture resembles breadcrumbs.
  - Stir in the beaten egg to bind, and add to the almond extract. If the dough is too stiff to form into a ball, add a table spoon or 2 of water.
  - Knead dough until smooth, then divide dough in half. Wrap each half in plastic and refrigerate for at least 20 minutes.
  - Preheat oven to 375 degrees F. Lightly grease a 9 x 14- inch jellyroll pan.
2. To make the filling combine remaining ingredients in a bowl and mix well.

3. Roll out 1 piece of dough on a floured board to fit the baking tray. Spread filling over the dough, then roll out the other piece of dough and lay it over the filling. Pinch edges together so the filling does not leak out. Brush top of dough with the egg white mixture and generously sprinkle with the almonds.
4. Bake for 30 minutes, or until golden-brown
5. Cut into bars to serve.

*"Recommended by Rachel Heilbron (three Faiths Forum) this recipe, popular amongst English Sephardic Jews is taken from Jewish Cooking from Around the World by Josephine Levy Bacon. No one seems to know why it is called Stuffed Monkey, anybody know?"*

## Karah Parshad

Bupinder Singh, from the Central Gurdwara, London, shares this special sweet.

Karah Parshad is a special Indian sweet given out by hand served to the congregation at the end of any Sikh service. It should be received in cupped hands. As a variation you could add some toasted cashew nuts or raisins.

*Preparation time: 5 minutes*

*Cooking time: 10 minutes*

### Ingredients:

5 cups coarsely ground wheat flour  
5 cups ghee (clarified butter)  
5 cups sugar

1. Heat ghee and add the flour in a large "karai" or pan.
2. Fry, stirring constantly, till each grain is brown.
3. Add sugar little by little and continue cooking till all the sugar is blended.
4. Serve hot



# Feature

## Places of Worship

The first part of our two part feature where the editorial team explore six places of worship in London. Part two in the next issue explores a Muslim Mosque, Jewish Synagogue and Buddhist Temple'

Anna Klopper explores the exquisite architecture of the BAPS Shri Swaminarayan Mandir.

If you've ever wondered what else there is to find in Neasden near Wembley Stadium, except for a Tesco Superstore and an impressive Ikea outlet, you should direct your way towards the BAPS Shri Swaminarayan Mandir (Neasden Hindu Temple), the largest place of Hindu worship outside India. It sits impressively like a shimmering white pearl in this industrial area of north-west London.

***"..beauty and purity grow everywhere..."***

Opened in August 1995 after just two and a half years of construction, BAPS Shri Swaminarayan Mandir is impressive by any standards. Five thousand tonnes of Italian marble and Bulgarian limestone were used to construct Europe's first traditional Hindu Temple, with 1,500 volunteers help. In total, more than 26,000 pieces of carved stone and wood were manufactured in India before being puzzled together in London. Richly decorated domes, pinnacles, pillars and arches stick out everywhere from the building - the original, curvilinear Mandir architecture can be traced back through the ancient Vedic scriptures, consisting of four different layers of texts creating the holy scripts.

Entering the building after managing to tear one's eyes off the impressive outside, the eye struggles to take in the fine chiselled detail carved in the wood of the haveli (foyer).



Inside the BAPS Shri Swaminarayan Mandir

Peacocks, elephants and lotus blossoms predominate - the last reminding Hindus that pureness and beauty can blossom everywhere.

Inside the Mandir the impressive carved stone dome, (built without any supporting metal) is both artistically and architecturally fascinating. Here you can sit cross legged and observe Aarti, daily half hour worship, where a Hindu priest waves a Divas (candle) in front of the shrines of the murtis that are set into the walls of the inner Mandir whilst singing verses from the holy Vedic scripts. Hindus then prostrate (bow) six times in front of the shrines to worship the murtis - five times for each of the senses through which God is perceived, the last to ask for forgiveness of committed sins. The colourful, richly decorated statues of the murtis are expressions and images of one godly power or of Brahman, which Hindus believe to be the supreme almighty, also omnipresent in every living being.

Going back through the industrial park of Brent Cross towards the tube station and throwing back a last glance on this impressive piece of Indian architecture, one may at least believe the Hindu's view that beauty and purity may grow everywhere.

Few cathedrals can boast such an illustrious history as Southwark Cathedral. Marie Kemplay explains more after her visit with the team.

The site during its time has been a convent, monastery, priory, parish church, and now a cathedral. In 1555 heresy trials, ordered by Queen Mary, were carried out within the building. It is thought a religious building has existed on this site since as far back as the 6th century when a convent was founded here, and it is referred to as a Monasterium in the 1086 Domesday Book.



Southwark Cathedral, Fatima Abbas, 2008

The Cathedral is the oldest gothic church building in London and is a beautiful example of this style of architecture. It is shaped in the traditional crucifix, with stained glass windows throughout and lots of exquisite gold statues. The stonework is magnificent, high imposing walls with spectacular arches all along it.

The building has suffered many disasters during its time, in 1212 and in the 1390s there were fires, and in 1468 part of the roof collapsed. Only a small part of the Norman Church remains, including a doorway in the north aisle of the nave; the Cathedral was rebuilt in a gothic style. Several of the carved, painted bosses which adorned the roof before it collapsed also remain and are displayed near the entrance.

There are many different chapels and memorials throughout the Cathedral each with its own histories and stories to tell.

The Harvard Chapel links the Cathedral to the USA's oldest and one of its most prestigious universities. In 1607 John Harvard was baptised here, moving to Massachusetts in 1637. Unfortunately, he died of tuberculosis a year later, but he left half of his estate and library books to the University, subsequently named after him.



BAPS Shri Swaminarayan Mandir through Gate

# Feature

William Shakespeare, or at least a recumbent statue of him, resides in the south aisle of the Cathedral. This memorial is the focal point for Shakespeare's birthday celebrations every year. Shakespeare visited the Cathedral during his life and his brother Edmund, also an actor, is buried here. In more recent years a memorial to Sam Wanamaker, the driving force behind the rebuilding of Shakespeare's globe, has appeared.

One of the once more controversial aspects of the church was the decision to have a Chapel, dedicated to those suffering from HIV and AIDs.

The Church has always felt it embraced those on the outside of society; being a haven to those who were not accepted in the City of London, in earlier times, such as artists and actors. This is an ancient church with a modern outlook. It has male and female clergy, and aims to provide a ministry of welcome to all, irrespective of faith, race or sexual orientation.

The Cathedral was extended, in 2000, using lottery funding to include a conference centre, shop, refectory and an Education Centre for school groups. This was opened in 2001 by Nelson Mandela. A Mohegan Indian is buried in the churchyard grounds which are now laid out as a garden with biblical and Shakespearean plants.



Inside Southwark Cathedral, Fatima Abbas, 2008

This is still an active place of worship; with regular prayer breaks taking place whilst visitors explore. The 5 daily services together with the Sunday services attracts hundreds of people and the congregation continues to grow. It seems this historic cathedral will remain a popular place of worship for decades to come.

**Celebrating its 100th anniversary as the first Sikh Gurdwara to be established in Europe, Daniel Jason describes his experience.**

Situated in the Royal Borough of Kensington and Chelsea, the Central Gurdwara stands out from buildings around it. Established in 1908, (at another location) it was the first Gurdwara in Europe, to promote religious and social activities amongst Sikhs who had settled in the UK. The Gurdwara has been at its current location since 1969.



The Takht in the Darbar Sahib at the Central Gurdwara, Fatima Abbas 2008

Following refurbishment, it is a large white building with two golden half-turrets at the front and a larger single turret on the roof. The nishan sahib (orange flags) mark it as a place of Sikh worship.

As I stepped into the temple, I left my belongings and shoes in the cloak room, and was given a rumāl (head covering) to wear, in place of a turban. We were led into the Darbar Sahib (prayer room), where the Sunday evening prayers had already begun. All sit crossed legged on the floor, so that no-one sits on a higher level than another. Sitting on higher levels was a common practice to show superiority in the ancient world, and with a caste system as rigid as India's at that time, rejection of this practice was a forward-thinking ideal by Sikhs. Equality is a central tenet to Sikhism and to that end, there is traditionally no separation of men and women in the Gurdwara.

***"Equality is a central tenet of Sikhism..."***

At the front of the Darbar Sahib is the takht (elevated platform) with a throne upon which the Guru Granth Sahib sits. It is expected that those who enter the Darbar Sahib bow to the holy book as a sign of respect, before sitting. Prayer is a central part to the religion, and is done through song and meditation. Three young men sat at the takht, leading the worship by reciting from the Guru Granth Sahib, whilst playing traditional Indian instruments the tabla and Harmonium (vaja).

Traditionally, there are no fixed times of prayer in the Darbar Sahib, due to Sikhs understanding that God can be accessed at any time. However, as a matter of convenience, there are fixed prayer times

in the Central Gurdwara on Wednesday and Sundays. In larger Gurdwaras, services may run all day.

Another important room in any Gurdwara is the langar. The langar is a large hall (or dining room), with a kitchen at one end, where everybody eats together after prayers. Again everyone sits on the floor in rows facing each other. Being a philosophy of universalism, the food offered is vegetarian, making it accessible to people of all faiths, including those with religious dietary considerations. There is a real sense of community in the Gurdwara, and even as non-Sikhs we were welcomed and invited to stay and eat.

Sikhs follow the 10 Gurus, the last of which was Guru Gobind Singh, and their pictures can be seen lining the walls of the Gurdwara.

The Gurdwara remains central to Sikh communities, acting as a place of worship, learning and social interaction. The Central Gurdwara celebrates its 100th anniversary this year, and welcomes visitors who want to learn more about Sikhism.



Four boys singing and playing traditional Indian instruments at the Central Gurdwara, Fatima Abbas 2008

# Focus

## Brick Lane an example of economic prosperity but not multiculturalism...

Curry-houses, art-galleries, vintage stores, the street market on Sundays - Brick Lane is a centre of attraction that allures both tourists and young, fashionable Londoners. Since the 16th-century, the area around Brick Lane has always attracted new waves of immigrants - Huguenots, Jews and most recently, Bangladeshi. Often people might think of "Bangla-Town" Brick Lane as the place of multiculturalism in London. But is it a true impression of multiculturalism the visitor encounters at Brick Lane? And why is it that this place attracted so many immigrants for such a long time?

Anna Kloepper learns more from Dr Anne Kershen, Director of the Centre for the Study of Migration at Queen Mary University.

**What makes Brick Lane, and the processes of immigration in that area, so appealing to you as an academic?**

"Brick Lane and the whole area of Bethnal Green surrounding it has been a place for settlement for over 300 years now. It is a very interesting place to encounter patterns of migration and compare their similarities and contrasts."

**Why have immigrants to Britain concentrated and initially settled in Brick Lane, since the late 16th/early 17th century?**

Brick Lane is virtually next to the border of the City and also close to the Thames, where most of the migrants have arrived by boat or ship in the past. In short, it was - and still is - quite attractive to live at the edge of the City, with housing being relatively cheap compared with the prices within the Quarter mile but nevertheless with good possibilities for economic activities provided to start into a new life.

**When new waves of immigrants arrived in Brick Lane, due to political circumstances in their home country's, where did the people already populating the area go? Did changes in the ethnicity happen peacefully?**

It has always been a gradual movement that has happened over many decades, thus peacefully - the Huguenots that came to Brick Lane mostly in the 16th-/17th-century were replaced by the Jews, in the 19th-century onwards who themselves were ruled out by migrants from India, Bangladesh and Pakistan, very roughly speaking. However, we can currently witness a new phenomenon with predominately Eastern European immigrants settling in Brick Lane before the Bangladeshis have moved out. This is very interesting for an academic and Dr Kershen is currently researching the implications of Polish immigrants in Tower Hamlets. Anyway, I think for the near future Bangla-Town will remain.

**Do you think that Brick Lane - with many tourists and students visiting, shopping and partying there - is an example of successful integration of immigrants? If not, what are or have been the problems?**

I would say it is a successful example of integration in terms of economic activity but not in terms of itself as a place of an immigrant society. Sure, tourists go there because it's lively and busy and to encounter both cultural and historical phenomenon's of multiculturalism. But a division remains - the immigrants work in the restaurants, the tourists eat there. Economic activity does not display a multicultural society.

**Does Brick Lane portray relatively strong community relations?**

Well, one has to think here of the whole area of Bethnal Green, and this place always was and is still divided into two parts by the railway arches that run through this area: the immigrants have always rather settled in the south, the indigenous population in the north of the railway line. So it's difficult to answer this question - there have been established more community places for people to go to recently, I'm thinking of coffee houses and clubs, for example. But as the whole community is split into two parts and not homogenous at all - it's difficult to say... .





# Reflections on the Life of the Spirit

Is it ever right to tell a lie?

If God knows what we are thinking then why do we pray?

What happens to us after we die?

These are just some of the questions that are explored in Reflections of the Life of the Spirit, a 3 day course which explores ethics, the concept of prayer and life after death.



The course involves working through a little 'Ruhi book'. Inspired by the Baha'i Faith but equally appropriate for people of all faiths and none, the Ruhi book contains various quotes and questions as a starting point for wider discussion. In addition, you can expect a whole host of games and artistic activities. It is a great opportunity to make new friends and have fun whilst exploring some of the most important questions ever asked, including 'what is the purpose of life?'

Each course starts on noon of the first day and finishes noon of the last day. It includes 3 nights of accommodation, food, books and materials and costs only £10 per night!

Please fill out and detach slip and post to the address below.

Name \_\_\_\_\_

Age \_\_\_\_\_

Phone number (optional) \_\_\_\_\_

E-mail (optional) \_\_\_\_\_

Gender (circle) M/F

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Cross the dates that you can't make and put the rest in order of preference with 1 being your most preferred choice.

- 16/06/08 - 19/06/08 \_\_\_\_\_
- 23/06/08 - 26/06/08 \_\_\_\_\_
- 30/06/08 - 03/07/08 \_\_\_\_\_
- 28/07/08 - 31/07/08 \_\_\_\_\_
- 01/08/08 - 04/08/08 \_\_\_\_\_
- 01/09/08 - 04/09/08 \_\_\_\_\_
- 01/10/08 - 04/10/08 \_\_\_\_\_

Ruhi Residentials  
37 Avondale Road  
Bromley  
Kent  
BR1 4HS

# Inter-Act Update

Interfaith Action (or Inter-Act) is a not for profit organisation working regionally across London to build understanding between faiths, through dialogue and social action projects. Our projects focus on under 25 year olds, particularly universities and colleges.

This section let you know about Inter-Act (the organisation) our projects, university groups, volunteering opportunities, news and much more.

## Interfaith Action Groups

These are groups of university students taking the next step from dialogue, out in to the community. Many universities have inter faith groups, forums or societies established; meeting regularly to develop deeper understanding and respect of each other through a variety of activities.

Inter-Act supports the development of these groups, and encourages them to engage side-by-side (social action) as well as face-to-face (dialogue).

If you or your inter faith group are interested in developing a social action or group volunteering project to expand your activities please get in touch immediately.

### Contact Us

Interfaith Action  
Star House  
104-108 Grafton Road  
Kentish Town  
NW5 4BA

T: 0207 482 4020

## New website launch

After many months of planning and designing we can finally welcome you to our brand new website at [www.interact-uk.org.uk](http://www.interact-uk.org.uk)

With all the previous content the new website also includes a web forum (with different discussion topics each month), space for inter faith groups to network and share ideas, listed volunteer opportunities, previous issues of Interact magazine and much more...

We welcome your feedback and suggestions to ensure the website is maintained to the highest standards and meets the needs of those who use it.

## Peace and Unity at the University of Westminster

The University of Westminster Chaplaincy and Student Union successfully organised their 1st inter faith conversation in February, for students and staff during their Peace and Unity week. Facilitated by Kat (Project Manager at Inter-Act and Debbie (Education Officer at the 3 Faiths Forum), participants explored themes of peace from 6 faith perspectives.

Students at [Imperial College](#) have successfully set up an inter faith group following an introductory session with Inter-Act. The group are developing a mission statement and calendar of events for the next 12 months. We will be providing further workshops introducing them to dialogue techniques and discussing opportunities for social action.

If you would like to organise an inter faith event at your university please get in touch.

## Safe Garden Project

People who are elderly, living alone, or living with a long term illness can often find it difficult to maintain their gardens.

The Metropolitan Police have identified that these groups of people are often targeted by criminals because they are easily identified through the appearance of their gardens.

This project aims to support this section of society by providing small teams of volunteers to support with gardening for a couple of hours each month.

If you are interested in being involved in this project please get in touch as soon as possible.

## Mentoring 2008/09

Why not train as a mentor and lead a small team of 14-16 year olds, over 12 weeks on a project, which could include designing and writing a section of Interact magazine; creating a campaign for their local youth group or community centre; developing a photography or art exhibition; or clearing a local community garden each fortnight.

## Internships at Inter-Act...

We are always looking for enthusiastic students and young people to intern in the office. If you're looking for experience in the not-for profit or inter faith sector why not get in touch and we'll try and match your existing skills and development needs with a project in our office.

We can be flexible about when you volunteer, but ideally you would volunteer with us for a minimum of 1 week full-time, or 1 day a week for 6 weeks.

# Review

## Jon B Concert

Jon B is one of these rare individuals the consummate artist. Unlike many of the poseurs who have attempted to lay claim to his niche, he is an accomplished musician, (playing bass, drums, guitar and piano), as well as a noted song-writer and producer. His richly textured body of music, is a testament to one man's love for all things soul. His latest Stronger Everyday (Sanctuary/E2 Music Group/Vibe Select/BMG), in stores now, reaffirms this fine tradition.

To many, and to paraphrase the man himself, he puts his emotions into his own music. This was apparent when I decided to see him live in concert at London's famous Jazz Café.

While I've attended concerts by this musically talented individual before, it was this performance in January 2008 that stood out and impressed me in comparison to previous years. Electrifying, energetic and enthusiastic describe the performance. Jazz Café itself has a brilliant atmosphere and being placed in the restaurant, my friends and I were able to have an enjoyable meal whilst we waited for the performance to begin. It must be said that the crowd standing beneath us were incredibly quiet with

only faint whispered conversations. Yet this was about to change. The artist leapt to the stage to the chorus of numerous females chanting and singing away to his classic songs; 'They don't know,' 'Don't talk' and a personal favourite of mine 'Are you still down for me.' - a duet with Tupac Shakur.

Each song was used, as previously stated, to put this man's emotions into his music and you could feel the energy he exuded, The crowd were in full flow, singing and dancing away at the bottom, as we watched from above and drank away.

What is really original about this artist the way he treated those supporting him musically, from his back up singers, who were impressive and good enough to sing solo, to his guitarist and keyboard player.

Jon B also showcased his talents on the piano, happily playing in addition to singing. His confidence and enthusiasm whilst singing his classic and some new tunes, yet to be released, ensured the crowd danced late into the night.

Written by Andrew Rajanathan

## A Man Amongst Men

The love of a man,  
'a Man amongst men',  
cannot be defined by art  
or by pen.

'A mercy unto mankind'  
Loved by the most High.  
He was human perfection  
that cannot be found nigh.

A loving father,  
a perfect husband,  
the best of friends,  
most revered in the land.

No loopholes to pick at,  
no imperfections to uncover.  
Just purity and beauty  
and wisdom, upon us he'd shower.

You criticise him  
with your own inadequacy',  
but don't judge me  
for loving the Prophet (PBUH)  
unconditionally

Written by Sahdia Khan

*"An amazing experience, tiring, difficult, fun, boring, challenging, exhausting, relaxing, the ultimate get away from life; was enriching! Brought out the leader in me, educated me on other cultures and ways of thinking and made me think about what I can do to improve London as a whole." Wesley, Islington, 18, who attended Diversity in London Programm run by Encompass".*



Encompass was created in memory of Daniel Braden, killed on October 12th 2002, aged 28, in the Bali terrorist attacks. He died with 201 other young people from around the world - blown apart by people who saw them as the enemy. His family started to ask how this could happen, concluding that, as long as one group of people was able to dehumanise another, events like the one that killed Daniel would continue.

Since 2003, Encompass has gone from strength to strength, having run ten highly successful international programmes, five in partnership with the Outward Bound Trust. The Encompass Journey of Understanding gives 22 young people from five different countries (UK, USA, Israel, Palestine and Indonesia), representing different faiths, cultures and ethnicities and speaking numerous languages, to take part in a process of physical challenges and discussions on the themes of cultural understanding, tolerance and citizenship. These programmes make a lasting difference to the participants' lives, encouraging social engagement and leadership when they return home.

To find out more about what Encompass do or the next Journey of Understanding visit [www.encompasstrust.org](http://www.encompasstrust.org) or e-mail [info@encompasstrust.org](mailto:info@encompasstrust.org)

# Listings

## La Bouche du Roi: an artwork by Romuald Hazoumé

22nd March - 13th May 2007

La Bouche du Roi is primarily a warning against all kinds of human greed, exploitation and enslavement, both historical and contemporary  
British Museum

## Diocese of Westminster: The Cardinal Lectures - Faith and Life in Britain

Thursday evenings from

3rd April - 8th May

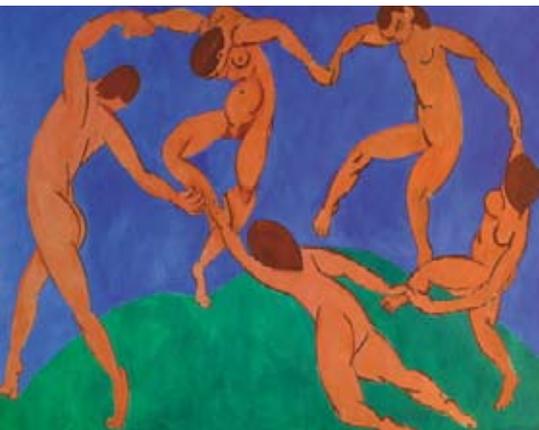
Mark Thompson (Director General of the BBC), Dr Rowan Williams (Archbishop of Canterbury), and William Hague MP (Shadow Foreign Secretary) are amongst those who are to present 'The Cardinal's Lecture's', a series of 6 public lectures examining 'faith and life in Britain'.

Westminster Cathedral, admission is free, but by ticket only (tickets can be book online at [www.rcdow.org.uk/lectures](http://www.rcdow.org.uk/lectures))

## From Russia

Until 18th April

This landmark exhibition at the Royal Academy of Arts presents modern masterpieces drawn from Russia's principal collections: the Pushkin State Museum of Fine Art and the State Tretyakov Gallery in Moscow and the State Hermitage Museum and the State Russian Museum in St. Petersburg. For the first time, works from these museums have been gathered for a single exhibition.



Henri Matisse, 'The Dance', 1910. © The State Hermitage Museum, St Petersburg. Photo Archives Matisse, Paris

## China Design Now!

Until 13th July

The V&A's spring exhibition, China Design Now, explores the recent explosion of new design in China, from the 2008 Olympic stadium to the most interesting fashion and graphics.

Photography by John Ross, V&A



## Photography Exhibition

Until April 25th

Judah Passow's photographs of the Israeli-Palestinian conflict from the past 25 years. Photographed as newspaper and magazine assignments over the past 25 years, Judah's images are more than a journalistic record of conflict and turmoil. They are the product of a very personal journey of exploration across the emotional landscape of the country in which he was born, and for whose survival he once wore a uniform and fought.

HOST Gallery, 1 Honduras Street, London, EC1Y 0TH

## Realfood Festival

24th - 27th April

The Realfood Festival 2008 is the first of its kind in the UK. The festival will bring together hundreds of artisan producers from the UK and abroad and will offer visitors the opportunity to explore, taste and buy their fantastic products.

A range of interactive features at the event will educate and stimulate debate on topics such as organic, fair-trade and authentic produce and what food choices are available as well as the issues around those choices. If you care about where your food comes from and what goes into it then this is the perfect event for you.

Earl's Court Centre, Exhibition Road, SW5 9TA

## Laughing in a foreign Language

Until April 13th

Laughing in a Foreign Language explores the role of laughter and humour in contemporary art. In a time of increasing globalisation, this international exhibition questions if humour can only be appreciated by people with similar cultural, political or historical backgrounds and memories, or whether laughter can act as a catalyst for understanding the unfamiliar. Laughing in a Foreign Language investigates the whole spectrum of humour, from jokes, gags and slapstick to irony and satire. The exhibition brings together more than 70 videos, photographs and interactive installation works by 30 artists from all around the world.

Hayward, Southbank Centre

## Spitalfields Festival

10th May - 20th June

Some of the highlights include:

## East End Radicals walk

Saturday 17th May, 10.30am - 12.30pm  
£6 / £5

The East End still evokes memories of radicals and revolutionaries; men and women who worked ceaselessly to improve conditions for the predominately Jewish community, from the late 19th century to the inter-war years. Follow your Blue Badge Guide, Rachel Kolsky, as she relates stories of the Sidney Street Siege, the German gentile who learnt Yiddish and became the champion of the Jewish anarchists, and the doss-house that was the temporary home of no less than Stalin and Jack London. The tour ends at the surprisingly tranquil Stepney Green.

Meet at Aldgate East Tube Station, Toynbee Hall exit

## The East End Film Festival

Friday 18th & Saturday 19th April

Circus Media in partnership with the East End Film Festival and the London Borough of Newham. A showcase of new and contemporary short and feature films that explore the potential of cinema to cross cultural, artistic and political boundaries and that capture the experience of living and working in London's East End. The festival also includes discussion panels, workshops and networking opportunities.

For times and prices please visit [www.eastendfilmfestival.com](http://www.eastendfilmfestival.com) or [www.cmc.tv](http://www.cmc.tv)

# Listings

## UK Design for Performance 2003-07

Until 18th November

From pantomime and drama to opera and dance, in the UK and abroad, this display brings together the work of over 100 of Britain's most creative theatre designers recognised worldwide for their skills and innovative designs. On display are designs by three of the most internationally acclaimed set designers of recent years - Paul Brown, Richard Hudson and Ralph Koltai - including Brown's surreal designs for La Traviata at the 25,000-seat Arena di Verona (2004). Free Admission



Photograph of The White Album performance, Nottingham Playhouse, 2006. Photograph by Nathan Rose

## St Ethelburga's Centre for Reconciliation & Peace

This beautiful refuge in the City holds several exceptional events' each week. Many are free but may need to be booked as they occur in the centre's intimate new tent space. Some highlights over the next couple of months include:



St Ethelburga's Centre for Reconciliation & Peace

## Becoming a global citizen

Tuesday 20th May @ 6.30pm

What are the characteristics of a 'global citizen'? What does it mean for ordinary individuals, for community activities and for people of faith to begin to look beyond national identities and instead to see ourselves as part of the wider human family? What effect might this have, and what stands in the way of us making this shift? Dr Nim Njunguna (Empathy in Action).

St Ethelburga's Centre for Reconciliation & Peace, 78 Bishopsgate, EC2, visit [www.stethelburgas.org](http://www.stethelburgas.org) for contact details and full events listing.

## Journalism of the soul: Islam & Judaism in the media

Tuesday 22nd April @ 6.30pm

Navid Akhtar (Gazelle Media and muslimcafe.tv) reviews some of the best recent journalism and documentary-making about Islam. Ben Rich (PR director specialising in faith issues) explores parallels in the Jewish media, and discusses with Navid how people of faith can work together to present religion and faith communities in a way that is relevant and hard-hitting but can also inspire, give hope, and connect people to their deepest values.

## An evening for Burma: Opening up Dialogue

Tuesday 29th April @ 6pm

Building on the recent media interest in Burma we bring together a panel of Burmese and English writers, artists and journalists to open up a discussion about how to promote reconciliation and peace in Burma.

## Nihavend Ensemble - Turkey

Friday 9th May

London's renowned classical Turkish Art Music, led by Cahit Baylav, play music performed at the Ottoman Court in Istanbul over many centuries.

## Adriano Adewale Group - Brazil/Senegal

Friday 16th May

Afro-Brazilian and African Jazz and classical music. Adriano's guests include Kadialy Kouyate on kora, Marcelo Andrade on flute, sax and rabeça, Nathan Thompson on bass and flute.

## Chinatown walk

Saturday 7th June, 2:30 - 3:30pm £8.50

The first Chinatown in London was in Limehouse and Pennyfields. Discover the history of the settlement of the Chinese community in East London through this walk where you will find out about mysterious characters and listen to first hand experiences of growing up in the area. After the walk come back and enjoy refreshments and explore Museum in Docklands.

Book through Museum in Docklands box office: 0870 444 3855

Meet at main desk, Museum in Docklands

## 19 Princelet Street visit

Wednesday 18th June, 5.30pm - 7:00pm  
£6 / £5

19 Princelet Street is a magical place: an international historic site of conscience, a centre of civic engagement and a place which celebrates how different communities have over centuries shaped Spitalfields, London and Britain. The shabby 1719 frontage conceals a history of transformation and preservation, and a place to explore contemporary issues of exile, exclusion, discrimination and identity through prose, poetry... and even potatoes. Seize this rare opportunity of a private view, talk and tour through its simple yet hauntingly beautiful exhibitions, rarely open to the public.

## Word from Africa

Saturday 2nd June 2007

A day celebrating African languages and exploring the diversity of African cultures through literature, music and visual arts.

British Museum

# 5km run for Charity - Get involved

If you have ever wanted to get involved in a 5km run – here is your chance! On Sunday 11th May at Regents Park, London, over 1,000 people are expected to take part in a charity event, raising over £100,000! Islamic Relief are looking for volunteers to take part in this initiative; you can participate in this fantastic event with just a small registration fee, and by committing to raise the suggested minimum sponsorship.

No previous experience is required and with a little bit of training, the 5km distance should be easily achievable. The spirit of the event is in taking part, not winning, so you can run, jog or walk –

***you decide!***



Registered charity: 328158

With places extremely limited, you should book early to avoid disappointment. You can either visit [www.doitforcharity.com](http://www.doitforcharity.com) to book online and to get further information, or you can call **0207 722 4745** for your free information pack.