



Dialogue Institute of Kansas City, is a non-profit organization that promotes peace, dialogue, mutual understanding and respect by bringing together people of different faiths and cultures.

Turkish-Americans and their friends established it in 2002 to answer the question "How can citizens of the world live in peace and harmony?"

### Programs include:

1. Annual Dialogue and Friendship dinners with different Kansas City communities.
2. Saturday brunches featuring distinguished speakers on various topics, with time for discussions.
3. Interfaith Academy exploring views of major world religions.
4. Cooking classes
5. Water Marbling Classes
6. Turkish Language classes
7. Book club
8. Thanksgiving dinners
9. Baklava days at various churches
10. Ramadan, fast-breaking dinners with faith and community groups
11. Informal Tea Gatherings at family homes
12. Annual Turkish Food and Art festival
13. Christmas Gift-Giving

### For more information:

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Kansas City  
**RAINDROP  
FOUNDATION**

The KC Raindrop Foundation is the parent organization for the Dialogue Institute of KC. Why "Raindrop?" Water is essential for all human beings, for all life. The raindrop is a symbol of what our world needs: dialogue, friendship, peace, education, culture, neighborhood, empathy, love, understanding... you.

# 12 Favorite Foods of the Prophet Mohammed

*peace be upon him*

1. Barley: Good for fever, while used in soup form.
2. Dates: The Prophet said that a house without dates has no food. It should also be eaten at the time of childbirth.
3. Figs: It is a fruit from paradise and a cure for piles.
4. Grapes: The Prophet was very fond of grapes – it purifies the blood, provides vigor and health, strengthens the kidneys and clears the bowels.
5. Honey: When mixed in hot water considered the best remedy for diarrhea. It is used for creating appetite, strengthening the stomach, eliminating phlegm; as a meat preservative, hair conditioner, eye soother and mouthwash. It is extremely beneficial in the morning in warm water.
6. Melon: The Prophet said, "None of your women who are pregnant and eat of watermelon will fail to produce offspring that is good in countenance and good in character."
7. Milk: The Prophet said that milk wipes away heat from the heart just as the finger wipes away sweat from the brow. It strengthens the back, improves the brain, renews vision and drives away forgetfulness.
8. Mushroom: The Prophet said that mushroom is a good cure for the eyes; it also serves as a form of birth control and arrests paralysis.
9. Olive Oil: Excellent treatment of skin and hair, delays old age, and treats inflammation of the stomach.
10. Pomegranate: The Prophet said it cleanses you of Satan and evil aspirations for 40 days.
11. Vinegar: A food the Prophet used to eat with olive oil.
12. Water: The Prophet said the best drink in this world is water; when you are thirsty drink it by sips and not gulps, gulping produces sickness of the liver.