

METRO NEWS



The mission of WINGS Program, Inc. is to provide housing, integrated services, education and advocacy to end domestic violence. This Help is free, totally confidential and without any obligation.

WINGS operates two safe houses, one in Chicago and one in the suburbs. The secure, home-like environment allows victims and their children to stay together in family-style rooms.

Transitional Housing is provided in no-cost shared living homes for unemployed survivors and their children while they seek employment. WINGS apartments are distributed throughout the north and northwest suburbs. Residents pay 30% of their adjusted gross income toward rent.

Permanent Supportive Housing offers long-term housing and optional supportive services to physically or mentally disabled adults and their children.

For emergency shelter and 24 hour crisis assistance: 847-221-5680. For housing, counseling and mentors: 847-519-7828. To learn about volunteer opportunities with WINGS: volunteer@wingsprogram.com or 847-519-7820 ext. 216.

December News



Pictures tell the story of an action-filled December. PYLC took a group to the Art Institute's Annual Treasure Hunt and Tea Party.

The Annual Meeting was held Dec. 9 and the Youth Sunday School treated us to the "Elf on the Shelf" to remind us of the upcoming holiday events.



Photo by Wanda Sparks

The Angel Tree Network distributed gifts to children on families of the incarcerated at the Christmas Social on Dec. 23. The Youth Sunday School presented the Hallelujah Happy Birthday to Jesus and an Ugly Sweater contest was held. Genae Phillips and Tommy Gilbert were the winners.



On Dec. 30 an open house was held to dedicate the renovated third floor – it was spectacular! A Watch Meeting service was held on New Year's Eve.



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CONSTRUCT YWCA Chicago

CONSTRUCT is a 9 week training program that addresses basic skills in Math and English, fundamental construction skills, general work readiness, and financial management in the context of preparing for careers in the construction or utility sectors.

Candidate Requirements: Male or Female Age 18 years and older, high school diploma or GED, birth certificate, must pass multiple drug screenings and background check, reliable transportation to travel locally, clean driving record.

For more information contact LaShanda Hayes at 773-496-5651 or lashanda.hayes@ywcachicago.org.

Support for You During The Winter Months

1. Suicide Prevention Hotline 800-273-8255
2. Addiction Hotline 877-226-3111
3. Eating Disorders Hotline 844-228-2962
4. Self Harm Hotline 877-455-0628
5. Depression Hotline 888-640-5774

Employment and Temporary Agencies

1. Smart Resources (312) 696-5306
33 North LaSalle St. Suite 950
2. The Chicago Hire Company (312) 726-5200
35 East Upper Wacker Drive Suite 620
3. City Staffing (312)346-3400
211 West Wacker Drive Suite 700
4. Advanced Resources (312) 422-9333
111 West Jackson Blvd.
5. Stivers Staffing Services (312) 558-3550
200 West Monroe St.
6. Kelly Services (312) 833-3434
55 West Monroe St.

Shrimp-and-Basil Glass-Noodle Stir-Fry



- 5 ounces glass noodles
- 2 tablespoons reduced-sodium soy sauce

- 2 tablespoons Thai or Vietnamese fish sauce
- 2 tablespoons fresh lime juice
- 1/4 cup safflower oil
- 1/2 cup thinly sliced shallots (from 3 medium)
- 3 tablespoons thinly sliced lemongrass (from 1 stalk)
- 4 teaspoons minced fresh ginger (from a peeled 1 1/2-inch piece)
- 1 serrano or hot red-finger chile pepper, thinly sliced into rounds (seeds removed, if less heat is desired)
- 10 ounces shiitake mushrooms, stemmed and thinly sliced (about 4 cups)
- Kosher salt and freshly ground pepper
- 1 pound medium shrimp, peeled and deveined
- 8 ounces sugar snap peas, trimmed (about 4 cups)
- 3 large eggs, cracked into a bowl
- 1 bunch fresh basil, stems discarded, leaves sliced if large (1/2 cup packed)

1. Place noodles in a baking dish; cover with boiling water. Let stand until tender and translucent, about 10 minutes; drain. In a bowl, combine soy sauce, fish sauce, lime juice, and 1/4 cup water.
2. Heat a wok or large skillet (preferably cast iron) over high. When it begins to smoke, swirl in 1 tablespoon oil. Add shallots, lemongrass, ginger, and chile. Cook until sizzling and aromatic, about 1 minute. Transfer to a large plate.
3. Return wok to high heat. Swirl in 1 tablespoon oil. Add mushrooms, season with salt, and cook, stirring occasionally, until tender and browned, 4 to 5 minutes. Transfer to plate.
4. Return wok to high heat. Swirl in 1 tablespoon oil. Add shrimp and snap peas, season with salt, and cook, stirring occasionally, until shrimp are opaque and just cooked through and peas are charred in places, 2 to 3 minutes. Transfer to plate.
5. Return wok to high heat. Swirl in remaining 1 tablespoon oil. Add eggs and scramble with a fork, cooking until they are beginning to set but still very wet, about 15 seconds. Quickly return shallot mixture, mushrooms, shrimp, and snap peas to skillet. Add noodles and soy-sauce mixture; season with pepper. Cook, tossing, until combined and heated through, about 1 minute. Remove from heat, stir in basil, and serve.

Metro News is published monthly by Greater Metropolitan M.B. Church located at 5856 S. Wabash, 773-667-6020. Web: mygmmbc.org. Facebook: [@greatermetropolitan5856](https://www.facebook.com/greatermetropolitan5856) Publisher: Rev. Michael Runnels. Editor: Yvonne Randle.