

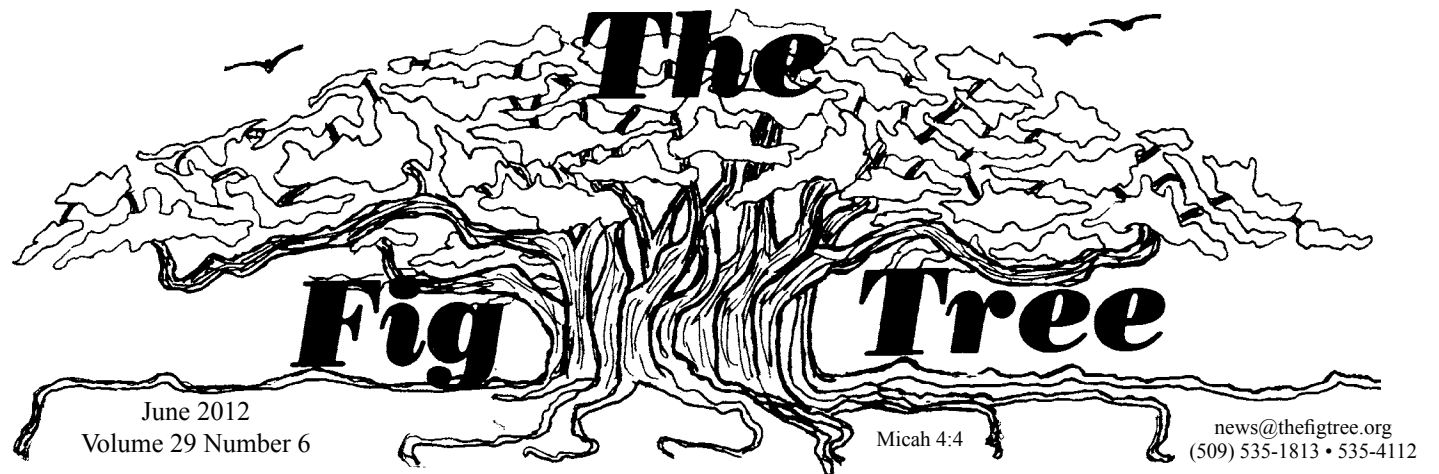
STORIES INSIDE

Community Supported Agriculture sustains farm - p. 4

Success Shop develops entrepreneurs - p. 5

Yakima builds hospice care center - p. 9

Adventist center starts community garden - p. 12



Monthly newspaper and website covering faith in action throughout the Inland Northwest online at www.thefigtree.org • check The Fig Tree Facebook page daily for news and links

Campers connect with people, nature

By Mary Stamp

With transitions among a few directors of area camps of denominations, it's clear that camp is more than a few weeks in the summer building community and leadership in the midst of nature and fun activities.

Roles of the directors vary. Some are executive directors, and others are managing directors responsible for maintenance, administration and ministry. Some are also their denomination's youth and young adult program leaders.

As Randy Crowe retired after 22 years as managing director of N-Sid-Sen, the United Church of Christ Camp and Conference Center on the eastern shore of Lake Coeur d'Alene, there were opportunities to review the scope of what it takes to keep a camp going.

The Rev. Linda Crowe, Randy's wife and a pastor who has been active in outdoor ministries, summed up the camp ministry as one of maintenance, management, interruptions, relationships and hospitality.

She listed tasks of installing light fixtures, changing light bulbs, and hammering nails for building and roofing projects. She also told of the need to be open to interruptions



Over four years, Idaho Servant Adventure Teens from across the nation have given 27,200 hours of time serving Silver Valley residents. Photo courtesy of Lutherhaven Ministries

for crises and to take time with campers and camp staff.

Each element is part of a camp's overall ministry as a welcoming place for people coming to be nurtured in faith, life and recreation.

Randy also shared an overview of his camp ministry as he passed on tools to the new managing director Mark Boyd. Mark was on staff at the Pacific Northwest United Church of Christ's Western Washington camp, Pilgrim Firs. He was also youth minister at Olympia United Churches.

Those tools include a songbook, a Bible and a book of prayers, because "people will expect you to be a theologian." Then came the tools for physical work—a drill, light bulb, hammer and full tool bucket for the camp handyman side of his role.

Ryan Lambert of Seattle said he was part of the first junior high aqua camp Randy and Linda led when they were members of Kirkland United Church of Christ.

"As you explored your sense of call, you inspired our sense of call," Ryan said. "That summer shaped the rest of my life—from relationships formed at meals, on porches and decks, in boats and

Continued on page 6 and 7

Community Supported Agriculture customers take risk with farmers

Concerned that people suffer health problems and allergies because industrialized agriculture uses chemicals and transporting food reduces its nutritional level, Gary and So Yi Duek Angell feel their diversified organic garden and sustainable pasture-based livestock farm near Spokane offers a win-win option for them as farmers and for their customers.

In 1983, they bought 160 acres nine miles north of Reardan and later another 240 acres from a former homestead settled in 1887. After years of developing the buildings and farmland, they

believe their farm has a future.

For five seasons—two winters and three summers—they have made Rocky Ridge Ranch a sustainable farm through Community Supported Agriculture (CSA).

With CSA, regular customers pay in advance for a share of the farm's production, sharing the risk with the farmer. In good years, they receive more produce than in poor years. Each week, CSA customers pick up a cooler of fresh produce at the farmers' markets.

"CSA assures us that what we grow is paid for and used," said Gary, telling of previously bring-

ing home produce not purchased to feed to the chickens and pigs.

"It means we have capital to plant the garden and operate at a profit," he continued. "With the CSA, we do not have waste. It makes our small-scale food production financially possible."

They know the people who eat the food they grow, and their customers know them.

Gary and So have also been able to extend their growing season using plastic and fabric covered hoops and using drip irrigation. The fabric allows sun, air and water to pass through while protecting crops from humidity, pests, and cold and hot weather.

The extended season means they can offer two CSA seasons a year and be at the South Perry Thursday Winter Markets.

They plant two acres with vegetables—about 27 varieties of lettuces and greens, plus onions, garlic, squash, potatoes, corn, tomatoes and beets. Planting, tending and harvesting multiple crops is more labor intensive than single-crop farming, said Gary.

Continued on page 4

Perseverance brings results: Martin Luther King Jr. Way

Years of perseverance are behind the Martin Luther King Jr. Way that came to fruition with completion and opening of the first phase, extending Riverside Ave. east to Sherman through the Riverpoint University District.

Mayor David Condon celebrated that it runs through "the growing, thriving education district," and honors the Rev. Martin Luther King, Jr., a civil rights leader who believed that education assures a better life for everyone.

It runs through the heart of the area for research and entrepreneurship, educating nurses, business leaders and more, he said.

The addition to the city's infrastructure features bike lanes, walkways, elevated medians and park-like plantings.

Phase 2 will be extending the road from Sherman to Perry St., scheduled for completion in 2013, and the third phase will be a pedestrian-bike bridge over the railroad tracks.

Representative Timm Ormsby, who sits on the House Budget Committee, spoke of the need to overcome adversity to make the project succeed. He quoted King's words, "The arc of the moral universe is long but it bends towards justice."

Representative Andy Billig, vice chair of the House Transportation Committee, said he was proud to honor "a great American, Martin Luther King, Jr.," with a project "that honors his passion for community and education." Andy said the street also incorporates elements of the Complete Streets program in Spokane, assuring health and safety, and paving the way for high capacity transit in future years.

"It will bring prosperity and growth to the city," he said. Speaking for Senator Patty Murray, John Colton said the

Continued on page 10, plus story and photos on page 3

Non-Profit
Organization
U.S. POSTAGE
PAID
SPokane WA
Permit No. 1044

The Fig Tree
1323 S. Perry St.
Spokane, WA 99202-3571

Religion News Briefs

Around the World

World Council of Churches News, PO Box 2100
CH - 1211 Geneva 2, Switzerland Tel: +41-22 791 6111
Fax: +41-22 788 7244 www.oikoumene.org

Religions can foster peace

Religious insights can offer resources for peacemaking, said Johan Galtung, a Norwegian pioneer professor in the discipline of peace studies, in a recent lecture at the World Council of Churches' Ecumenical Centre in Geneva.

In 1959, Galtung, 81, founded the Peace Research Institute in Oslo, considered the world's first academic center devoted to peace studies.

Known for developing the term, "structural violence," he has been a mediator in many international conflicts. "Religions are enormous reservoirs of experience," he said in his May lecture.

Galtung is the co-author of the book, *Globalizing God: Religion, Spirituality and Peace*, which explores how religions relate to spirituality, understood as an inner sense of something beyond the self and peace, understood as a pattern of nonviolence and equity.

He suggests that insights of religions can judge political developments, such as current tensions in the European Union. He believes Germany is acting against the principle that inequality in economics is incompatible with peace by "forcing other countries into debt bondage."

Each religion offers a "tool box" in the search for peace, said Galtung, noting that he is sometimes accused of only "taking the best from all the faiths," and leaving others to deal with the rest.

In his welcome, the Rev. Hielke Wolters, WCC associate general secretary, announced that the theme of the WCC's 10th Assembly at Busan, Korea in 2013, is "God of life, lead us to justice and peace."

Churches accompany people displaced by climate

To address the impact of displacements induced by climate change, participants from ecumenical, non-governmental and international organizations, as well as churches, gathered in May at Bossey, Switzerland, in a World Council of Churches (WCC) conference on the theme, "Climate Change-Induced Displacement: What Is at Stake?"

It was organized by the WCC program on Climate Change, in partnership with the Pacific Council of Churches and the German development agency, Bread for the World. Participants analyzed progress made by the international community since the 2010 conference on "Protection and Reparations for Climate Refugees."

Presenters shared case studies from Bangladesh, India and Africa to illustrate the "vulnerabilities and capabilities" of communities affected by climate change. They assessed challenges of resettlement in the Pacific, adaptation and disaster-risk reduction in Central America, human rights of victims of climate change, and ethical and moral grounds for effective responses to displacement.

One session focused on how churches are "accompanying"—being present and in solidarity with—communities uprooted by the impact of climate change. In light of the rights of refugees and migrants, and building on the WCC's engagement in this area, the event showed how churches are engaged in and calling for renewed commitment in pastoral care, capacity building and advocacy efforts.

"The cry for climate justice from victims in different regions shows that climate change is already a threat to vulnerable communities," said Guillermo Kerber, WCC program executive on climate change. "Together with their ethical insights, churches and faith-based communities highlight the theological and spiritual dimensions of the climate crisis, accompanying resilient communities in their adaptation strategies."

Discussion of appropriate terminology should not prevent urgent actions responding to the plight of "climate refugees," a report of a working group affirmed.

REGIONAL ECUMENICAL & INTERFAITH NEWS

The Fig Tree is among 23 grant recipients

The Fig Tree received a \$1,000 grant from the Catholic Foundation of Eastern Washington to improve its online media.

The award was one of 23 grants distributed at a May 23 lunch to parishes, schools and community projects in the region. Trustees approved the Catholic Community Outreach Committee's recommendations for \$22,158 in grants and the Religious Education Committee's recommenda-

tions for another \$15,450.

Since the Catholic Foundation began awarding grants in 1983, it has given more than \$1.2 million to more than 1,300 parishes, schools and community groups.

The funds will support youth ministry, education resources, catechism for several parishes, the Catholic campus ministry at Eastern Washington University and a detention ministry.

Other organizations receiving

funding include L'Arche Spokane, Immaculate Heart Retreat Center, Secular Franciscans in Dayton, Senior Services Foster Grandparents, Natural Family Planning, Our Place, Caritas, Cheney Outreach, Brewster Food Bank, St. Joseph Family Center, Gonzaga Prep High School and Mid-City Senior Center.

For information, call 998-0654 or visit spokanecatholicfoundation.com.

Partners prepare translated resource directories

The Fig Tree, World Relief, Refugee Connections, and Aging and Long-Term Care of Eastern Washington are partnering to serve elders among Spokane's 30,000 refugees.

"Many are too old to work," said Mark Kadel, executive director of World Relief. "Many suffered severe persecution."

After 65, it's a struggle to learn a new language, creating additional barriers for elders, who struggle to communicate and access the resources Spokane provides.

The partners are developing specialized directories for elder refugees struggling and needing to know about resources. The

Fig Tree and partners selected appropriate resources from The Fig Tree's annual community Resource Directory.

World Relief has translated copy into Arabic, Russian, Chin, Karen and Nepali for the pilot project. They received funding from the Office of Immigration Assistance of the State Department of Social and Health Services and from the Senior Assistance Fund of Eastern Washington.

Refugee Connections is working with students at Lewis & Clark High School who will provide training for the refugees so they can use the resource guide effectively.

They will print a total of 500 copies in the different languages.

Fig Tree Resource Directory editor Malcolm Haworth has helped select the resources, prepared copy for translations and transferred translations into formatted layouts to prepare camera-ready copy. AmeriCorps assistant Shannon St. Hilaire helped in that process.

"We went on faith with our portion of the work unfunded, so we are seeking advertisers, donations, underwriters and grants to cover our portion of the work," said Fig Tree editor Mary Stamp.

For information, call 535-4112 or email mary@thefigtree.org.

School of Christian Mission set in Ellensburg

The Rev. Lyda Pierce will lead sessions on "Immigration in the Bible" as part of the annual Cooperative School of Christian Mission June 29 to July 2 at Central Washington University, 400 E. University Way in Ellensburg.

"That All May Have Life" is the theme for this training event of the Pacific Northwest Conference of the United Methodist Church and the Pacific Northwest Conference United Methodist Women.

Lyda's presentations will explore biblical and theological understandings of immigration, immigrants and migration, helping participants reflect on what it is to be a sojourner and live into the biblical mandate of hospitality for "the stranger" and "aliens" in the community.

Other study sessions are on poverty, Haiti and youth.

Estella Wallace, Marilyn Wudarcki, Erica Lovchik and the

Rev. George Lockwood will help participants reflect on poverty as a human rights issue, with impact on women and children in particular.

Debbie Irby will lead the mission study on Haiti, looking at daily realities, the rich culture and ongoing effects of colonialism.

Jodi Mackin is the youth study leader.

For information, call 476-3462 or email ccole@q.com.

Institute explores church in turbulent times

"Our Hope for Years to Come: Theological Foundations during Turbulent Times" is the theme for the 2012 Whitworth Institute of Ministry, which will be held July 9 to 13 at Whitworth University.

Featured speakers Rich Mouw, president of Fuller Theological Seminary; MaryKate Morse, professor at George Fox Evangelical Seminary, and the Rev. Tod Bolsinger, senior pastor of the San Clemente, Calif., Presbyterian

Church will address tensions in the church from internal disagreements and threats from the host culture.

They will look at ways churches have adapted in the past and ways the church can faithfully grow into its commitments to the gospel and the church, said organizer Toni Sutherland of the Whitworth Chapel.

Rich will preach Tuesday and Thursday evenings. MaryKate, author of *Making Room for Leadership*, will speak each morning on Jesus' parables and kingdom theology. Tod will lead a seminar, "As It Is in Heaven? The Church and Our Churches." He has written extensively on adaptive change.

There will be programs, recreation and family activities for children, teens and pastors' spouses,

along with workshops for pastors.

For information, call 777-4345, email tsutherland@whitworth.edu or visit whitworth.edu/wim.

Your gift to The Fig Tree is crucial in today's economy!

BECOME A SPONSOR! RENEW YOUR SUPPORT!

NAME _____
ADDRESS _____
CITY/STATE/ZIP _____
PHONE _____

- \$18, \$28, \$56, \$108, \$250
 \$54 for bulk order of 15

SEND TO

The Fig Tree, 1323 S. Perry St., Spokane, WA 99202

The Fig Tree is published 10 months each year, September through June.

Deadlines:

COPY - 3rd Fridays ADS - 4th Tuesdays
It is published by The Fig Tree, 1323 S. Perry St., Spokane, WA 99202, a non-profit 501 (c) (3) organization.

Editorial Team

Editor/Publisher/Photos - Mary Stamp
Eugenie Alexander, Diane Crow,
Chuck Fisk, Inga Jablonsky, Mary Mackay, Nancy Minard, Sara Weaver
Coordinators & Contract
Malcolm Haworth - Directory Editor
Rochelle Mullin - Directory Assistant
Lorna Kropp - Website Developer
Fig Tree Board
Nick Block, Barb Borgens, Kevin Dow,
Bill Ellis, Mary Ann Farley,
Deidre Jacobson, Yvonne Lopez-Morton,
Nancy Minard, Roger Ross,
Mary Stamp, Marilyn Stedman,
Happy Watkins, Don Weber
Emeritus: Jo Hendricks, Carl Milton
© 2012 (509) 535-1813 or 535-4112
Email: news@thefigtree.org

Action Recycling

911 E. Marietta

TOP PRICES
HONEST WEIGHT

aluminum
brass
copper
stainless
newspapers

483-4094

Family Promise of Spokane

Helping Homeless Families in Spokane

Join us for

South Perry Pizza Benefit Night

(1011 S Perry St)

Monday, June 11 — from 6-8 pm

Enjoy gourmet pizza at its best & support Family Promise of Spokane!

For tickets & more information call (509) 747-5487



Retired physician discusses health care options

Daniel Schaffer, a retired Group Health Urgent Care physician, will lead a discussion on improving health care in the United States at 12:30 p.m., Sunday, June 10, at the Unitarian Universalist Church, 4340 W. Ft. Wright Dr.

He earned his medical degree at the State University of New York at Buffalo, interned in outpatient and emergency room at Rose Medical Center in Denver, Colo., and was director of emergency services in Wyoming before coming to Sacred Heart Medical Center emergency services. In 1981, he helped form Spokane Minor Emergency Center, later First Care Med Centers.

For information, call 838-1809.

Unity in the Community partners with Youth 'N Action

The Unity in the Community Organizing Committee is partnering with Youth 'N Action, which mentors at-risk youth, to plan Unity in the Community, a multicultural, family-oriented festival, from 10 a.m. to 4 p.m., Saturday, Aug. 18, at Riverfront Park.

The event includes Spokane Youth Day Awards. Nominations may be emailed to youthincommunity@yahoo.com before July 20.

Unity in the Community is a celebration of diversity through musical performances, vendors, resource tables, a youth section and cultural villages. Youth are also organizing a scavenger hunt. For information, check www.nwunity.org.

Abriendo Caminos week features Hispanic culture

Holden Village, a Lutheran family retreat center in the North Cascade Mountains above Lake Chelan, celebrates its 10th annual "Abriendo Caminos" Spanish-language week Aug. 5 to 11.

"Abriendo Caminos" means opening ways or hearts to a culture, language or life style. An outreach to the Spanish-speaking community, the week honors Latino culture through food, music, language, arts and worship. Spanish is the primary language spoken during prayer, mealtimes, conversation and other activities.

Holden staff work with representatives from programs such as La Casa Hogar, an interfaith center assisting immigrant women and children in Yakima. The week offers families an opportunity to grow in faith while experiencing cultural traditions and workshops on strengthening families, health and nutrition. For the second year, there will be a naturalization ceremony for new citizens led by members of the U.S. Immigration and Naturalization Agency.

For information, visit www.holdenvillage.org.

Habitat-Spokane does Blitz Build in Deer Park

Habitat for Humanity-Spokane continues its Blitz Build tradition June 1 to 22, working to complete six homes at its Deer Park site.

Sterling Bank sponsors the first day. The National Home Builder's Association has set June 4 to 8 for Home Builders Blitz for Habitat affiliates and Spokane Home Builders Associations (SHBA) to partner building affordable homes to empower low-income families, said Michone Preston, executive director of Habitat-Spokane.

Other corporate sponsors funding a day of work include Traveler's Insurance, State Farm Insurance, U.S. Bank, CPM Development, Thrivent Financial, Gold Seal Plumbing and Spokane Hardware. Donations of time, skilled and unskilled labor, materials, funding and sponsorships are matched by future homeowners who pays Habitat mortgages that go into a revolving loan fund to provide for more Habitat homes. For information, call 534-2552 or email michone@habitat-spokane.org.

Martin Luther King Way opens in Spokane

A "Martin Luther King Jr. Way" street sign, like one Ivan Bush has held up at Martin Luther King Jr. Day rallies since Spokane City Council in 2009 approved the street, is now on a street sign post, and the new \$3.8 million Spokane street project officially opened on May 31.

Local civil rights leaders have advocated for Spokane to have a street named after Martin Luther King, Jr., who was assassinated in 1968 for his efforts for civil rights.

The road is an extension of Riverside Ave. east of Division St., running through the University District, which Ivan, who has been equity officer with Spokane Public Schools, said is appropriate because of King's emphasis on education.

The first phase goes east to Sherman St., which connects to Spokane Falls Blvd. It will go on the south side of the Spokane River under the Hamilton St. Bridge and join Trent near Erie St.

This phase of the street includes 120 trees, walkways and room for rail transit.



Grant Drummers and Dancers perform at street opening.



Ivan Bush and Happy Watkins receive keys to the city.

Paper Plus™

125 S. Arthur
Spokane, WA 99202
(509) 535-0229
(800) 753-0229

- Paper by the ream
- Largest selection of colors, designs & weights in the area
- Case discounts
- Wedding invitations & bulletins
- Preprinted papers including all holiday papers
- Envelopes in a large variety of sizes
- **Mention this ad and receive 10% off on Mondays**

Free to Spokane County businesses!
Let us show you how to reduce your trash disposal bill while becoming a better recycler

Pacific Materials Exchange, in partnership with Spokane Regional Solid Waste System, is offering free assessment services to Spokane County businesses that are interested in reducing their disposal bills and increasing their recycling efforts.

The services are provided completely without charge and all collected data is confidential. Several levels of assessment are available, ranging from a packet of information to an in-depth on-site consultation and survey.

For more information or to schedule a consultation:
Call 625-6536 or email jhaynes@spokanecity.org

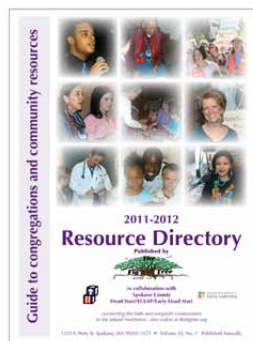


When you advertise or donate to
The Fig Tree's
Resource Directory
Guide to Congregations & Community Resources

You make a difference in people's lives!

We publish 10,000 copies to connect people in the faith, nonprofit, civic, human service and business communities serving people in the Inland Northwest and around the globe

You can help make the Resource Directory possible!



"This unique networking tool helps me stay abreast of what's happening in Spokane's religious and human services communities."

"The resource directory is a treasure: the BEST resource! Information on who, what and where are at our fingertips!"

"I refer to The Fig Tree's Directory over and over again. When clients have a need, I can quickly point them in the right direction with it."

Yes, there's still time to place an ad and donate
CALL - 535-1813 or email ads@thefigtree.org

SEND DONATION TO The Fig Tree, 1323 S. Perry St., Spokane WA 99202

UNITY
IN THE COMMUNITY

**Local Action,
Global Vision**

**10 a.m.-4 p.m., Saturday,
August 18, 2012
Riverfront Park**

Partnering with Youth in Action
FREE & Family-oriented
Cultural Villages
Food & Art
Free K-8 School Supplies &
Kid's Bike Helmets
Gospel & World Music
Career Fair, Education Fair & Health Fair
Main Stage Performances All Day

to Celebrate Diversity **www.nwunity.org**
& join us
on Facebook!

Small-scale organic farmers attune to new ideas to be sustainable

Continued from page 1

They now have about 450 free-range chickens, 24 ducks, 50 geese, 100 turkeys, 17 heifers, 30 calves and yearlings, 12 breeding hogs, numerous grower pigs, and sometimes goats or lambs to supply meat and eggs.

Gary and So first sold produce at the Spokane Public Market. They were vendors at the Spokane Farmers' Market when it was on Second Ave. Now they go to the Millwood Farmers' Market from 3 to 7 p.m., Wednesdays, in the parking lot of Millwood Community Presbyterian Church, and to the South Perry Farmers' Market from 3 to 7 p.m., Thursdays, in the parking lot of The Shop.

Santé—French for “health”—Restaurant buys their produce, herbs and mini vegetables, and use mostly their pork, beef, eggs and some poultry. Gary appreciates its support of local agriculture.

They feel their farm has a future because one of their six grandchildren, Bryan, is learning about farming and helping do what's needed to keep the farm running. He eventually hopes to take over responsibility for it. He helps with plumbing, wiring, digging, vet work and repairing vehicles.

In addition, this summer, Randy Sheckler from nearby Wilbur is working as a farm hand to learn about small-scale farming.

Gary and So both grew up in rural areas involved in farming—Gary in the Northwest and So in southern South Korea. They met when he was in the army there.

As a child, Gary helped his family, who were migrant workers, pick berries, beans and fruit on Northwest farms. He lived on various ranches and dairy farms where he worked as a young man and learned about farming. He spent three years in his teens on a Western Montana ranch working with horses, stacking hay, fixing fences, learning cattle ranching, and raising ducks.

At 16, he joined the army. While in the service and since he retired, he completed high school and three college degrees—in education, industrial production and business management. He earned a master's in teaching, studying winters at Eastern Washington University.

“I joined the army intending to stay in 20 years so I would have retirement income to supplement what I could earn farming, because I knew farming was hard,”



Gary Angell checks the mini-vegetables for Santé Restaurant.

said Gary, who visited farms and learned about farming in the places he was stationed in the United States, Europe and Asia.

In South Korea, So's family had a big garden, growing everything they ate and more.

“In the 1950s and 1960s, we harvested in the evening. We had no refrigeration, so we set the vegetables outside overnight. It was wet. We put them in sacks we carried on our backs, in both hands and on our heads, walking 20 miles in the early morning to the market, where we bartered for fish and other things,” she said.

To go to market, school or church, So walked barefoot on dikes between the rice paddies.

She and her three brothers had no toys, shoes, running water, TV or radio, and no money to buy sugar, candy, pens or pencils. Because they lived far from a doctor, her youngest brother died of pneumonia at the age of five.

So married Gary and came to the United States 35 years ago. Her mother came 10 years later.

Learning about good land deals in Northeast Washington, Gary gave up a job in a shipyard where he worked from 1980 to 1983 after retiring from the army. The first year's monthly payments were the down payment.

He and So had to make many improvements. They turned the horse barn into a garage, and a blacksmith shop into a cabin they used until they moved a mobile home onto the land.

The first summer, they camped on one of the rocky ridges on the land. There was no electricity, running water or inside plumbing. Gary had to re-dig the old well. Many other repairs were needed.

He built a shed and installed a water tank, generator, sink and inside toilet. He thought of using

alternative electricity, but decided to pay \$18,000 to bring a power line to the farm. They dug a one-mile ditch to bring the phone line in. With the power line came county responsibility to maintain the gravel road to their place.

“A farmer has to be his own municipal service department,” said Gary, “and his own veterinarian.

“I had to develop the water wells. A 200-foot well pumps seven gallons a minute and a new 260-foot well pumps 40 to 50 gallons a minute,” he said.

The new well is especially important if they need to fight a fire, Bryan pointed out.

The 400-acres, Gary said, is a size typical of farms in the 1950s.

So grew primarily Asian garlic until the mid 1990s, when the United States began importing it, and their market declined.

Gary continues to read and study to keep up with trends in farming—most recently in free-range chicken farming.

“Free-range” just means poultry are not kept in cages, he explained. Their chickens are both free-range and pastured. He recently shifted from using a system with chickens nesting in huts he had to move each day and heat in the winter to vaulted coops he leaves in one place, rotating the chickens so he can clean the coops. Chicken manure drops on the floor covered with hay that composts and generates heat to keep the coops warm.

“Last winter, the hens had good egg production,” he said.

Managing heifers in an economy that goes up and down and in a time of drought—average precipitation has dropped from 18 to 12 inches a year—is tricky.

Gary sold many heifers for meat last year, but prices to replace them doubled this year. Demand



So Yi Deuk Angell keeps her green thumbs busy in the garden.

for grass-fed beef keeps growing. He went to classes and experimented with forage crops.

As drought decreased forage growth, he dropped to 12 cows. In 2008, he spent \$8,000 to buy feed hay to supplement what he grows.

“Across the country, farmers have fewer cows than in the 1950s,” Gary said. “Today a yearling sells for \$1,200, not \$300.

“With the economy shifts, it's hard to figure what to expect in sales,” he said. “Last year, there was price resistance by customers, but the cost of seed for crops doubled and feed grain tripled.

“It's hard to keep consumer prices down,” Gary said. “People first went to farmers' markets to buy fresh, locally grown, better-tasting organic fruits and vegetables. Local produce has more vitamins and minerals than produce grown far away and shipped to supermarkets. Now people want to buy cheaper food.”

In 2008, when sales dropped, he took courses in Community Supported Agriculture through Spokane Tilth. Rocky Ridge Ranch was the third in the area to use CSA, after Tolstoy Farm near Davenport and Elithorp Farm near Deer Park. Three others in the area also offer CSA.

Gary started with 25 CSA customers. Last year 37 bought shares. Some are still available.

“To continue to do the garden, we had to go to CSA. Table sales at the farmers' markets were not enough,” he said.

The concept of CSAs started in Japan as industrial agriculture took over. People developed ties to a local farmer and supported the farmer by paying in advance so the farmer had the capital to plant.

Gary said it's hard for small farms to borrow small sums from banks, but easy for large farms to borrow large amounts.

He said there is about a 50 percent turnover in his CSA customers each year as people's lives and needs change. The CSA is not for someone who just wants carrots and lettuce, he said. Because customers receive some of all produce harvested each week, they learn to cook and eat new items.

Shares are enough to feed a family of four. Sometimes, two families share a share or some arrange to have a share every other week, because the produce lasts two weeks. Gary offers two 20-week CSA seasons a year, skipping January or February in the middle of the late-fall to early spring season.

Gary and So attend First Assembly of God and the Beacon Hill Korean Assembly of God in Spokane. They find their churches another avenue to educate people on health benefits of eating local organic produce and on the need to care for the environment.


One way they “teach” is by donating food for special events to give people a taste.

For information, call 953-0905, email info@rockyridgeranchspokane.com or visit rockyridgeranchspokane.com.



MONASTERY OF ST. GERTRUDE

BENEDICTINE SISTERS OF COTTONWOOD, IDAHO



JOIN US FOR
MASS AND PRAYER



Spirit Center Retreats
www.Spirit-Center.org



Healing Center
www.CynthiaSchultzBCST.com



Historical Museum at St. Gertrude
www.HistoricalMuseumatStGertrude.org



Inn at St. Gertrude Bed & Breakfast
www.InnatStGertrude.com



Catholic Book and Gift Shop
www.StGertrudesGifts.org

WWW.STGERTRUDES.ORG, 208-962-3224, 465 KEUTERVILLE RD., COTTONWOOD, ID 83522

Teen Aid's Success Shop program helps people develop entrepreneurial skills

By Shannon St. Hilaire

Motivated by the rising unemployment she experienced in her own organization and witnessed in the Spokane area, LeAnna Benn, executive director of Teen Aid, began the Success Shop, a program to help disadvantaged people gain skills as entrepreneurs to go into business for themselves.

As a non-sectarian organization that educates teens and families about relationships and character-building, Teen Aid's goal is to promote successful strategies and to strengthen families, she said.

The Success Shop is a new take on the mission of Teen Aid, which promotes relationship skills and decision-making, LeAnna said.

The main reason relationships break up is lack of financial literacy, she noted. "People need to have money to have a budget. Many people are in relationships with no financial reality."

By showing people a way to become financially stable using their own skills, she helps them find stability in their relationships.

"We want to improve families by improving relationships," she said. "Relationship skills are also essential in running a business. It's now more important than it was 20 years ago."

The Success Shop started in March, when Teen Aid lost federal funding and 14 employees. When she saw her former employees having trouble finding work, LeAnna realized "the problem is the economic environment, not the people."

With only three employees left and no funding for its usual programs and marriage classes, "we looked around and thought about what we could do," she said. "We have a building and professional printing capabilities, and we can help the people who need help."

Through work she does at Off-Broadway, a halfway house for transitioning into the work force, she met people who are not ready to handle money.

LeAnna began the Success Shop in order to prepare entrepreneurs with criminal records for other employment programs.

"Some people have skills but no house or phone. Some have

been out of work for five years, and some have felony records," she said. "They can't find jobs."

Noting that people with criminal records are not even hired as garbage collectors, LeAnna believes the solution is for them to start their own businesses based on skills they already have, using the Success Shop as the back office, providing business resources necessary to begin.

"We have plumbers, florists, people who make products and have skills, but are afraid," she said. "We deal with their fear."

The Success Shop offers different levels of support based on each client's needs. The entrepreneurs have access to the nonprofit's volunteers who help them prepare business plans, file for business licenses, provide leads for clients,

produce promotional materials and do bookkeeping, but the goal is to prepare them to move forward.

"It is a business to launch new businesses," said LeAnna, who, as a mother of six, considers her purpose in life to be

launching others.

The Success Shop has helped 15 groups with book publishing, freelance event planning and starting construction companies.

One client is a woman convicted of one minor felony at the age of 18. At 48, after being a stay-at-home mom, she was unable to find employment because of her record. Since she has started working with the Success Shop, she is ready to start her own business.

Once a month, Teen Aid hosts a working group—financial planners, pastors, nonprofits, entrepreneurs, a legislator and a city council member—who help smooth the cycle of starting a business.

One of the Success Shop's businesses, Custom Cedar Buildings, has benefited and even gained capital from the working group. The owners, who came directly from prison or the streets, have built several sheds in Spokane.

LeAnna knows it is difficult to recover from homelessness and prison. From her work at halfway houses, she has learned that many people on the streets have skills, but "it is difficult to keep all aspects of life in balance. It takes

them years to stabilize. When one aspect of their lives fails, it takes them a long time to recover, depending on how long they have been on the streets."

She taught a class at Airway Heights Corrections Center, where she met an ex-felon who had been sober three years. When his girlfriend and he broke up, he offended again.

However, LeAnna does not worry about her clients re-offending, adding that "when people are doing the right stuff, they don't have time for the wrong stuff."

She said they need resources and hope for their futures in order to recover from their pasts.

She also noted that those who have just left prison or the street are not accustomed to working long hours. When they start their own businesses, they can choose their hours and "build up their work muscles."

LeAnna's inspiration is her father, who was disabled from a war injury and could only work a few hours a day. He ran rental houses and "did great work at his own pace," she said, "but no one wanted to hire him. There are many people like my dad."

The program serves workers who are "too old for an employer to want to hire, but not old enough to retire," she said. "They have had many years to develop skills and can start their own businesses."

"Older workers have skills and even years to contribute to the work force," she said, drawing from her experience of hiring a 60 year-old man who "gave seven loyal years of service."

While most of the Success Shop's clients are older and have records, she would like to expand the services to include other disadvantaged groups with potential, including 19- to 24-year-olds who have no experience and veterans coming home to their families.

She wants to reach out to other nonprofits that help with business and employment skills to form a network on which clients can rely.

In a few years, LeAnna envisions 50 successful clients moving on to an agency with more resources and working with another 100.

"Hope is lacking in the employment industry, especially in Spokane," she said. "We want people to see that there is hope."

For information, call 482-2868 or email teenaid@teen-aid.org.

It's a business to launch new businesses

For our friends & neighbors from other cultures, communicating in English can open the door to employment, friendships, and more.

Let your friends know about **DAILY DOSE** English Classes TODAY!
Spokane, Wenatchee, Othello, Moses Lake & more

FREE ENGLISH CLASSES
CALL 509.448.5312 FOR LOCATIONS AND TIMES

Five Reasons to Choose The Academy

- Roomy, affordable apartments
- Anytime dining
- Full kitchens
- Personalized assisted living services
- Active living program

CALL NOW FOR A PERSONAL TOUR

THE ACADEMY
A Merrill Gardens Community
One of a kind retirement community
www.merrillgardens.com

RETIREMENT & ASSISTED LIVING

The Book Parlor
Read. Reflect. Act. West Central's Book and Gift store

www.TheBookParlor.com **509-328-6527**
1425 W. Broadway
Hours: Mon-Fri 10 am-5:30 pm Saturday 10 am-2 pm

Personal or legal problems? DUI? In need of alcohol and drug treatment?

SPARC
SPOKANE ADDICTION RECOVERY CENTERS

SPARC has highly trained qualified staff to assist you. For more information and to schedule an appointment, call: **624-5228** or visit us at 1508 W. 6th Ave.

8 a.m. and 4:30 p.m. - Monday through Friday
Confidential, discreet services. Public funding available through Spokane County Community Services and Washington State DSHS

Building on Faith with

Eliminating poverty housing one house at a time. HELP BUILD IT!

Interested in owning your own home, donating or volunteering?

Visit our website www.habitat-spokane.org or call 509- 534-2552

SHOP AT The Habitat Store

Doors, Windows, Appliances Cabinets, Lighting, Paint, Tile Hardware, Plus Much More

Spokane Industrial Park
3808 N. Sullivan Rd., Bldg 10
Spokane Valley WA 99216

509-535-9517

STORE HOURS:
Mon - Sat 9 a.m. - 6 p.m.

WHITWORTH INSTITUTE OF MINISTRY
JULY 9-13, 2012

Our Hope for Years to Come: Theological foundations during turbulent times

featuring

Dr. Richard J. Mouw President Fuller Theological Seminary	Dr. MaryKate Morse Professor George Fox Evangelical Seminary	Dr. Tod Bolsinger Senior Pastor San Clemente (Calif.) Presbyterian Church
---	--	---

In addition to workshops for pastors, we also offer special programs for children, teens and spouses, as well as recreational opportunities and family activities. Affordable on-campus lodging and meals are available (special reduced children's rate). Visit us on the web to see a list of things to do in and around Spokane - it's a beautiful time of year to visit!

For information, please visit www.whitworth.edu/wim or contact Toni Sutherland at 509.777.4345 or tsutherland@whitworth.edu.

To help camps be sacred space, programs limit use of electronics

Continued from page 1

on the beach, we have stories to share with our children and grandchildren.”

John Hubbe of Richland praised Randy for his ability to build community and for being a visionary to renovate some buildings, build new ones and renew the camp to serve people.

As Mark steps into the legacy of hospitality, he is not only meeting people at the camp but also visiting congregations so people in the pews know who he is.

“I recognized early in my work with children, youth and adults, that camp gives them a place to be who they are away from their usual social barriers. It is a safe space and a sacred space where they can relax,” Mark said.

For it to be such a space, he prefers campers not “do technology” at camp.

“Once children and youth are here and go beyond their first hesitation about not having technology, camp goes easily,” he said.

The issue of using cell phones and texting is resolved because cell phones do not work in many places at camp. Freedom from cell phones frees campers from social pressures they face elsewhere, Mark explained.

For information, call 208-689-3489, email mark@n-sid-sen.org or visit n-sid-sen.org.

Camps instill leadership skills for churches

Colin Haffner, who is now camp director and youth/young adult leader for the Episcopal Diocese of Spokane, typifies the leadership skills camping and youth programs instill.

Growing up in the Tri Cities, he was a camper 10 years at Camp Cross and served 10 years on the staff, three as program director.

He also worked at camps in Maine and Maryland. In 2004, he earned a degree in literary studies at Eastern Washington University and began work on a master’s degree in broadcast journalism at the University of Maryland. From 2005 to 2009, he worked in a restaurant in Maryland, but he kept an eye on Camp Cross.

Wanting to teach, he realized in two years on staff that he wanted to work with youth.

“I am called to this ministry,” he said, “to do formation of diocesan youth and welcome youth of all or no religious backgrounds.”

The 20 on summer staff are from Seattle, California, Texas,



Camp Spalding swimmers take a leap into the lake.

Photo courtesy of Camp Spalding

Ohio and Kansas. Their 10 weeks at camp also includes leadership formation. Nearly 30 are in volunteer leadership roles at different camps.

Camp Cross, which is secluded on 100 acres on the western shore of Lake Coeur d’Alene and accessible only by boat, is open from late May through the first weekend of October. Then it closes for the winter.

Off-season, Colin works with the Episcopal Diocese as youth and young adult leader, planning events, involved with campus ministry and visiting the 40 congregations to share information about camp.

He is working to establish a peer-led ministry for youth and young adults to keep them connected with church and to equip them to be church leaders.

“Often middle and high school youth lose interest and do not feel they have a place in the church,” said Colin, who encourages churches to have youth be the church leaders of today, to integrate them into their church’s existing leadership.

“Youth events and camp are places where young people can restore and rejuvenate their faith without feeling judged, where they can be who they are,” Colin said.

For information, call 644-5780, email colinh@spokanediocese.org or visit campcross.org.

Electronics can detract from camp community

Tyler Wagner, who has been director for one year at the United Methodist Twinlow Camp and Retreat Center on Lower Twin

Lake near Rathdrum, was in a tree with a chain saw when he answered his cell phone for The Fig Tree interview.

His goal is to bring as many young people as possible outside their normal world—in which they are often lost in busyness and electronics—to experience God and “see how amazing God is in something as small as a blade of grass or as big as a tree,” he said.

“Away from TV, computer, tablet and cell phone screens they connect face-to-face with campers and counselors,” said Tyler, who has observed that separation from internet and cell phone access is often more difficult for adults.

“People know that our camp is a non-electronic realm,” he said. “It’s important for people to set aside time where they are not distracted from God’s purposes for our lives.”

For information, call 208-352-2671, email office@twinlow.org or visit twinlow.org.

Camps help nurture commitment to service

Lauren Baker, who is responsible for marketing Lutherhaven Ministries, at Camp Lutherhaven on the western shore of Lake Coeur d’Alene and at the Shoshone Base Camp, said summer camps continue to “nurture Christian values and faith that last a lifetime.”

Positive role models of counselors, drawing people out of their comfort zones into nature and new life skills, and the opportunity to make new friends help campers



Camp Cross campers prepare to do ropes course.

Photo courtesy of Camp Cross

build self esteem and learn to live Christian values.

Campers come back year after year and then go on the staff to help teach the next generation of children and youth, said Lauren, who grew up going to a Lutheran camp in Texas. During four years of studying psychology at Texas A & M University, she was on the summer staff at Lutherhaven four years and has been on the year-

round staff another four years.

“We are an open and welcoming camp for all generations and groups, including children who do not have a home church. Invited by their friends, many keep coming back and grow in their love for Jesus,” she said.

At the Shoshone Base Camp near Pritchard, Idaho, the Servant Adventures Camp draws youth

Continued on page 7

CAMP CROSS

Camps on Lake Coeur d’Alene for Youth • Adults • Families

www.CampCross.org

The Episcopal Diocese of Spokane

let's talk trash

www.TalkTrashSpokane.com

Recycling Hot Line 625-6800

Spokane Regional Solid Waste System

GONZAGA UNIVERSITY COMMUNICATION AND LEADERSHIP STUDIES

MA in Communication & Leadership Studies

CREATIVELY transforming Tomorrow

Are You Ready to Influence Positive Social Change?

The communication revolution of the past twenty-five years has altered the way we live, think, organize and lead. Our degree will give you the tools to effectively communicate and lead in an increasingly global society. It will prepare you to understand the impact of media convergence and to guide organizational choices for the common good.

The MA in Communication and Leadership Studies program offers world-class faculty, visiting distinguished scholars and professionals, study abroad opportunities, and internships.

ROLLING ADMISSIONS • FLEXIBLE SCHEDULING
ONLINE AVAILABILITY • STUDY ABROAD

Now Accepting Applications for Fall 2012

gonzaga.edu/coml • 509-313-3684

Find your "Point of Inspiration" at

N-SID-SEN

Camp & Conference Center

Year-round facility—270 acres & 4,800 feet of waterfront on the east shore of Lake Coeur d’Alene.

- Open for non-profit groups from 16 to 160
- Two retreat lodges with all facilities
- Fourteen cabins with baths down the trail
- Lake-side chapel
- Open-air pavilion for worship, dance or programs
- Sheltered cove for swimming and boat moorage
- Excellent food service, served family style
- Canoes and sailboats available
- Hiking trails
- Volleyball, basketball and horseshoes

Call 1-800-448-3489 to reserve your date for retreats, seminars, workshops or fellowship! Come and catch the spirit!

SOUTH PERRY

July 21
10 a.m. - 5 p.m.
Grant Park

SEEKING VENDORS
Artists • Vendors • Bands
Food • Community Booths
Children’s Activities
Bike Tune-ups

10 a.m., Sunday, July 22
Worship in Grant Park
Portion of proceeds go to
Odyssey Youth Center and Pedals2People
SouthPerryStreetFair@gmail.com
509-325-3637

Camps reach beyond own denominations to draw new campers

Continued from page 6
groups from around the nation to serve residents in the Silver Valley. They help build fences, paint houses, do yard work, cut fire wood and run a day camp at Pinehurst.

For the second year, the Shoshone Creek Ranch offers horse camp weeks for fifth through 12th graders, plus four weekend camps for families.

A new leadership camp for seventh to ninth graders will focus on team building and leadership skills.

Lutherhaven also offers new mini-camps, three-day family experiences to introduce elementary-school children to camp.

For information, call 208-667-3459, email info@lutherhaven.com or visit lutherhaven.com.

Camp markets to reach the wider community

In 2011, Camp Spalding started intentional outreach to the general community, rather than just marketing the summer camp program to churches in the Presbytery of the Inland Northwest.

While the presbytery is a key constituency, executive director Andy Sonneland said its member churches do not have a "critical mass" of campers.

So he has used billboards, postcards, public radio and messages in public schools to reach the larger community.

"Our numbers were up eight percent over the previous year," he said, adding that the online registration includes a drop-down menu to let the camp know how they learned about the program.

"Our purpose remains the same: We are a Christian camp, and our mission is clear on the online registration," Andy said. "Our camps are accessible, without a strong sub-culture, so any camper feels welcome."

"Twenty-two years ago when I started, the culture was different from today. There is a cultural bias against Christians," Andy said. "There's a hurdle to cross to gain a hearing among those who don't consider themselves Christian."

The arts camp draws the highest percentage of non-church youth.

"Early in the week, they often tend to be uninterested in spending time learning about Jesus," Andy said. "A few don't engage, but many begin to consider what their lives would look like if Jesus



Campers in water sports camp stop for time of prayer

Photo courtesy of Twinlow



Ross Point camper tries out sliding across wet plastic.

Photo courtesy of Ross Point Camp

were part of it."

Even if the seventh to 12th graders have a bias against Christians, they spend their day with fun people who are Christian role models and see Jesus lived out in people who care for them.

"Some begin to open up and think there may be something to faith," Andy said. "About 70 percent of campers are returnees."

For information, call 509-447-4388, email andy@clearwater-lodge.com or visit campspalding.org.

Resources help campers understand parables

Like many other camps in the area, Ross Point Camp will use "The Secrets of the Kingdom: The Parables of Jesus" curriculum, prepared for ecumenical use by the National Council of Churches.

Volunteer session directors and counselors use the resource to help campers understand what the parables may mean in their lives.

John Batchelder, executive director of Ross Point, the camp and conference center for the American Baptist Churches of the Inland Northwest, said that the decline of children and youth in denominational churches is

reflected in a one to two percent decline in campers each year.

Nonetheless, about 200 come for three weeks of camps for elementary, junior high and senior high ages.

He attributes the decline to more use of electronics in homes and schools.

"With that, there is less interest in being in the natural world," he said, adding that even youth at camp are less inclined to participate in outdoor activities during daily free time.

"Campers can swim, canoe, hike or do the ropes course, but some sit and use their cell phones during free time," said John. "We do not permit them to use cell

phones any other time, because they discourage building community.

"I've recently heard the term 'together alone,' and I think that describes what is happening," he said. "We invest as a society more in social networking than in human networking. It has an impact on church life, too."

That shift in society calls for innovation, John said. Last year, Ross Point's senior high camp had a "campers in charge day," when campers made decisions, led sessions and chose what to do.

As has long been a tradition, young people bring friends to share their experience of learning about faith and learning to live it.

Use of Ross Point facilities year-round is 70 percent by rental groups, common for area camps and retreat centers, John pointed out.

For information, call 208-773-1655, email rp@rosspoint.org or visit rosspoint.org.



Themed T-shirts have been an N-Sid-Sen tradition.



Our kids: Our business

A call to action to protect & nurture our children

Visit us year round at ourkidsspokane.org



An Ecumenical Summer Conference on Worship & the Arts

Aug. 13-18, 2012

at Camp Casey • Coupeville, WA

More Information at
www.jubilateworshiparts.org
Leann Onishi, Dean
leannonishi@me.com
Kirstin Malm, Registrar
kmalm@roadrunner.com

Jubilate 2012:
Telling our Story
Scholarships available

Join us as we experience God in accessible and diverse ways using the liturgical arts. The goal is for everyone to have the opportunity to be fully engaged in worship, creating a space where God can transform us, our worship services and our churches!

OVERSTOCK BUILDER'S DEPOT

DISCOUNT BUILDING MATERIALS

Family-owned since June!

Trent & Hamilton, Spokane
509-475-2792



Open May through October 31
Wednesdays & Saturdays - 8 a.m. to 1 p.m.

Natural and organic fruit, vegetables, meats, eggs, bread, honey, garlic, flowers, nuts and more from local family farms.

Food Stamps/EBT, Visa/MC, WIC & Senior Farmers' Market Nutrition Program Coupons

20 W. 5th Ave. between Division & Brown - Downtown
995-0812 • www.spokanefarmersmarket.org

The Franciscan Place * 1016 N Superior St.



Praying With Nature
Contemplating the Sacrament of Creation
Sunday June 17 - Friday June 22
Facilitator: Sr. Alexandra Kovats, CSJP

Daily presentations, rituals, centering prayer and body prayer (both optional) and opportunity for individual spiritual direction, will invite us to deepen our personal experience and relationship with nature and with God.

Everyone is welcome
RSVP TODAY


Santa Chiara: Your Sister in Faith
Sunday July 15 - Friday July 20
Facilitator: Loretta Schaff, OSF

A 5-day retreat in celebration of the 800th anniversary of the life of St. Clare of Assisi. **Gaze • Consider • Contemplate**

This retreat offers time to center one's soul by reflecting on the mirror of Clare of Assisi.

Daily presentations - Eucharistic Liturgy - Evening prayer with sharing - Pilgrimage to the Poor Clare Monastery in Spokane

RSVP - (509) 483-6495 * www.sjfconline.org




A story to be told.
Wisdom to be learned.
Everyone is someone.

They are our mothers. Our fathers. Ourselves. People who have come to see life for the remarkable journey it has been and that is still to come. People who - better than anyone - can help us all find meaning and purpose.

As the nation's largest not-for-profit provider of senior care and services, we believe everyone deserves to feel loved and valued and to be treated with dignity. No matter who that person may be.

(509) 924-6161
17121 E 8th Ave
Spokane Valley WA 99016
www.good-sam.com



All faiths or beliefs are welcome. 2007-G1376

State program trains volunteers to counsel people on Medicare options

Given the confusion about Medicare A, B, C and D, Advantage Plans, Medigap and what Medicare covers, the State Health Insurance Benefit Advisors (SHIBA) has 43 volunteers available to counsel people on their health insurance and Medicare options with the aim of helping people understand complex choices and save money.

Kathy Dugan, manager of the local SHIBA Health Line, which is funded by the Washington State Insurance Commissioner's Office and Aging and Long Term Care of Eastern Washington, seeks to spread the word about the program through congregations and nonprofits.

Kathy pointed out three areas where people are under-informed:

- When people are laid off from their jobs, few understand that they have the right to choose to continue their group health plan through COBRA. The Consolidated Omnibus Budget Reconciliation Act that gives workers the right to choose to continue benefits.

- Those who lose their jobs and have no access to health insurance can find options through SHIBA.

- SHIBA specializes in giving advice about Medicare—explaining the Medicare Advantage plan choices, Medicare Part D for drugs, the Low-Income Subsidy and Medicare Savings programs.

When it first started, Medicare was simple, Kathy explained. People just took their Medicare card to their doctors and were covered.



Kathy Dugan

The 2005 Medicare Modernization Act set up Medicare Part D for prescription drug coverage, and began subsidies for Medicare Advantage plans.

"Instead of there being one program, there were 66 plans," she said. "Now there are 30 plans offered in Washington."

Kathy and volunteers help people who are struggling to understand their choices.

"We offer free, nonbiased advice," said Kathy, who has worked with the aging population for 20 years—14 of those years as a case manager in Kitsap County.

For the last six years, she has focused on offering counseling on Medicare

through the SHIBA program.

Suzi Hokanson, a volunteer for about a year, said eight volunteers have been there more than five years and one, for 16 years. Volunteers are carefully screened. She helps Kathy set up workshops at churches and community locations.

New volunteers attend four days of basic training with the Washington State Insurance Commissioner's office before working with clients.

They go through a mentoring process with other volunteers and then attend monthly update meetings to stay on top of all the changes.

The volunteers work a few hours to 100 hours a month, spending an average of four to six hours per client.

"Explaining the complicated issues requires time," said Kathy.

In addition to one-on-one advising, she does presentations for community groups. She started meeting with senior center groups several years ago, particularly helping during the Medicare Open Enrollment period from Oct. 15 to Dec. 7.

Now she wants to meet with people who do not go to the senior centers. She would like congregations to know about training sessions and to announce them in their bulletins.

In Spokane County, there are 33 Medicare Advantage Plans. Plans vary county by county, and doctors choose which plans to contract with.

If a doctor is not in the contract plan, a patient has to change doctors or pay full

price for the care. If someone moves or vacations out of town, the Medicare Advantage plans may not cover expenses because they provide coverage only in specific service areas.

"One woman saw seven doctors. With the plan she chose, two were unable to see her. In addition, with the different medicines she took, there was no single Medicare Advantage plan, which would meet her needs," Kathy explained.

"Medicare supplemental plans are easier to work with," Kathy said. "It's original Medicare plus a supplement. Patients with that can go to any doctor but must have a stand-alone Part D for prescriptions. The cheapest supplemental plan, however, is \$172 a month per person, so it can be hard to afford."

During open enrollment, Kathy said SHIBA has 25 to 50 calls a day, so it seeks to train more volunteers. The rest of the year there are three to 22 calls a day.

"If people are aware of their situations and options, they may be able to pay less," she said.

"For example, a woman paying \$40 a month for a prescription plan was able to have the three drugs she used covered on a plan that cost just \$15 a month, saving her nearly \$400 in a year.

"That's a lot to someone who has a low income," said Kathy, who recommends that people compare the plans every year, because they change every year.

For information, call 458-2509 x 201 or email duganka@dshs.wa.gov.

Faith Action Network's new co-director committed to uplift voices

As society's foundations shift and people rely more on Hollywood and digital connections for inspiration, Jackie O'Ryan seeks to help Washington's congregations build a stronger, interfaith voice to advocate for poor, low-income, working poor and middle-class families whose voices may otherwise not be heard.

A fifth generation Washingtonian, Jackie, a member of St. James Catholic parish in Seattle, has joined the Faith Action Network (FAN) as co-director.

She was in Spokane recently for a benefit lunch for FAN, which is "a statewide interfaith partnership for the common good."

Last summer, the Washington Association of Churches and the Lutheran Public Policy Office united to form FAN to mobilize interfaith communities and connect as needed with secular organizations, drawing on their theological, cultural and ethnic roots "to unite people in compassion and inclusiveness," she said.

"We need to build a stronger voice that has a moral compass, a stable, consistent voice on issues that matter to poor and working families. Occupy has it right that the 99 percent could be more active and at the table," Jackie said.

"An interfaith voice with a broad base is needed in these times," said Jackie.

She pins her motivation about the need for moral leadership on her parents—a journalist and a teacher—and on Seattle's late Archbishop Raymond Hunthausen. Her uncle, Fr. Michael Ryan, was a close aide to the archbishop.

"He said what needed to be said and brought in diverse voices," she said. "I covered him in media. What he said motivated me to work with Catholic Charities of Seattle. He challenged systems that cause human suffering."

Jackie, who earned a bachelor's degree in political science in 1989 at the University of Washington,



Jackie O'Ryan

spent 15 years in media, doing documentaries for Public TV and reporting for KIRO-TV.

She then worked with Catholic Community Services of Western Washington in public affairs and community development from 1996 to 2001. She loved advocating for low-income families whose voices are not heard.

Jackie was communications director for One America, an organization promoting justice and fostering immigrant rights and reform in 2008. She was an

advocate for United Food and Commercial Workers Local 21.

In 2001, she was communications director for Seattle City Council and had a private consulting firm, Moving the Message Media, to advise nonprofits on strategies to build advocacy movements. She also consulted with the Archdiocese on advocacy. For two years, she marketed Lakeside School in Seattle to build diversity among its students.

"I wanted to be back in the movement, so I began working with the Faith Action Network," said Jackie.

She started with the Faith Action Network in May, learning about the complex ways co-director Paul Benz and former co-director Alice Woltd have worked.

Jackie supports FAN's effort to build advocating congregations across the state to expand the voice of the faith community. There are now 38 advocating congregations, 10 of which are in Central and Eastern Washington.

Her advocacy bent grew through her faith, reading and learning about statistics and the lives of people in poverty and people seeking racial justice.

"I believe Jesus Christ would

act in ways that differ from the prevailing social order," she said. "We, too, need to be brave to approach tables, at which we do not sit, and have courage to turn them over. Our voices are important."

She believes it's useful today to work in an ecumenical and interfaith way.

"The future requires it," Jackie asserted. "People of different races and cultures across the state deserve a voice.

"The ecumenical movement needs to draw in people of all faiths for a common moral voice for the common good," she said.

FAN's priorities for the common good are 1) to reduce hunger, homelessness and poverty; 2) increase affordable and accessible housing and health care; 3) reform the criminal justice system;

4) care for the environment and promote sustainable agriculture; 5) advocate for civil and human rights; 6) advocate for accessible and quality public education, and 7) support avenues for building the state's revenue base.

"I will work with advocates in congregations on messaging and strategy. We hope this effort will bring people into the movement to have a stronger voice in the legislature," Jackie said.

FAN's vision is to build a diverse coalition of people and like-minded communities to "take courageous action and create a more just and peaceful world." Organizers know that reaching this goal takes compassion, courage and persistence.

For information, call 206-625-9790 or visit fanwa.org.

The Ministry Institute

Center for Spiritual Renewal at Gonzaga University






Educational discernment community for service & leadership

- Wisdom workshop series
- Collaboration on diocesan programs
- Sabbatical program
- International outreach program

For more information: Call (509) 313-5763

Nate Greene - executive director
Shonna Bartlett - program director
Email: bartletts@gonzaga.edu
www.gonzaga.edu/ministryinstitute

CATHOLIC CEMETERIES OF SPOKANE



PREPARE

your family for the most important decision in life

ENSURE

peace of mind

PROVIDE

the proper resources for the committal service following the Funeral Mass

CATHOLIC CEMETERIES OF SPOKANE

Holy Cross 7200 N Wall St	Queen of Peace 6910 S Ben Burr Rd	St. Joseph 17825 E Trent Ave
------------------------------	--------------------------------------	---------------------------------

509-467-5496 www.cathcem.org

follow your faith

Stories help raise funds for new hospice care center in Yakima

As part of a three-year campaign to raise \$5.3 million for the Cottage in the Meadow, a hospice care center, Mark Young has helped make many presentations sharing stories of families who would have benefited from having such a facility available for a family member.

The new facility at 1208 S. 48th Ave. in Yakima opens July 14.

Mark, who is development director for the Cottage in the Meadow Building Campaign, said he and 90 members of a volunteer support group toured five hospice homes in Washington—Vancouver, Kennewick, Kirkland, Bremerton and Spokane—to gather stories about features people find beneficial in their centers and what they would include if they were building their facilities again.

For 20 years, Yakima Valley Memorial Hospital has provided an in-home hospice program, helping people with terminal illnesses stay in their own homes, at nursing homes, in homes of family members or in adult family homes.

The new 12-bed Cottage in the Meadow will serve people in Kittitas and Yakima counties, now served by Memorial Hospice and three other hospice programs—the Kittitas Valley Hospice in Ellensburg, the Lower Valley Hospice and Palliative Care in Sunnyside and the hospice at Yakima Regional Hospital.

Area pastors and hospice chaplains are planning a blessing for the Cottage in the Meadow at 9 a.m., Thursday, July 12. The community open house is from 10 a.m. to 3 p.m., Saturday, July 14.

Mark also knows the power of stories in raising funds because of his mission work in Honduras.

He has taken two trips a year to Honduras to help children with disabilities and their families, and to work in local churches to help people change their attitudes about disabilities and poverty.

“I feel compassion for families at the end of life and for these ‘throwaway children,’” he said.

In the late 1970s, he was a nursing home administrator after earning a bachelor’s degree in political science in 1972 and a master’s in public administration in 1973 at Pepperdine University, and completing five years of doctoral studies in gerontology at Montana State University.

“I have been around older people most of my life,” he said.

Mark served as a hospice volunteer for several years in Montana and Oregon. He did higher education fund raising for 25 years—seven at Central Washington



Mark Young during the construction phase.
Photo courtesy of Memorial Hospice

University in Ellensburg, seven years at Oregon Health Sciences University in Portland and seven years at Montana Teachers College. He also raised funds for a private school in California.

During those years, he worked with teens in church and took teens and adults on summer short-term mission trips. He has worked with disabled children and their families through Little Hands Big Hearts mission in Honduras.

He and his wife, Brenda, a special education teacher, have five children and 12 grandchildren. Both grew up in the Church of Christ and now attend Summitview Church of Christ in Yakima. Their fifth child is a special needs child they adopted.

With his fund raising for hospice complete, Mark retires July 27. He and his wife Brenda will begin travels from Aug. 30 to Oct. 30 to give presentations at 35 churches, colleges and schools in 25 states to raise funds for their work in Honduras.

They served there as missionaries from 2000 until 2006, when they came to Yakima to help their daughter care for her children. Mark found the opportunity to work on the hospice campaign. In November, Mark and Brenda will return to their work in Honduras for eight years.

The Church of Christ consists of independent congregations, so people in mission have to do their own fund raising. Summit View, eight other churches and 34 families will be their base of support.

Given that many people are unaware of what hospice is or reasons a care center is needed,

Mark described the project.

Hospice serves people expected to die of an illness in six months or less. About five percent of those people need additional care that cannot be delivered in their home setting, he explained. That care includes need for a feeding tube, for 24-7 pain care, for extra care in the last few days or for transitional care. It also includes respite for the caregiver or a place to stay while waiting for a family member to come and provide care.

“The average stay will be about one week. It’s a niche between home and acute care,” he said.

Mark said that he and volunteers on the Hospice Campaign Steering Committee have given presentations to churches, retirement groups, service organizations and even car clubs. They share a video of hospice family stories.

About 10 of the 23 volunteers on the Hospice Campaign Steering Committee have helped give presentations.

The new 22,000-square-foot facility will have space that allows family members to be with the person in hospice. There are 12 private rooms with private baths. The rooms are large enough for up to 18 people to gather.

Participants in the feasibility study and the tour of other Washington hospice homes shared their ideas with architects.

Ideas they incorporated include a children’s playroom where children can have fun while their parents or grandparents visit.

There’s a family dining room where families share a meal together. Tables can be pushed to-

gether for family time around food or to discuss decisions as they face the inevitable, Mark said.

There is also a large living room with a fireplace where several families can spend time with no TV.

The whole building will be connected to wireless internet.

A family support room is a place the door can be closed to meet with a minister, funeral director or social worker.

If patients choose to wear their own clothing, rather than an open-back hospital gown, there’s a laundry room where family can wash the clothes.

Families can also sit outdoors and look over the meadow, take walks or have a barbecue.

“Family life can continue,” Mark said.

While the chapel is a place for families to go for prayer and meeting with spiritual leaders, it’s also a place for staff to go and share their caring for families, as well as to help them deal with the long hours they spend around death.

“We encourage churches to be involved,” Mark said. “Ten churches are financially involved. Twenty churches are involved in the Greater Yakima Faith Community’s support. There are Na-

tive American, Jewish, Mormon, Protestant and Catholic congregations involved.

“At the end of life, some people have strong religious connections and some do not,” he said. “Hospice looks at a person holistically—their physical, emotional and spiritual health—and involves the faith community in the spiritual side.”

The house will involve 42 volunteers, plus physical and occupational therapists, service providers, social workers, doctors and nurses.

Hospice chaplains from four different churches seek to assure sensitivity to the large Hispanic and Native American communities there.

There have been 1,800 community donors, with one family giving \$1.5 million of the \$5.3 million project. About 350 gifts have been from family members who have had someone in hospice care.

For information, call 574-5794 email mark.young@memfound.org or visit yakimahospice.org.

WINDSONG SCHOOL
Seeding the Future
Inspired by Waldorf Education's commitment to childhood. We are providing an education for the whole child, one that grows within children the capacity to effectively shape the future.
NOW ENROLLING
Parent and Toddler Morning • Preschool Kindergarten • First Grade • After Care
4225 W. Fremont Rd, Spokane, WA 99224
Mukogawa Ft. Wright Campus (509) 326-6638
www.spokanewindsongschool.org

COR
The Center for Organizational Reform presents
2012 Summer Seminar
Persevering in a Pressure Cooker World
July 9-13, 16-20
For details visit www.corhome.org

sharing the rock

Purchase at Amazon.com or CommonGoodWorks.com
“One of the most powerful things we can do to change the world is to change our minds about the world.”
Author Bill Grace
is a leadership educator and social justice advocate who founded the Center for Ethical Leadership in Seattle in 1991 and offers leadership development programs nation-wide.
Learn to choose values, embrace wisdom of the margins, craft a vision, create gracious space, claim your voice, receive hope and act with courage.

Immaculate Heart Retreat Center
A peaceful place to pray and ponder
6910 S Ben Burr Rd.
Spokane WA, 99223

CONTEMPLATION IN ACTION
Fr. Jeff Core June 18-22, Work Retreat

WEEKEND HEALING RETREAT
Sr. M. Matthew, CSJP & Kathy Moore June 22-24, \$185

IGNATIAN RETREATS
Fr. Armand Nigro, S.J. July 5- August 3, \$78/Day
Fr. Armand Nigro, S.J. August 12-19, \$546

WEEKEND RETREAT ON THE MASS
Sisters of Mary Mother of the Church July 13-15, \$185

SUMMER SENIOR DAYS
July 18 & August 1 \$10

DAY OF PRAYER ON ISLAM
Fr. Patrick Baraza August 21, \$35

Individual retreats and spiritual direction available throughout the year.

Preregister by calling (509) 448-1224 or online at www.ihrc.net Visit our Virtual Retreat online

Just Trade
fairly traded crafts from around the world
inside
Brused Books
235 E. Main
Pullman, WA
509-334-7898
Mon-Fri 11 am-6 pm
Sat 10-6, Sun 12-5

main market LOCAL FOOD COOP
MAIN MARKET CO-OP
Spokane’s community grocery store.
Everyone is welcome to shop • Anyone can be an owner
At Main Market Co-op we seek out high quality foods and merchandise from local, organic & sustainable producers.
8am-8pm Monday-Saturday • 10am-6pm Sunday • Free Parking
44 W. Main - Spokane
458-COOP (2667) • www.mainmarket.coop

Model of 'complete street' provides access to educational district

Continued from page 1

project is a positive example of funds from the time of "earmarks."

"It's a milestone to the infrastructure that beautifies the area, reduces automobile traffic, enhances safety, produces economic stimulus and creates jobs," he quoted a letter from the senator. "The goal is to cluster downtown Spokane with the education district through a reminder of the legacy of the civil rights leader and a symbol of the community's commitment to civil rights and education."

A representative for Senator Maria Cantwell read a letter from her commenting that King envisioned a peaceful, just world with opportunities for education, and pointing out that this project is an example of federal, state and local sources working together to create a place for cycling, walking, driving and public transportation.

Brian Pitcher, chancellor of Washington State University Spokane, spoke of an exciting time uniting Riverpoint campus which provides education with opportunities and access for the next generation. A partnership and collaboration of federal, state and local resources made it possible.

Marla Nunberg, vice president of the

Downtown Spokane Partnership, celebrates turning the University District from a vision into a reality that creates a sense of place, unifying downtown with 11,000 students.

Keith Metcalf of the Washington State Transportation Department said the federal government provided \$2.9 million and the state, \$.5 million, of the \$3.4 million for this phase.

Steve Gorcester of the Washington State Transportation Improvement Board spoke of use of more than half of the state's 10 percent gas tax for the project. The \$2.7 million needed for the next phase has been committed.

Dorothy Webster, who worked tirelessly within the City of Spokane staff to promote the project, told of meeting King in 1968 on the campus of Tuskegee University.

"He articulated a dream and told us to have our own dreams and to work hard to make our dreams happen," she said.

The Rev. Percy "Happy" Watkins of New Hope Baptist Church and the Martin Luther King, Jr. Family Outreach Center Board and Ivan Bush, who has been equity opportunity officer for Spokane Public Schools, both received keys to the city of Spokane.

"You brought the community together

and broke down barriers," said the mayor. "You embody what King talked about and did. You opened many doors for the community."

Happy quoted from Walt Disney's song, "When You Wish upon a Star," it makes no difference "who you are" and no dream "is too extreme."

He said that 25 years ago his friend Ivan dreamed of naming a street after Martin Luther King, Jr.

"Over the years, there have been disappointments, setbacks, roadblocks, tears and heartaches," he said, noting that "when you fall on your back, you can look up and get up."

"Today, this is a reality," he said, noting that King said he had "been to the mountaintop, seen the promised land and knew that we would get to the promised land."

"Today, I'm stepping on the promised land," Happy said.

Ivan quoted King's words that "the time to do right is always right."

"Spokane, you have done something right. It feels good," he said.

"King gave us three principles to guide us—faith, family and education," Ivan said.

"This street naming embodies all three. It

took faith to persevere, no matter how long it took, we would persist," he said.

"Yes, education! We came together and talked to educate each other on the value of doing this," Ivan continued.

"It took family," he added. "Every time you use the street, I hope you will recognize that we are family. We need to assure everyone a place at the table—each and every one of us. We need to value and embrace our differences. We are the Spokane family. We value our differences and strive to make a difference."

"We need to continue to strive to have a place at the table for all brothers and sisters," Ivan asserted.

Martin Hereford of All Nations Christian Center sang King's favorite hymn, "Precious Lord, take my hand, lead me on, let me stand. I am tired, I am weak, I am worn. Through the storm, through the night, lead me on to the light. Take my hand, precious Lord, lead me home."

With classic cars provided by Hassic Classics from the era of King's civil rights work, the civil rights leaders and other dignitaries climbed into the cars and were the first to drive on the street.

Photos at www.thefigtree.org

Graduation speakers call class to dream and help God make dreams reality

As a street in Spokane exemplifies a dream coming to fruition, Gonzaga University's 2012 graduates recently heard a call to dream and act from the Most Rev. Desmond Tutu of South Africa and Gonzaga President Thane McCulloh.

"All! All! All!" Thirty times Tutu, the Nobel Peace Laureate and archbishop emeritus of the Diocese of Cape Town, repeated "all" to say Jesus draws all people, not just some, into God's "incredible divine embrace of love."

God embraces all, regardless of their beauty, cleverness, height, shape, race, gender, sexual orientation or faith, he told the graduates.

Tutu closed with God's call, "Help me so my children will know we belong in one family, God's family, the human family, and no one is outside this embrace."

"Help me! Help me! Help me!" he repeated about 30 times, as God's call to the graduates to collaborate with God and make the world more hospitable.

"God is depending on you to make this the kind of world where no one goes to bed hungry," said Tutu, who repeatedly challenged the graduates to dream.

"Please, please, please dream. Dream incredibly idealistic, creative things," he said.

He urged them to dream of a world without war, without spending billions on destruction, while "a minute fraction of the obscene amounts would assure that God's children everywhere" can have clean water to drink and access to inoculations.

Tutu also urged them to dream of a world without poverty and a world marked by equity, where everyone has a decent life.

"We can have such a world," he said.

Tutu, who received an honorary doctor of laws degree during the commencement May 13 in the Spokane Veterans Memorial Arena, asked: "Have you discovered how extraordinary God, the Omnipotent One is? God almost always waits for a human collaborator to help do God do what God wants to happen in the world."

Through history, collaborators and co-workers often have been young people—Joseph, David, Jeremiah, Mary, Jesus, Francis of Assisi and Aloysius Gonzaga, and youth in the 1980s who pressured their institutions to divest from companies doing business in apartheid South Africa.

"Youth are fantastic," Tutu asserted. "You helped to free us. We have freedom and democracy in South Africa now. You were part of that movement to change God's world to make it beautiful."

"Go out!" Tutu said, to help God change the world.

In his address, Gonzaga University President Thane McCulloh, advised graduates to be aware they can find success by reflecting on lessons they learn in times of defeat.

Whether a failure can be transformed into a success depends on one's capacity to be imaginative and creative as one dreams, he said, calling the degrees the graduates were earning "a professional license to dream."

He invited them to use the power of their imaginations not only to dream new realities into being but also to inspire others to dream as well.

Thane said Tutu is someone who "listened to God's voice, had the courage to put dreams into action and to turn a personal dream into a powerful public reality."

Mary Stamp - more of article online

Letter to the Editor

Sounding Board

Newsletter Excerpts

I don't really believe in God. OK, now that I have your attention, let me explain what I mean. To "believe in" something tends to put the focus "out there" somewhere. So God ends up being "up in heaven" or somewhere else that is vaguely defined but not necessarily anywhere close to my neighborhood.

It tends to keep things pretty "head centered" as opposed to "heart centered." It becomes a matter of what we think and give our mental assent to.

None of that sounds at all like how I experience the Sacred Reality, which we sometimes label "God."

For one thing, it is something I experience. Believing in God doesn't really require much actual personal involvement. It's either up in our heads or up in heaven, but either way, we can believe while simply standing on the sidelines watching.

Experiencing God, on the other hand, has the potential to touch us and transform us in deep and profound ways. For those who are married, have children or simply have experienced a deep friendship, we understand it isn't about "believing in" our spouse, our children or our friend. We share life with them and love them. We experience them way down deep in our soul. We smile when we remember them and laugh for no particular reason except the pure joy of having them in our lives. Our relationship with them shapes, colors and gives meaning to the whole of our existence.

It's something like that with God. So I don't really believe in God, but I seek

always to be aware of the amazing ways in which I can experience God in every moment of the day, if only I will open my heart and pay attention.

The Rev. Roger Lynn - Spokane Country Homes Christian Newsletter

I love conversations on airplanes.

We never know who we'll be sitting by or what we'll hear. On one of my recent flights, I sat with a Roman Catholic accountant who told me he and his wife had started tithing from their income and that it had changed his life. He was no longer anxious about money. Now he tells clients who confess that they are anxious about their money that they ought to consider tithing. It sounds crazy, doesn't it? Some of his clients think so, too, but he keeps recommending it. Give some of it away and find that you are less anxious about what remains.

There are folks who simply don't have a tithe to spare, and I don't believe people ought to impoverish themselves by tithing, but that accountant had quite a testimony about the benefit of a tithe.

Today, if there's anything tighter than money, it's time. We are more anxious about that than what's in the bank. I often say, "I need another day this week." I hear others saying, "I need to clone myself so I can be in two places at once." There is so much to do and so little time. What happens if we give some of it away?

Going to worship, to fellowship, to study or to serve probably seems like one more

demand on our time.

On an airplane, bus or train, introduce yourself. You never know what God might give you through someone sitting beside you.

**The Rev. Ladd Bjorneby
Zion Lutheran Church Messenger
Spokane Valley**

Recently world leaders gathered

in hopes of crafting a more peaceful future. As the members of the North Atlantic Treaty Organization (NATO) met in Chicago, others gathered in protest. One group among the protesters moved me: recent veterans returning the medals of honor given to them for their service. By giving back their medals, they said, "We do not wish to be honored for the evil we have done."

Paul Palumbo, pastor of the Lake Chelan Lutheran Church, has begun a ministry of hospitality to veterans in his region. The congregation, along with community partners, has raised resources to set aside a vacation house in Chelan for a group of veterans to visit. Food and drink are provided, as well as fishing trips and hikes in the Cascades. The message to veterans is "we value you, no matter what."

That powerful message of value is hard for many veterans to hear or trust. Paul is beginning to discover that while Post Traumatic Stress Disorder (PTSD) and shell shock are fairly well known, there is a deeper and more pervasive affliction veterans experience: moral injury.

Moral injury describes the deep pain that

abides as a result not of what happened to a soldier but what a soldier was asked to do. "No one could possibly forgive me." "I don't deserve to be happy" "God will never accept me now." These are thought patterns of a person afflicted with moral injury. It is no wonder, then, that suicide rates among the military are skyrocketing—18 people a day, according to armytimes.com.

A beam of hope within this dire picture is a vision of community that receives confession and announces mercy. Secular researchers studying moral injury have suggested that what these despairing soldiers need is a community of forgiveness. If we are anything as Christians, it is a community gathered around confession and forgiveness. That's who we are as the Body of Christ.

We don't waste time with ceremony or medals. We stand cloaked in the promises of baptism: that our sin is no more and mercy reigns forever. At times when ceremony threatens to drown out the cries of the broken, lean into the practices of liturgy. We tune our ears past the parading trumpets and direct our eyes to look beyond the streamers and banners.

With prayer, song, signs and rituals, let us listen deeply to the stories our veterans have to tell, including confession of their deeds, and let us declare in love the good news that neither death nor life nor anything else in all creation, even acts of war, can separate us from the love of God in Christ Jesus.

**The Rev. Liv Larson Andrews
Salem Lutheran - Spokane**

Calendar of Events

- June 8-10** • **157th Annual Yakama Nation Treaty Days** Commemoration of 1855, Pow Wow, Toppenish, yakamanation-nsn.gov/events.php
- June 9** • **Northwest Coalition for Human Rights**, St. Augustine Catholic Parish Hall, 628 S. Deakin, Moscow, 11 a.m. to 3 p.m., 208-885-4285
- June 10** • **Cruzin' for Kids Car Show for Charity**, West Garland District, 9 a.m., 448-6104 inwthunderbird.org.
- June 11** • **Family Promise of Spokane**, South Perry Pizza Night Fundraiser, 6 to 8 p.m., 1011 S Perry, Spokane, 747-5487 ihspokane.org/Fundraisers.html
- June 16** • **Juneteenth Celebration**, Liberty Park, 11 a.m. to 3 p.m., inwjc.org/about-inwjc.html
- June 17-22** • **Praying with Nature: Contemplating the Sacrament of Creation**, The Franciscan Place, St Joseph Family Center, 1016 N. Superior St, 483-6495, SJFOnline.org.
- June 18-22** • **Contemplation in Action: A Work Retreat**, Immaculate Heart Retreat, 6910 S. Ben Burr Rd., 448-1224, ihrc.net
- June 20-24** • **Pacific Northwest United Methodist Conference**, TRAC Center, Pasco, pnwumc.org/ac2012
- June 22-24** • **Weekend Healing Retreat**, Immaculate Heart Retreat, 6910 S. Ben Burr Rd., 448-1224, ihrc.net
- June 28** • **Partners in Justice Awards**, CenterPointe, 1408 N Washington, 5:30 p.m., lcsnw.org/events.html
- July 7** • **Lapwai Days Friendship Powwow**, Lapwai City Park, Lapwai, Idaho, 7 p.m., 208-843-2212 cityoflapwai.com/tag/powwow
- July 9-13** • **Whitworth Institute of Ministry**, 300 W. Hawthorne Rd., 777-1000
- July 14** • **Cool Water Bikes 3rd Annual Poker Ride & Run**, 721 N. Cincinnati St., 10 a.m. to 2 p.m., coolwaterbikes.org/poker-ride
- July 15-20** • **Santa Chiara Your Sister in Faith**, The Franciscan Place, St Joseph Family Center, 1016 N. Superior St, 483-6495 or SJFOnline.org.
- July 20** • **KPBX Free Kids' Concert**, Spokane Community College Lair, 1810 N. Greene Street, noon
- July 20-22** • **Julyamsh Powwow and Fun Run**, Coeur d'Alene Tribe, Greyhound Park, Post Falls, julyamsh.com
- July 21** • **South Perry Street Fair & Parade**, 10 a.m. to 5 p.m., facebook.com/southperry
- Aug 3-5** • **Downtown Street Fair**, Sherman Ave., Coeur d'Alene, 10 a.m., cdadowntown.com 208-415-0116
- **Kalispel Tribe of Indians Powwow**, Kalispel Powwow Grounds near Usk, 509-445-1147
- **Hillyard Festival**, Sharpley-Harmon Park, 6000 N. Market, hillyardfestival.org
- Aug 4** • **Hispanic Heritage Festival**, Riverfront Park, 10 a.m. to 8 p.m., facebook.com/hhfspokane
- **8 Lakes Leg Aches Bike Ride**, Group Health Corporate Office, 5615 W Sunset Hwy., 343-5020, lcsnw.org/8LakesRide/index.html
- Aug 6** • **Icon Retreat**, Immaculate Heart Retreat, 6910 S Ben Burr Rd., 448-1224
- Aug 11** • **Garland Street Fair**, Garland District, 327-2960, garlanddistrict.com/street-fair.html
- Aug 13-18** • **Jubilate! Worship Arts 2012** Summer Conference, Camp Casey, Whidbey Island, jubilateworshiparts.org
- Aug 16** • **Spokane Youth Symphony Concert**, Lilac Bowl, Riverfront Park, 5 p.m., spokaneyouthsymphony.org
- Aug 18** • **Unity in the Community**, Riverfront Park, 10 a.m. to 4 p.m., nwunity.org
- Aug 21** • **Day of Prayer on Islam**, Immaculate Heart Retreat, 6910 S Ben Burr Rd., 448-1224, ihrc.net
- Aug 24-26** • **Spokane Falls Northwest Indian Encampment and Pow Wow**, Lilac Bowl, Riverfront Park
- Aug 29-Sept 2** • **Pig Out in the Park**, Riverfront Park, 921-5579
- Aug 30** • **98th Annual Labor Day Celebration & Powwow**, Spokane Tribe of Indians, Powwow Grounds, Wellpinit, 458-6570, 458-6579
- Sept 5** • **Fig Tree Distribution**, St. Mark's Lutheran, 316 E. 24th, 9 a.m.
- Sept 6** • **Fig Tree Board**, Emmanuel Family Life Center, 631 S. Richard Allen Ct., 1 p.m., 535-1813
- 1st & 3rd Weds** • **Death Penalty Abolition** Committee, Peace and Justice Action League of Spokane (PJALS), 35 W. Main, 5:30 p.m., 838-7870
- 1st & 3rd Thurs** • **Peace and Justice** Committee, PJALS, 35 W. Main, 5:30 p.m., 838-7870
- 2nd & 4th Tues** • **Palestine-Israel** Human Rights Committee, PJALS, 35 W. Main, 6 p.m., 838-7870
- 2nd Thurs** • **Police Accountability Coalition**, PJALS, 35 W. Main, 5:30 p.m., 838-7870
- 3rd Wed** • **Veterans for Peace**, PJALS, 35 W. Main, 6:45 p.m., 838-7870
- 4th Thurs** • **No New Jail**, PJALS, 35 W. Main, 5:30 p.m., 838-7870

C & H Foreign Auto Repair

E. 620 North Foothills Dr. Spokane, WA 99207
 EDWARD W. CUSHMAN 487-9683 OR 484-5221

Hope & Healing Counseling Services

Marian Beaumier LICSW

483-0428 EMDR / Medicare Part B

Daybreak Youth Services

Chemical dependency treatment

for youth to 18 years old.

Outpatient and residential treatment

Daybreak relies on financial support from churches, individuals and agencies.
 927-1991 • 11711 E. Sprague, D-4 • Spokane, WA 99206



Office Space Available

in the new Emmanuel Family Life Center for community-based organizations, nonprofits and social/cultural services.

FOR DETAILS CALL 509-534-3007
 631 S. Richard Allen Ct.



Aging & Long Term Care of Eastern Washington

1222 N Post www.altcew.org

Promoting wellbeing, independence, dignity & choice for Seniors and others needing long-term care

For information, assistance & case management, call

Spokane - Elder Services 458-7450
 Stevens/Pend Oreille - Rural Resources Community Action (800) 873-5889
 Whitman - Council on Aging & Human Services (800) 809-3351
 Northern Ferry - Ferry County Community Services (509) 755-0912



Unique Gifts and Clothing

Fair Trade - Earth Friendly - Local - 35 W. Main



on Liberty Lake

Historical lodge with lake front, meeting space and sleeping for over 100 people. Great for reunions, retreats, parties & meetings. Only \$25 per person per night.

509-255-6122

or email: zephyrlodge@live.com
 www.zephyrlodge.org

Donate!

\$28-\$280-\$2,800 to The Fig Tree

Rockwood Retirement Communities are dedicated to the lifelong vitality and well-being of the whole person.

Enhance your Spiritual, Social, Physical, and Intellectual Life in a comfortable custom home or apartment, with assisted living and skilled nursing available.

Rockwood South Hill 2903 E. 25th Avenue
 Rockwood at Hawthorne 101 E. Hawthorne Rd.

536-6650

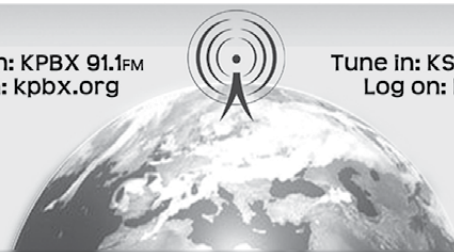


Rockwood Retirement Communities

Rockwood South Hill • Rockwood at Hawthorne

Tune in: KPBX 91.1FM
 Log on: kpbx.org

Tune in: KSFC 91.9FM
 Log on: ksfc.org



One World. Two Connections.

Listening Suggestion:

THIS AMERICAN LIFE with Ira Glass
 Mostly true stories, about everyday people.

Mondays on KPBX 91.1 at 9pm & Saturdays on KSFC 91.9fm at 9pm

This American Life is a one hour program with essays and stories revolving around a common theme. Visit the website at: www.thislife.org.



Better Living Center adds community garden to help feed more people

By Shannon St. Hilaire

When the Better Living Center in Spokane was looking for a way to grow beyond being a food bank serving a section of the city and offering other household and baby supplies, Gretal Cromwell, a board member and fan of gardening began exploring options to start a community garden.

She thought a garden was fitting with the center's and the Seventh-day Adventist Church's mission to help people discover ways to live healthy lives—body and soul.

"Being vegetarian is a personal choice for members, not a salvation issue. As a church we promote a healthy lifestyle that includes vegetarianism," she said. "We promote wellness of body because our bodies have a powerful connection to our spiritual and mental health."

Members often look to the Garden of Eden diet of fruit, nuts and seeds, Gretal said, adding that right after the flood, Noah and his family ate meat because vegetation was scarce. She said post-flood life spans decreased dramatically.

"It's exciting to see the rest of the world now promoting the benefits of the plant-rich diet our church has been promoting since its founding in 1863," she said. "A vegetarian lifestyle also has impact on the earth around us."

Gretal had the idea for the community garden and found resources at a 2011 Second Harvest conference. Funding became available before she developed the project.

Hope for Humanity, an international Adventist aid organization, approached the Upper Columbia Conference of the Seventh-day Adventist Churches last year offering funds for a project.

The conference submitted six proposals, including the one from Better Living Center, which is run by the Seventh-day Adventist Constituency of Linwood, Central and South Hill Spokane churches and North View in Mead. The center received \$6,800.

"We serve more than 500 people a month," said Gretal. "We wanted to do more because we see more need. We've been looking for ways to grow. Just giving food is not enough."

The center shares its space with an Adventist TV station, KHBA, in a small building, so one-on-one-counseling is impossible. People come to the window to pick up their food and go.

"We want the outside to reflect what happens inside," she said.

Wayne and Jeanine Kablanow, pastors of the West Plains SDA and Northview SDA churches and board members, recently purchased 10 acres and gave the center the use of three acres.

This spring, after receiving the grant, Gretal organized a planning meeting. Twenty people came and committed to seeing the process through. The group drove to the



Gretal Cromwell

land and realized three acres "isn't a garden, it's a farm," she said.

The property has a pond in a secluded meadow surrounded by trees and teeming with birds and wildlife. There's limited view of neighbors in the setting off the highway in Airway Heights.

Gretal will arrange a bus or car-pool system to bring those without transportation to the garden.

They have tilled the land several times, so some of it will be ready for growing this year.

Gary Bartholomew, who runs Bartholomew Pump Services and builds wells in Guatemala through Water for Life, donated a pump and three pressure tanks for a well that was already on the property.

Another member donated a small greenhouse so they can grow plants that would not have time to grow in Spokane's short season.

A third volunteer is digging an irrigation line for a sprinkler system.

Volunteers, led by Gretal's husband, are building a fence and developing an acre of garden.

Gretal hopes to have a mentorship program with volunteers who work plots beside people who do not know how to garden.

Most volunteers have come from the four churches in the constituency, but they seek more volunteers from the community from youth groups and Pathfinders, an Adventist program like Boy Scouts. She also seeks a master gardener to provide expertise.

The committee hopes to expand the ministry with projects such as a vegetarian restaurant and selling organic produce to area markets.

In addition to having family plots, there will be a large plot for the Better Living Center.

Gretal believes health grows by giving people ownership and teaching them to grow their food.

The garden will be organic, which requires more work. The land, which has not been farmed for many years, is full of grass and weeds, but they will avoid using herbicides or pesticides.

Instead of using a few hundred pounds of chemical fertilizer, they need to use thousands of pounds an acre of cottonseed fertilizer or dairy manure.

"Being organic will be worth it, but there is much to learn. God's original way is best," she said.

In addition to improving the nutrition intake of families in need, Gretal hopes the garden will cultivate relationships, allowing volunteers to interact with the people they serve.

Families will work on their plots together. Gretal, who has a toddler and is expecting another child, often brings her family to the garden with her.

"My husband and I would like to have a place like this, but we live in town," she said. "It gives us a taste of the blessing a natural setting can be."

Working on the garden with her husband has deepened their marriage. They are often involved in service projects. Realizing how

much time, they spend on volunteering, service projects and ministry, they have decided to enter the ministry.

"God reminds me that this project is bigger than what one person can do," Gretal said. "Because of the baby, I have to rely on other people. I appreciate the support system in Adventist churches."

"We are instruments, but God is the one who begins the work and will finish it," she said.

"Our mission includes our health," she said. "If we have healthy bodies, we can think more clearly, make better decisions and understand God better. By adopting a lifestyle with exercise, rest and diet, we can begin to experience an abundant life today."

For information, call 878-8190 or email gretal.cromwell@gmail.com.

Christian Dance Academy
 How do you move?
 ballet • hip hop
 prophetic dance
 for children to adults
 afternoon and evening
 classes Tues, Fri, Sat at
Emmanuel Family Life Center
 631 S. Richard Allen Ct.
 CALL - 217-8025
cdaspokane@yahoo.com

Maya Earth Coffee
 Your congregation or nonprofit can raise funds
 by co-marketing fair-trade, organic coffee
 through Coffee with a Cause
 509-768-3193 • Toll free: 877-892-3193
coffee@mayaeearthcoffee.com • www.mayaeearthcoffee.com

August 29 - September 3, 2012 - Riverfront Park, Spokane

100 Free Concerts on 4 Stages • 54 Food Booths • 225 Menu Items

Thursday—Too Slim and the Taildraggers
Friday—The Verve Pipe - Rock Show
Saturday—The Yardbirds
Sunday—Fishbone

For more information: (509) 921-5579 . SpokanePigOut.com

**Wellness...
 is Our Passion
 Life Enrichment...
 is Our Goal**

10410 E Ninth Ave
 Spokane Valley
 509-926-3541
sunshinehealthfacilities.com

Long Term Nursing
 Short Term Rehabilitation

Family Owned &
 Operated Since 1949

Even the greatest stories come to an end.
 We're here to guide you through the final chapter.



Since 1977, Hospice of Spokane has been helping people handle end-of-life issues with grace, dignity, comfort and peace of mind.

Regardless of age, disease, or even ability to pay, we're here for you.

Free Recycling!

TVs • Laptops
 Computer
 Monitors & Towers
 Call for Details
 (509) 534-1638
www.EarthworksRecycling.com
 1904 E Broadway-Spokane
 2 blks N of Trent/Napa • M-S 8-4:30

509-456-0438
 Learn more at hospiceofspokane.org
 Spokane's only nonprofit hospice