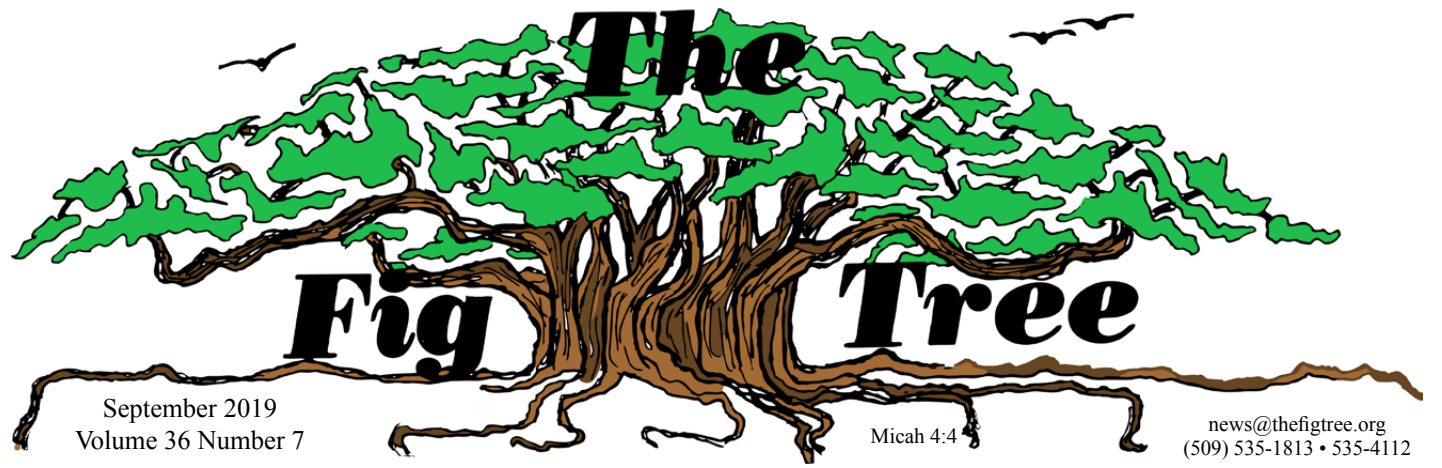


36TH YEAR OF PUBLICATION

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Monthly newspaper and website covering faith in action throughout the Inland Northwest
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Couple inspire interracial awareness

By Mary Stamp

James and Roberta Wilburn founded Wilburn & Associates LLC in April 2018 to promote diversity and social justice through diversity-equity-and-inclusion training, executive-and-cultural coaching, African drumming lessons, advocacy and social justice, and experiential learning events.

“We want to make a difference in the world, bringing out the best in people by helping them realize their potential without giving up their culture or heritage,” said James. “We seek to foster respect and dignity, celebrating human diversity.”

In workshops and presentations, Roberta has trained more than 1,000 counselors, teachers, government workers and social workers locally, nationally and internationally.

James brings knowledge of African and African American history, first-hand experience navigating living South during the Jim Crow era, and experience working with schools. A master African drummer, percussionist and vocalist, he speaks in schools and at cultural events.

In June 2017, he retired after more than seven years as achievement gap intervention specialist and community engagement program manager, serving in several



Art in James and Roberta Wilburn’s home reminds them of their African roots.

schools and the Spokane Public Schools district office.

Roberta, who has worked 12 years at Whitworth University, is associate dean for graduate studies in education and diversity initiatives.

With starting this program, they see their coming to Spokane as a fulfillment of their calling.

“When God puts you in a place, it’s God’s plan,” said Roberta, associate minister at Jesus Is the Answer Church.

James, a past president of NAACP Spokane, began receiving requests for motivational speaking in the community.

From DNA tests, they found their ancestors came from Congo and Cameroon—37 percent for James and 54 percent, Roberta. James also has 34 percent from Benin. Their ancestors also trace to Virginia.

James grew up in black towns of Marion and Sunset, Ark., where elders helped him understand the repressive segregation laws and violence in the Jim Crow era.

“Fascinated to learn about our history, I have been on a journey to help other African Americans and people of color understand how they are affected by things that happened in history,” he said. “The younger

Continued on page 4

With new name, logo, director, Joya continues interventions for children

In its logo, the sun rising out of a cloud represents the joy and hope parents feel Joya Child and Family Development—formerly the Spokane Guilds’ School and Neuromuscular Center—brings to families of little children with developmental delays and disabilities.

After 41 years as executive director, Dick Boysen retired June 30 and stepped into a volunteer capital campaign role as executive director emeritus.

Joya’s program coordinator, Colleen Fuchs, who served as acting director for several months, began as executive director on July 1.

Dick made Joya a respected, comprehensive program with certified special education teachers, licensed therapists, pediatric nurses, social workers and a pediatrician medical director.

The program for children from birth through their third birthday is expanding. In 2017, Joya purchased the former St. Joseph Family Center at 1016 N. Superior in the University District to build a larger facility to meet the demand for early intervention.

Dick talked with Sr. Pat Millen, OSF, director of St. Joseph over 10 years about the Sisters of St.

Francis of Philadelphia selling to Joya as a way to continue the sisters’ mission to help children and families on that site.

Before joining Joya, he was education director for Head Start of Spokane. He holds a bachelor’s in anthropology from California State University at Northridge and two master’s from Washington State University, one in child development and one in adult education.

“Both degrees help, because parent education is important. Children do better if their parents are involved. We help children do better than experts expected,” said Dick, whose inspiration was David, a Burbank, Calif., neighbor and childhood friend who had muscular dystrophy.

“It planted a seed in me. David went on a bus to a school in Glendale because our school was not accessible,” he said.

Dick said a group of local women, who were part of the Washington State Guilds for Retarded Children—even though none had a child with a disability—started the program in September 1960.

Continued on page 6

State NAACP Convention marks local chapter’s 100th

“Stay Woke to Vote” is the theme for the annual convention of the NAACP State Area Conference of Alaska, Oregon and Washington Friday to Sunday, Sept. 13 to 15, at the Northern Quest Resort and Casino in Airway Heights.

Participants will celebrate accomplishments, discuss challenges, and unify to defend civil rights in the region.

The highlight is Spokane NAACP’s Centennial Celebration Banquet Dinner at 6 p.m., Saturday, with a keynote presentation by actor/activist Danny Glover and the Bernie Sanders 2020 co-chair Nina Turner.

“Our region leads the nation on issues that strengthen our communities, like reducing employment discrimination with ban-the-box ordinances, ending the death penalty, calling for police accountability and criminal justice reform, and bringing equality to the work place and classrooms,” said Serena Satoran, communications coordinator.

While NAACP has worked to protect and defend civil rights, helping desegregate schools and lunch counters, and solidifying the right to vote, “we continue to witness a rise in racial hatred, white supremacy, voter suppression and educational disparities,” she said.

Actor, producer and humanitarian Glover has a more than 30-year performance career. Off-screen, he is repected for his community activism and philanthropic efforts. He served as a Goodwill Ambassador for the United Nations Development Program, focusing on poverty, disease and economic development in Africa, Latin America and the Caribbean. He is now UNICEF ambassador.

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Pan-African young adults visited Virginia

Members of Bread for the World's Pan African Young Adult Network embarked on a pilgrimage to Jamestown, Va., Aug. 23 to 25 to commemorate the 400th anniversary of the arrival of enslaved African peoples in 1619.

Ten participated in the 2019 Commemorative Ceremony and Program at Fort Monroe in Hampton, Va. They also visited two historic African American churches, Carver Memorial Presbyterian Church in Newport News and St. Cyprian's Episcopal Church, where they joined in conversation with church members on prayer and advocacy to end hunger. They also learned about the area history.

During the trip, the young adults documented what they saw and learned, reflecting in writing about their experience.

"Given the current state of national and global affairs, the pilgrimage comes at an opportune time," said Derick Dailey, convener. "As forces attempt to replicate centuries old modes of racial and gendered oppression, I pray that those attending might lend their ears to hear what the ancestors are saying to us as we deepen our advocacy to end hunger."

Earlier this year, Bread for the World released a Pan African devotional guide, "Lament and Hope," which commemorates the quad-centennial anniversary of the arrival of enslaved African peoples. "Lament and Hope" celebrates the hope, faith and resistance of African and African-descended people, while lamenting the evil and horror of slavery, racism and inequitable policies.

The young adults, from the African diaspora, are concerned about the state of black poverty across the globe. They seek to end world hunger by 2030.

Religions for Peace call for caring for future

In a declaration on Aug. 23, the 10th World Assembly of Religions for Peace called for caring for humanity's common future and advancing shared well-being. The assembly in Lindau, Germany drew 900 people from 125 countries.

"We are grateful for 49 years of determined focus on building peace and on speaking for those most in need," reads their declaration. "We are an alliance of care, compassion and love."

Religions for Peace acknowledged with sorrow the ways that religious communities have fallen short.

"Our hearts grieve over the misuse of our faiths, especially the ways they have been twisted to fuel violence and hate," reads the text. "Our alliance honors our religious differences, even as it serves the peace for which the human heart hungers."

They see that freedoms of all kinds have come under attack around the world.

"On the economic front, a meager handful of the richest persons have more wealth than four billion persons," they said. "The hour is late: we are called to urgent action."

Participants recognize their wellbeing is intrinsically shared. "Helping the other, we are helped; injuring the other, we wound ourselves," the text says. "We fully acknowledge the invaluable roles of women and youth among us and will continually mainstream their irreplaceable contributions."

The declaration notes that "we are called to show by example the sacred grounding of freedom. The cultivation of virtue tackles the ignorance, individual egoism, and group egoism that mutilate authentic community," they said. "The supreme good for us is the sacred, even as we understand it differently."

The declaration expresses a commitment to preventing violent conflicts—to integrate efforts for healing into all conflict resolution work, to renew commitment to nuclear disarmament through the International Campaign to Abolish Nuclear Weapons."

Promoting just and harmonious societies is another tenet of the declaration.

"We take heart that multi-religious actors and institutions are working to build just and harmonious societies with a vibrant spirit of care and commitment to justice," the declaration reads.

REGIONAL ECUMENICAL & INTERFAITH NEWS

Community Partners make directory possible

Community Partners, advertisers and other donors have made possible the 16,000 copies of 2019-20 Resource Directory, which have been mailed and are being delivered in bulk to many locations.

"We encourage agencies to watch for the mailed and bulk copies," said Malcolm Haworth, directory editor.

Commitments from partners total \$10,900 of \$11,500 budgeted. Community partners also include the services of The Arc of Spokane and Second Harvest, which are delivering 5,200 of the copies for bulk orders. Last year

the amount was \$8,980.

The partners are: Banner Bank, Catholic Charities, Second Harvest, Sisters of the Holy Names of Jesus and Mary, the Martin Luther King Jr. Community Center, Thrivent, Aging and Long Term Care of Eastern Washington, the Community Building Foundation, Washington Trust Bank, Habitat for Humanity North Idaho, the Spokane Resource Center and Spokane Falls Community College Human Relations.

Other support of \$27,085 in advertising and \$1,500 from donors is on par with 2018 income.

Community partner and individual donations are still welcome, said Malcolm.

This edition includes an appendix at the end listing phone numbers for government agencies and social services at the federal, state and county levels and on tribal reservations in Eastern Washington and North Idaho.

There will be new features to make the information more accessible at thefigtree.org

Those needing to update their information, may call 216-6090 or 535-4112 or email resourcedirectory@thefigtree.org.

NAACP convention celebrates 100th year

Continued from page 1

The luncheon keynote is Sandra Williams, editor of Spokane's Black Lens, an activist, lecturer, filmmaker and entrepreneur who has addressed discrimination, equity and social justice for nearly 40 years.

She is developing The Carl Maxey Center, an African American cultural center on 5th Ave. in Spokane's East Central neighborhood. The center will be a sustainable and technologically

innovative hub focused on equity and cultural enrichment, racial and social justice, business and workforce development, education and advocacy.

Convention guest Nina, president of Our Revolution, advocates for progressive ideals and values beyond political affiliation. Recently a speaker for Senator Bernie Sanders in the 2016 Democratic presidential primaries, she advocates for social change and such causes as labor, women's

reproductive health, voting rights and the eradication of wealth and income inequality.

Workshops include: "The Reality of Racism in Public Schools: What is Happening and What Needs to be Done," "Taking a Piece of the Pie: Economic Justice for All," "Ending Mass Incarceration in Washington State" and "Civic Engagement."

For information, call 253-632-3308 or visit www.naacpaowsac.org.

Unity in Community draws thousands

More than 105 nonprofits, universities, government agencies, businesses, cultural groups and faith groups were among the vendors at the 2019 Unity in the Community.

It was the 25th year the event has been held in Spokane beginning with Bethel African Methodist Episcopal Church gathering African American and other cultural and faith organizations at Liberty Park in Spokane.

Co-organizer April Anderson

felt this year's event was effective at connecting the community and exemplifying the theme, "Thriving Together. Rising Together."

"I was lifted by the smiles and laughter all around me," she said.

With more than 5,000 attending, she said it was "one of the largest crowds we have had."

The Cultural Village used the Howard Street bridge for children to tour booths and learn about different cultures. When they filled their "passports" with stamps they

received a bag of school supplies. "We always look for ways to add to it. This year, dragon dancers performed," she said.

Mareesa Henderson is co-chair with April, and co-executive director of the NW Unity nonprofit. They recruit a committee that begins meeting in March to plan for the summer event.

For information, email antapls@me.com.

Meals program seeks volunteers

Meals on Wheels (MOW) Spokane needs volunteers to help home bound elderly and disabled maintain the independence and dignity of remaining in their own homes.

Volunteers provide loving contact that seniors need along with the meals. They see the impact they can make in a senior's day as they deliver care, hope, and the promise that the homebound elderly and disabled people are looked after.

Mid-City Concerns (MOW)

seeks volunteers as substitute delivery drivers, delivering as often as they like Mondays to Fridays on a route that works for them.

For information, call 456-6597 or email volunteer@mowspokane.org.

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Disability Action Center holds conference in Worley

The Disability Action Center (DAC) in Moscow is co-sponsoring a "Making a World of Difference Starting at Home" conference Thursday and Friday, Sept. 19 and 20 at the Coeur d'Alene Casino in Worley, Idaho.

The conference covers the "independent living" philosophy, vocational rehabilitation and other services for people with disabilities and their families. It offers leadership and advocacy training, a Youth Transition track and basic training to understand the Americans with Disabilities Act.

Keynote Speaker Daniella Clark, a head injury survivor, will speak on advocating for changes in funding and resources for people with traumatic brain injuries.

The center is partnering with the Tribal Career Renewal Program to connect people with cultural perspectives," said Mark Leeper, executive director of the DAC, which is partnering with LINC Idaho and LIFE, Inc., to present the conference.

For information, call 208-883-0523 or visit dacnw.org/event/making-a-world-of-difference-starting-at-home/.

Faith leaders plan Oct. 6 Healing the Earth Vigil

Faith Leaders and Leaders of Conscience announces its second 2019 Healing the Earth Vigil will be held at 3 p.m., Sunday, Oct. 6, at the Cataldo Mission State Park, 31731 S. Mission at Exit 39 of I-90.

Speakers include Sr. Pat Millen, OSF, reading St. Francis' Canticle of the Creatures; words from Ernest Stensgar, chair of the Coeur d'Alene Tribe, other members of the Spokane and Coeur d'Alene tribes and people in the Silver Valley affected to environmental devastation there.

Following silence in grief for people and creatures of earth who have suffered and continue to suffer, there will be an opportunity for participants to pledge to be Healers of the Earth, there will be music, and opportunities to sign up to assist with nonprofit groups working to heal the Earth.

The next "Vigil for the Healing of the Earth," will be Wednesday, April 22, 2020, at the Tribal Gathering Place, 353-367 N. Post St. beside the Spokane City Hall.

For information, call 408-593-9556 or email genheywood@att.net.

Journalist Bob Woodward speaks at forum

Whitworth University's 2019 President's Leadership Forum from noon to 1:30 p.m., Friday, Oct. 4, at the Exhibit Halls Spokane Convention Center features Bob Woodward, legendary Pulitzer Prize-winning journalist/author and associate editor for The Washington Post. The Spokesman-Review is co-sponsoring the event.

The forum bring speakers representing a range of voices, perspectives and ideas. Whitworth faculty and staff believe Christian world views and ideas of Christian thinkers are sharpened by rigorous, open intellectual inquiry and engagement with a spectrum of thought.

They invite speakers to help the community engage in critical and careful thinking, civil discourse and effective action.

In 1973, Bob won the first of two Pulitzer Prizes along with Washington Post reporter Carl Bernstein for their coverage of the Watergate scandal surrounding former President Richard Nixon. He received his second Pulitzer Prize in 2003 as lead reporter for coverage of the 9/11 terrorist attacks. Bob has authored or co-authored 19 books, 13 of which have been bestsellers. He has written books on the nine most recent presidents, from Nixon to President Donald Trump.

His latest book, *Fear: Trump in the White House*, sold more than 1 million copies in its first week and broke the 94-year first-week sales record of its publisher, Simon & Schuster.

For information, call 777-3449, email iaevents@whitworth.edu or visit <http://www.whitworth.edu/leadershipforum>.

Event focus is ethnicity, race, indigenous people

The 2019 Ethnicity, Race and Indigenous Peoples (ERIP) Conference Thursday to Saturday, Sept. 12 to 14, at the Gonzaga University campus will draw scholars, activists and students from around the world to consider the theme "Bridges and Walls Across the Americas: Dialogues of Survivance, Endurance and Resistance."

The conference brings together the disciplines of anthropology, history, sociology, political science, linguistics, Spanish, Portuguese, geography, literature and law, said Stacy Taninchev, professor of political science at Gonzaga and member of the planning committee.

ERIP is a section of the Latin American Studies Association (LASA), which is co-sponsoring the conference with Gonzaga and the Latin American and Caribbean Ethnic Studies Journal.

There will be an exhibit on "Ethnicity and Identity as Themes in Art" at the Jundt Art Museum.

There will be five keynote speakers and numerous small panel presentations.

Highlights include presentations by keynote speakers Pamela Palmater, associate professor and chair in indigenous governance at Ryerson University, and a lawyer, author and social justice activist, at 5 p.m., Thursday, Sept. 12, at the Hemmingson Ballroom, and Fr. Ismael Moreno Coto (Padre Melo), director of Radio Progreso and the Reflection, Research and Communication Team coordinator of the Central American Media Commission of the Company of Jesus, at 3:45 to 5:15 p.m., Saturday, Sept. 14, at the Hemmingson Auditorium Room 004.

There will be film screenings of 2017 films, "500 Years" and "United by Water," and a ERIP Fiesta with music by Milonga.

ERIP 2019 intends to provide a forum for discussion, debate, and critical engagement with respect to the best paths for moving forward in the face of complex challenges facing the contemporary world, said Stacy.

Planning co-chairs from Gonzaga are Pavel Shlossberg of the communication and leadership studies department, and Rebecca Stephanis of the modern language

es department. They applied to host the sixth biennial ERIP conference after spending the summer of 2017 in Cali, Colombia.

Inland Northwest residents can register for \$30 a day or \$60 for the conference to attend regular sessions, keynotes, panels, receptions and a banquet.

There will be more than 60 workshops, roundtables and panels to choose from, including "Native Dialogue Space Sharing Tribal Narratives," and sessions on "Immigrant and Refugee rights Organizations in Washington,

"Latinx Women Voices," Latinos en Spokane on "Protecting Our Rights and Building Our Community," "Migration and Migrants, the Faces of Social Mobility," "Salish School and Language Recuperation," "Indigenous Youth Leadership, Environmental Justice and Standing Rock," "Restoring Visibility of Native Peoples" and "Tribal Sovereignty and Law."

For information, call Rebecca at 313-3644, Pavel at 313-5761, email ERIPinfo@gonzaga.edu or visit Gonzaga.edu/ERIP.

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Cultural sensitivity needed in today's society

Continued from page 1
generation has no idea of history and what we have overcome.”

One high school student whose skin color matched James' was upset that a teacher let a white student go to the bathroom, but did not let him go. The teacher sent him to the office when he acted out. He did not understand. When James suggested he look at his skin, the student said, "I'm white." School records listed him as white. His mother is white.

"He was confused," James said. "Racial identity problems make a difference, but they can be difficult to address because most counseling theories are based on European-American models." Roberta said. "When students of color are adopted or biracial, their white parents may have no idea how to educate them culturally, so the children do not know how to navigate the system.

"We have not reached Martin Luther King Jr.'s dream of judging people by the content of their character, not their skin color," Roberta said. "It's important to help African Americans understand power issues and who they are, and help European Americans understand how trauma impacts African Americans. Many white people want to come alongside and be allies, but it's hard because of the history of not discussing racial issues. We create space to talk so they feel they can ask questions without being intimidated."

The Wilburns offer cultural events in community venues, such as ones at West Central Community Center or a Riverfront Park Kwanza celebration, to create "courageous conversations."

A conversation on reparations for slavery drew more than 60 to the Carl Maxey Center. Participants discussed whether money would provide the repair needed for what happened in 250 years of slavery since 1619 and 150 years of Jim Crow repression.

"The justice, education, banking, housing and other systems still need repair, so handing a check over does not repair what continues to fail us," James said. "We need more than the equivalent of 40 acres and a mule."

The Wilburns find it's hard to have conversations in Spokane where there few people of color and systems treat them unfairly. Even though people of color graduate from school and college, employers say they can't find "qualified people of color."

As a Police Department ombudsman commissioner, James sees disproportionate use of force against people of color. He con-

tinually asks for data on that.

"The police not sharing information stirs suspicions," he said. "I want to understand why there is more force used against African Americans. Is it racial profiling? Do they want to fix it?"

With Spokane Public Schools, he was also able to address issues.

At Lewis and Clark, he held a retreat for African-American students at the East Central Community Center. A panel of African Americans said they could talk about anything. Some thought "n" word was a term of endearment among African Americans. Others did not want to be called that. They agreed whites were not to use it.

"In the Deep South, a teacher would suspend an African-American student who reacted when called that," James said. "We were allowed to read only 90 years ago. In African-American schools I attended, books were passed down.

"Our history was not in most history books. My first year of integration was in college. I grew up in an African-American community, church and school and did not know how to deal with white people's bias," said James.

As a Baptist, he tried Southern Baptist College after dropping out of Arkansas State, but still found it hard to overcome discrimination. Later, he graduated from Columbia School of Broadcast to be a DJ, but found no job in the Memphis market.

"I needed to find out who I was and why I was hated. I began to read and learn that I was not just descended from slaves but also from African kings and queens, people who developed hieroglyphics, philosophy and navigation. The more I learn history, the more I am proud.

"Most schools teach from a Eurocentric perspective, so it's hard for children of color. They are to think, do and act white. Their parents work and don't sit at the dinner table to talk with them," he said.

"It's also important to have African-American teachers so students have role models to aspire to," said James, who is publishing memoirs of his self-discovery, *My Journey Through the Black Sacred Cosmos*.

"Children need to know the African-American social reformer, abolitionist Frederick Douglass' words: 'It's easier to build strong children than repair broken men.' African Americans suffer the psychological effect of slavery. Mothers say, 'Quit!' 'Stop!' 'Don't!' to protect their children so they don't venture too far," he said.

Roberta calls it "epigenetics"—how trauma changes genes passed

down for generations.

"Slaves preached the sermon and sang songs their masters gave them. Then they worshiped in the grove," James said.

His walk through the black sacred cosmos led him to understand that not all white people are bad. Two years after he graduated from LeMoyné-Owen College, a historical black college, in 2005, he and Roberta came to Spokane, where he developed his first positive relationships with whites, working on an equal footing. In 2010, he earned a master's degree at Whitworth.

"I've had ups and downs, but I can decipher more now," he said.

Working with Whitworth to produce teachers and administrators who are sensitive, Roberta has developed ways to help organizations create diversity practices, and look at their policies and procedures through a diversity lens. She offers an intercultural inventory to help people expand their cultural awareness on a continuum.

"We live in a time of changing demographics in every field. People need to be culturally aware to interact effectively, so we seek to build culturally responsive work places and communities," she said.

The Wilburns offer webinars and online classes to take people at their own pace into diversity skills. They also offer healing circles to help people embrace their cultural heritage.

Roberta, who grew up in New York City, first encountered a racial slur when bussing with sixth grade classmates, taking two city busses and a train to go to a white school. In Queens, she was integrated into high-achieving, diverse high school classes.

After graduating from Mt. Holyoke, a women's college, she studied special education at George Washington University, learning why special needs children are marginalized.

"Motivated by my passion to learn and teach, I'm always taking classes to learn how to challenge people to have conversations," she said. "Many students at Whitworth have had limited experience with other cultural groups. I help them learn to broach topics so they are not defensive but ask questions.

"The only way to learn is to ask questions," she said. "We need to be transparent to talk about our experiences without putting a guilt trip on white people, so they understand the experiences of people of color and can be effective in diverse groups."

For information, call 901-289-9627, email wilburnassociatesllc@gmail.com or visit wilburnassociates.org.



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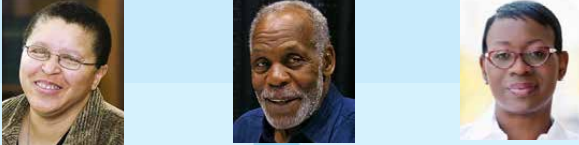
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Supported Employment program intersects with Catholic Charities' approach

Two immersion weekends at a homeless shelter that connected with service agencies in the 32 blocks of Skid Row in Los Angeles helped solidify Harrison Husting's commitment to "walk with" homeless people as they overcome barriers and find their way back to lives they want.

Through the Catholic Charities Supported Employment program, Harrison walks with about 30 men and women from many backgrounds as they overcome barriers to employment and find jobs that fit their passions.

The immersion weekends were during his studies of economics and urban studies at Loyola Marymount University in Los Angeles. After graduating in 2017, he served with the Jesuit Volunteer Corps (JVC) at the House of Charity in Spokane from August 2017 to July 2018.

He lived and reflected with 13 other Jesuit volunteers at two community houses near Gonzaga University. Others worked with St. Margaret's Shelter, Childbirth and Parenting Assistance, Food for All, Second Harvest, Vanessa Behan Crisis Nursery, L'Arche and Recovery Café.

At the House of Charity, Harrison served as the resident client coordinator, coordinating the day-to-day operations of a program that supported individuals by providing volunteer opportunities and case management to help clients achieve housing and employment.

"Wanting to be part of the solution, I found work that makes that possible," Harrison said.

When his JVC term ended, he began at the Supported Employment program, one of four parts of Catholic Charities' Housing Stabilization program. The others are Supportive Housing, Opioid Use Disorder Peer Support and Coordinated SOAR (SSI/SDI Outreach, Access and Recovery) Initiatives.

Harrison, who grew up in Woodbridge, a small town near Sacramento, was drawn to the spirituality at Loyola Marymount, a Jesuit University.

From living in both the urban setting of LA and a small town, he finds Spokane is a mix of both. Catholic Charities' supported employment program began two years ago as part of the state's Foundational Community Supports program under expanded Medicaid. Passages, Compass and Goodwill also do it.

Samantha (Sam) Dompier, director of Catholic Charities' Housing



Harrison Husting helps homeless people overcome barriers.

ing Stabilization, said supported employment and supportive housing seek to have people stabilized in housing and jobs to improve their health and wellbeing, reducing Medicaid and health care costs.

Sam—who grew up in Salem, Ore., and graduated from George Fox University in 2011—earned a master's degree in social work at Eastern Washington University in 2012, married and stayed in Spokane. For two years, she was director of the House of Charity and helped start the housing stabilization program in 2018.

"In the House of Charity and St. Margaret's shelter programs, I saw need for services to support vulnerable families with stable housing," said Sam, who now supports a team of case managers to work with more than 70 households in the community to help them find or maintain housing. Currently, 40 are housed and 37 are looking for housing.

Her department works with social service coordinators to provide support for households living in Catholic Charities tax-credit buildings, which have more than 300 units for formerly homeless households. They are at Father Bach Haven, Buder Haven, Donna Hanson Haven, Pope Francis Haven (for families), or Sisters Haven (for families) beside the former Holy Names Convent.

Two other tax-credit housing units under construction will open in January 2020 and April 2020.

"We partner with Catholic Housing Communities, who provide property management and on-site case management, peer support and behavioral health/counseling services," Sam said.

Supported employment is a service under case management. Its goal is to provide ongoing support, helping people identify goals and plans for themselves.

"In the community, I foster relationships to find potential employers, and connect people with employers," Harrison said.

Harrison learns employers' hiring needs, introduces them to some of the job seekers, matches employers' needs with job seekers' goals, helps with applications and appropriate clothing. Then he does one-to-one job coaching after clients are employed.

"Some need extra time to be trained into a position and support to understand what they are expected to do," he said.

Harrison spends time one-to-one in the Catholic Charities office or homes of clients, with 60 percent of his time in the community, taking people to work sites to see what opportunities fit.

Sam said that it's a unique employment program, because it is individualized and supports people to move into a field of their choice, rather than be placed at a job they may have no passion to do.

"We want people to find long-term employment they want to do," he said. "Support after someone is on the job discerns if it's a good fit. For some, full-time work does not fit, but part-time work does. Some are looking for something to do and find purpose, while others want work to rebuild the lifestyles they once had."

Some he helps did not complete high school or have no work experience. Others have master's and bachelor's degrees, or have worked 10 years in industry. Some

have had long gaps in employment or have held many jobs for short periods. Some have struggled with mental health, substance use or domestic violence issues, and have gone through rough patches.

Harrison wants the community to know about the program so employers seeking to expand their employee pool will contact him.

"We hope people who have positions to fill will work with us to see if one of our jobseekers would be a good fit, to share industry knowledge, give facility tours, do mock interviews, tell what they look for in resumes and help us help people get a foot in the door," he said.

"Some employers can help us find a fit for clients: One jobseeker with a disability can do telemarketing. One wants to work outside. A mechanic seeks work. Some want to stock shelves in stores. One wants to be a baker. One wants to teach music. One wants to do construction," said Harrison.

"We want to build a network of people with jobs and connect them with people with a passion to do those jobs," he said. "The program is a way for the community to end homelessness."

Harrison found a description for what he does in Fr. Greg Boyle's latest book, *Barking at the Choir*. It is "seeing the Divine in every interaction." That approach means he learns from people he encounters who have different experiences.

"I take something from every encounter, aware that every person embodies God and wants someone to believe in them. I believe in them

and advocate for them," he said.

"No matter what people do or where they are, I can walk with them and be there for them," Harrison said, adding that's what Catholic Charities does. "We do not ask people to change or make them change, but support them in the direction they want to take to improve their lives."

"I believe economic empowerment helps people live the lives they choose, facing and overcoming barriers as small hurdles," he said. "My passion is to help people gain financial independence, which is key to their health and stability."

"Employment is a way to find purpose. Catholic social teaching says everyone has the right to work and to fulfill a purpose," he said. "I seek to help people regain hope and purpose."

For information, call 202-5066 or email info.supportedemployment@ccspokane.org.

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Joya 'pours on' intensive, comprehensive services in child's first three years

Continued from page 1

They had taken gifts to children at Lakeland Village.

They started the school in the Sunday school building of Westminster Congregational Church at 4th and Bernard. When the church voted to join the United Church of Christ, many members left to form Plymouth Congregational Church. Westminster did not need all the space, so it leased rooms to the Guilds' School from 1960 to 1982, when the program moved to 2118 W. Garland, the former Garland Elementary School. They have a lease from Spokane Public Schools for \$1 a year until May 2022. SPS was Joya's sponsor for Referendum 37 funds.

In 1979, Referendum 37 freed \$25 million in state funds for rehab centers for children and adults. They used \$250,000 to renovate Garland School.

Under Dick, Joya became a United Way Agency and the board hired a nurse, pediatrician, and physical, occupational and speech therapists.

Dick urged the secretary of the Department of Social and Health Services in Olympia to allow billing Medicaid to treat children with neuromuscular disabilities.

Joya also raises funds from events and donors. In 1982, it started a foundation and now has a \$6 million endowment that gives the program \$500,000 a year.

Joya differs from other providers, because it raises money to cover costs of services children need, so families do not decide what services a child will have based on what they can afford.

For 10 years, Dick and the board wanted a location in the university district.

- It is central to county services.
- The program trains students in higher education—nurses, therapists, social workers and other disciplines at the medical schools and universities there. Students gain experience with children with medically complicated and rare diagnoses.

• Access to the universities is also conducive for research on conditions and therapies.

Joya will raise \$18.5 million for a 39,000-square-foot building with viewing rooms and the latest technology—breaking ground in August 2020. It will double the number of children they can serve from 300 to 600 annually.

"We changed the name to Joya because it means 'treasure' or 'jewel,' and that's how we see the children. We added Child and Family Development, because parents said we help them as much as their children," he said. "The name, Guilds' School and Neuromuscular Center, sounded



Physical therapist Sarah helps Sultana cross plastic stepping stones.

like a sad, scary place, and it's not really a school.

It is now under the State Department of Health category of Neurodevelopmental Centers of Excellence. It's one of 19 and the only one in Eastern Washington.

"Many infants are 'graduates' of neonatal intensive care. We find that because of an infant's brain's neuroplasticity, many recover. It was previously believed that once the brain was injured, it would always be injured," he said.

Dick, who grew up Catholic, said faith instilled in him optimism and faith that people can create more positive outcomes.

Colleen has been connected to Joya for many years, first coming in 2000 after her fourth son, Tommy, had a stroke at the stem of his brain 16 days after he was born. He was not expected to survive. He was deaf, blind and comatose for two weeks.

At eight weeks, after he began at Joya, he started to wake up. At three, he "graduated," qualified for special education and attended St. Aloysius School, where Colleen taught. At 12, he was seizure free. He has just graduated from Gonzaga Prep and is beginning EMT training at Spokane Community College.

Colleen, who has lived within three blocks of the house on 400 E. Sinto where her father grew up, graduated from Gonzaga University in 1991 with a degree in early childhood special education. She taught many years half-time at St. Aloysius School. Her career includes being a public school liaison to St. Als qualified to teach special education, starting a catering business and collecting data

for the University of Washington on early learning centers.

For his seventh grade service project, Tommy decided to do public speaking about the Guilds' School. He spoke at its benefit.

"I always dreamed of working at the Guilds' School, but knew no one leaves. At that banquet, the program coordinator, Marilyn Henderson, said she would retire the next June after 38 years." Colleen talked with Dick and was hired.

She supervised teachers and therapists and was acting director when Dick was on a health leave. After he retired, they hired her to help the program expand.

"We are where families are sent when their children have medically complex diagnoses," Colleen said. "Our philosophy is to pour on intensive, multidisciplinary services for a child's first three years.

On intake, Joya assesses gross and fine motor skills, speech and language, cognitive skills, self-feeding, social and emotional skills. Staff see children first in their homes. A resource coordinator coordinates the team working with parents.

If children are ready, they join toddler groups—two or three days a week for two to three hours—that include peer models who help them build language and socialization skills.

"Playgroups and story time are enriching for them, too," Colleen said. "The shift is from them going to play group with Billy who has Down syndrome to playing with their friend Billy."

Fifty-one percent left at or before the age of three with age appropriate skills, so they qualify for regular public school education.

"Good outcomes mean savings for the community," she said. "We refer children to Head Start, community preschools and neighborhood play groups."

Others qualify for special education in public schools, entering with skills to build on.

For information, call 326-1651 or email colleen.fuchs@joya.org.

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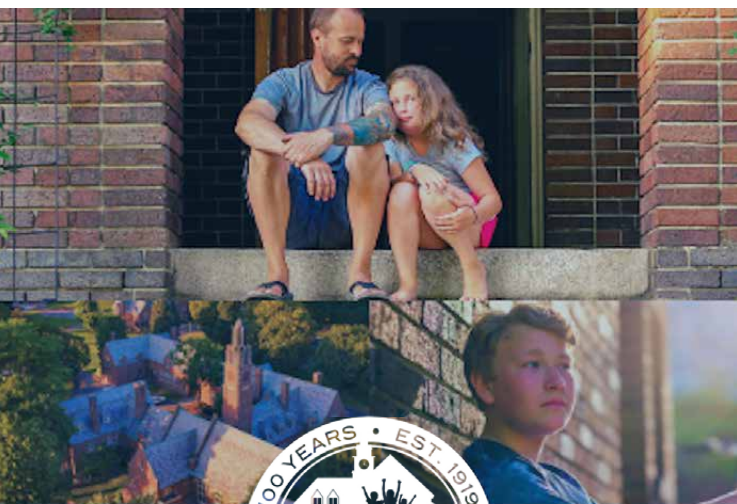
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Out of the Shadows Theatre gives opportunity for people with disabilities to act

By Kaye Hult

One night during an audition for a play, actress Wendy Carroll realized her son, Toby, who had attended her rehearsals in Coeur d'Alene and Spokane theaters, might want to act. Toby has several disabilities.

He brings actors water at rehearsals and helps tidy the theater lobbies. The theater community embraces him, she said.

In April 2016, she created Out of the Shadows Theater. Productions feature actors with disabilities accompanied by shadow actors who support the actors at rehearsals and during productions.

Wendy called on friends and colleagues in the theater community. They began planning their first production, "Beauty and the Beast Jr." The play ran two productions one weekend in November 2016.

Productions have been in November since then: "Fiddler on the Roof Jr." in 2017 and "Mary Poppins Jr." in 2018.

"We don't ask what the issues are with our actors," Wendy said.

Some are autistic or blind. Others have Down Syndrome, cerebral palsy, developmental disabilities or are in stroke recovery.

The actors and shadow actors range from 10 to 63 years old—most are 20 to 30. Shadow actors wear dark clothing and help actors learn the lines. They have the script on stage and make sure actors move to the correct places. Actors and shadows often become friends.

"In theater, the goal is to please the audience. In our theater, it's not about the audience. It's about the actors," Wendy said. "We seek to give actors the opportunity to be on stage. If the audience is pleased, that's a bonus."

The audience may know they are seeing miracles, but Wendy said they don't see the half of it.

Actors are dealing with many new experiences—putting on make-up, putting on a microphone or wearing annoying fabrics.

To see them is to realize how hard they work and how supportive everyone around them is.

"Our actors like the theater and the opportunity," she said. "They like that people are staring at them for their abilities, not their disabilities."

"We do what the actors need to feel comfortable," Wendy said. "While we bend rules, we hold them to standards. We make clear it's a commitment. That means giving their word they will stick with it."

Wendy cited examples of what it has meant to some actors:

- One girl with Down Syndrome had to bring her doll on stage. She needed to wear sound suppressors



Out of the Shadows performs Beauty and the Beast Jr in 2016

because of a sensitivity to noise. On opening night, she kept the doll but gave up the sound suppressors.

- A boy had cerebral palsy and autism. His grandmother said when he is acting he no longer has autism because his character doesn't have it. He has gone on to be cast in community theater productions with Lake City Playhouse and Aspire Theater.

- In "Beauty and the Beast Jr.," wheelchairs were used as part of the wolves' costumes.

- A shy young girl in "Beauty" struggled with her single line: "Boo!" By her third production she delighted audiences with her brilliant portrayal of Mary Poppins' young charge Jane Banks, complete with English accent! She has become outgoing and verbal.

- A young woman became a member of the junior board of directors at Liberty Lake Community Theater and has been cast in several productions and a Shakespearean play. She also has begun to write for theater.

"When our actors go off on a line, the audience is patient and supportive," Wendy said.

Therapists find theater participation is therapeutic, particularly for people with autism, she said. They see that actors retain the benefits—increased eye contact and picking up on body language and social cues.

"I knew what it would mean to my son and his friends," she said. "It surprised me how it opened the eyes of production people."

"As we came to the end of "Beauty and the Beast Jr.," I wondered how to convince the production crew and shadow actors to assist again the next year. They came to me!"

Many volunteers with theater experience strive for perfection.

They soon learn that Out of the Shadows' goal is for actors to do their best. Most return production after production.

A seasoned TV, film and stage actor told Wendy after seeing the show in 2016, "This is the most important theater I've ever seen. I have to work on the next show."

The creative director of Spokane Civic Theater gave Out of the Shadows access to some Mary Poppins costumes. After seeing the show, he said, "I get it. I want to be involved."

Every year, theater professionals and inexperienced folks from the community donate time and talent from September into November. This year the costume designer just finished Coeur d'Alene's Summer Theater's 2019 season. The set and lighting designer is returning.

The choreographer adapts dances to include actors who require walkers and wheelchairs.

The deaf community values use of American Sign Language interpreters at select performances.

Born in Saskatchewan, Wendy left to study journalism in Calgary. After five years in Vancouver, B.C., she went to Los Angeles and found work at Disney studios in marketing. Then she produced animated and live action shorts on social issues for schools and libraries. After 15 years, she moved in 1994 to Arizona, and taught screenwriting in Scottsdale Community College's film and TV department.

Having performed in theater in Vancouver, she left film to return to theater, moving to Nashville. She did some theater, but raising a son with special needs alone, she put it on the back burner.

In 2006 in Coeur d'Alene, she became involved with the Lake City Playhouse. Toby was 16 and came to rehearsals with her. She

also performed at Spokane Civic Theater and Interplayers.

Wendy wants people to create Out of the Shadows theaters in their communities. She began with no money. The community stepped up.

"We rely on donations, grants and volunteers," she said.

In 2018, Out of the Shadows became a nonprofit, called Celebrate Inc. Beyond theater, Out of the Shadows wants to introduce other fine arts to individuals with disabilities, using professional tools and instruction. They seek a location and artists willing to

donate their time.

Currently, Out of the Shadows is preparing the November 2019 production of "Music Man Jr." It will run two weekends, Nov. 1 to 3, and 8 to 10.

The shows they have produced have been sold out. They are already booked for 2020 and 2021.

"The experience is life-changing and inspiring not only for the actors, but also for the shadow actors, production team, back stage crew and audience," Wendy said.

For information, call 208-818-0953 or visit outoftheshadows-theater.com.

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Volunteers keep food pantry humming

Because it is difficult for people in the outlying areas and in the county to access programs for low-income people in downtown Spokane, it makes sense to address concerns of people in North Spokane County in their own locations before they reach a crisis.

The North County Food Pantry at 40015A N. Collins Road in Elk is doing that in one of the poorest areas of the county with high unemployment and many seniors, said volunteer Bon Wakabayashi.

The pantry serves people in 99003 Chatteroy, 99009 Elk, and the Spokane County parts 99156 zip code who “shop” for groceries.

When people come in, they take a grocery cart and choose items.

The North County Food Pantry is co-directed by volunteers Sandy and Joe Harvey with the assistance of 37 volunteers year round and 45 in the summer with the community garden.

They create a welcoming community center, Bon said.

Bon coordinates a volunteer team of information specialists to help elderly and disabled people, and people in financial distress learn how to access programs.

She began by using area resource guides, like The Fig Tree’s annual comprehensive one that includes communities to the north, checking websites and talking to organizations about services they could provide for clients.

Some clients have just enough gas to drive to the pantry, she said. A drive to Spokane may be intimidating for someone in stress over a difficult situation, she said.

Bon compiled information that was posted on bulletin boards and put it in a binder volunteers can use to refer clients to the services.

People can talk with volunteers about concerns such as medical insurance, dental care, and paying for prescriptions, hearing aids, prescription eyeglasses and medical equipment. Some need legal advice or advice on caregiving for family members.

Along with volunteers helping veterans apply for benefits, on first Mondays a Spokane Valley Vet Center van brings people to meet with veterans on their needs. They have computer access to military records to provide guidance or challenge if benefits are denied.

Organizations, such as Guardian Angels, regularly send a medical insurance broker to discuss insurance options, helping low income families connect with low-cost medical coverage.

Once a month the Department of Social and Health Services mobile unit comes and Aging and Long Term Care of Eastern Washington sends representatives regularly.

Second Harvest and Northwest



Sandy Harvey

Harvest provide food the pantry distributes. Second Harvest volunteers visit to offer nutrition information, samples and recipes using the commodities.

With a Walmart grant of \$58,000 six years ago, they built an addition. About that time Second Harvest was remodeling and offered their cooler and freezer.

A storage area holds donations of medical equipment—wheelchairs, walkers, crutches and canes—and distributes them to anyone in the community who needs them, Bon said.

Along with commodities, the pantry provides a free lunch, access to showers and laundry facilities, and a media room where books and movies can be borrowed. A community garden outside supplies 2,500 pounds of fresh produce to more than 300 families monthly.

The North County Food Pantry hours are from 11 a.m. to 2 p.m., Mondays, from 9 a.m. to noon Wednesdays, and from 6 to 8 p.m. second and fourth Wednesdays. They serve lunch to about 50.

Sandy, who grew up in Spokane, said that when she and Joe married nearly 50 years ago, they wanted to live in the country and found a home in Chatteroy.

Joe grew up south of Spokane. Sandy worked 38 years with the U.S. Postal Service. Joe stayed at home raising their two boys until they were older, and then began working at a local foundry.

Darlene Hansen was pantry director for five years before Sandy and Joe took over as co-directors in 2014. They have volunteered for 19 years. Joe receives the freight, keeps inventory and sets up the items. Sandy does the administration and paperwork.

Country Church of the Open Bible next door started the pantry more than 25 years ago. It was also housed at Riverside High School and a nearby Grange until moving to its present location just north of the church.

“We serve about 280 families a month or 725 individuals,” said Sandy. “This is one of the poorest parts of Spokane County with high unemployment and a large elderly population. We serve

whoever needs food regardless of income. Signs on shelves suggest how much food people can take.”

The pantry also distributes government commodities, a senior box with 60 pounds of food—cereals, canned goods, juices, vegetables, fruit, crackers, cheese and instant or shelf-stable milk.

About 14 nearby churches supply food, cash and other donations from food drives. Rotary I Deer Park and St. Joseph’s Parish in Colbert help.

“Our work is part of my faith. It’s God’s calling for me to pay back for the good things God has given me. People are so thankful it touches my heart,” said Sandy, who attends Chatteroy Community Church with Joe.

She said she has seen miracles:

- One day the cook was out of meat for hamburgers. An hour later, a farmer arrived with a donation of 215 pounds of hamburger.

- At times from February to May the cupboards are bare, but she said “God seems to know what we are out of and provide it. It blows me away.”

- A single elderly woman needed repairs for her washer. Someone walked in who could do it.

- Another woman needed a plumber, and a volunteer went home with her and fixed the pipes.

“The volunteers and people who come are like a big family taking care of each other,” Sandy said. “In the morning we pray before we open. Many volunteers are big donors. I thank the Lord every day for this opportunity.”

After 14 years as co-directors, however, Sandy and Joe want to travel and are looking for someone to take on their roles.

For information, call 238-6464 or visit www.northcountyfoodpantry.com.

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39th Annual Roger Williams Symposium
with speaker

The Rev. Dr. Robin R. Myers
author, syndicated columnist and NPR commentator, senior minister of Mayflower Congregational United Church of Christ (UCC) and professor of social justice emeritus at Oklahoma City University


'Spiritual Defiance: Building a Beloved Community of Resistance'
7 p.m., Saturday, Nov. 2 - Community Congregational UCC, 525 NE Campus St. Pullman

10:30 a.m., Sunday, Nov. 3 - Guest Preacher - Community Congregational UCC, 525 NE Campus St. Pullman

American Heretics: The Politics of the Gospel - film and workshop
2-4 p.m., Sunday, Nov. 3
St. James Episcopal Church, 1410 NE Stadium Way Pullman

Climate Change as a Moral Imperative - lecture sponsored by the Thomas Foley Institute at WSU, noon Monday, Nov. 4, Rm 308 Bryan Hall

All events are free • <https://interfaith-house.com/events/symposium>



Upcoming Retreats

at Spirit Center at the Monastery of St. Gertrude

A Watercolor Journey ~
September 30 - October 2

The Creative Word: A Contemplative Writing Retreat ~
November 4-8

Silence the Christmas Noise: An Advent Retreat ~ customized retreats December 1 through 18



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208-962-2000, www.Spirit-Center.org



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Compassion Games events promote environmental sustainability

The 2019 Global Unity Compassion Games Sept. 8 to 28 include Interfaith Potluck and Speed Faithing, Pathways to Peace and the World Peace Flag Ceremony, and the Earth and Spirit Festival with theologian Matthew Fox as keynote speaker.

The Interfaith Potluck and Speed Faithing Dialogue is from 5 to 7:30 p.m., Sunday, Sept. 15, at the Unity Center of Divine Love and Light, 4123 E. Lincoln Rd. "Speed Faithing" is groups of three sharing perspectives on spiritual practices to discover commonalities and honor differences, said Joan Broeckling of One Peace Many Paths (OPMP).

Pathways to Peace—sponsored by OPMP, Gonzaga University, PJALS and PaxChristi—is from 6 to 8 p.m., Friday, Sept. 20, in Gonzaga's Hemmingson Center. It includes a panel discussion on denuclearization, followed by the annual World Peace Flag Ceremony.

"The ceremony affirms peace is possible when people join in ac-

tion, especially through the United Nations' Sustainable Development Goals (SDGs) uniting people globally," Joan said.

The Earth and Spirit Festival, from 11:30 a.m. to 5:30 p.m., Saturday, Sept. 28, at Unity Spiritual Center, 2900 S. Bernard, is co-sponsored by OPMP, Unity Spiritual Center and the Sisters of the Holy Names. "It celebrates our connection to the Earth to help us develop more sustainable, compassionate habits," Joan added.

Matthew is the author of 37 books, a "think-outside-the-box" theologian, an Episcopal priest, an activist for eco-justice and co-founder of the Order of the Sacred Earth (OSE). OSE is a movement of people of various beliefs and non-beliefs who vow to love and defend the Earth.

He envisions reinventing work, education and worship to bring a non-violent revolution. He is speaking on "Passion and Compassion: How the Suffering of Mother Earth and the Poor Are

Waking Us Up to Love and Action." Tickets for his lecture are at buytickets.at/onepeacemanypaths/287037.

The festival also includes children's activities, a resource fair and the following workshops:

- A panel of community leaders will discuss "Building a Sustainable Spokane" related to the international SDGs. Panelists are Breean Beggs of the Spokane City Council, Patrick Jones of Spokane Community Indicators, Maggie

Gates of The Lands Council and Karli MacIntyre of 350 Spokane.

- In an "Earth Stewardship Interfaith Panel," Thubten Jampa of Sravasti Abbey, Todd Eklof of the Unitarian Universalist Church, and Pat McCormick of 350 Spokane will share approaches to taking compassionate action to protect and heal the Earth.

- "Earthing" is the practice of connecting with Mother Earth's energies for healing and restoration.
- "Native American Spiritual-

ity" features David BrownEagle of the Spokane Tribe on "Mother Earth: We're with Her or She Moves on without Us."

Service Projects, listed on p. 11, for volunteers are Fall Cleanup at Drumheller Springs Park, Unity World Day of Prayer Vigil and Labyrinth Walk, The Lands Council Spokane River Cleanup, food sorting at Northwest Harvest and a 350Spokane Climate Strike.

For information, call email onepeacemanypaths@gmail.com.

YWCA honors 10 women leaders

The YWCA Spokane has announced 2019 Women of Achievement they will honor at their awards luncheon, from 11:30 a.m. to 1:30 p.m., Friday, Oct. 11, at the Spokane Convention Center.

Over 37 years, YWCA Spokane has celebrated achievements of more than 230 Spokane women to increase awareness and appreciation of contributions of women.

The recipients embody the YWCA Spokane's mission to eliminate racism, empower women, and promote peace, justice, freedom and dignity for all.

The 2019 leaders are: Ginger Ewing of Terrain Spokane, in Arts & Culture; Carla Cicero of Numerica Credit Union, in Business & Industry; Freda Gandy of Martin Luther King Jr. Community Outreach Center, for the Carl Maxey Racial and Social Justice; Susan Ashe of Health Science and Services Authority (HSSA)

of Spokane, for Community Enhancement.

Others are Ann Ciasullo, a Gonzaga professor of Women's and Gender Studies and English Department chair, for Education; Traci Ponto of the Spokane Police Department, for Government and Public Service; Anne McClain, astronaut, NASA - Science, for Technology and Environment; Celestina Barbosa-Leiker, associate professor, Washington State University College of Nursing for Science, in Technology and Environment; Christine Dugger, Spokane Valley Youth Voice for Young Woman of Achievement.

Marion Moos, Spokane's "mother of feminism," is being honored posthumously for the Lifetime Achievement.

For information, 742-0111 or email danam@ywcaspokane.org or visit ywcaspokane.org/woa-2019bios.

Join the Faith Leaders and Leaders of Conscience of Eastern Washington and North Idaho for our

Vigil for the Healing of the Earth

Sunday, Oct. 6 - 3 to 5 p.m.

Hear from those who have suffered from ecological devastation.

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Silber Valley Community Resource Center
The Fig Tree
Sravasti Abbey
Sisters of the Holy Names of Jesus and Mary
Pax Christi
One Peace, Many Paths
Responsible Growth NE Washington



Avista's Energy Assistance Day is coming soon.

Phone lines open September 9th at 9 a.m.

Be sure to reserve your space for Avista's Energy Assistance Day on October 1st and 2nd. This event is conducted in partnership with SNAP. But hurry, appointments are limited to 700 per day. Please reference the chart below to see if you qualify. Phone lines will be open September 9th through 20th, or until all spots are filled.

Call 509-495-1470.

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Persons in Household	Monthly Income Qualification	Monthly Income Qualification
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3	\$2,666	\$3,555
4	\$3,219	\$4,292
5	\$3,771	\$5,028
6	\$4,324	\$5,765
7	\$4,876	\$6,502
8	\$5,429	\$7,238

*Senior are those 60 years and older and disability is verified by disability income.



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Faith communities and civic leaders need to move to sustainable living

The word “sustainable” may seem like a buzz word, but it is used continually because much of the average citizen’s current way of living and consuming is *not* sustainable.

Humans have bumped into planetary boundaries which cannot be crossed without dire consequences for each of us and for all forms of life on the planet. Responsible leaders in Spokane, and every city, are actively concerned.

The questions are: “What IS sustainable? What do we need to do differently in order to protect life, in other words, to be sustainable? The world’s top scientists, scholars and leaders have been investigating this question for more than 50 years.

In 1974, many nations exhibited some answers here in Spokane when the community hosted the first and only World’s Fair with an environmental theme. The United States offered a film with the BIG

answer—really the only answer: Each of us needs to realize what Chief Seattle said 165 years ago: “Man Belongs to the Earth” and not the other way around.

When he spoke those words in 1854, Chief Seattle might not have been gender sensitive, but recent evidence supports the truth of his message. There is only one overarching answer to our present and pressing predicament: We need to work together closely to find small and big ways to change our interaction with the natural world.

We are guests on this planet, and we’ve been overstepping the house rules for some 200 years. The planet is pushing back.

Because of our lack of awareness or our carelessness, resources such as fresh air and water, rich soil, predictable and tolerable climate patterns and a self-replenishing supply of edible food are quickly disappearing. Now the lives they support, including

our own, will be threatened unless we act quickly.

At the invitation of Spokane City Council, volunteer citizens have been trying to answer the questions of sustainability for Spokane. In recommending plans to update Spokane’s 2009 Sustainability Action Plan, they have incorporated some of the Sustainable Development Goals (SDGs) along with their metrics and indicators. The SDGs represent the best science and practices developed at national, state and international levels. Kara Odegard at kodegard@spokanecity.org seeks more people to help.

Recommendations will be passed to a more permanent body next year when a new 13-member Sustainability Action Committee will work with city officials to complete writing the action plan and oversee its implementation.

A workshop on “Building a Sustainable Spokane” at the Sept. 28 Earth and Spirit

Festival at Unity Spiritual Center will also address: How will a sustainable Spokane be different than our present reality? What progress are we making in building a strong collaborative foundation contributing to greater sustainability? How might the greater community of Spokane connect around building a strong foundation for a sustainable future together, especially by incorporating the SDGs? Which organizations might provide leadership?

This is a perfect time for citizens and faith communities to join with civic leaders to move forward with a sustainability plan that incorporates the SDGs. We need to find a few organizations to help create an engine. There is a treasure of information available from the United Nations, and from cities around the nation and world that have already committed to a path of sustainability.

Sally Duffy - Associate of the Sisters of the Holy Names of Jesus and Mary

In face of divisiveness, will we choose love over hate, seeking common ground

With divisiveness in our country filtering down to divisiveness in our communities close to home, we must choose how to respond. That we have a choice was a theme shining through the Aug. 13 “Truthful Tuesday Vigil” outside Spokane Valley City Hall before the City Council meeting.

Faith Leaders and Leaders of Conscience (FLLC) has set up Truthful Tuesday Vigils so people can express their grief about the ideologies of white supremacy, white nationalism and Christian Dominionism, and the threat that extremism poses to life, liberty and the pursuit of happiness for many in our communities and nation.

In the vigils, presenters call on citizens and city leaders to take a moral stand to build inclusiveness so all can live together in peace.

In August, the Rev. Gen Heywood, pastor of Veradale United Church of Christ and convener of the FLLC, shared a meditation on two hands of forgiveness.

One hand extends in the universal sign for stop. “With this hand,” said Gen, “we are saying, ‘You must stop what you are doing or saying that is hurting me, my community and my neighbor.

’The second hand reaches out in invitation to meet the other in common humanity, but only after harmful, divisive actions cease.

Offering two hands of forgiveness fosters hope that opposing sides can come together in forgiveness and repentance to find reconciliation. This requires choice

to recognize and acknowledge any harm done and to work toward common ground.

Kurtis Robinson, president of the Spokane NAACP and the Spokane Coalition of Color, which includes the NAACP, the Hispanic Business/Professional Association and the Spokane chapter of the Asian Pacific Islander Coalition, called the Spokane Valley City Council to adopt a racial equity policy. He cited the recent choice of the council and mayor not to consider this, and said the Coalition of Color would like to work with the council and other community groups in its development.

He lifted up times in the history of the Spokane Tribe, the African American community and the lives of the Asian Americans where racism impacted policies, some of which continue.

He called for an end to restrictive housing covenants, which, while declared unconstitutional by the U.S. Supreme Court, continue to be written into home owners’ association rules.

Monica Viellette, whose aunt, uncle and eight-year-old cousin were murdered in Arkansas in 1996 by a white supremacist from the Spokane area, said, “One of the most powerful, generous gifts we can offer to one another is to listen. Thank you for listening to part of my family’s history.”

The people involved planned to use the money and guns they stole to set up a whites-only nation in the Pacific Northwest. She said that parallels issues going on here and now.

“To refuse to acknowledge the radical and hateful ideologies that are growing here in this area is dangerous and irresponsible,” she said. “We cannot be effective allies or public servants, and we can’t be true friends, neighbors, community members or persons of conscience if we aren’t making the choice to accept the invitations we are offered to show up and learn, to sit in discomfort so we can understand the culture or beliefs of another person.”

In closing, Monica challenged people to make the choice to listen well and determine where they can improve.

Ted Cummings, a rancher, spoke of his confusion when he observed the differences between how his mother and his father faced their deaths. His mother, secure in faith, died peacefully. His father “seemed troubled and anxious and almost confused about ... how could he be an old man now when seemingly yesterday he was young, and he questioned the point of his life.”

Ted found an answer in recalling how one of his two sons absolutely refused to believe there was a hidden dolphin in one “Magic Eye” picture in the newspaper. While everyone else in the family could see it, he could not.

“My son grew increasingly frustrated and finally gave up, declaring that the rest of us were making the appearance up and there was, in fact, no hidden dolphin anywhere in the colored rectangle,” he said. “I believe that this inability to see a hidden picture or recognize a hidden commonality is what

separates us today.”

He spoke of the world filled with kindness, acts of service, unselfishness and everyday miracles, and full of beauty and mystery that he sees all the time, filling him with humility, hope, wonder and gratitude.

Ted said others can’t see that world.

“I believe they choose to live in their world because they cannot see or conceive of a world where there is enough for everyone, where equality and justice and dignity are afforded to every person and all have employment, food, clean water and a safe home,” he said, calling people to stand together, demonstrating belief in a better world to heal divisions everyone faces.

“The hidden picture of a better world might not be seen by all, but acts of love and service, while we are working toward that world, can be felt by all,” he said.

Former State Senator John Smith, an evangelical Christian, said he had been part of the white supremacist movement, but had realized its violence and hate, so now seeks to encourage all Christians to denounce Christian Dominionism.

The vigil closed with ringing a bell, silence for grief and truth, and a benediction.

Choosing love over hate, finding common ground and a common humanity over setting up barriers of fear and divisiveness, are decisions that each one of us can make, allowing our communities and nation to live into the ideals of justice and peace.

Kaye Hult

Fig Tree Administrative Coordinator

Letters to the Editor

Sounding Board

Call to Action

I was impressed by summer (June) edition of The Fig Tree! The best edition I have read! You do such a great job in putting it together and writing your articles and your editorials.

Your summer editorial is so “spot on”! Those are the questions to be asking and the answers are not forthcoming! But the responses need to be in the public realm!

The controversy over the smelter at Newport was covered so much better than the S-R did! These “projects” are never about JOBS! They are always about PROFITS! The rule is: Anything is OK if it creates profits!

Anyway, great coverage and well done! You are doing great work!

Bart Haggin - Spokane

Related to a summer article in the Spokesman-Review about Spokane officials picking the operator for new homeless shelter, one paragraph said a City of Spokane leader commented that he initially had reservations about the Salvation Army, in regard to how it would treat members of the LGBT community and religious aspects

of the organization. He said the concerns would be addressed in the contract.

These types of statements do harm to our ability to serve others. They actually can scare away those we are trying to reach. They forward a false and dangerous narrative. People who come to us for assistance will be served according to their need and our capacity to help, regardless of race, gender, ethnicity or sexual orientation.

The Salvation Army of Spokane does not discriminate. Our founding mission is ‘To meet human needs in His name without discrimination.’ It is the same today as it’s been for over 100 years. The Salvation Army of Spokane will continue to love and serve all who come to us in need.

Major Ken Perine - Corps Officer - The Salvation Army of Spokane

The Sisters of Providence and Sisters of Saint Dominic of Tacoma call for end to gun violence and national culture of violence

Today we raise our voices together as religious congregations of Catholic women to say enough is enough. Our congregations

are called to lift up people who are poor and vulnerable, advocate for the marginalized and rejected, and care for the victims and the voiceless. We serve our neighbors in need through social justice ministries and compassionate presence.

The recent mass shootings and rampant rage and division that has overpowered the nation represents a most egregious injustice—the disrespect of and failure to protect our most precious gift of life—and demands changes to our national gun policy and our national culture.

There is so much to mourn at this time, so let us pause to pray for those who were killed or wounded, for their grieving families and friends, for the strength and guidance of those providing care, for the transformation of those who commit these acts and healing for their loved ones.

Let us call on our Provident God to move each one of us to action so we can help put an end to this senseless violence. Everyone is a child of God, equal in the eyes of God, and should be equal in our eyes as well. The path to peace begins here.

As part of the Leadership Conference of

Women Religious (LCWR), an association of leaders of congregations of Catholic sisters in the U.S., we stand with nearly 1,350 members, who represent more than 44,000 women religious in the U.S., and we pledge our support to end the scourge of rage and hatred that has gripped our nation. We will be unfailing in our efforts to call for legislation that works to end gun violence quickly and effectively.

We implore all legislative bodies to pass legislation that effectively prevents gun violence. We call for the passage of laws that ban civilian ownership of assault weapons, require universal background checks for all gun sales, make trafficking in weapons a federal crime, and provide funding for gun violence prevention research. Finally, we call for resources to be dedicated to addressing the deeper, more complex causes of violence in our nation.

Only by focusing upstream on these negative influences will we succeed in making our nation a safer and more peaceful place for all.

Sisters of Providence and Sisters of Saint Dominic of Tacoma

Calendar of Events

- Aug 28-Sept 2 • 40th Pig Out in the Park**, Riverfront Park, 11 a.m. to 10 p.m. daily, spokanepigout.com
- Sept 1,8,15,22,29 • Tsinta Mani Choling Buddhist Meditation** Center, Wednesday Tibetan Meditation Class, Lama Lakshey Zangpo, 2311 N. Monroe, 9 to 11 a.m., tsintamani.org
- Sept 5 • American-Italian Club** Lodge #2172, Inland NW Wildlife Club, 6111 N Market, 6 p.m.
- Sept 5, 19 • Peace & Justice Action Committee**, 35 W. Main, 5:30 p.m., 838-7870
- Sept 6-8 • Activists Mobilizing for Power**, "Democracy Under Siege, Western States Center Leadership Development Conference, Spokane Convention Center, 334 W Spokane Falls Blvd, westernstatescenter.org/amp2019
- Sept 7 • Huntington's Disease Society of America** Region, Spokane Washington Team Hope Walk benefit, Riverfront Park, 9 a.m. to noon, 212-242-1968, msantamaria@hdsa.org
- **Bulgaria the Beautiful**—Land of Contrasts and Controversy, Shadle Library, 2111 W. Wellesley, 3:30 p.m.
- **Hispanic Heritage Festival—Fiesta** Spokane, Post Street beside City Hall, noon to 8 p.m., latinohopefoundation.org
- Sept 7-8 • Fall Citizens Academy** – Spokane Police Department, Spokane Police Academy, 2302 N. Waterworks, 9 a.m. to 5 p.m., 742-8100
- Sept 8 • SpokeFest 2019**, Kendall Yards, 8 a.m., www.spokefest.org
- Sept 8-28 • Spokane Compassion Games** - Facebook page
- Sept 9 • Fall Cleanup** at Drumheller Park, Oak and Liberty St. 10 a.m. to noon, rsvp: onepeacemanypaths@gmail.com
- Sept 10 • Truthful Tuesday Vigil**, Faith Leaders and Leaders of Conscience, 10210 E. Sprague, Spokane Valley, 5 p.m.
- **"Guatemalan Family's Recent Experience at the Border,"** Latinx advocates Jennyfer Mesa (founder of Latinos en Spokane) and Abigail Bocanegra (child therapist), South Hill Library, 3324 S. Perry, 6:30 p.m.
- **"Unaccompanied Refugee Minor** Informational Night: Become a Foster Parent to a Refugee or Migrant Minor, Lutheran Community Services, 210 W. Sprague, 5:30 to 7:30 p.m., 343-5018, lcsnw.org
- Sept 11 • Hispanic Business/Professional Association**, Hancel Sanchez of Mujeres in Action and Aaron McMurray of Innovia Foundation, Fiesta Mexican, 1227 S. Grand, 6 p.m., hbaspokane.net
- **"In Remembrance of First Responders** and Panel on Domestic Terrorism," Faith Leaders and Leaders of Conscience, Veradale United Church of Christ, 611 N. Progress, 6:30 to 8 p.m., genheywood@att.net
- Sept 12 • Unity World Day of Prayer Vigil** and Labyrinth Walk, 2900 S. Bernard, 2 to 6 p.m., 536-2811
- **Showing Up for Racial Justice**, book, *White Fragility*, 35 W. Main, 5:30 p.m., 838-7870
- **"Eye Contact: Homeless Art** Exhibit and Fundraiser," Volunteers of America Eastern Washington and North Idaho, Washington Cracker Building, 304 W. Pacific, 6 to 9 p.m.
- Sept 12-14 • Ethnicity, Race and Indigenous Peoples (ERIP)** Conference on issues about the Americas and Caribbean, Hemmingson Center, Gonzaga, gonzaga.edu/ethnicity-race-indigenous-peoples-conference/about-erip
- Sept 13 • Spokane Valley Connect**, Greater Valley Support Network and Spokane Valley Partners, Opportunity Presbyterian, 202 N. Pines, 2 to 6 p.m.
- Sept 13-15 • NAACP State Area Conference** of Alaska, Oregon & Washington, Northern Quest Casino, 100 N. Hayford Rd, Airway Heights, Friday 6 p.m. to Sunday 2 p.m., naacpoawsac.org
- Sept 14 • Spokane Riverkeeper River Cleanup**, pick up litter, Water Street launch in Peaceful Valley, 9 a.m. to 2 p.m., jschultz@cforjustice.org, spokaneriverkeepercleanup.org
- **Renters Clinic**, Center for Justice, Hillyard Library, 4005 N. Cook, 10 a.m., 444-5300
- **Walk for Apraxia**, Mirabeau Meadows, Spokane Valley, 11 a.m., community.apraxia-kids.org/spokanewalk
- Sept 14-15 • Annual Herbal Fair**, West Central Episcopal Mission, 183 W. Dean, 10 a.m. to 4 p.m., 893-8350
- Sept 15 • "Gol!" Fútbol in Latin America: A Religion, a Political Tool, a Way of Life, and a Drug Lord's Toy**, Shadle Library, 2111 W. Wellesley 2 p.m.
- **"Speed Faithing Dialogue** and Interfaith Potluck," Unity Center of Divine Love and Light, 4123 E. Lincoln Rd., onepeacemanypaths@gmail.com
- Sept. 15-Oct. 15 • Hispanic Heritage Month** at Human Rights Education Institute, Coeur d'Alene
- Sept 16 • NAACP Spokane Monthly Meeting**, 35 W. Main, 7 p.m.
- Sept 17 • Summer Barbecue**, "Divine Mercy on Display," Msgr. Robert Pearson, Immaculate Heart Retreat Center, 6910 S. Ben Burr, 5:30 p.m., 448-1224
- Sept 18 • Silent Day of Prayer**, "The Gift of Sacred Scripture," Fr. Patrick Hartin, IHRC, 6910 S. Ben Burr, 9 a.m. to 3 p.m., 448-1224, ihrc.net
- **Ojo de Dios Craft**, Downtown Library, 906 W. Main, 3 p.m.
- **Food Sorting**, Northwest Harvest, 3808 N. Sullivan, 15-K, 6 to 8 p.m., rsvp at onepeacemanypaths@gmail.com
- Sept 19 • Recent Archaeological Discoveries** in Egypt's Valley of the Kings," NW Museum of Arts and Culture, 2316 W. First, 6:30 p.m., northwestmuseum.org
- **"Middle East Meltdown: Causes and Consequences,"** former ambassador Ryan Crocker, People for Effective Government Forum, Jepson Center, Gonzaga, 7 p.m., pegnow.org
- Sept 19-20 • Disability Action Center**, "Making a World of Difference Starting at Home," Coeur d'Alene Casino, Worley, Idaho, 208-883-0523
- Sept 20 • 350Spokane Climate Strike**, Riverfront Park, 1 p.m., info@350spokane
- **Center for Civil and Human Rights** Conference, "Medicine, Music and Mascots: Furthering Social Justice in the Age of Intellectual Property," Law School at Gonzaga University, Gonzaga.edu/school-of-law
- **Encanto Gala Dinner and Auction** celebrating Latino Culture, Northern Quest Resort and Casino, Airway Heights, 5:30 to 10 p.m., latinohopefoundation.org
- Sept 20-21 • Greek Festival Dinner**, Holy Trinity Greek Orthodox, 1703 N. Washington, 11 a.m. to 2 p.m., 4:30 to 8 p.m., 328-9310, holytrinityspokane.org/festival
- Sept 20-22 • Valleyfest**, Mirabeau Point Park/CenterPlace Regional Event Center, 922-3299, valleyfest.org
- Sept 21 • Advocacy Workshop**, Peace and Justice Action League of Spokane (PJALS) and the Friends Committee on National Legislation (FCNL), 25 W. Main 3rd floor, 10 a.m. to 1 p.m., act.fcnl.org/event/advocacy-teams_attend/1013
- **"Scenes and Songs for the Refugee,"** Turnbull Wildlife Refuge benefit, Wren Pierson Community Center, 4th and C St., Cheney, noon to 4 p.m., fotnwr.org
- **International Day of Peace** Family Bike Ride, Human Rights Education Institute, Coeur d'Alene, 3 to 6 p.m., hrei.org
- Sept 25 • Panel on "What Every Parent Should Know** about Harassment, Intimidation and Bullying," St. Joseph Church, 4521 N. Arden Rd., Otis Orchards, 6:30 to 8 p.m., 926-7133, religiously@stjoeparish.org
- Sept 26 • Showing Up for Racial Justice** Committee, 35 W. Main, 5:30 p.m., pjals.org
- Sept 27 • Summertime Spiritual Moment**, "Yeast of the Pharisees," Fr. Mike Savelesky, IHRC, 6910 S. Ben Burr Rd., 8 a.m., 448-1224, ihrc.net
- Sept 27-28 • Feed My Starving Children** Mobile Pack, Redeemer Lutheran, 806 E. Highland View Ct., fmisc.org/spokane
- **24-Hour Retreat on Painting** Sacred Art, "Illuminated Manuscripts: Word and Image," Hannah Charlton, IHRC, 6910 S. Ben Burr, 448-1224, ihrc.net
- Sept 27-29 • Spokane Oktoberfest**, CenterPlace, 2426 N Discovery Pl., spokaneoktoberfest.com
- Sept 28 • "Earth and Spirit Festival,"** Matthew Fox keynote, Unity Spiritual Center, 2900 S. Bernard, 11:30 a.m. to 5:30 p.m., 536-2811
- **"Sister Songs,"** Paul Grove guitarist and Rhonda Bradetich flutist, Create Art Center, 900 W. 4th in Newport, 4 p.m., createarts.org
- **Ardha Nareeshwarm-Kuchipudi** Style South Indian Dance-Drama, Bing Crosby Theater, 6:30 to 9 p.m., 467-5558, sacasokane@gmail.com
- **"The Inca Trail to Machu Picchu**, East Side Library, 524 S. Stone St., 3 p.m.
- **Ukrainian Harp Songs:** Folk Music and Hymns, Shadle Library, 2111 W. Wellesley, 4:30 p.m.
- **Hands Across the Falls**, Monroe Street Bridge, 11:30 a.m. to 2 p.m., community-minded.org/recoverycafe
- Sept 28, Oct 5 • City of Spokane 2019** Candidate Forums, Spokane Coalition of Color, Spokane Asian Pacific Islander Coalition, NAACP, Hispanic Business/Professional Assn., East Central Community Center, 500 S. Stone, 10 a.m. to noon
- Sept 30 • "We All Benefit** When Immigrants Are Welcome: A Public Health Perspective, Shadle Library, 2111 W. Wellesley Ave, 6 p.m.
- Oct 2 • Fig Tree Mailing** and Deliveries, St. Mark's Lutheran, 316 E. 24th, 9:15 a.m.
- **Transitions' "People Who Care"** Breakfast 7 to 8:30 a.m. and Lunch 11:30 a.m. to 1 p.m., Centennial Hotel, 303 W. North River Dr., 328-6702, pwc@help4women.org
- Oct 2-6 • Icon-Writing Retreat**, "Contemplating the Mystery of the Incarnation," Fr. Damien Higgins, Abbot of the Byzantine Holy Transfiguration Monastery, IHRC, 6910 S. Ben Burr, 448-1224, ihrc.net
- Oct 3 • Fig Tree Development and Board**, Emmanuel Family Life Center, 631 S. Richard Allen Ct., noon and 1 p.m., 535-1813
- Oct 4 • Whitworth President's Leadership Forum** with journalist/author Bob Woodward, Exhibit Halls Spokane Convention Center, noon, 777-3449, iaevents@whitworth.edu
- Oct 5 • Mennonite Country Auction and Sale**, Menno Mennonite Church, 1376 N. Damon, 669-0926
- Oct 6 • Vigil for the Healing of the Earth**, Faith Leaders and Leaders of Conscience, Cataldo Mission, 31731 S. Mission Rd., Cataldo, Idaho, 3 to 5 p.m.

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Falls prevention classes help re-engage people so they don't grow weaker

Cindy Fine and Mark Haberman invite seniors to re-engage with the world safely and avoid falls by helping Aging and Long Term Care of Eastern Washington (ALTCEW) counter the myth that growing older means a person will be weaker, less active and stay at home sitting in a recliner.

Cindy and Mark train volunteers to teach seniors the "A Matter of Balance" curriculum through faith communities, senior centers, affordable housing centers and other organizations.

Cindy, program coordinator for a year, said that "A Matter of Balance" is an evidence-based falls prevention intervention that hospital staff and physical therapists began in 1995.

"Every 11 seconds, an older adult is treated in an emergency room for a fall. Even if there is no injury, falls impact quality of life. Because many older adults have an intense fear of falling, they limit their activities and social engagement, leading to more physical decline, depression, social isolation and feeling hopeless. Ultimately that fear may lead to loss of independence, said Mark, planning and resource director who has been doing the program with ALTCEW for three years.

Developed as a lay-led program in 2006, he said it is not primarily an exercise program, but is a program designed to change their viewpoints to realize that falls can be prevented, to set realistic goals to increase activity, to identify environmental adjustments to reduce risk factors and to understand how gentle movement increases flexibility, strength and balance.

Cindy said the first two of eight sessions establish cognitive restructuring of ideas about falling.

"Many expect older people will fall, but we challenge the belief that falls are a natural part of aging," she said.

After falls, many become more sedentary, thinking that's the best way to protect themselves. They may stop going out and step into social isolation that can lead to depression and more problems.

"Many believe fitness is for the young, but everybody can be



Cindy Fine and Mark Haberman do falls prevention training.

stronger," said Mark. "Inactivity can mask as a best friend when it is the worst enemy, because when I do less, I'm weaker and at home more. Most falls happen at home."

Mark said a participant decided to have a joint replaced after the classes and then bought a bicycle. The program is a way to find one's way back into the world, he said.

Washington has one of the nation's highest fall rates, and Spokane, one of the highest in the state, Cindy said. It relates to health and poverty.

Mark said many delay housing transitions, staying in their homes until a crisis, because they cannot afford to move to a place more appropriate to their fitness and health.

Cindy, who grew up in Colville, earned a degree in journalism in 1978 at Eastern Washington University. She was a family advocate with Children's Home Society, an advocate for the Spokane Regional Health District's unintended pregnancy and needle exchange program, and an educator with Planned Parenthood.

Having an elderly mother, she was concerned about how devastating falls can be for older people.

Mark, whose degrees are from Morningside College in Sioux City, Iowa, and the University of Minnesota in church music and organ, worked 17 years as a church musician. Before he came to ALTCEW, he was a deacon, church musician and family minister at Coeur d'Alene United Methodist Church and did antipoverty work for 16 years with

the Community Action Agency.

In that agency, his family, the American Guild of Organists, the church and the LGBTQ community, he knew people whose deaths were precipitated by falls.

With a social component in classes, Cindy said churches are a conducive setting, because members already know each other.

"It's good in-reach and good outreach," she said. "We seek people in churches to be trained as coaches so people can make their faith communities safer."

Nine "A Matter of Balance" classes will be offered this fall—at Southside, Corbin and Sinto Senior Centers, Northwood and First Presbyterian, and the Unitarian Universalist Church. Coaches lead in pairs.

Cindy said co-teachers at First Presbyterian are Raeann Decker, a retired registered nurse and former parish nurse, and Patti Aspinwall. Raeann had taught nurses in critical care.

"**People participate** and share ideas, tricks and tools they use," Raeann said. "As a nurse, I had cared for many in their 80s who came in with fractured hips and did not live long after. It was sad to see something that could have been prevented caused their deaths."

ALTCEW continually recruits

coaches, because coaches agree to lead two sessions. Some do it twice, and some six times.

In five years, ALTCEW has offered 50 workshops in the five counties ALTCEW serves, Stevens, Pend Oreille, Grant, Spokane and Whitman, reaching 500 people in classes of eight to 14.

They hope to double the number of coaches from 32 to 64. ALTCEW trains volunteer coaches several times a year. The first session introduces the curriculum, so volunteers can decide if it's for them.

"It is a specialized opportunity because it requires a significant commitment," said Cindy. "Coaches find a satisfying, life-changing experience."

The third to eighth sessions introduce a half-hour of low-impact exercises, adaptable to different levels. They include deep breathing, foot circles, turning the head, upper body exercise and side stepping. People determine their readiness. In discussions, they share ideas for problem solving, home modifications to overcome barriers and asking family for help.

"**People learn they can be** more active. Some join the Y and other exercise programs," Mark said.

"My faith commitment is about love, service and justice. Jesus spent a lot of time with people on the margins," said Mark, a UMC deacon who is appointed to serve with ALTCEW.

Believing it is important to connect the church to the world and the world to the church, he helps his congregation understand about poverty, aging and LGBTQ issues, and helps the world understand the importance of the church. What happens within the walls of the church should inspire people to make a difference in the world, he said.

Cindy, a member of the Unitarian Universalist Church for more than 30 years, has been involved in religious education and on committees.

At a summer conference of the National Council on Aging in Washington DC, Mark and Cindy became more aware that "we are in a silver tsunami." Previously, the young were the base of a pyramid with elders at the top, but now it's a pillar with the numbers of people over 65 rising.

For information, call 458-2509, email cindy.fine@dshs.wa.gov or visit altcew.org.



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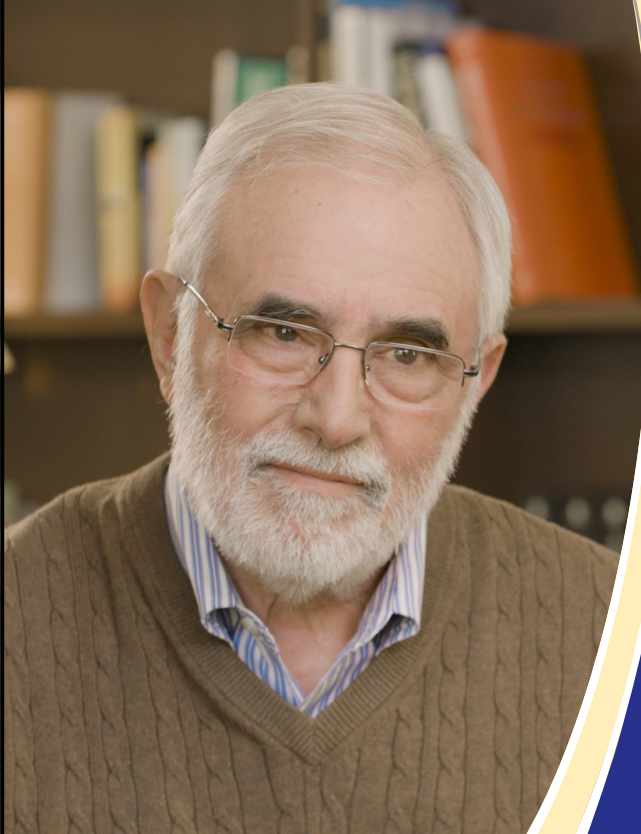
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