

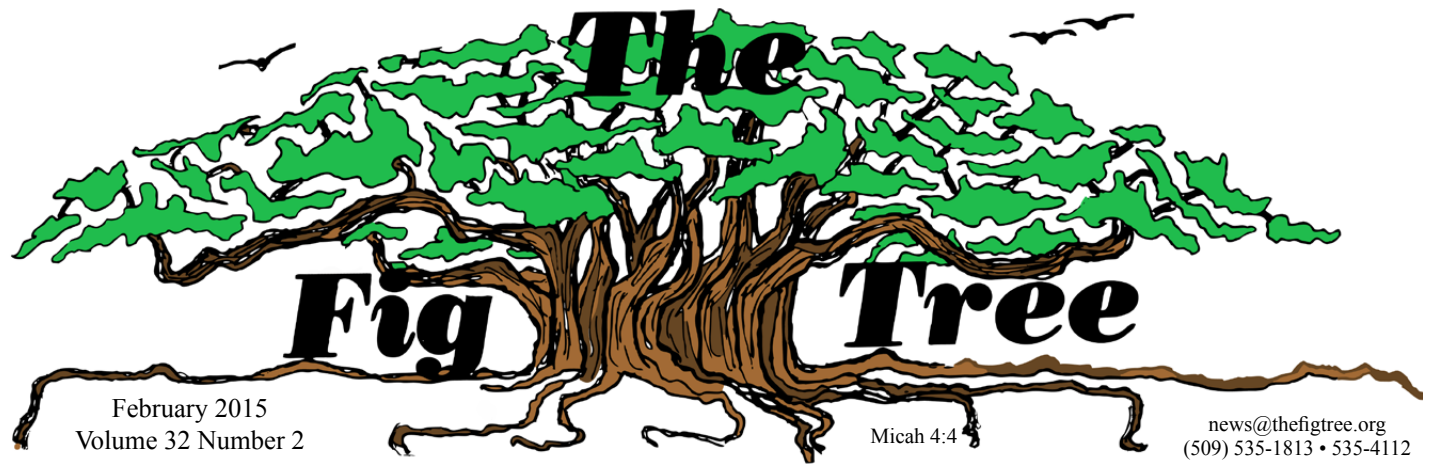
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Matchmaker finds solutions to problems - p. 12



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

Options for older people improve

By Mary Stamp

Anticipating a wave of people aging as baby boomers retire, the new and retiring executive directors of Aging and Long Term Care of Eastern Washington (ALTCEW) expect many more people will need financial, care giving, legal, nutrition, transportation and the other assistance they facilitate.

In 2030, one in five people in the state will be 65 or older.

The end of January, Nick Beamer, who has been executive director for 27 years, retired and turned over his responsibilities to Lynn Kimball.

In retirement, he will continue to promote senior services through advocacy.

For seven years, Lynn, who became executive director Dec. 15, has been preparing for her new role by visiting partner agencies in North Ferry, Stevens, Pend Oreille, Whitman and Spokane counties to learn about issues, needs and concerns of older people, and to engage with partners in planning, networking and advocacy.

She said ALTCEW's priorities today are to integrate health care with social services, build a workforce with more paid and volunteer caregivers, develop future long-term care options, help



Lynn Kimball succeeds Nick Beamer as the executive director of Aging and Long Term Care of Eastern Washington. Nick has seen changes in services over 27 years.

people access senior services and be a catalyst for developing new programs.

After earning a bachelor's degree in social work in 2004 at the University of Alaska in Fairbanks, she completed a master's degree in social work in 2007 at Eastern Washington University. During her studies at EWU, she was an intern with ALTCEW for a year and has continued since then on staff, most recently as the planning and resource director.

Over the years, Nick has seen many changes in work with older adults.

Now many older adults work longer, some by choice and some not. Some lost 401Ks, and Social Security is not enough to live on, so more will face financial difficulties, he said.

When he started, the Older Americans Act (OAA) of 1965 and the Senior Citizens Service Act were funding the work. The OAA provides federal funding for in-home and community-based programs for older people. Amendments in 1972 and 1973 called on states to establish Area Agencies on Aging. There are now 650 such agencies helping seniors find services to remain independent and

Continued on page 4

2015 MLK March draws nearly 3,000 to support values of Martin Luther King Jr.

The Spokane Convention Center tallied 2,300 people coming inside for the rally, noting that hundreds stayed outside and joined the march on Martin Luther King Day, Monday, Jan. 18. The march circled from the center four blocks west to Wall St., south to Main and back to the center.

There was only a two-block gap between the end of the march and marchers returning to the center for the Resource Fair and entertainment. Several church and faith groups carried banners with their names and expressions of solidarity, along with schools, uni-

versities, nonprofits and unions.

Young people were the focus, with students attending from Gonzaga, Whitworth, Washington State and Eastern Washington universities, community colleges and Spokane public schools.

NAACP President Rachel Dolezal said: "We are here to rally, march and support the values of Martin Luther King, Jr., who lived and died for freedom, justice and equality.

"The 1955 Montgomery Bus Boycott did not stop after one day, one week, one month or one year. For 381 days, people walked to

work," she said. "Today we are beginning a renewed boycott of injustice, working for equality in education, jobs and political participation. May today not be the end but the beginning of a new day for Spokane and the world."

Satori Butler, president of EWU's Black Student Union (BSU), said that EWU's BSU is promoting change on campus and in Spokane.

"We are holding panels, demonstrations and marches to say black lives matter. We are challenging the curriculum to promote black studies," she said. "King's dream of equality has been deferred, but we must continue to pursue it. More needs to be accomplished. We have a moral obligation to bring justice to lives of people lost in the struggle from Emmett Till to Trayvon Martin and to Michael Brown. The list continues, but must end.

"We are raising leaders to contribute to change so our children no longer suffer the consequences of the past," Satori said.

Orenda Stone sang for every-

Continued on page 7

Documentary portrays transition in rural U.S.

"Dryland," a portrait of rural America in transition, through the eyes of a young man pursuing his dream and a town fighting to survive, will premiere in Spokane at 7:30 p.m., Friday, Feb. 6, at the Bing Crosby Theater, 901 W. Sprague.

The 62-minute film will screen during the Opening Night Gala of the Spokane International Film Festival (SpIFF).

The directors, Sue Arbuthnot and Richard Wilhelm of Portland, Ore., have received an Oregon Arts Commission Media Arts Fellowship and two Best Feature Documentary awards for "Dryland." They and two lead cast members will be present to answer questions after the screening.

"Dryland's" mission is to spark fresh conversation about the need to preserve family farms and reinvigorate local towns, while bridging gaps in understanding between urban and rural Americans, keen to participate in a sustainable future for agriculture.

Told over 10 years and filmed 75 miles from Spokane in Adams County, "Dryland" looks into desires and obstacles experienced by those who grow food—now just one percent of Americans. While Josh Knodel yearns to remain on his fourth-generation Eastern Washington wheat farm, forces of advancing technology, global economics and an increasingly extreme climate bear down on family farms around the country and the world.

His dream shatters when he learns he must leave home to find a job. Ultimately, through persistence and hard work, his family brings him home to continue the family's legacy.

For information, call 503-287-3731, visit www.hereintheagate.com or go to <http://bit.ly/1xMmp4p>.

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Religion News Briefs

Around the World

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

Pilgrims will join pilgrimage for climate justice

Thousands of people will embark on a pilgrimage of climate justice—either on foot or on bicycles—in many parts of the world.

Rooted in their religious beliefs, the pilgrims will express solidarity with those affected by climate change—urging world leaders to produce a legally binding, universal agreement on the climate at the upcoming United Nations Climate Change Conference (COP21) Nov. 30 to Dec. 11, 2015, in Paris. Christian organizations are mobilizing many from Europe and Africa.

“Paris is a milestone in our pilgrimage of climate justice,” said Guillermo Kerber, World Council of Churches (WCC) executive for Care for Creation and Climate Justice. “Paris is not a destination. As people of faith expected to offer a moral compass to climate dialogue, we need to plan for 2016 and beyond,” he said.

At a preparatory meeting for ecumenical organizations Jan. 22 in Geneva, Switzerland, he said the concept “pilgrimage of justice and peace” is a vision from the WCC 10th Assembly. Celebrities adding their voices to the campaign include former South African Archbishop Desmond Tutu, Kenyan President Uhuru Kenyatta, and others from sports, culture and music.

Organizations at the meeting included the ACT Alliance, Conference of European Churches, Norwegian Church Aid, MISEREOR, Green Pilgrimage Network, Bread for the World, The Lutheran World Federation, Christian Aid, Secours Catholique, CIDSE and the CCFD-Terre Solidaire.

WCC condemns attacks on churches in Niger

The World Council of Churches condemned attacks in Niger, that destroyed more than 70 churches, killing an undetermined number of people. These events are repercussions after the Charlie Hebdo attack and the “Je suis Charlie” campaign in support of the controversial French weekly publication.

A Jan. 22 WCC statement expressed gratitude for the condemnation of the attacks by Niger President Mahamadou Issoufou, who denounced the anti-Christian violence. He challenged his citizens, “What have the Christians of Niger done to deserve this? Where have they wronged you?”

Niger is a predominantly Muslim country but one with a reputation of relative tolerance towards its Christian minority, according to the WCC statement that notes, “over the past few years there has been a growing campaign of radicalization.”

In a BBC radio broadcast, the Christian pastor Sani Nomaou, called on believers in Niger “to forgive and forget, to love Muslims.

WEA and WCC explore working together

In the light of global realities, representatives of the World Evangelical Alliance (WEA) and the World Council of Churches (WCC) met from Jan. 20 to 21 at the Chateau of Bossey, Switzerland, to explore possible areas of future cooperation.

The meeting introduced the work of the WEA and the WCC. Participants reflected on current developments in society and churches, and in evangelical and ecumenical movements. They shared plans and discussed possibilities for closer collaboration.

Stressing the significance of being Christian witnesses, they identified ways of responding together to the needs around the world. They read Scriptures and reflected on similar and different understandings of mission and evangelism. They prayed together and shared stories of faith. Recognizing the importance of a joint response to a suffering world, they agreed to continue to meet to identify further areas of cooperation.

Ecumenical Review marks 50th anniversary of Vatican II

The current issue of The Ecumenical Review, a quarterly journal of the WCC, focuses on “Vatican II in Retrospect.” Celebrating a half-century of dialogue emanating from the Second Vatican Council’s decree on ecumenism, Unitatis Redintegratio, topics and operating methods of the council’s sessions.

REGIONAL ECUMENICAL & INTERFAITH NEWS

Plans are underway for 2015 benefit events

The Fig Tree has recruited hosts for 16 of 30 tables for the Benefit Breakfast on Wednesday, March 11, and for 20 of 30 tables for the Benefit Lunch on Friday, March 13, in Cataldo Hall at Gonzaga University.

The 2015 theme is “Sharing Stories That Inform, Inspire and Involve.”

Table hosts donate \$100 to cover the cost of food for themselves and seven other guests they invite. Guests enjoy a complimentary meal and are invited to donate a similar amount—or an amount significant to them—for the work

of The Fig Tree.

The goal is to raise \$50,000 from the events, along with \$20,000 from sponsors to assure adequate staffing into the future for The Fig Tree.

The benefit events are an opportunity for people who were interviewed during the previous year to share how the stories had impacts on their work and lives.

“It’s a time to celebrate The Fig Tree’s mission of sharing stories of people who make a difference because of their faith and values, and of connecting people with resources,” said editor Mary Stamp.

“It’s also an opportunity to reflect about the media landscape today and its impact on our lives, our communities, our democratic society and our world,” she said. “It’s important to be able to have tools to discern the difference between truth and deception through propaganda and control of media by corporate interests.”

The Sisters of Providence recently provided \$1,000 in underwriting for the benefits, and Advent Lutheran Endowment Fund has given a donation of \$1,000 to help reach the fund-raising goal.

For information, call 535-1813.

Directory updates, advertisers sought for 2015-16

Fig Tree volunteers recently sent a mailing to congregations and ministries inviting them to update their listings for the 2015-16 Annual Resource Directory: Guide to Congregations and Community Resources.

The nearly 200-page publication is the most comprehensive resource directory in the region, covering faith, nonprofit, civic, government and community agencies, service providers, cultural organizations, support groups, retreat centers and other resources that serve and connect people to improve lives, said directory editor Malcolm Haworth.

“Each year we send by mail and email forms for people to complete to help us update the

ever-changing data on organizations, people involved and contact information,” he said.

“We are coming closer to having a format for a searchable online directory to help people with specific needs find services to meet those needs,” said Lorna Kropp, webmaster.

Currently the information is online in pdf files organized by categories. The electronic files have recently been updated.

Directory costs are underwritten by community and government agencies, congregations and businesses that advertise.

“Recently, we have had several requests for 300 and 500 directories, so we have fewer than 100 left of 10,000 copies we printed

for 2014-15,” said Malcolm.

“We recommend agencies, colleges and businesses that want bulk quantities of directories to share with staff and clients to let us know in advance of their needs so we print enough copies,” he said. “The increased demand for directories means it is getting more use and being used as the ‘go-to’ guide on community resources because of how complete, accurate and inclusive it is.”

Directories are available free, but donations help cover costs, especially for large orders.

For information, call 535-4112 or email resourcedirectory@thefigtree.org. The data is online at thefigtree.org and click “directory” to access sections.

Taizé brother’s visit may lead to U.S. gathering

Brother Emile of Taizé will give a lecture on “Faithful to the Future: Yves Congar’s Vision for the Church” at 7 p.m., Tuesday, Feb. 10, at the Whitworth University Music Recital Hall.

Gonzaga University and Whitworth University will also host an ecumenical prayer service at 7 p.m., Wednesday, Feb. 11, at St. Aloysius Catholic Church, 330 E. Boone, followed by a reception and performances of Whitworth student musicians.

Taizé is an ecumenical community started after World War II in Taizé, France, to shelter refugees. Today it is a monastic order with more than 100 brothers from Catholic and Protestant traditions from 30 nations. Living in community as a sign of reconciliation among Christians, they are known for their worship,

songs, prayers and service in the world among the poor.

Ben Brody, associate professor of music at Whitworth since 2003, invited Brother Emile, whom he knows from taking 15 students a year to Taizé in a study abroad on “Arts in Christian Worship.”

Whitworth students who take the course spend a week in Rome and Florence, Italy, visiting museums and attending Masses; a week at Taizé, and a week in London in a youth hostel across the street from St. Paul’s Cathedral where they attend evensong every day.

Yves Congar, a chief architect of the Second Vatican Council, understood the church’s fidelity not only to the past but also to the future—a tradition connecting creativity, reform and the value of the human person, Ben said.

Brother Emile, who was born in Canada in 1956, joined the Taizé community in 1976.

At Taizé, he frequently leads Bible studies and workshops and teaches theology in the community in France. He is the author most recently of *Faithful to the Future* (2013). Brother Emile met Yves for the first time at Taizé in 1977, when he was a new brother. He cared for Yves after he retired there and has studied his thought for many years.

Ben said that Taizé has an annual gathering in Europe drawing tens of thousands of young people. They also now have American gatherings—one at DePauw University, one in South Dakota with Native Americans and one in Texas.

He is working with Gonzaga to host another American gathering in a few years, so Brother Emile is meeting to find out about resources to do to gather hundreds to thousands of American students.

For information, call 777-3214 or email bbrody@whitworth.edu.

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Bruner-Welch Endowed Chair in Theology Lecture by James R. Edwards

*The First Christian Generation:
From Jesus to the Church*

Wednesday, March 11 at 7 p.m.

Robinson Teaching Theatre, Weyerhaeuser Hall

James R. Edwards, Bruner-Welch Professor of Theology, will present his final lecture as occupant of the Bruner-Welch Chair exploring both the changes and continuities exhibited in the first seventy-five years of Christian history as the early church moved from its roots in rural Jewish Galilee to the Greek-speaking urban world of the Roman Empire.

Contact: Debbie Stierwalt
(509) 777-3391
dstierwalt@whitworth.edu



WHITWORTH

Winter Waters recognizes Watershed Heroes

"Winter Waters 2015: Restoring the Upper Columbia River" will celebrate the waters of the Upper Columbia River with desserts, music, advocacy and awards beginning at 6:30 p.m., Friday, Feb. 27, at the Patsy Clark Mansion, 2208 W. Second.

The event raises funds for water advocacy of the Upper Columbia River Group of the Sierra Club, and the Center for Environmental Law and Policy.

Recipients of the 2015 Watershed Heroes awards are Crystal and Janet Spicer, Canadian activists who are working to restore Arrow Lakes, and Allan Scholz, fisheries biologist and Eastern Washington University biology professor, who is working to return salmon to the Upper Columbia River.

Crystal and Janet formed the Columbia River Treaty Action Group to report on dead zones by the Arrow Lakes dams with no insects, birds, bats, mammals, amphibians, vegetation, fresh water phytoplankton, aquatic larvae or crustaceans.

Chemicals released from Teck-Cominco have reduced fish populations, and there is no agriculture in what was once the third most productive valley in British Columbia, with 26 communities and settlements, 13,500 homes and 10,000 years of First Nations archaeology, Janet said.

Crystal calls for including people in decision making about the Columbia River Treaty, which floods Canadian valleys for U.S. interests. When reservoirs are drawn down, the area has dust storms, erosion, silting, more rain, winter fog, floating debris and little wildlife.

Allan received bachelor's, master's and doctoral degrees from the University of Wisconsin, and since 1980 has taught ichthyology, fisheries management, marine biology, biological thought and history of biology at EWU. He has published articles and books on fish in Eastern Washington. He is a leader in implementing the Columbia Basin Fish and Wildlife Program.

For information, email Katie Evans, spokatie@gmail.com or call John Osborn at 939-1290.

Flannery Lecture at Gonzaga University explores Catholic identity and religious diversity

The 39th Annual Flannery Lecture features Hill Fletcher speaking on "Love in a Weighted World: The Broken Heart of Catholic Identity," at 7:30 p.m., Thursday, March 19, at Cataldo Hall at Gonzaga University.

Hill writes on the intersection of Catholic identity and various sites of diversity: religious diversity, gender, race and economic disparity. Her books include *Monopoly on Salvation? A Feminist Approach to Religious Pluralism* (2005) and *Motherhood as Metaphor: Engendering Interreligious Dialogue*. (2013)

She served two terms as co-chair of the Roman Catholic Studies group of the American Academy of Religion. Her current work deals with the relationship between religious diversity and racism, and the need for actively anti-racist theologies.

In addition to teaching graduate and undergraduate courses, Hill is faculty director of the service-learning program with Fordham's Dorothy Day Center for Service and Justice.

In the world, competing forces of religious diversity and secularization sometimes lead people to question whether particular religious commitments are useful, especially when religious identities create divisions and perpetuate injustice. Using research from interfaith studies, feminist theology, critical theory and Catholic tradition, she proposes the "cosmopolitan religious identities." For information, call 313-6782.

Religious Communities plan Open House

"Wake Up the World!" is an Open House Day celebrating Religious Communities in Spokane from 1 to 4 p.m., Sunday, Feb. 8. Visitors may go to the Sisters of Providence Novitiate House at 1016 N. Superior; the Sisters of St. Francis of Philadelphia at 1018 E. Sharp Ave.; the Franciscan Sisters of Perpetual Adoration at 503 E. Mission Ave.; the Sisters of the Holy Names at 328 E. Mission Ave.; the Sinsinawa Dominicans at 227 E. Mission Ave.; the Poor Clare Nuns at 4419 N. Hawthorne St.; the Missionaries of Charity at 5008 N. Lacey St.; the Sisters of Mary, Mother of the Church at 6910 S. Ben Burr Rd.; the Franciscan Friars at 4420 N. Jefferson St., and the Society of Jesus (Jesuits) in Jesuit House on Astor at Gonzaga.

For information, call 327-4479.

Holy Names Sisters invite congregations to join in prayer against human trafficking on Feb. 8

Sisters of the Holy Names of Jesus and Mary are providing prayers and resources for the first International Day of Prayer and Awareness against Human Trafficking on Sunday, Feb. 8.

The reflections will commemorate Saint Josephine Bakhita.

The Vatican proposed holding such a day.

Yvonne Massicotte, coordinator of the SNJM Justice and Peace Network for the Anti-Trafficking Committee, invites people to gather in small groups for sharing prayers and reflections.

The objective of this event, which is personally supported by Pope Francis, is to sensitize people about one of the worst examples of slavery in the 21st century, said Yvonne.

Sister Eugenia Bonetti, a Consolata Missionary Sister, president

of the association No Longer Slaves, met Pope Francis and asked him that one day of the year be dedicated to reflecting on and raising awareness of the sexual exploitation of human beings. He asked what day she suggested, and she answered, "The Feast of Saint Bakhita on Feb. 8, because she was a slave."

Josephine Bakhita was born in the south of Sudan in 1869. As a young girl, she was kidnapped and sold into slavery. Sold and resold in the markets of El Obeid and Khartoum, she was brutalized by her kidnappers. She could not remember the name her parents had given her. Bakhita, which means fortunate, was the name her kidnappers gave her.

In 1883, she was bought by an Italian diplomat who sent her to Italy to work as a servant for the daughter of a family friend who was studying with the Daughters of Charity of Canossa.

There Bakhita came to know

about God, whom she had experienced in her heart without knowing who God was. In 1890, she was baptized and received the name of Josephine.

Later, when the Italian family returned from Africa to reclaim their "property," Josephine expressed her opposition. When the family insisted, she remained firm. With the support of the Superior of the Canossian Sisters and the Cardinal of Venice, she won her freedom. Josephine then entered the novitiate of this Congregation. For the next 50 years, she led a life of prayer and service as a Canossian Sister until her death in 1947.

Participants are encouraged to learn more about human trafficking, pray for its victims and the end of this slavery, demand slave-free products and buy fair trade, and advocate for legislation that protects victims.

For information, call 951-8551 or email sallykduffy@gmail.com.

12 panelists share on bridging gaps in the community

Joseph King's Consulting is coordinating the first annual Community Relationship Awareness Forum, "Bridging the Gaps in the Spokane Community," featuring 12 panelists sharing insights at 6 p.m., Thursday, Feb. 19, at The Red Lion Hotel, 303 W. North River Drive.

Panelists include Spokane Mayor David Condon, NAACP-Spokane President Rachel Dolezal, Spokane Community College Multi-Cultural leader Lori Hunt, Spokane County Sheriff Ozzie Knezevich, motivational speaker Kitara Johnson, Pastor Ezra Kinlow of the Holy Temple Church of God in Christ.

Others on the panel will be the Rev. Todd Eklof of the Unitarian Universalist Church of Spokane; Julie Schaffer of the Center for Justice; Liz Moore, co-director of the Peace and Justice Action League of Spokane; Martin Meraz-Garcia, professor of Chicano education at Eastern Washington University; Tommy Williams, Jr., founder of Operation Healthy Families in Spokane, and panel moderator Scott Finnie, chair of the Africana Studies at Eastern Washington University.

For information, call 217-6426 or email solutionsbyking@gmail.com.

Winter Waters 2015
Friday, Feb. 27 6:30-9:30 p.m.

Patsy Clark Mansion - 2208 W. Second Ave. - Spokane

'Restoring the Upper Columbia River'
Honoring Watershed Heroes

EWU Prof. Allan Scholz, fisheries biologist, working to return salmon to the Upper Columbia River, and Crystal & Janet Spicer, Canadian activists working to restore Arrow Lakes

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Menu

Assorted Appetizers
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Potato Knishes
Carrot Tzimmes
Challah (Egg Bread)
Mediterranean Spiced Apples
Apricot Kuchen

Sunday

March 8, 2015

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For information, call 509-747-3304
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SAVE THE DATES • HOST A TABLE



2015 Deepening Our Roots

Celebrating 31 years of stories of faith in action
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Benefit Breakfast Wednesday, March 11

Buffet begins 7:15 a.m. Program is 7:30-8:30 a.m.

Benefit Lunch Friday, March 13

Buffet begins 11:45 a.m. Program 12-1 p.m.

BOTH at **Cataldo Hall at Gonzaga University**

The breakfast and luncheon are complimentary.
Guests will be invited to donate to support The Fig Tree.

TO HOST A TABLE OR RSVP CALL 535-4112 or 535-1813

or email mary@thefigtree.org

Taizé

An ecumenical prayer service

Sponsored and led by Whitworth and Gonzaga University Ministries
Feb. 11, 2015 • 7 p.m. | St. Aloysius Church
330 E. Boone Ave., Spokane, Wash. 99202

Faithful to the Future: Yves Congar's Vision for the Church
Lecture by Brother Emile of Taizé

Feb. 10, 2015 • 7 p.m. | Whitworth University | Music Recital Hall



WHITWORTH
Office of Church Engagement

Retiring director will advocate for elders, new director will build partnerships

Continued from page 1

safe in their homes as long as possible. In addition, about 240 more agencies have been established to serve Native Americans.

ALTCEW partners with other organizations in the region to both coordinate and provide services for adults 60 and older, and for people with disabilities.

It provides home and local services to support "healthy living" so people can "age in place."

Lynn said that by visiting in the counties and listening, she has learned of the changing world of aging so ALTCEW can help provide solutions that improve elders' quality of life—wellbeing, independence, dignity and choice.

Established in 1978 as the Eastern Washington Area Agency on Aging, it became Aging and Long Term Care of Eastern Washington in 1994.

In the late 1980s and early 1990s, most funding developed senior centers, nutrition programs, information resources and case management.

"In 1994, Medicaid Waiver Services began in our state," Nick said, "providing additional options for care so people would not have to go to nursing homes if that level of care was not necessary. People who qualified could stay in their homes and have access to a case manager and home care providers paid by Medicaid."

Over the years, that has expanded the number of Medicaid-eligible people the ALTCEW serves to about 3,400 people today.

"Medicaid added personal care to chore services, covering such tasks as bathing and toileting, in addition to cooking, cleaning, essential shopping, transportation and other assistance," Nick said.

Caregivers provide one-to-one services for two or three clients, based on the hours of care Medicaid approves for a client. Family or others may do the rest.

The program includes nurse consultation to help caregivers understand how to manage medications and chronic illnesses, such as skin-pressure ulcers, Lynn said.

Nick said the Older Americans Act has expanded to add family caregiver support, so ALTCEW works with family and volunteers, who are unpaid caregivers, to prevent burnout with respite care, information, training and family support groups.

Since starting caregiver training classes in the late 1990s, more



Lynn Kimball

than 4,000 home caregivers and nursing assistants have attended these classes for certification.

Needs are still greater than the number of people trained, Lynn said.

In the 1990s, the Statewide Health Insurance Benefit Advisors (SHIBA) formed, involving more than 40 trained volunteers in Spokane and Whitman Counties to help people understand their Medicare benefits, particularly Part D for prescription drug coverage, Nick said.

"Volunteers need to understand the twists and turns of Medicare programs," he said. "For example, if someone is taking 12 prescription drugs, it's hard to find the right Medicare Part D insurance plan to cover them."

The Washington State University School of Pharmacy added a component for students to help seniors assess drug combinations. They find some take three to four duplicate drugs. At retirement communities, they also offer drug education on interactions of drugs and supplements not reported to doctors.

"Education on medicines helps keep people stable, because some medicines contribute to falls, poor quality of life and repeat hospitalizations," Lynn said.

In 1995, Medicaid allowed ALTCEW to expand the age range of clients to include people 18 and older who have disabilities.

They now can provide in-home and personal care for younger, disabled people. Some work, so caregivers help the person get ready to go to work.

With the OAA, Medicaid expansion and caregiver training,

ALTCEW and its network of contractors serve nearly 10,000 people a year. SHIBA serves more than 5,000.

Many services are provided through contractors and subcontractors, such as Greater Spokane County Meals on Wheels, Rural Resources Community Action, the Council on Aging and Human Services of Whitman County, Elder Services and Gonzaga's Legal Assistance programs.

Since the Affordable Care Act passed three years ago, ALTCEW has helped patients released from regional hospitals. The program, "Bridging Care," provides care transition coaches to see patients in the hospital and in their homes to prevent unnecessary readmissions.

Because hospital stays are shorter, people need more assistance when they are discharged.

The Health Homes program works with managed care plans to provide care coordinators to work one-to-one with people to decide health priorities and navigate the complex health care system, especially for people at a high-risk, such as with chronic conditions, mental health, substance abuse and kidney failure, said Lynn. The coordinators build communication between medical and social service providers.

Social service providers see people in their homes and are aware if they are struggling to pay for food and rent, while the medical providers may not be aware of those conditions, she said.

The Community Living Connections program, Nick said, "helps us enhance information and assistance with person-centered plans to help people access resources, consider options, evaluate if in-home care, nursing homes or assisted living would help."

Lynn said that means developing relationships with other agencies working with older adults to reduce the run-around and confusion of referrals, and to solve problems more effectively.

The Kinship Caregiver Support Program, started in 2005 under the OAA, offers legal and financial help for grandparents raising grandchildren.

"More grandparents or older adults are helping raise children because of more two-wage-earner families, more divorces and more multi-generational households," said Nick.



Nick Beamer

"Our agency is a catalyst to help people access services from other agencies and to bring people together to start programs as needs arise," said Lynn, a member of St. Aloysius Parish.

Motivated by her faith's call for social justice and to care for the poor and vulnerable, she said, "Key to our society is how we support young people and old people. We need to take care of each other."

Nick, who grew up Episcopalian and attended Disciples of Christ churches for many years, has attended First Presbyterian since 1993.

"Churches call us to help people in need and bring about social justice," he said. "ALTCEW's mission is compassion."

Congregations also provide meal sites, sources of volunteers for programs and sites for education programs.

In retirement, Nick expects to advocate at the state level to assure programs have funding, and advocate at the federal level so Social Security, Medicare and Medicaid will continue.

"Volunteers are always needed," Nick said, "so I hope as my generation retires, there will be more volunteers to deliver meals, provide rides and be caregivers."

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Communities in Schools brings caring relationships to lonely students

To bring consistent, caring relationships into the lives of hungry, lonely and sometimes angry elementary, middle and high school students, Communities in Schools (CIS) is expanding its program of providing mentors to meet with them each week.

Ann Marie Floch, family engagement and mentoring specialist with CIS for five years, is recruiting and training people 18 years or older to spend an hour a week at their convenience with the same student for a year.

Mentors in the PrimeTime Mentoring Program have lasting influence on the lives of children who are at risk academically and because of behavior, increasing their chances of success in school and beyond, she said.

"Nearly all of the children mentored graduate," said Ann Marie. "One hour is a precious investment. Mentors receive as much as students. It's not counseling or tutoring, but taking high-risk children and letting them know they matter by just being with them."

Teachers and principals report improvements in academics, attendance and classroom behavior.

Communities in Schools, a national program that started in 1977, began in Spokane five years ago.

CIS opened in a storefront in Atlanta in response to people seeing children without structure or support. It is now in 27 states and the District of Columbia, helping 1.3 million students in 2,000 schools. CIS in Spokane is the 11th of 12 Washington affiliates.

Sherri Barrett has been executive director in Spokane for three years.

Mentors visit, play games or do other activities with students.

"One mentor in her late 20s met with a nine-year-old boy for the last two months of school. He said nothing to her. She came, sat with him and ate lunch with him, perhaps commenting on the weather," Ann Marie said. "On the last day, the student thanked her for being with him."

She expressed her caring by her presence, and the boy's behavior in class improved.

Another mentor worked with a kindergarten girl. The girl did not look at her or talk. The mentor, who was retirement age, brought a puzzle of a fish and began putting it together. The girl made no comment, but when the puzzle was done, came to find Ann Marie and show it to her.

"Are you going to come every week?" the girl asked the mentor. They bonded. Now the girl, who is in and out of foster care, is in first grade. She went from being silent to chatty.



Ann Marie Floch pairs mentors with students in Spokane and Cheney schools.

Mentors in middle and high school make a difference, especially if they follow a student through school.

Mentors, who undergo background checks before being assigned a student, sign in at the school, meet with the child and take the child back to class. They have no contact outside of school, except at a summer barbecue.

CIS now has 149 mentors in Spokane and Cheney schools.

In Spokane, the program is at Cooper, Grant, Logan, Regal, Roosevelt, Sheridan, Stevens elementary schools; Chase, Garry, Sacajawea and Shaw middle schools, and Rogers High School.

In Cheney, it is at Betz, Salnave, Snowdon, Sunset and Windsor elementary schools; Cheney and Westwood middle schools, and Cheney High School.

Spokane Valley schools have their own mentoring program.

Ann Marie's goal is to have 400 mentors.

"Teachers are helpful, allowing us time with the students, losing some time academically, but gaining in changes in their lives," she said. "Students wait for their mentor to come. It's hard if the mentor misses because of illness, so they can come another day."

Students know what they say is confidential. The Primetime Mentoring is a way for children to gain support by talking with someone safe, someone who is on their side.

Mentors are honest, telling mentees if their behavior is inappropriate, offensive, disrespectful or hurtful, then redirecting those behaviors and encouraging posi-

tive, more appropriate behaviors.

Mentors do things with students, talk about what they are doing, ask them questions and ask them to show what they are doing. They learn to ask questions that do not have one right answer, but that lead to more questions and conversation.

They learn to pay attention, make eye contact, listen actively, paraphrase, set aside judgment, and communicate with empathy, understanding and affirmation.

"Washington has a high percentage of incarcerated parents," said Ann Marie, who taught grade school in Iowa, Minnesota and Washington for many years as a School Sister of Notre Dame.

She joined the order out of college and later left while she was studying for a master's degree in marriage and family counseling.

"I've always had a heart for children," said Ann Marie.

She went on the CIS committee four years ago and began teaching parenting classes with them.

The program helps provide for basic needs, academic support, mentoring, after-school enrichment and community service, parent engagement, and college and career exploration.

"Our goal is to strengthen families, as well as students," she said.

CIS helps meet basic needs through weekend food, hygiene kits, clothing closets, medical and dental referrals and food pantries. It also helps with homework, summer school and tutoring, as well as parenting training and scholarships for college-bound students.

"I tell parents that every child is a gift, inviting them to 'unwrap

the gift.' Every child starts as a whole human being, thinking, feeling, choosing behaviors when they lack vocabulary—just needing to develop with age and growth."

Ann Marie offers parenting training at schools and in churches, if enough in a church request it.

Mentors include college students, professionals, retirees, businesses and members of faith communities.

"We are reaching out to congregations to invite them to adopt a school as a way to provide more mentors," she said, noting that Life Center Church in Spokane has "adopted" Sheridan Elementary School.

That would reduce her efforts in recruiting individual mentors by sending emails, phoning and writing letters. She recently gave pre-

sentations to the Greater Spokane Association of Evangelicals, the Episcopal Diocese, the Lutheran Convention, the Latter-day Saints, Grace Fellowship and South Hill Bible Church.

She is reaching out to groups of retired people, Volunteers of America, Avista, Umqua Bank and U.S. Bank.

Sometimes, people volunteer as individuals and meet with individuals. Other times, people come in groups and meet with individuals or groups of students.

"We may operate on a limited budget, but we have a high impact," said Ann Marie, who attends Sacred Heart Parish.

In the 2013-14 school year, 68 percent of participants improved attendance, 83 percent improved in reading, 85 percent in math and 90 percent in behavior.

For information, call 413-1439 or email annmarie@cisspokane.org.

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New NAACP president raises expectations on human rights, equality

Voices across generations expressed the message that perseverance is needed to continue the legacy of Martin Luther King Jr. in advocating for civil rights, human rights, equal rights and justice.

At the Martin Luther King Jr. Commemorative Celebration Sunday, Jan. 18, Freda Gandy emphasized the need for the Martin Luther King Jr. Family Outreach Center she directs to build a new and larger building to assure that the community's children have a place to go.

At the MLK Day Rally, she gave an opportunity for speakers to share perspectives. Speakers were from Eastern Washington University, the Urban Poets Society, Grant School, plus singer Orenda Stone, the new Spokane NAACP President Rachel Dolezal and the Rev. Happy Watkins of New Hope Baptist Church.

In addition to appeals for state funding to build a new center, Freda announced the need to raise \$500,000 locally through churches and community donations.

"When I was a single mother, I needed a place to go and the center was there, contributing to my success and my son's," Freda said.

"I can't do it alone. I need you to make sure the building is built," she challenged those at the service.

Rachel, who spoke at the commemorative service at Bethel African Methodist Episcopal Church, on "The Urgency of Now: The New Call for Human Rights and Revival of MLK's Dream," shared insights from teaching since 2007 on the intersection of race, gender and class with Eastern Washington University's Africana Studies Department. A previous director of the Human Rights Education Institute in North Idaho, she taught art in K-12 schools and has displayed art at the United Nations headquarters. Recently, she was elected chair of the Office of Police Ombudsman Commission.

Rachel said the new leaders of the Spokane NAACP will raise expectations on human rights.

She talked of the legacy of MLK's "I Have a Dream" speech 52 years later, with the Voting Rights Act passed 50 years ago and the desegregation of schools 60 years ago.

"We continually see legislation and practices that seek to undo the 13th, 14th and 15th amendments, and people who want to rewind back to the original U.S. Constitution in which we were deemed three-fifths the value of other human lives," Rachel said. "Even with a Black President in the Oval Office, national, state



Rachel Dolezal urges moving toward liberty and justice.

and local lawmakers have unraveled our liberties, and thousands of people have revealed their racist sentiments in derogatory and degrading images and statements about our First Family."

"There is an urgency as we begin 2015, coming out of 2014 with so much pain and bloodshed from police brutality and economic inequality," Rachel said. "There is an urgency for a new call for civil and human rights."

In 1963, King asked 100 years after the Emancipation Proclamation, "Are we free?"

Rachel said the "Black Lives Matter" movement is about basic human rights—human dignity and value. It's about the right to life, to not be gunned down in the streets at the same rate as bodies hung from trees in earlier decades of lynchings.

She wonders if the civil rights marches, and the loss of lives and suffering of those like MLK, who spoke truth to power and stood up against injustice just "won a few scraps of legislation, put a few more groceries on our table, allowed our kids access to white schools and merely gave us the means to keep fighting."

She is concerned that many have fallen asleep, thinking that the work has been done.

"MLK said 1963 was not the end. It was just the beginning,"

she said. "MLK said that those who hoped black people needed just to blow steam in the civil rights movement and would be content, will have a rude awakening if the nation returns to business as usual."

He said there would not be tranquility in America until Black people were granted equal rights.

"What we see in Ferguson, in Staten Island and around the world in Shanghai, Palestine, India and elsewhere is this revolt and call for valuing Black lives until "justice flows down like waters."

Rachel said that:

- "It's not okay that there is not justice for the murders of Michael Brown or Eric Garner.
- It's not ok that George Zimmerman remains free to perpetrate continued violence on others.
- "It's not okay that there is not equality in schools, and we do not have access to our own history even though Black American history predates many of our white classmates' history on this continent.

• "It's not okay that after desegregation, we lost many Black teachers, so there are fewer Black teachers today in Spokane than there were 10 years ago. On the state level, we do about the same or worse in hiring Black teachers as we did in the 1970s."

She is upset by these realities as she raises her sons, 13 and 20, telling of the struggles of mothers of Black children to work to build up children's self concept so they go to school, despite racial slurs and threats they may experience in Spokane schools.

"Until our children are treated fairly and equally, freedom will not ring in our hearts or theirs. Until we can be sure of their equal safety in the streets and equal protection by law enforcement, our fight for freedom continues," she said. "Until we have equal pay for equal work, and equal opportunities for advancement in Spokane, our work must press on. Until we are granted fair trials, quality legal representation and just sentencing from juvenile to superior courts, the struggle for liberty continues. Until our elders receive adequate health care and have means to live in dignity, until we no longer live like exiles in our own land, we march on."

Rachel cited the 10-point platform of the Black Power Movement, calling for freedom, self-determination, full employment, an end to robbery by capitalists, decent housing, education that includes "our true history," an end to police brutality, an end to wars of aggression, freedom for blacks and oppressed people in jails, trials by a jury of peers, and land, bread, clothing, justice, peace and community control of modern technology.

She called for Black children to pledge to develop their minds

and bodies, to be free of drugs, to share knowledge, to direct energies positively, to be physically, psychologically and mentally strong.

The promise of 40 acres of land after emancipation was revoked within a year, "yet today we have more opportunities than our ancestors but the struggle to move forward to realize full and complete freedom, equity and opportunity for all our brothers and sisters must continue," she said.

With the Black Lives Matter movement and "the rising tide of civil rights in Spokane" through the NAACP, she called people to join the cause and lend their talents, remembering that what MLK lived and died for was not an end but a beginning.

"Whatever you do, keep moving forward to the dream of liberty and justice for all," she said.

The Rev. Lonnie Mitchell, pastor of Bethel African Methodist Episcopal Church where the service was held, called for the march to go on into the world.

"It's time to go out and shout from the mountaintop about what is wrong and what needs to be better," he said. "I hope we will march to a different drum and bring progress and change, put out an agenda and be leaders in the community for progress for our children."

The NAACP-Spokane recently moved to Suite 239 at the Community Building, 35 W. Main.

For information, email SpokaneNAACP@gmail.com.

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Young people were the focus of the MLK March and Rally in Spokane

Continued from page 1
 one to persevere, to answer when called and to keep the dream alive. "Something inside inspires you to try and never give up," she sang.

Freda Gandy, emcee and executive director of the Martin Luther King Jr. Family Outreach Center, echoed, "Never give up on the fight for justice and what's right. Enough is enough. Stand up for what's right and for those who can't fight. There's more work to do. Our young people in colleges and schools are standing up."

Student leaders at Grant Elementary School read an essay they wrote about their Dream for Grant.

"Grant students dream that they will uplift each other and celebrate successes of all students. We dream that students will be respected for their character... and will model good behavior wherever we go.

"We dream that Grant will be a place where students can find comfort and support rather than harassment or exclusion, where students can be themselves, accepted for who they are, no matter where they've come from.

"We dream that Grant students will stand up for victims and stop the cycle of violence.

"We dream that Grant students will be known for respecting who they are," they said.

They said their dream is to show passion for achieving their goals, focusing on college and being community leaders to end the cycle of poverty, to build their neighborhoods and future, to take Martin Luther King Jr.'s dream to every part of life, to make changes



NAACP-Spokane recreates banner from a 1960s march, top, and carries a "Black Lives Matter" sign, right. Grant Elementary School leaders share an essay on their dream, above.

they want to see and to focus on what they can achieve.

"We will live every day to focus on what we can achieve," they said.

Tahlyke Chenevert, 19, of Spokane's new Urban Poets Society, read a poem that called for redemption through not letting expectations or problems define "who we are as people." He recently earned his GED and hopes to attend college.

"Hip-hop says life is as good as we make it, challenging us not to misuse social media to bully," he said.

"**Education is key**," Tahlyke continued. "We are more than angry blacks. Though angry and young, we youth of this community have a voice that needs to be heard. We are communities

torn by differences, but we will amount to greatness," he said.

Before the marchers flowed out into the streets, the crowd enthusiastically welcomed the Rev. Happy Watkins, pastor of New Hope Baptist Church, to give his traditional, rousing rendition of King's "I Have a Dream" speech. The crowd erupted in loud cheers as he closed and marchers began marching.

Marchers returned to learn about community opportunities and resources, and to be entertained by the Grant School African Drummers and Dancers, hula dancers and American Indian dancers.

Young people also joined in opportunities to volunteer in the community.

For information, call 455-8722.



Satori Butler, top left, Tahlyke Chenevert, bottom left, and Grant Drummers and Dancers, right.

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The tradition of Fat Tuesday (Shrove Tuesday) is to feast on fat things before the lean weeks of Lent.

Volunteer commitments lead retired doctor, teacher to help food bank

Betty Clark-Corpron and Doug Corpron have each contributed to improving lives of people in the Yakima Valley for many decades.

Betty taught school at the Yakima Christian Mission and in White Swan schools for 37 years. She retired in 1996 and became an active volunteer, focusing for 18 years on serving through the Yakima Food Bank.

Doug was a family physician who started a University of Washington training program, called Community Health of Central Washington, to train 30 doctors for general practice. He retired in 2000.

They knew each other from attending Englewood Christian Church for many years. Over the years, they had been friends, helping raise each other's children and participating in church study groups.

Betty's late husband Bill had worked with the Yakima Indian Christian Mission for 17 years and then served as a social worker in Wapato until his death in 1984.

Doug's wife, Helen, who had served with him as a missionary in Thailand from 1958 to 1967, and raised their seven children in Yakima, died in 2010.

Betty and Doug married three years ago. Since then, Doug has also become involved with the Yakima Food Bank.

On Thursdays, Betty coordinates a team of six to eight volunteers, bagging and preparing the food for distribution.

Friday mornings Betty directs the distribution of food with the help of about 20 volunteers, many of whom are also recipients of the food.

After marrying into being a food bank volunteer, Doug saw the need and asked his Rotary group to put a cover over the outside waiting area, where people lined up and sometimes waited an hour in the snow or heat.

That project grew into the Rotary's decision to rebuild the building, because the floors and roof also needed repair. They added a freezer and cold storage, so food bank volunteers could pick up food that grocery stores would otherwise discard.

The new building, which is not much larger, is all on one story so food can be moved by motorized equipment.

During construction, the food bank operated three months in the Southeast Community Center gym, because the old building on 7th and Central Streets was torn down.

On Nov. 19, there was a ribbon cutting ceremony for the opening of the new Yakima Rotary Food Bank in the new building con-



Betty Clark-Corpron and Doug Corpron improve lives of people in Yakima Valley.

structed on the same site.

The Yakima Food Bank had started in 1971.

At first, it was in the Southeast Yakima Community Center. After losing its funding, it moved in 1976 to the home of Mary Jackson, a founding volunteer and member of Mt. Hope Baptist Church. It operated there, receiving referrals from Volunteer Services, the Department of Social and Health Services, and churches.

Volunteers have run the Yakima Food Bank, which receives half of its food from Northwest Harvest and Second Harvest.

It has support from community organizations such as the Red Cross, Salvation Army, Southeast Community Center and Opportunities Industrial Coalition. Englewood Christian, the Episcopal Church, other churches and the Kiwanis Club give canned goods.

The small building behind the Southeast Community Center is open just three hours on Fridays. About 350 to 400 come and about 2,000 are fed each week.

"I keep doing this because there are people with needs," said Betty. "People can pick up 40 pounds of food a week—rice, beans, canned goods and produce.

"At the beginning and end of the month, there are more visits as people run out of money and food stamps," she said. "Now we can serve 400 a week much better."

Most who come are Hispanic and white residents, but some also come from the reservation. More than half of the volunteers need food. There are other food banks in Yakima neighborhoods and nearby communities. Most from the reservation go to food banks at White Swan and Wapato.

Doug and Betty are not new to serving the community.

He was born in Burlington, Vt., while his parents were on furlough during their 25 years as

missionaries in China. In 1941, they returned to Yakima where his father was a family physician.

Doug did pre-med studies at Chapman University in Orange, California and finished at Texas Christian University. He graduated from the University of Washington Medical School in 1956.

"I believe God's kingdom is about here and now, not the by and by. The heart of our volunteering now is to see the compassion of people of many faiths and many walks of life," said Doug, who thinks of faith values while hiking on trails nearby. "My faith is evolving. I'm at a place where I do not need to be sure. I look for agreement, not polarization."

Betty had come to the area with her first husband, Bill, through the Disciples of Christ Home Mission Society in 1955 and served 17 years at the White Swan Indian Christian Mission. That mission was started in 1919 by First Christian Church in Yakima and operated under the United Christian Mission Society. In 1967, the Disciples turned the mission's 80 acres and school building over to the Yakama Tribe.

Betty, who graduated from Butler University in Indiana in 1951 with a degree in education, had started a kindergarten there and then taught in the Harrah Schools.

"We sought to keep children connected with families and culture," Betty said.

When Bill was in seminary, she had taught in Indianapolis to support them. With the birth of twins, however, she stopped teaching. They were assigned to go to Yakima in 1955, went back for two years for Bill to earn a master's in social work, and returned in 1960, staying until 1972 at the mission. Bill started an alcohol treatment center in the former mission building.

Betty started working with the food bank when she retired as a

way "to fill up my life," she said. She also volunteers to help chil-

dren at Harrah School progress in reading.

Betty has also volunteered with the Yakima Interfaith Coalition emergency services, as a museum docent and teaches classes at the church.

For Betty, the combination of faith and serving is the way she has always lived.

"I'm happier being active and helping people with needs. It's one thing to give financially, but I like to see the faces of people and the beautiful children.

"I grew up in church. My living is based on my faith," Betty said. "I believe I'm blessed and need to share what I have to make the world a better place. It's what Jesus taught: to pray and to help."

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Kosher Dinner informs wider community about Jewish culture, traditions

For Karrie Brown and Marla Antonio, participating in Temple Beth Shalom's annual Kosher Dinner is part of the fabric of life in their faith community and a way to inform the wider community about who Jewish people are and what they believe.

"It's a nice way to share our tradition," she said.

"It's outreach to the wider community and in-reach as a way to get to know people within our Jewish community," said Karrie, who is in her second round of serving as chair or co-chair of the event. Her co-chair is Dale Severance.

The dinner will be held from 11 a.m. to 6 p.m., Sunday, March 8, at Temple Beth Shalom, 30th and S. Perry Streets.

Karrie started helping with the dinner on the wait staff, but soon was singing.

She has sung with The Mavens, who include Nancy Abel, Ron Klein and Rodney Antonio, for nearly 20 years. They and other entertainers share Jewish culture and music while diners wait to be escorted into the dining hall.

The Mavens sing songs from the 1950s and 1960s by Jewish composers—including many Broadway musicals. This year they will sing Carole King music.

"Music lifts you up and makes the day better," she said.

"Everyone does something," Karrie said.

Marla is chair of the deli bar, which is the baked goods sale through which people pass on exiting. It includes traditional Jewish baked goods and other baked goods.

"The dinner is a well-oiled machine," Marla said. "Everyone knows what to do. It's tiring but fun."

She said that in California there is much more exposure to Judaism as a faith and a cultural tradition.

She recruits 10 people to serve in one of two shifts, as well as help set up the Saturday evening before.

"I'm here all day on my feet, but the time flies by," she said.

"The deli bar is the profitable part of the Kosher Dinner, bringing in about \$2,000," she said.

The rest of the dinner breaks even.

"We look like others in Spokane, but we celebrate and eat differently. The Kosher Dinner is just one way to share a bit of who we are," she said.

While she was TBS president



Marla Antonio and Karrie Brown share in interview in Karrie's third grade classroom.

for two years, Karrie went to a conference with other temple presidents in Seattle. They asked her what was unique about her synagogue, and she told about the Kosher Dinner serving 2,000 people.

Being involved to the extent she is in the Jewish community was not part of Karrie's growing years in Chicago. She dropped out of Sunday school in the fourth grade and did not have a Bat Mitzvah. "However, I celebrated the Jewish holidays at home and was proud to be Jewish," she said. "My sister usually sent me Hanukkah candles."

Two years after she moved to Spokane in 1979, her sister did not send them, so she called Temple Beth Shalom for some. When she picked them up, the secretary asked for her address to mail the monthly newsletter.

Karrie, who graduated from Eastern Washington University and has taught in Spokane Public Schools for 26 years, read that the temple was looking for a sixth grade Sunday school teacher.

"I did not know much about Judaism, but I could teach," she said. "They hired me and gave me the curriculum."

She and Marla met in the temple's Sunday school. Both also now teach at Moran Prairie Elementary School, Karrie for nine years and Marla for 10. Karrie teaches third grade and Marla, fifth.

Marla, who moved to Spokane in 1991 from Walnut Creek, Calif., has been a teacher since 1979, teaching special education and elementary school. She has taught 18 years in the Spokane

Public Schools, at Logan as well as at Moran Prairie. Karrie has also taught at Balboa, Willard and Finch schools.

"With the dinner, our goal is to educate the community about Jewish culture, food, entertainment and traditions," said Karrie.

Part of the need for that education comes from the temple's need for security, which means police are present at the dinner, as well as every Sunday, Wednesday, Friday and Saturday, said Marla.

As part of teaching fifth grade, she teaches U.S. history and tells about injustices that have occurred.

When the children asked recently when injustices will end, she reflected that one sign will be when the temple doesn't need to be afraid because of bomb threats.

"Part of being Jewish is to have a strong sense of ethics, to do what is right," Marla said, "so because there is injustice, we are to do what we can to bring justice."

When Marla first came to Spokane, she learned of the skinheads in Hayden, Idaho. She was not aware of such a group in California. Remembering the efforts for civil rights with Martin Luther King Jr., she knew such work was

needed here.

Through teaching, she was involved with the Anne Frank exhibit Gonzaga University brought to teach students about the Holocaust.

"I couldn't believe there was the hate and ignorance going on here," she said.

Karrie, being from Chicago where there were always concerns and fears, found life in Spokane less fearful.

"Everyone is supposed to do their part to help the whole community," she added.

"If I did one-tenth of the 613 commandments in the Torah, I'd be such a good person," said Karrie, who does not cook kosher at home.

However, she can keep Jewish stories and teachings alive. At EWU, she minored in storytelling, so she also has found niches for sharing Jewish stories—on KPBX and public access TV, and at a bookstore.

At the temple's service for preschoolers and families, she tells stories from the Torah and traditional Jewish folk tales to teach children about faith and ethics.

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Simple acts of everyday people can break through hate that foments wars

Although lasting peace in the Middle East seems like a mirage, Sarah Ahmed seeks to chip away at divisions of religious and political communities that have vested interests in holding power by promoting ideology, fear, suspicion and hate.

Media doesn't help, she told Gonzaga students and Spokane community members in a crowd gathered the end of January by Pax Christi Spokane.

As director of operations at the Foundation for Reconciliation and Relief in the Middle East one of her tasks is simple. It's to visit the United States and encourage people to write letters to people in Iraq.

Letters from people telling about their lives, values and hopes can help change minds and hearts of Iraqis, whose enemy images of Americans come from air strikes killing innocents and from media depictions of U.S. life and culture.

"I love peace," she said, calling people to join in an effort to love their enemies, a concept in most faiths.

It seems impossible for average citizens

to surmount entrenched hostilities and power plays of political and religious leaders.

While it's may not be possible to sit down with ISIS, she sees Muslim, Jewish and Christian religious leaders sit and talk with each other, sharing common concerns and then telling followers about the need to accept their differences, but to love and respect each other, without agreeing.

Both the letter writing and face-to-face meetings are ways to dispel enemy images.

"Enemy images" is a term I know from a United Church of Christ visit with people in churches in what were then East and West Germany in 1985, a year of reconciliation 40 years after World War II. With the Berlin Wall inhibiting contact, people in East Germany held enemy images of Americans as selfish, wealthy people—like in the TV show "Dallas"—and as part of a nation that aimed weapons of mass destruction at them.

I believe letters to Iraqis can break down enemy images and have an impact on history. When I visited Germany that fall as part of a delegation, I was to give words of

greeting. In the first congregation, I told how my children were afraid about my flying there because of an airport bombing, an airplane crash and a hijacking the summer before. I talked with them about my concerns about nuclear weapons and the need for peace.

The day I left, my daughters cried, afraid I might not come back. After I hugged my son on his first day of school, he said, "If you can do something about the bombs, it's okay for you to go." As I told that story, I heard the sound of people breathing in—awed—echo through the sanctuary.

I told that story at other churches and in small groups in East and West Germany. I believe that story and those of many other visitors broke through enemy images, gave people hope, conveyed our solidarity and encouraged people to protest.

Some credit former President Ronald Reagan telling former Soviet President Mikhail Gorbachev to "tear down that wall" with the wall coming down in 1988. I believe church people meeting face-to-

face and continuing contact by letters broke through walls of propaganda and empowered people of faith to pray, then protest and then tear down the wall.

A poster of chipping away at the Berlin Wall near the Brandenburg Gate hangs in my upstairs hall as a reminder that simple interactions can change history.

People engaging in non-violent movements can and do eventually make a difference in history. Each generation must learn to persist in breaking down walls of injustice, oppression, inequality, fear and distrust that benefit those holding power.

So Sarah Ahmed, who loves peace, started a letter-writing campaign.

In her letter, one American woman wrote that she likes to sit in her garden, drink tea and listen to the birds. Then she said, "I wish that you could hear the birds and not the bombs."

Simple human connections and compassion are not signs of weakness but have a power beyond belief.

Mary Stamp - Editor

Old arguments raised to undermine rights won to stabilize middle class

Human beings have always organized into groups—families, clans, towns, guilds, armies, teams, unions, choirs, fraternities, trade associations and more. Generally the groups are not controversial, but labor and trade unions are perennial hot-button issues.

The history of unions in the U.S. has been tumultuous, and echoes of the early days are heard today. The growth of unions in the 19th century was in part a reaction to the period's rampant capitalism. The U.S. was expanding geographically, industrially and economically with few restraints. Much money was made. Robber barons amassed obscene fortunes by exploiting labor and by dubious financial dealings on Wall Street.

They rationalized practices with ideas of social Darwinism, which swept England and the United States. Its oversimplified version became a fad. It taught survival of the fittest and the inferiority of the poor, and called for extremely conservative government policies supporting imperialism, colonialism and racism.

Today some politicians and businessmen are enamored of the equally self-centered

philosophy of Russian-American writer Ayn Rand. Same tune. Different orchestration.

Even in boom periods, wages were low, housing squalid and crowded, and working conditions abominable. Twelve-hour work shifts were common. In some Pittsburgh steel mills, men worked days one week and nights the next week. They shifted by working 24 hours. There were no safety rules. Children often worked in the same mills for the same hours as their parents.

A persistent argument against unions has been that strikers use violence against those who don't want to strike. The violence in 1892 at the strike against the Carnegie Steel Company mill in Homestead, Pa., shows the pattern. A three-year contract with the Amalgamated Association of Iron and Steel Workers included some work and safety rules. When it expired, the union asked for a raise because production and profits were up. Plant manager Henry Clay Frick "offered" pay cuts and longer hours, and withdrew recognition of the union.

In a strike, union and non-union workers walked out. The sheriff was unable to raise

a posse to protect strikebreakers because the town sympathized with the union. He hired 300 guards from Pinkerton Detective Agency, armed with rifles and machine guns. There were fatalities on both sides, and the sheriff asked the governor to send in militia. He sent 8,000.

Those images are often invoked to blot out recognition of how labor unions help there be a middle class so workers earn a fair share of the wealth they create. Accomplishments include eight-hour workdays, five-day work weeks, paid vacations, retirement and health care benefits, safety regulations, bans on sweatshops and child labor, and protection against discrimination in employment. These are taken for granted, but shouldn't be because they are now under attack from business and political foes again.

Consider safety. On-the-job injuries and fatalities have increased as the Occupational Safety And Health Administration (OSHA) is undermined. Workers must buy their own safety gear. It's expensive. Mine owners are not complying with safety regulations,

leading to explosions and cave-ins.

Consider the workday. To avoid paying time-and-a-half for overtime, some businesses reclassify employees as managers. Managers aren't paid overtime.

Unions were strongest just after World War II, an era of growth. We did not have the gaping inequality problem of today.

Much pressure to weaken regulations comes from trade associations, which are organizations of businesses.

There are 7,600 trade associations. Most inform the public and members about news. However, 2,000 of them have their headquarters in Washington, DC.

The myth that most unions are corrupt lingers, based on the same two examples: the Teamsters and United Mine Workers. Labor reporter Philip Dine covers them in his book *State of the Unions*, pointing out that "most unions have sterling records of clean governance without corruption, including manufacturing unions, and public employees' and teachers' unions," and yet they are the ones most under attack today.

Nancy Minard - contributing editor

Reflections

Sounding Board

Newsletter Excerpts

I believe the most important hour of ministry each week happens in Sunday worship. I know there are people, in the church and out, who have written off worship as a meaningful experience of faith or at least as a potential way of reaching new people.

It is true that more people than a generation ago are led to make a faith commitment because they first got involved in a small group or Bible study, or because they participated in a mission trip or community ministry alongside church folk.

Sunday worship still is the first experience of your church for the majority of visitors, and the reasons they come, while varied, often include a deep need to meet the Transforming God, perhaps to express their gratitude, or to seek help for a crisis in their lives. Worship remains the center of our life as communities of faith. It establishes and expresses our identity. It sets us apart from other community service groups or clubs. It is time to renew our strength, remember who we are as followers of Christ, and recommit our lives to His service.

A couple years ago, a group of conference pastors met with Brian McLaren, an emergent church leader who has been working with church leaders to revitalize the church for a new era. Someone asked him what one thing we should focus on to improve our ministry. His response was to make the first 15 minutes of worship services way better—to make them the

most engaging, the most authentic, and the highest quality experience we can.

He talked of attending services, not only in mainline churches but in independent ones as well, large and small, traditional and contemporary, and of how often after the first 15 minutes, he wondered why he had come.

Frankly, that's been my experience in some of the services I've attended as a superintendent. Churches and pastors could do more with that first 15 minutes to engage people and lead us into the presence of the transforming God, but they don't. Instead, the music, of whatever style, is badly presented and someone, often the pastor, reads every announcement right out of the bulletin. People stand and greet, at length, each of their friends and ignore the visitors they don't know, and they share prayer concerns in excruciating detail. Worship is no time for an "organ" concert—"this organ hurts" and "that organ needs surgery."

I expect pastors to lead engaging, life-transforming worship, better than anyone ever has before in their churches—to be shockingly good as a worship leader.

After we get the first 15 minutes of worship right, McLaren recommends that pastors "Work hard for the next 15 minutes!"

**The Rev. Dale Cockrum
Inland District UMC Superintendent**

February is to some the depth of winter, and though the light is coming

back in small increments, this month can feel long and frozen once the Super Bowl is past Mid-month (the 18th) will bring us to Ash Wednesday and so it seems like the right time to think about and renew some spiritual disciplines....

The greatest challenge to my devotional life is focus and stillness. I remember a seminary class where we looked at some prayer practices from the Zen tradition and the line I remember is "Be here now." As it turns out that is deceptively simple and devilishly hard to achieve! "Be here now." Stillness. Focus. And the breath.

The most important prayer lesson I've learned is to pay attention to my breath. This is the first practice of a devotional life because it takes one to the taproot of everything else. Focus your mind's eye on the place just outside your nostrils and simply pay attention to the cool feel of the breath of life coming in and the refreshment of exhaling everything that is used up. I've learned that even three repetitions of this can work remarkable healing and stillness and prepare the heart and mind for prayer.

Beyond that preparation my most spiritually potent devotion has to do with being and becoming in my life with God. Here I turn to the notion of transformation, as "pictured" in Romans 12:2 where the word is translated "metamorphosthy." Do you hear metamorphosis? As a boy my most transfixing moments were spent along a two-foot wide irrigation canal running

alongside our home. It was there that I saw small eggs being laid and there I saw small fish emerge from liquid sacs, only to see those same fish grow legs and eventually become small and playful frogs.

Life is always "becoming" in some way and I experience that today as the reality that, before I am in a certain posture or position in life, I can't imagine its reality. So we must be present, and patient in the moment.

We are on The Way, and the Way is Jesus, his life, death and resurrection. Each moment is three things in reality: Stillness in the passing moment, a remembering that evokes gratitude, and preparation for the unknown moment just ahead.

Every moment is both concrete and tentative, a history, a present reality and a vision of what might yet be.

This is the well from which I drink, pulling up the first drink, like the Samaritan woman in the presence of Jesus (John 4), remembering with gratitude that this life is all gift, and combined with holy anticipation for that new moment which comes in a flash! It is paradoxical that while on this Way, which is Jesus, there is deep stillness and focus, even as life is becoming and changing. Remember Christmas celebrates God with us, the still point always of becoming and being known by gratitude.

**Bishop Martin Wells - Eastern
Washington Idaho Synod - Evangelical
Lutheran Church in America**

Calendar of Events

Eastern Washington University (EWU)'s Monroe and Showalter Halls are in Cheney, contact civines@ewu.edu or 359-2898

Weyerhaeuser Robinson Teaching Theatre is abbreviated RTT
The Bing Crosby Theatre is at 901 W. Sprague

- Feb 4**
 - **New Leaf Bake Sale**, 3104 W. Ft. Wright Dr., 11 a.m. to 1 p.m.
 - **"Excavating Injustice: The Archeology of a World War II Japanese Internment Camp in North Idaho,"** Northwest Museum of Arts and Culture, 2315 W. First Ave., 6:30 p.m., 363-5344, northwestmuseum.org
- Feb 5**
 - **"Murder Victims Families for Reconciliation (MVFR),"** Pat McCoy and Jason Ortiz of MVFR, Unitarian Universalist Church, 4340 W. Ft. Wright Dr., sponsored by Peace and Justice Action League of Spokane, 6:30 p.m., slichty@pjals.org or 509-838-7870
 - **"Leadership in the Black Community,"** Gary Cunningham, Showalter 109, EWU, 9 a.m.
 - **"Africans in America: America's Journey through Slavery,"** film, Weyerhaeuser RTT, Whitworth, 5 p.m.
- Feb 6**
 - **African American (Black) History Month Film Series, "Slavery by Another Name,"** Jundt Auditorium, Gonzaga, 7 p.m.
 - **Native Project Healthy Heart Pow Wow**, Rogers High School, 1622 E Wellesley, 6 p.m., dinner, 7 p.m., Grand Entry, 325-5502, NATIVEproject.org
 - **Spokane Premiere of Documentary: "Dryland,"** Spokane International Film Festival Opening Night, The Bing, 7:30 p.m.,
- Feb 7**
 - **Leonard Oakland Film Festival: "Wildlike,"** The Bing, 7 p.m.; late-night film: "Unforgiven," Weyerhaeuser RTT, Whitworth, 10 p.m., whitworth.edu/oaklandfestival
- Feb 8**
 - **International Day of Prayer and Awareness against Human Trafficking, Sisters of the Holy Names of Jesus and Mary Anti-Trafficking committee**
 - **"Wake up the World!"** Open House Day for Religious Communities in Spokane, 1 to 4 p.m.,
- Feb 9**
 - **"Suffering and Bioethics,"** Nathan Palipant of the University of Washington and Ronald Green of Dartmouth, Weyerhaeuser 111, Whitworth, 4 p.m., mpace@whitworth.edu, 777-3275
- Feb 9-10**
 - **Death Penalty Lobby Day** in Olympia, slichty@pjals.org
- Feb 10**
 - **"Black Women's Strength, Resilience and Dedication,"** conversations with three generations of Spokane Black women moderated by Fetlewoyni Gebreziabher, Monroe 205, EWU, 3 to 5 p.m.
 - **Brother Emile of Taizé Lecture, "Faithful to the Future: Yves Congar's Vision for the Church,"** Music Building Recital Hall, Whitworth, 7 p.m., bbrody@whitworth.edu, 777-3214
- Feb 11**
 - **"Women Musicians in the South Africa Freedom Struggle,"** Sheila Woodward, Monroe 205, EWU, 1 p.m.
 - **"Role of Religious Activists in Civil Rights in the Northwest,"** film-lecture, Dale Soden, Weyerhaeuser RTT, Whitworth, 7 p.m.
 - **Ecumenical Prayer Service** related to Taizé, St. Aloysius Church, 330 E. Boone, 7 p.m., 777-3214
- Feb 11, 25**
 - **Inland NW Death Penalty Abolition Group**, 35 W. Main, 5:30 p.m.
 - **Spokane Police Accountability & Reform Coalition**, 35 W. Main, 5:30 p.m.
 - **Veterans for Peace**, 35 W. Main, 6:45 p.m.
- Feb 12**
 - **"Never Broken: The Evolution of the Black Family,"** Gloria Baynes and LaToya Brackett, Tawanka ABC, EWU, 1 p.m.
 - **Black History Film, "More Than a Month: Should Black History Month Be Ended?"** Shukree Hassan Tilghman, Spokane Academic Center 147, WSU Spokane, noon, 358-7754
 - **"Criminal Justice Reform in Spokane: Our Smart Justice Vision,"** Monroe 205, EWU, 3:30 p.m.
 - **Stephen Davis Lecture, "Happiness in Life: Epictetus and Christianity,"** Weyerhaeuser RTT, Whitworth, 7 p.m., jwarfield@whitworth.edu, 777-4452
- Feb 12, 26**
 - **Palestine-Israel Human Rights Committee**, 35 W. Main, 6:30 p.m.
- Feb 13**
 - **Gospel Explosion!** "Still Praising His Name After All These Years," Seeley Mudd Chapel Sanctuary, Whitworth, 7 p.m., cmcknight@whitworth.edu, 777-4345
- Feb 14**
 - **"Careers and Black History, The Links' Key to Success: Stem and Black History,"** Emmanuel Family Life Center, 631 S. Richard Allen Ct., 6 p.m.
- Feb 16**
 - **NAACP meeting**, 35 W. Main, 7 p.m.
- Feb 17**
 - **Black History Films: "Slam,"** Spokane Falls Community College Student Union Building 17, Conference Room, 11:30 a.m., 533-3714; "Little Rock Nine," Hixon Union Building Whitworth, 7 p.m., 777-1000

- **"Black Is Beautiful: Afrocentric Hair and Fashion,"** professor Rachel Dolezal, Monroe 205, EWU, 3 p.m.
- **"Why Ferguson Matters to Whitworth,"** Weyerhaeuser Hall 111, Whitworth, 7 p.m., bemerson15@whitworth.edu
- Feb 18**
 - **"My President Is Black: Tribulation in the Eye of Adversity,"** Scott Finnie, Tawanka ABC, EWU, 1 p.m.
 - **YWCA Racial/Social Justice Committee, YWCA, 930 N. Monroe, 4 p.m.,** ywcaspokane.org
 - **Open Door Event at Miryam's House, 1805 W. 9th, 4 to 5 p.m.,** rsvp@help4women.org
 - **"Medieval Christian Worship: The Dominican Liturgy,"** Fr. Augustine Thompson, OP, Weyerhaeuser 111, Whitworth, 6 p.m., jlorenz@whitworth.edu, 777-3270
- Feb 19**
 - **Film: "Marva Collins Story,"** 207 Monroe, EWU, 3 p.m.
 - **"Community Relationship Awareness Forum: Bridging the Gaps in the Spokane Community,"** The Red Lion Hotel, 303 W. North River Dr., 6 p.m., solutionsbyking@gmail.com, 217-6426
 - **"Black Student Union in the State of Washington and the Larger Black Power Movement,"** Marc Robinson, Weyerhaeuser 111, Whitworth, 7 p.m.
 - **"Untold Story of the Syrian Refugee Crisis,"** Mark Kadel of World Relief Spokane, Weyerhaeuser RTT, Whitworth, 7:30 p.m., snewman@whitworth.edu, 777-3834
- Feb 20**
 - **"The Littlerock Nine,"** film, Weyerhaeuser 107, Whitworth, 7 p.m.
- Feb 21**
 - **"Forgiveness: A Time to Love and a Time to Hate,"** documentary filmmaker Helen Whitney, Leonard Oakland Film Festival, Weyerhaeuser RTT, Whitworth, 7 p.m., twisenor@whitworth.edu, 777-4401
 - **Annual Women in Agriculture Conference,** multiple locations in Washington, Idaho, Oregon and Alaska, including, Colville, Pullman, Republic, Spokane, Walla Walla, Wenatchee, Nespelem and Sandpoint, WomenInAg.wsu.edu, 745-8531
- Feb 23**
 - **Simpson-Duvall Lecture, "Do Not Tamper with the Clues: What Goldman Sachs Can Tell Us about Religion,"** Kathryn Lofton, Yale professor, Weyerhaeuser RTT, Whitworth, 7 to 9 p.m., jlorenz@whitworth.edu, 777-3270
- Feb 24**
 - **"Combating Racism: From Ferguson to the Voting Booth to the Border,"** Tim Wise, anti-racist essayist and educator, Showalter, EWU, 11 a.m. to 12:30 p.m.
 - **"The Color of Fear: 20th Anniversary,"** Victor Lewis and Hugo Vasquez, Wolff Auditorium, Jepson Hall, Gonzaga, 7 p.m.
- Feb 26**
 - **Black History Film: "Spinning into Butter,"** Spokane Community College Lair, 11:30 a.m. and 6 p.m.
 - **"Expressions and Representatives of the Harlem Renaissance,"** Africana Studies Class Exhibition, Tawanka ABC, EWU, 1 p.m.
 - **"Crime, Injustice and the Growing Police State"** workshop, Monroe 205, EWU, 3:30 p.m.
 - **Whitworth BELIEF Conference,** HUB Whitworth, 6 to 9 p.m., jwhitmore@whitworth.edu, 777-3390
 - **Great Decisions Lecture: "The Remaking of India,"** Dr. Asthana, EWU professor on government and international affairs and author of Water Security in India, Weyerhaeuser Hall RTT, Whitworth, 7:30 p.m., snewman@whitworth.edu, 777-3834
- Feb 26-27**
 - **Globalization, Diversity and Education Conference, "Constructing Identities in Local and Global Spaces,"** Northern Quest Resort & Casino, 100 N. Hayford Rd., Airway Heights, bettis@wsu.edu, 509-335-6393
- Feb 28**
 - **Book Discussion, Chris Hedges' War Is a Force that Gives Us Meaning,** 35 W. Main, 2 to 4 p.m., 838-7870
 - **Black History Film: "Akeelan and the Bee,"** South Hill Spokane Library, 2 p.m., 444-5363
- Mar 2**
 - **"My Name is Rachel Corrie,"** play, Gonzaga University Magnuson Theater, 7 p.m., 536-3839
- Mar 4**
 - **The Fig Tree mailing and delivery,** St. Mark's Lutheran, 316 E. 24th, 9 a.m., 535-1813
- Mar 5**
 - **The Fig Tree Benefit and Board,** Emmanuel Family Life Center, 631 S. Richard Allen Ct., noon and 1 p.m., 535-1813
 - **"Digital Sexuality,"** William Struthers of Wheaton College, Weyerhaeuser RTT, Whitworth, 7 p.m., Gcleveland@whitworth.edu, 777-3702
- Mar 7**
 - **International Women's Conference, "Make It Happen,"** Jepson Center, Gonzaga, 9 a.m. to 2 p.m., diazs@gonzaga.edu
- Mar 10**
 - **Chris Hedges** at The Bing 7 p.m. pjals.org/hedges
- Mar 11**
 - **The Fig Tree Benefit Breakfast,** Cataldo Hall at Gonzaga, 7:15 a.m., 535-1813
- Mar 13**
 - **The Fig Tree Benefit Lunch,** Cataldo Hall at Gonzaga, 11:45 a.m., 535-1813

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Local missionary involves people in finding practical solutions

By Kaye Hult

Gar Mickelson describes himself as a matchmaker, inviting people to become involved in finding practical solutions to community problems.

After visiting with people in Coeur d'Alene schools, health and welfare agencies, probation and parole offices, and juvenile diversion, he found what needs were and were not being met, and connected people with resources to bring resolution.

From his survey, in August 2013, the local missionary with the Northwest Yearly Meeting of Friends (Quakers) helped found Kaleidoscope Community Services (KCS), a nonprofit to connect people with needs with community resources.

In January 2014, Kaleidoscope opened 2nd Street Commons, a day center at 405 N. Second St. that functions as a downtown Coeur d'Alene living room.

"It's a hub, a place where people can come together," Gar said.

He believes the homey, family-oriented atmosphere is key to the process of guests inspiring each other to heal on many levels.

"Life is a journey we're taking together," Gar said. "I want everyone to be part of the solution."

Someone entering the 2nd Street Commons will see people everywhere: Some are among the 20 volunteers. Some groups come to collaborate. Some come indoors for a comfortable place off of the street for a while. Some come to look for jobs, attend a recovery meeting or use services of agencies such as Heritage Health or Goodwill Industries there.

Guests can come from 1 to 5 p.m., Sundays through Fridays, to select from clothing, sleeping bags and tents. They have access to art supplies and a piano for



Gar Mickelson helps people connect at 2nd St. Commons.

creative expression to respond to what is going on in their lives. A meal is served from 2 to 4 p.m.

Walls are filled with photographs of present and past guests, and with inspirational wall hangings with such sayings as: "Be what you believe in" and "I am always loved."

Monday and Friday nights, they show movies. Recently, they started a simple worship at 5:30 p.m., Sundays. Worship includes time for quiet, reading, interaction and art. Leann Williams, another Friends pastor, shares worship leadership with Gar.

A guest, who has come to the Commons from the start, spoke of the welcome she received even in the chaos of opening.

"I find purpose here and a place to go," she said. "They love us as God would want them to. They accept us with all our experiences. Here we find forgiveness, understanding and hope for the future." She now takes art classes and volunteers.

Gar said 2nd Street Commons is a discipleship tool, helping people learn self-control and how to act out of non-violence.

"We're all human," he said. "Issues arise, some between staff members, staff and guests, or guests and guests. We work to resolve issues with the Lord's help," he said.

Several months after his relationship with a guest broke, Gar saw him at another day center, and

apologized, assuring him that he missed him and inviting him back. He rejoiced in restoring that relationship and uses it as an example of non-violent resolution.

Gar also seeks to use the Commons to improve the neighborhood. Guests helped an elderly man who lives in a house behind the center repair his roof. In exchange, they can use his backyard for a prayer garden and front yard for a community garden next spring.

"Neighborly acts begin to transform a neighborhood," said Gar, who seeks to teach the church how to be the universal church in a local community.

Kaleidoscope Community Services has taken on other efforts.

This fall, a long-time homeless community of 40 to 60 people in a wooded lot in Hayden disbanded when the property owner decided to develop the land.

Kaleidoscope joined other agencies, such as St. Vincent de Paul, to find homes for evicted people. Some moved into RVs KCS provided and others moved elsewhere in the community.

Gar grew up in a conservative Coeur d'Alene family. He dropped out of high school and spent some time in jail. He married and moved to Alaska, where he developed a landscaping business, but he got into drugs. After eight years, they returned to Coeur d'Alene and decided to put their children in Sunday school.

A year after he and his wife, Vicki, began attending Hayden Lakes Friends Church, they began to volunteer, which led into full time ministry.

Gar was ordained as a Friends minister and joined the staff of the Hayden Lakes church. He served 11 years as a youth pastor and four in community outreach to create projects for youth and churches.

He was instrumental in forming the Christian Community Coalition (CCC) in 2004. For four years, he was associate superintendent of local outreach for the Northwest Yearly Meeting of Friends Churches.

That opened his eyes to social justice concerns, said Gar, who earned a master's in ministry leadership at George Fox Evangelical Seminary in Portland, Ore., in

May 2014. Gar found in his studies that there's a disconnect if pastors focus on pulpit ministry and ignore social action.

"We need to involve churches as change agents, working together to create ideas to nurture. Seminary taught me to quit talking and just go do," he said.

Gar helped plant Anthem Friends Church through the Northwest Yearly Meeting of Friends. It met in the Hayden Lake Friends Church building.

The long-time Hayden Lake pastor retired, and that congregation had an intentional interim minister for a year. Subsequently, Gar helped the two congregations merge as Anthem Friends Church.

Last October, he left his job there to focus on Kaleidoscope, which recently hired Shanna Stewart as director and Brad Philpott as director of donations.

They plan to develop a program called Friends Helping Friends Life Empowerment Program.

"It will assist our guests to better their situation through helping them find jobs or housing, or with their recovery. We also see a need for more programs like the 2nd Street Commons throughout the area," he said.

"We can't just be a cafeteria to feed people," he continued. "We need to help people reach their goals of employment, housing, and physical and spiritual healing in ways that are customized to each individual. We ask our guests, 'Where do you want to go? We'll help you get there.'

"Our churches need such ministries as much as the community needs them," he said.

"2nd Street Commons is a catalyst for change," he said. "We want to be about action."

For information, call 208-699-2250 or email gar.mickelson@kaleidoscopecs.com.

War correspondent, commentator to speak

After graduating from Harvard Divinity School 30 years ago, intending to follow the footsteps of his father and become a Presbyterian minister, Chris Hedges went to El Salvador where the military government backed by the United States was killing about 1,000 people a month.

"I decided to use writing as my weapon. I would stand with the oppressed. I would give them a voice," he said of his decision that sent him to cover war for two decades. He said that at his ordination as a Presbyterian minister in October 2014.

The Peace and Justice Action League of Spokane is hosting the Pulitzer Prize winning journalist and writer for a presentation on

"Wages of Rebellion: What Does It Take to Be a Rebel Today?" at 7 p.m., Tuesday, March 10, at the Bing Crosby Theatre, 901 W. Sprague. There will be a reception and dinner from 4 to 6 p.m., before his appearance.

From the vantage point of a world on the edge from the Arab Spring to movements against austerity in Greece and the Occupy movement, Chris investigates what social and psychological factors cause revolution, rebellion and resistance. He says popular uprisings in the U.S. and globally are inevitable in the face of environmental destruction and wealth polarization.

A foreign correspondent for nearly two decades in Latin

America, Africa, the Middle East and the Balkans, he writes and speaks on war, religion, American culture and empire.

He has reported from more than 50 countries for the Christian Science Monitor, National Public Radio, the Dallas Morning News and the New York Times, where he was a foreign correspondent for 15 years and where he won the Pulitzer Prize for coverage of global terrorism.

His bestseller, *War Is a Force That Gives Us Meaning*, explores what war does to societies and individuals. In his books he examines faith and belief in American society.

For information, call 838-7870 or visit pjals.org/hedges.

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