



# The City Gate

To Reclaim, Rebuild and Restore, Lost and Broken Lives

It is a joy for us to hear from those who serve with us. Enjoy this letter from WSU nursing student, Patricia L.



**April 2019**

It is hard to find words to describe my experience here at The City Gate. I admittedly come from a sheltered and well-off family where we never worried about putting food on the table, having clothes on our backs or a roof over our heads. It was modeled for me from a young age that if you work hard enough, you will get where you want to go in life. With age and exposure, but mostly exposure, my view changed. Once again I am faced with the hard reality that childhood experiences and social relationships can significantly impact success regardless of desire or ability to work hard.

Many of the skills we learn in nursing school are hands-on. We are learning the movements and thought processes of a nurse. When I came to The City Gate, I knew that this was part of my mission: perform blood sugar and pressure screenings, diabetic foot exams, wound care, answer medical questions and connect to medical resources. My assignment as I perceived it was to give to this population. Empower them with information and connection. The more time I spend at The City Gate, the more I feel that this is not my purpose here and more importantly, this may not be what a majority of the population here need. It is hard to be concerned with a high blood

pressure when you don't know where you are going to sleep or you can't sleep for fear of being assaulted. When your food comes from the grace of others and on their time, addressing a healthy diet is a moot point. When you have your life, your identity, your medications in a backpack you carry with you and it frequently gets stolen, are you going to be more concerned about replacing your blood pressure medication or your ID card? When the suffering, the pain, the fear you face on a daily basis is so great that numbing the pain with substances is the only way you can seem to cope...do you think you will be concerned with follow-up care with your doctor regarding diabetes? The answer might be maybe, but more often than not, the answer is no.

I would argue that the purpose of my time here at The City Gate is to learn to be human and to carry that into my practice. While people often tout the physical skill involved in nursing like the complexity of the drips and ventilator and monitoring in the ICU, what patients will likely remember is the soft nursing skills: how a nurse made them feel. This empathy, this engagement and support of the human spirit is an essential nursing skill and one you cannot learn from a book or a class. At first I thought my purpose was to give to this population but ultimately I find myself receiving more than I give. I receive a reminder

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that this person in front of me has a story, that they are not a number or a case. They should be valued. I see that I have a lot to be grateful for. I have a lot I can give and probably the most important thing I've given is of myself. In sitting with individuals, listening to their stories, looking them in the eyes, remembering their name, I recognize that we are all the same and deserving of the same. In letting myself truly feel for and with that person, I connect with them on a human level. That genuine

connection, that understanding is what I hope makes them feel valued. If all I get is a minute where this person feels valued then that is what I will take because ultimately, I cannot make them follow-up with their doctor or eat healthy or seek sobriety. My hope however is that enough people and/or times of telling someone that they matter, that you see them, will open the door for them to escape from survival mode and enter into safety and security.

# Easter celebration 2019



*"He is not here, but is risen!"* Luke 24:6

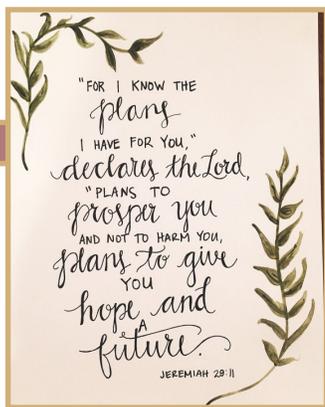
### Dave, "The Cook," is an incredibly gifted cook and an asset to our ministry.



"Hi, Chef Dave,

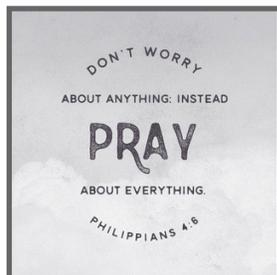
I had the pleasure of meeting you today when I dropped off a donation and you exchanged some fresh produce. You handed me two philly cheesesteaks & I want you to know that they were AMAZING and really showed me your intentional heart towards loving and caring for the men and women who come to you for help. The sandwich was easily an \$8-\$10 quality cheesesteak and was made with love and care. It truly was delicious and the way care was taken to butter and toast the inside shows me you take your job seriously. I just wanted to write and let you know how much I respect your work and hope you continue to find joy & fulfillment in serving others. It's funny to say, but your sandwich was an inspiration to me. Keep up the awesome work!

Sincerely, Joel B."



#### Please pray for

- \* Jeremy
- \* "Nay Nay"
- \* Angie
- \* Curly (safe travels!)
- \* Zdena
- \* Murinko Family



# NEEDS

- Women's Clothes
- Men's Shoes (larger sizes)
- Hygiene Products
- Backpacks
- Sun block
- Deodorant



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## CONTACT INFORMATION

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The City Gate

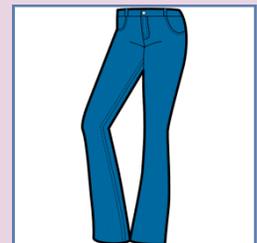


[www.thecitygatespokane.org](http://www.thecitygatespokane.org)

## A Gathering Place...

GREATLY need-  
ed!!!

Womens clothes



All sizes. All pieces.  
Pants, shirts, shorts,  
socks, bras,  
underwear...WE NEED  
EVERYTHING!



Without the support of volunteers who give their time and energy to this ministry, The City Gate would not be the haven it is to so many people. Whether you come once a week or once a year, you have contributed to keeping this place up and running. Your donations, regardless of time, money, food, prayers or clothing, have done so much to help the people who walk through our doors everyday. As pastors and as Christians, we want to thank you for heeding the voice of the Lord and ask you to keep us in your prayers as we continue this journey.

Love, Pastor John & Shirley