



# The City Gate

To Reclaim, Rebuild, and Restore Lost and Broken Lives

## From Death to Life

"It was like getting hit upside the head with a brick when my parents cut me off because of my lifestyle," said Derek. Moving to Spokane in 2000 to get sober, Derek Trautman enrolled in a 30 day program, soon upping it to a 90 day stay knowing he wasn't ready to be on his own. Determined to stay in Spokane and get a clean start, the first year and a half went pretty well. Then Derek discovered meth.

"The straw that broke the camels' back is when I DIED" Derek said, as he humbly shared his story.



One night Derek went out drinking with some friends and realized one of his gal friends disappeared from the group. When he found her she offered him what they call a 'Hot-Shot'. (Meth you inject that has a poison in it causing you to get really hot, pass out and die in your sleep.) He remembers being engulfed in blackness. He heard a man's voice in the midst of darkness that sounded to him like a comforting blanket on a warm summers night say, "**NOT YET, IT'S NOT YOUR TIME!**" Derek knew it was the voice of God. He also heard his little German grandmother who had already gone to be with the Lord say, "Honey, not now, it's not your time." Derek woke up in his bed immediately saying, "No more, I'm done!" That was ten years ago and he hasn't drank or used drugs since.

Alive and ready for change, Derek went to see some friends stating that he needed to find a clean sober place to stay. His income was only \$339 a month, yet he was able to get into the Alberta House Apartments located directly above The City Gate. He utilized the free meals, food and clothing banks at The City Gate, as well as the free flu shots provided to supplement his income. This was a time of rebuilding and restoration for Derek as he now lived in one the best apartments he'd ever had. Then came another big blow!

The first to be notified, 4 years ago Derek received a call that his sixteen year old nephew had gone off of the Monroe Street Bridge. Remembering, fondly, what a dear boy he was and a really good kid, he also recollects how difficult his nephew had it at home. "After he passed away, I was broken hearted and felt like a piece of me went with him," shared Derek. "When I hear kids on the street say that nobody understands, I really do!"

Looking back over his childhood years, Derek recalls the beginnings of his rebelliousness fueled by the power that was gained from it. At only 15 years old, Derek easily brought in \$2,000 per week selling drugs to addicts who came from over all to get their 'fix'. He admits that he often did black market transactions behind the scenes, while working at Cascade Job Core, stating that it was intoxicating having that kind of power and pulling in that much money at such a young age. "Our community needs to realize that not all people on the streets are 'bad', he said emphatically. How true this is since many kids have it so badly at home they would rather sleep outside in 20 degree weather, or hop from place to place, often involving drugs and/or sex for trade. Derek is passionate about having more programs with people who have been to the other side and back to reach these kids and pull them out of the black hole they are slipping so dangerously in.

Since living at the Alberta House God has completely restored Derek's relationship with his mother and step-father. His mom tells people that Derek is a totally different being. She uses him as a blueprint of how to fight, scratch, and claw your way back up and overcome your demons. He shares "If it wasn't for this building, it's programs, and the people God has brought into my life, I would be dead right now! It's not that I don't struggle from time to time, but I thank God every night for the roof over my head, for Pastor John, and the friends God has brought into my life." When asked what the Lord means to him, he replied, "**literally, God is my Savior, the warmth of my heart, and the kindness in my eyes.**"

Andra Phelps



March 2013 ❀

## SUPER BOWL PARTIES!

### At The City Gate



Fun, fun at The City Gate! There were about 70 people who joined us for a great day of football. First Presbyterian Church hosted it and Sala Thai Restaurant provided the food. There was friendly taunting as everybody was rooting for their favorite team to win. We had football tossing when there was a touchdown, drawings and prizes, as well as lots of decorations. This was an opportunity for friends and neighbors to get together in a warm place to enjoy the game.



**This will be an annual event here at The City Gate**



### At the Alberta House



The complex has been a buzz of activity since the holidays. Several residents are moving on and we wish them well, as they will be missed. Some existing residents will get to move into bigger units. The Lord continues to rain down His blessings!

The weekend manager, Chris, was gracious to us when he gave the Alberta House his old TV. His gift allowed us to replace the small one we had in our foyer. The TV came just in time for the big Super Bowl game! A lot of our residents contributed food and beverages for a big party! This really brought a sense of community to the residents.

**Way to go!**

*Wes Heimbecker/Assistant Manager*



**Next month we will have the amazing results of our food drive. Sooo many donations!**



To receive our newsletter by email, write to: [thecitygate@qwestoffice.net](mailto:thecitygate@qwestoffice.net) with your name and, "email newsletter" in the subject line.



Help us be good stewards of our funds.

**GO GREEN**

**NEEDS**

**Men's Clothing**

- Jeans (all sizes)
- Underwear (new)
- Shoes
- Winter clothes

**Women's Clothing**

- Underwear (new)
- Bras
- Shoes
- Winter clothes

**Toiletries**

- Deodorant
- Razors
- Shampoo

**Food Bank**

- Non-perishable items

**Miscellaneous**

- COFFEE (always!)
- Grocery bags

*Now that winter is here we are in desperate need of warm coats, blankets, sleeping bags, boots, socks, and gloves for both men and women.*

Please, **NO summer clothing** at this time.

Thank you for your help... we depend on it now more than ever.



**A WORD FROM THE BOARD**

A welcoming church body ....clean clothes ....hot bath or shower .... a warm place to come in from cold ....a hot meal....

These are all things that most of us, from time to time, take for granted. But for the folks who come through the doors at The City Gate, these are luxuries, often only seen at a distance. For 25 years, The City Gate has worked to provide these basic needs for the homeless and low income for the inner-city of Spokane. From inauspicious beginnings on West First Avenue in 1988 to our present location at Second Avenue and Madison, God has worked through churches, businesses and individuals to allow us to serve His people who, for a variety of reasons, find themselves on the fringes of society. The staff and volunteers at The City Gate work very hard to stretch resources so that, as Jesus said, "whatever you did for the least of these brothers of mine, you did for me. (Matt. 25:40)".

A new year, however, almost always finds us working ever harder to stretch these resources, and this year is no different. Most troublesome is that the food bank tends to run low, particularly of high protein items. So I would ask you, the next time you are taking a hot shower, putting on clean clothes, or sitting down to a hot meal, remember those who only rarely, if ever, partake of such things and actively purpose in your heart to help us meet the needs of our inner-city through personal contributions, a group or business food drive, or other creative actions. The rewards, though often unseen, are great.

John Kittel  
The City Gate Board of Directors



Do you or somebody you might know like to sew? We get some very nice clothing which sometimes needs a little mending, or maybe a button or a zipper repaired. If you would like to volunteer in this area, please call Bonnie during our office hours.



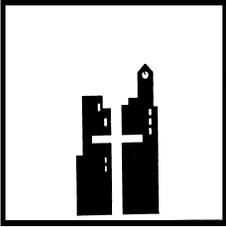
**February 2013 Statistics**

- Food Bank:**  
146 people served  
4,155 lbs. of food
- Kitchen:**  
5,753 meals served
- Clothing Bank:**  
264 people served
- Volunteer Hours:**  
198

**Check out our new Website!**

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





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## The City Gate

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

Facebook - Thecitygate Spokane

**"A Gathering Place"**

**Matthew 11:28**

## The City Gate Staff

- John Murinko, Pastor
- Shirley Murinko, co-director/office mgr.
- Bonnie Murinko, co-director/food bank
- Jim Hahn, food bank
- Don Lanegan, dinning room mgr.
- Derek Deniston, kitchen supervisor
- Melissa Godin, kitchen
- Helen Crawford, clothing bank
- Andra Phelps, PR
- James Horton, cook
- Wes Heimbecker, social services
- Bruce Woolard, evening supervisor
- Carrie Brown, Alberta House Mgr.

## Please Pray For:

- George
- Derek T.
- Jason
- Lance
- Lee Ann



**Friend us on facebook**

**Thecitygate Spokane**

Without the support of all the 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, whether time, money, food, or clothing, have done much to help the people who walk through our doors everyday. As a staff 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.