



# The City Gate

To Reclaim, Rebuild, and Restore Lost and Broken Lives

## “FEELING SAFE”

I first came to the Alberta House back in March of 2001, after having been homeless, or near homeless during the previous five years. Over those years I had kind of withdrawn from everything. I was never a big sociable person, but those years on the streets and in shelters had kind of numbed me to social interaction beyond a small group of people.

Whenever I was around more than a few people I would get very anxious and nervous. I could never really explain it, I just didn't feel comfortable around people, I was more used to being on my own. So when I got to the Alberta House, it was a seemingly perfect situation. The rent was affordable, and most importantly it was a secure building. So people couldn't just come off the streets and knock on my door.

The secure nature allowed me to, for the first time, feel free if that makes sense. The one aspect of being in a shelter that was most taxing for me was the fact that I couldn't just get away, really. I was always around so many people. And when I was homeless there were times that I just wanted to be able to go inside and stay, yet most places I came across in my times on the street, whether it was Washington State or Virginia where I had grown up and lived before coming here, don't really like people on the street coming into their establishments.

However, being here, I could not only be alone and in my own protected cocoon, so to speak, but also I didn't have to feel like I had to get away. Most of my life, after moving out of my parent's house post-graduating high school, I never stayed in one place very long. I constantly felt I had to move, because I just never felt comfortable.

Once I got here though, it was different. The people here made me feel comfortable, The City Gate welcomed me, flaws and all, with open arms, and it has been the closest thing to a 'sanctuary' that I've had since being at home with my parents growing up.

Today the fears of me being homeless again still stay with me. I constantly am in fear of waking up one day and things changing, and that I'll be back on the street again, once again moving from place to place and not being able to stay still. I definitely don't want that, and despite being told by others that they would not allow that to happen, I still can't shake that feeling.

That's why I have sort of compiled a collection of portable devices to store my music, documents, videos and things to take my mind off of everything, much the way that music helped me get through some of the hard times on the street in the past.

However, for the moment, Alberta House is my home and I know that I'm safe here and that I can trust Pastor John and the rest of the people at The City Gate to be protective of me. And even though I know I don't always show it, I truly am appreciative of everything they have done for me since I first came here just over eleven years ago.

Because without them, God only knows where I'd be right now, or if I would even be alive.

So thank you to Pastor John and the rest of The City Gate family for bringing me in from the cold.

*Gary Anderson*

October 2012



# Our Neighborhood Block Party



shucking corn



Steve the cook



in line for dinner



Pastor John...dunked



just relaxing



Katie, Jasmine & Joe



enjoying dinner



Kelly, so cute



The Radiaters  
Eddie, Greg and crew



jewelry making with  
Terri



The Blue Water Strangers

We would like to thank everybody who volunteered, prayed, donated or just came to enjoy the day. We served 450 meals, played basketball, had lots of fun with the dunk tank, jewelry making, 2 local bands, and the big hit, face painting with Kym. As usual, satan tried to stop us, but when The Lord is in charge and not us, it is always successful! Thank you Jesus!

**Thank you Barton-Fiat for letting us use your parking lot for this neighborhood event!!**



**PRAISE THE LORD FOR A BLESSED DAY...and then we danced** Pastor John and his granddaughter Grace

**NEEDS**

**Men's Clothing**

- Jeans (all sizes)
- Underwear (new)
- Socks
- Tennis shoes
- Winter clothes

**Women's Clothing**

- Socks
- Underwear (new)
- Bras
- Tennis shoes
- Winter clothes

**Toiletries**

- Deodorant
- Razors
- Shampoo

**Food Bank**

- Non-perishable items

**Miscellaneous**

- COFFEE (always!)
- Grocery bags

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

Winter is coming & we don't have room to store out of season clothing.

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

**A word from the board...**

**"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will make your paths straight."**

Last month The City Gate planned on having a block party. Everything was in place. Then one glitch happened and we weren't allowed to have it in the street. But one of our neighbors graciously offered part of their empty parking lot. This turned out to be a huge blessing and we were able to set up a barbecue station, face painting, beading, a basketball hoop, a dunk tank which many people took much pleasure in dunking Pastor John, and two wonderful live bands. I had the pleasure of helping at the beading table assisting folks in making necklaces and bracelets. I wasn't sure how God would use this opportunity, but Mike showed up. A young man who was down on his luck and has made some bad choices. He decided he wanted to make a necklace for his grandma. He had me help pick out the beads. He was so grateful that I would take the one on one time and help him. Inwardly Mike has an amazingly sensitive heart. I didn't see that on the outside. God wants

us to spend time and see what's on the inside of His wayward children. We just have to stop and listen to where He wants us. It was truly a blessed day and a family atmosphere. Sometimes we have to let go of what we think we are supposed to do and fully let God lead in every detail. Please visit us and enjoy our family if you feel like you'd like to be a part of what God is doing in our inner city.

*Terri Clouse*



**Please remember those who are in need as you are preparing for winter. We need lots of winter clothing, boots, gloves, sleeping bags, and warm blankets.**

**Thank you in advance!**

**AUGUST STATISTICS**

**Food Bank:**  
158 people served  
4,440 pounds of food given

**Kitchen:**  
4,325 meals served  
3,595 people served

**Clothing Bank:**  
161 people served

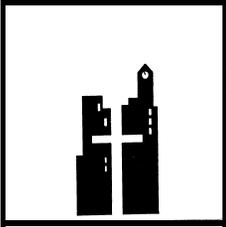
**Volunteer Hours:**  
618 hours

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**



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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, dining room mgr.
- Derek Deniston, kitchen supervisor
- Melissa Godin, kitchen
- Helen Crawford, clothing bank
- Andra Phelps, PR
- Carrie Brown, Alberta House Mgr.

## Please Pray For:

- The hearts of man to soften towards those who are less fortunate.
- Many of our downtown families who are struggling
- Zach
- Helen



## Thank You!

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.