



The City Gate

To Reclaim, Rebuild and Restore, Lost and Broken Lives

GOD IS LOVE

Reclaim Rebuild Restore

Brenda Grimes, a soon to be bride as of February 17th, will tell anyone, “The best thing my parents ever did was to cut me off, kick me out of the house and not let me come around. My dad handed me and James a tent and said, ‘Go find somewhere to put this up.’”

Now, two years later, Brenda is clean and sober, most people would have no idea that a hard-working, fun-loving, and tender hearted woman like Brenda ever struggled with addiction, or was someone you would find sleeping in an alley.

During the worst time in her life, Brenda remembers sleeping on the loading dock behind Albertson’s on Northwest Blvd. Kicked out of her parents’ home, Brenda and the father of her two beautiful children spent time on and off the streets for a couple of months until they decided, enough was enough!

“My whole world came to an end and it was time to make a new world.”



At the time, Brenda’s daughter, Jenna, was three years old and her son, Jack, was about to turn five. A week prior to Jack’s birthday, Brenda signed custody over to her parents.

The day arrived to celebrate her sons’ birthday on August seventh and Brenda just sat there, feeling emptiness, self-hatred, and disgust. Unable to get past feeling discouraged, nervous, and full of shame, she stayed at her neighbors’ home, getting high, never making it over to see her son on his birthday. One week later, both James and Brenda checked into detox, determined to get their children back.

For Brenda, addiction habits started in 6th grade, when drinking became an everyday thing. Her older brother was involved with gangs in Spokane and was a major influence on Brenda, always sneaking her alcohol.

“My parents are great, and I come from a good family, but stuff can happen to anyone.” Brenda states, “I didn’t start using drugs until I was 21 but when you are drunk, it just seemed to be easier to say yes to drugs.” With the introduction of meth, her life spiraled out of control.

The turning point for Brenda, solidifying her new found strength, was the day she went to a Native American based rehab. The gentleman hosting the meeting shared how he had turned to God when he chose a sober life. Something rang inside Brenda’s heart, drawing her to pray to God, asking Him for help in making it through her addiction.

The following day, Brenda recalls having a really strong craving. Going to God in prayer, she asked for help. Twenty minutes later, Brenda found herself upstairs in the detox building, laughing and having fun. This was the first time her cravings didn’t consume her whole day or make her miserable!

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HOW YOU CAN HELP!

Look on Page 3



“The difference with tackling addiction without God is that you’re alone and it is a very lonely road to recovery. When you get scared or overwhelmed by life, you automatically run back to what you know; drugs. When you have God in your life, you run to HIM in those moments and He is there to help see you through.” Brenda shares, “Drug addiction is a very dark life but a life with God is filled with love, hope and brightness.” There are days when Brenda says she still has cravings and thoughts of using, but she realizes she does not have to respond to them. God helps her and always reminds her what the right answer is, giving Brenda strength to follow through.

Cont. from page 1 - Brenda & Family

2014 is a new year with Brenda and James having earned back their children and their parents trust. God has provided opportunities for them that they thought couldn’t ever happen. **Their family is together, they are both employed by The City Gate, surrounded by people who encourage and believe in them, and they are being used by God to help others who are struggling with addictions, pointing them to Christ.** Brenda says, “I used to think I couldn’t be happy and thought I was unlucky. Since I found the Lord, it’s the complete opposite! Even when things aren’t going well, I feel God’s love and hope.”

Brenda wants her kids to know that drugs can ruin you but our God can save you! She says, “I will never hide from my kids our past, but I do have the future to show them how much better life is with God and God CAN & WILL help anyone no matter who they are.” Brenda is so excited about their wedding on February 17th. She says she used to have doubts about getting married to James but all of those doubts are gone. She loves how James is now very involved with the kids and their house that they recently moved in to. Brenda states, “James and I love each other and now we have God in our relationship. With God we can do anything and HE is using us to help others get free!”



By Andra Phelps

Let me be frank with you...

Most peoples’ view of the poor, the homeless, mentally ill, the addict, and alcoholic as well as the prostitute is very jaded. There are some who have chosen this lifestyle but not ALL of them. What we have witnessed over the years with our guests is a byproduct of generation after generation of demolishing the structure of family.



FOOD
for
THOUGHT
By Pastor John



Dad is off doing his thing, mom is overwhelmed and broken, poverty sets in and with it, destruction. My prayer is to change this cycle. At The City Gate, we are trying to take on an elephant one bite at a time and we refuse to quit or give up on anyone. These are PEOPLE’S LIVES we are talking about!

What is it we are doing to help those who did not choose to be where they are or those who want something different? Often, the community wants to lock them up, push them away, and shun them. What many do NOT realize is: THIS IS A SPIRITUAL, MENTAL, AND PHYSICAL MATTER for those who are struggling. It takes prayer, care and resources to help people. **We need to view our downtown poor beyond an EYE SORE OR WORTHLESS and view them through the eyes of the One who created them, helping them find their purpose!**

How YOU can help!

FUNDING

Monthly Commitments

1X Donations

Fundraisers

FOOD

Coffee/Creamer

Proteins & Dairy

Boxed/Canned Meals

Instant Potatoes

HYGEINE

Razors

Toothbrushes

Deodorant

Shampoo/Conditioner

MEN'S & WOMEN'S

New underwear & Socks

Boots & Shoes

Jeans

M-XXL Shirts

MISC.

Outdoor Blankets

Back Packs

Sleeping Bags

Plastic/Paper Bags

VOLUNTEERS

Daytime

Evening

CALL or Facebook us first
before dropping items off.
Tue-Fri: 509.455.9670

A WORD FROM THE BOARD

The new year is already into its second month, and for many, this means continuing to try to keep resolutions of various sorts: losing weight gained over the holidays, eating healthier, getting more exercise and a new hope brought on by the New Year. But **for many of our clients here at The City Gate, a new year just means another year of “getting by.”**

Eking out an existence on the streets of Spokane, or subsisting in low income housing... and not a lot of hope for a better year. Many will rely on our food bank, or our clothing bank for help in meeting basic needs... and many will come in to our drop-in center to get out of the cold or for one of our evening meals.

Although we are the authorized food bank in this part of the city for Second Harvest, we receive no government funding. We are able to offer these services only because of the generosity of our donors. **If you are a regular contributor to The City Gate, we are greatly appreciative of your gifts.** If you have yet to finalize your charitable giving for 2014, won't you consider adding The City Gate as a recipient? It will truly make a difference in the lives of those we serve – the broken, the lost and the destitute.

John Kittel
Board of Trustees



To receive our newsletter
by email, write to:
thecitygate@qwestoffice.net

Write your name and
"EMAIL NEWSLETTER"
in the subject line.

THANK YOU for helping us
to be good stewards!

Donate your used ink cartridges, cell phones/pagers, IPod, MP3 players, digital/video cameras and camcorders, GPS and radar detectors, PDA's mobile hot spots, iPads/tablets, calculators, video game consoles and handhelds, e-book readers, video games and accessories.

The City Gate collects these items to raise funds by recycling with Planet Green. Another option is to simply accumulate at least 20 items, and print out a shipping label from the website:

<http://planetgreenrecycle.com/citygatespokane>

Drop it off at any UPS store (at NO cost to you) and they do the rest. Planet Green will inspect the items and then send The City Gate a check!



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The City Gate

"A Gathering Place"

Matthew 11:28

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Spokane, WA 99201

509.455.9670

E-mail - thecitygate@qwestoffice.net

Like us on Facebook - The City Gate

See MORE of what your prayers, financial support, and donations are doing for the inner-city poor and homeless of Spokane.

www.thecitygatespokane.org

Please Pray For:

- Sue
- Eric
- Shirley
- James & Brenda (wedding)
- Lesley & Kimberly

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.
- Danielle Green, kitchen
- Glory Phelps, kitchen
- Terry Burke, cook
- Andra Phelps, public relations
- Wes Heimbecker, social services
- James Gulbranson, security
- Brenda Grimes, clothing bank
- Sue Shane, kitchen
- Carrie Brown, Alberta House

January 2013 Lives Impacted

Kitchen:

9,616 meals served

Bread/Produce:

1,378 appointments

Food Bank:

247 people served

Clothing Bank:

214 people served

Volunteer Time:

536 hours

Counseling:

68 appointments



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 every day. 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