



# The City Gate

To Reclaim, Rebuild and Restore, Lost and Broken Lives

We have been honored to have a sweet friend of The City Gate share her testimony with us to publish. What you will be reading is HER HEART! So many can relate to her words. We are grateful for her honesty and willingness to share.

**THANK YOU RACHEL FARMER!**



Depressed, Anxious, Cutter, Anorexic, Promiscuous, Addict... these are only a few of the words that have been used to label me over the years by professionals, strangers, and even myself. I clung to those labels as my only identity for years. Society said I was all those things and more and I believed the lies. I was a born again Believer who denied the fundamental truth that my worth, value and identity comes from Christ alone. **2 Corinthians 5:17 says, "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." It has taken a long time to understand and claim truths such as "I am loved, free, filled with peace and joy, pure, and enough."** Since I was a young teenager I've struggled with mental illness, self-harm and suicidal tendencies, and an eating disorder. I've done a lot of things I'm not proud of, put myself in dangerous situations, and at times have been hurt in the process by myself and others. Last March I became a victim of sexual assault and it really confused me. Initially I asked, *"God, how could you let this happen?"* But as I've healed from the trauma, I've started asking God *"How can I use this experience to minister to others?"*

With all that I've experienced in my mere 21 years, and as stubborn as I am, it has taken many trials, triumphs, treatment programs, hospitalizations, mistakes and consequences to truly surrender to God's amazing love and will for my life. I am happy to say that while I am not perfect, and I still struggle sometimes, I am learning and growing more and more everyday. God has given me dreams and goals, and the ability to accomplish them. But more than anything He has given me hope and a genuine heart of compassion for those who suffer as I did, and people in general.

I've learned to praise God in the storms of life, not just the peaceful times. I've had to give Him control even when I wanted to do things for myself. Most painful of all, I've had to give Him all my hurts so He could bind up my wounds. Without the love and grace of God, and His relentless pursuit of my heart, I would not be alive today. I thank God for the gift of His Son, so that with overwhelming gratitude I can say I am forgiven and free.

**I've come a long way, but God's not finished with me yet!**

By: Rachel Farmer

APRIL 2015



# Word from the board



By: Rich Paulsen

## How's Your Prayer Time?

How do we determine what is important? We are all constantly filtering the dozens of things that pull on our sleeve for attention throughout each day. At times it can be a very easy decision if I am hungry, just got a flat tire, my phone is ringing, I am late for an appointment, the baby is crying, and on and on the list goes. As our personal world is constantly changing, we adjust our focus and make decisions based on what we consider important.

Recently I was asked how I am doing in my prayer time. I responded that I have really been busy and have had very little time to pray. I heard my own words as they left my mouth and immediately felt shame. I still tremble inside as I remember this conversation. I envisioned me standing before God the Father saying these same words to Him. No, I don't EVER want to be in that situation! And yet, I routinely make this same choice not just about my prayer time, but also about scores of other areas I know God is clearly placing before me as a personal invitation. I hate this sinful part of myself. I try so hard to have fewer times like this when I turn from Him to my own "wants." Some days for me are more successful than others.

As you reflect upon this topic in your own life, I invite you to consider The City Gate as one of the ways of helping to meet the needs of the poor among us. There is opportunity for prayer support, personal volunteering, meeting the physical needs, and financial support. I pray that your heart is challenged to hear His voice and to respond in ways that will glorify Him. Christ has modeled for all of us how we are to live. If our lives are centered on ourselves, we are fools; if on God, we are wise.

## The City Gate Staff

- John Murinko, pastor
- Shirley Murinko  
co-director / office mgr.
- Bonnie Murinko  
co-director / food bank
- Donny Saunders, food bank
- Buffie Harmon, clothing bank
- Don Lanegan, dining room
- Jimmy Hahn, coffee station
- Jim Horton, cook
- Glory Phelps, kitchen
- Brenda Gulbranson, kitchen
- Wes Heimbecker, social services
- James Gulbranson, security & maint.
- Elisha Shelton, Alberta House mgr.



## Please PRAY for:

- Debbie
- Ashley & John
- Douglas
- Rebecca
- Protein items



# WE NEED MEAT



Our kitchen is nearly out of meat! Serving 4-6 full evening meals each week with lunches 4 days a week is a heavy load to bear. Please consider helping us to bear that load. While anything you can provide is helpful, here is a list of some meat items that we could use:

- Hamburger!!!
- Pork; chops, roasts or loins
- Hot dogs or sausages
- Beef roasts
- Chicken (bone-in or boneless)
- Hams
- Breaded chicken patties
- Eggs



Luke 24:6-7 (NIV)

*“He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: ‘The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.’”*

The City Gate will serve our annual Easter Dinner on Friday April 3, 2015, GOOD FRIDAY! The meal will be served from 1:00-3:00 pm. On the menu is ham, potatoes, fruit salad and a roll with pie for dessert. We look forward to serving our inner city friends and family on this blessed holiday. The City Gate would like to thank every one who has supported this event through their giving of time, food, finances and prayer support.

**Help us to be good stewards of our finances**

To receive our newsletter *IN COLOR* by email. Simply email us at: [thecitygate@qwestoffice.net](mailto:thecitygate@qwestoffice.net) with your name and “email newsletter” in the subject line.



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## The City Gate

*"A Gathering Place"*

*Matthew 11:28*

170 S Madison  
Spokane, WA 99201  
509.455.9670  
E-mail - thecitygate@qwestoffice.net

LIKE us on  
**facebook**

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

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

**NEW TIME**  
PLEASE take note!

# Easter Dinner

**Friday April 3**  
**1:00pm-3:00pm**

**To donate your time or menu items  
please contact Shirley or Bonnie at The City Gate.**

**Our office hours are Tues-Fri from 10am-3pm**



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*