



The City Gate

To Reclaim, Rebuild and Restore, Lost and Broken Lives

Word from the board

By: Eric Murinko

I have had the privilege of being heavily involved in youth sports and coaching. I must say, it is one of the most rewarding things I have ever done in my life, and I feel like it has molded and changed who I am. From coaching youth football, basketball, and even being involved in some rodeo events.

By this time my favorite sport of rodeo has come to an end for the season, with the world Finals having ended this last December. Rodeo is one of the toughest sports I have been around, both mentally and physically demanding. I bring up this sport because I watch both of my kids and some of their best friends compete. I watch how it is transforming them both mentally and physically into strong athletes, which is making them who they are.

This is where I bring up the heart and mind. The average heart beats about 110,000 times a day, and is responsible for sending our lifeline and blood to the brain. Easy right? So without a heart we have no brain or mind. I believe our heart IS our soul and the sum of who we are. What we feel in our hearts we undoubtedly acknowledge in our mind, right? So I ask the question: How do we tell our mind to do what are hearts are telling us? Also, the familiar question: How can I tell if God is guiding me, or is it the devil trying to lead me astray? One of the truths we know and believe is that God wants us to love him and let him guide us. (Proverbs 3:6) "In all ways acknowledge him, and he will make your paths strait." Similarly, (Luke 10:27) "Love the Lord your God with all your heart and with all your soul and with all your strength and mind, and love your neighbor as yourself."

Now to jump back to what I have experienced being involved with a variety of sports. I watch many young athletes give 110% of their effort to pursue their passion for the sport of their choice, yet still struggle with the demands of either their own expectations & that of their peers or coaches. I have experienced this with my own kids, especially with my daughter, who has a passion for calf roping. She has an intense "fire" in heart for it, but has faced many challenges and roadblocks with her and even her horse. One may have the heart and fire for these disciplined sports, but may struggle to compete in a way that their heart wants to. I have recently been inspired by a young bull rider. I have watched him struggle this past season yet get on every bull with the same fire in his heart to cover this bull and make the whistle. Even when he is unable to make that 8 seconds, no matter the cuts, no matter the bruises and broken bones, he will undoubtedly get on that next draw. I recently had the opportunity to sit down with him briefly and share some encouraging words. Words that I hope he will remember for the rest of his life, or at least every time he ties himself onto that 1,100 pound animal. I told him, "I see it in your heart! More than anything, that's the first sign. Now you just have to get it into your mind. Believe in yourself and know that through Christ ALL things are possible."

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January 2016

HAPPY
NEW YEAR

The City Gate Staff

- John Murinko, pastor
- Shirley Murinko
co-director / office mgr.
- James Gulbranson, assistant
director/security
- Donny Saunders, food bank
- Buffie Harmon, clothing bank
- Jimmy Hahn, coffee station
- Cheryl Jimeno, kitchen
- Parris Wentz, kitchen
- David LaMoureaux,
- Kathy Gibbons, Front desk
- Elisha Shelton, Alberta House
mgr.
- Bonnie Murinko, newsletter/sub

“May He give you the desire
of your heart and make all
your plans succeed.”
Psalm 20:4

**HAPPY
NEW YEAR**

Please PRAY for:

- Luanne
- David
- Derrick
- James E
- Anna
- Bruce

Welcome



The City Gate is excited to introduce you to our newest staff member, David. David was born in San Bernadino, California. He lived there until he was 7 years old. At that time, he moved up to Washington with his mom and dad. They lived in a motel their first year up here, before finding a home to settle into in Rosalia. 10 years after moving here, David met his wife, Breanne. They spent the next two years getting to know each other before marrying. David and Breanne now have 3 kids.

David is proud to say, “God is the only reason I am here.” Around 2010, David realized that Christ was becoming the center of his family and his life. Knowing the role Christ played in his life, he was baptized in 2011. David is living his life for Christ now and has said, “I started knowing that I need to do more. The world needs fixed & I feel like I need to start here at The City Gate.” And let us tell you, we are SO BLESSED to have him here. His vision for The City Gate is fresh and effective. We are so excited to see what The Lord will have him to do while he is here.

With that being said, we are excited for what God is doing here at The City Gate. David is working with several different people, businesses and agencies to expand our work in the inner-city. While the details are very limited at this point, we would like to say that we have an empty space in our building that David will be growing. We are asking for prayer that God’s will be done with this ministry and the growth that is inevitably happening. We are walking with faith in the way that HE leads us and anxious to share more details.

For now, please take a moment to welcome David to The City Gate if you see him. Thank him for his heart to serve. Continue to pray for the growth of the ministry and watch for more details to come. We are expecting a lot of news to share next month.

On December 10th, several members of First Presbyterian had the privilege of hosting a Christmas party for the residents of The Alberta House. We were blessed many times over to share this evening and to hear about and witness the amazing transformation occurring at The Alberta House through Jesus' work with the aid of Elisha and Pastor John. We have been doing this party for several years now and every year witness wonderful transformations. However, this year, the sense of fellowship and community overwhelmed us. 20 of the 23 residents showed up! We know God is moving through that place and we are honored to serve and see it first hand.

Submitted by Catherine Klingel, Volunteer from First Presbyterian



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So, to hopefully answer the questions I asked earlier; How do we convince our mind to do what are hearts desire? Or again, that familiar question; How can I tell if God is guiding me? Or is it the devil trying to lead me astray? The answers to these are very simple: First; Continually nourish your relationship with Jesus Christ. This is first and foremost. Confess your sins to him and ask him to come into your life and wash your sins away as he has promised to do. Second; Pray. Pray and ask God if this is His will and pray for Him to guide you in your decisions. Seek His will and not your own. I believe when done in this way, he has promised to guide us. Whatever the roadblock may be between your heart and mind, pray to God for His will to be done and His guidance. The mind is a powerful thing and can hold us back from doing God's work. You know, we have all heard the saying "it's all in your head" and maybe that's what is keeping you from getting that path opened up from your heart to your mind. Just like I spoke to this young bull rider, and too used the saying "it's all in your head. You have it in your heart, you have to get into your mind that you can make the 8 second whistle."

My hope is to leave you with the encouragement to seek God so He can break down that wall, so you can take what is in your heart and get it into your mind. Then, and only then, can your heart's desires be transformed in a way that HIS WILL can be done.



Help us to be good stewards of our finances

To receive our newsletter **IN COLOR** by email. Simply email us at: thecitygate@qwestoffice.net with your name and "email newsletter" in the subject line.



To Reclaim, Rebuild, and Restore Lost and Broken Lives

The City Gate

"A Gathering Place"

Matthew 11:28

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

www.thecitygatespokane.org

Needs for a new year!

- Men's jeans
- Women's jeans
- Hygiene Items
- GLOVES
- Coffee
- Creamer
- Canned protein
- Cooking Spices
- Finances
- Evening volunteers
- Arts & Craft supplies
- PRAYER



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