

Stories inside

Knowing immigrants' rights is crucial - p. 5

Teens learn they can have 'sober fun' - p. 7

Vigil reminds of lead, uranium poisoning - p. 8

Resource Exchange day is for low-income folks - p. 12

CALENDAR ON PAGE 11  
FEATURES 45 EVENTS



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# Business can be responsible, successful

By Mary Stamp

After 35 years, the fair trade wholesale company, Ganesh Himal Trading, is passing part of its business ownership to the next generation, which is also happening among some of its producers in Nepal.

After working off and on at Ganesh Himal Trading for more than half of her life, Austin Zimmerman recently bought 49 percent of co-founder Ric Conner's portion of the business. Ric is retiring, but his wife, Denise Attwood, will continue to work as co-owner.

"The network of relationships and systems required to run this business are extensive and the wealth of knowledge from 35 years is priceless. We hope by transitioning the business gradually, daily operations will continue uninterrupted, which we feel we owe our producer partners in Nepal, our employees and our customers," said Austin.

Five other staff work with Denise and Austin: Eileen Palid has been there 18 years; Sarah Calvin, 15 years; Michele Moxley, seven years; Justin Becker, a year, and Kirsten Fix just started part time. Sarah now lives in Vancouver, B.C., and works remotely.

Ganesh Himal Trading imports from cottage industries in Nepal



Austin Zimmerman is the new co-owner of Ganesh Himal Trading.

and works with development projects that benefit Tibetan refugees and women.

As a fair trade business, it has long-term trading relationships that offer fair wages and allow artisans to lead dignified lives that respect their culture and traditional crafts while providing access to western markets. It was a founding member of the fair trade federation and has promoted fair trade in the Inland Northwest.

"To work from partnerships based on trust and respect towards outcomes that benefit all parties, including the planet, is not common, but it's the reason I choose to make this my life's work," said Austin, who is committed to continue Ric's and Denise's vision to make the world a more equitable place.

Fair trade principles involve creating opportunities for economically disadvantaged producers; having transparent and fair payment practices; being committed to non-discrimination, gender equity and women's economic empowerment; ensuring safe working conditions and respecting the environment.

"I'm proud of our ability to show what being a responsible and successful business looks like," said Austin. "We can put people and

*Continued on page 4*

## Christine McMackin's recovery helps others recover from their addictions

By Johnny Fulfer

Just over 11 years ago, Christine McMackin began her journey in recovery from addiction, a debilitating condition that affects thousands locally and millions nationally.

She not only remembers this day, but also celebrates it with her peers at Recovery Café, a place where recovering addicts can take refuge and connect with people who have shared similar journeys of recovery.

As someone who has experienced addiction, along with the fear and hopelessness that

often accompany this condition, Christine has a unique ability to help those who, like her, strive to recover from addiction.

"I know how it feels when you've lost everything," she said. "You wake up one morning and just hope to God that you would die because your life is so miserable. I see that on a daily basis from the people that come in here and I want to help them get what I have."

After working as a recovery support specialist for several years, she now is manager of the Recovery Café.

"A funny thing happens to people in recovery," Christine said. "We get clean, start doing the next right thing and all these great things start happening in our lives. Then we start accomplishing more."

Working with Recovery Café's parent organization, Community-Minded Enterprises, she aims to not only expand its capacity to support individuals in recovery, but also grow its community of recovering addicts.

She relies on the support of Recovery Café staff members, including Eric Hood, Meghan Bundrant, Dorothy Poppe and Mike McMurtrie, who have lived experience with addiction.

They aim to make Recovery Café a welcoming and inclusive space in Spokane for anyone who struggles with addiction, no matter what race or gender they identify with or what their sexual preferences are. Because they each have lived similar experiences, they can all empathize with everyone that comes into the door.

"When they walk in that door,"  
*Continued on page 6*

## Faith Action Network dinner presents awards

The Rev. Priscilla Paris-Austin will be the keynote speaker at the Faith Action Network of Washington's Annual Dinner on Sunday, Nov. 10 in Renton, with a livestream to Spokane.

The Spokane dinner will be held from 4:30 to 8 p.m., at the Glover Mansion, 321 W. 8th Ave.

FAN will celebrate accomplishments in the past year and gather inspiration to "Raise Our Voices" for justice in 2020.

Spokane FAN Board member Jim CastroLang, pastor of First Congregational United Church of Christ in Colville, will present annual awards to advocacy leaders and invite donations to support FAN's work for inclusion, racial equity and justice. Two Eastern Washington justice initiatives will be recognized in Spokane.

• The Interfaith Leadership Award will be presented to Gen Heywood, pastor of Veradale United Church of Christ, on behalf of Faith Leaders and Leaders of Conscience who put interfaith values into action at Truthful Tuesday vigils in the Spokane Valley and who witness against white supremacy.

• A Justice Leadership award will go to the Yakima Immigration Response Network (YIRN), a group of volunteers supporting immigrant communities in the Yakima Valley since 2017. It is involved in efforts to support immigrant communities by bearing witness to Immigrations and Customs Enforcement (ICE) flights sometimes twice a week. They have been a supportive presence to immigrants in shackles during more than 35 ICE flights at the Yakima airport, transferring

*Continued on page 3*

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# Austin Zimmerman job shadowed Denise Attwood to learn fair trade

*Continued from page 1*

planet first and be successful, rather than just be in business for profit.”

Austin said environmental stewardship is part of their business practices—creating products from scraps and sustainable materials like used tires and wild hemp, recycling at the warehouse and reducing its carbon footprint.

“We decided to neutralize the carbon footprint from using air freight every two months to transport our goods by planting 500 tree seedlings in Nepal for every shipment—3,000 seedlings a year,” she said. “Trees sequester carbon and help limit global warming for a cleaner, healthier climate.

“To plant the seedlings, we will donate \$990 a year to Eden Forestation Projects, a California-based nonprofit that has worked in Nepal since 2015 to restore the environment by planting trees and to alleviate poverty by hiring villagers at a fair wage to plant, grow and guard large-scale forest restoration sites,” she said.

Ric and Denise also give \$330 a year to Eden Projects to make up for the CO2 emissions generated by previous shipments.

“Through involvement with Ganesh Himal and trips to Nepal, I see fair trade principles in action. My knowledge of the principles deepened by serving on a screening committee for the Fair Trade Federation, reviewing membership applications from retail and wholesale businesses across North America,” she said.

Austin has now been to Nepal four times, usually spending a month in Kathmandu and nearby communities, where many producers or managers of producers in rural villages are located.

They meet to develop new products and discuss future plans.

Despite having known Ric and Denise most of her life as family friends, Nepal wasn’t always on Austin’s radar. Austin first witnessed Ganesh Himal Trading at the age of 14 when she nannied Ric and Denise’s son, Cameron Conner for a summer. Every summer after that, she spent at Ganesh Himal Trading, helping at the warehouse.

“Those early exposures to Ganesh Himal and their business practices planted the seeds of fair trade and responsible small business



Denise Attwood and Austin Zimmerman with Nepali weavers.

operations. I wanted to replicate their business model,” Austin said.

After graduating with a degree in sociology in 2007 from the University of Colorado on an athletic scholarship, she backpacked Europe for five weeks. This trip fed the desire to travel and explore that her parents had nurtured.

Wanting to go back to Europe, she secured contracts to play professional volleyball in Switzerland for a season, and then two seasons in France.

On returning to Spokane in 2011, Austin, as most summers, called Denise to work at Ganesh Himal Trading. Interested in a career in fair trade, she hoped to job shadow Denise.

“I thought I’d work in Central America, where I had traveled with my family, but after my first trip to Nepal in February 2012 with Ric and Denise, I knew I wanted to continue their work there,” she said.

That visit included trekking with Denise, Ric and Cameron to the base camp of Annapurna.

“It was a crash course meeting weavers, felters, silversmiths, tailors and knitters,” she said. “I saw their relationships with producers from 28 years of business.”

In 2012, Denise and Austin interviewed two recipients of an educational stipend Ganesh Himal supported. They asked one student, Heena, what she wanted to be when she grew up. She didn’t know because she didn’t think she’d have funding to finish school.

Heena’s mother was a producer with the Association of Craft Producers (ACP), a fair trade nonprofit that has partnered with Ganesh Himal Trading since 1985. In the early 1990’s, ACP established the Girl Child Edu-

cation Fund to provide monthly stipends for families to keep daughters in school. Denise and Austin learned stipends were only provided for three years because of limited funds, but tuition was only \$5 a month.

Realizing sustainable fundraising was needed, Ganesh Himal Trading employees each donated \$5 hoping to inspire 2,000 other people to do the same. The Power of 5 campaign was born.

That fall, Austin organized the first Power of 5 fund raiser to expand the stipend program for girls.

In 2014, she, Denise and Cameron co-founded the Conscious Connections Foundation (CCF) to provide resources to Nepali communities to help women and girls thrive. Now CCF is establishing an endowment to ensure all children of ACP producers can attend primary school long into the future.

In 2014, it also established the Joy Attwood Scholarship Fund to provide need- and merit-based scholarships for three female students to complete grades 11 and 12.

CCF also provides half the salary of an ACP employee to mentor and check on recipients.

“CCF is another way we can engage North Americans. In Nepal, our projects and programs are Nepali led. They decide what changes they want in their communities and country. Our approach to foreign aid makes CCF impactful. It wouldn’t be possible without the trusting relationships we built through fair trade,” Austin said.

After the 2015 earthquake, Ganesh Himal Trading and CCF helped build a communal space for weavers in the village of Kirtipur near Kathmandu. Austin and Denise visited weavers at the

facility last January.

The workshop was built for a group of traditional weavers Ganesh Himal Trading has partnered with since 1986. They work in their homes on traditional looms passed down from generation to generation. After the quake, the weavers first preferred to rebuild their homes, so CCF funds were divided among members. Eventually, the group decided they wanted a communal space. So, they used CCF earthquake relief funds to build a workshop with six looms.

The Kirtipur weaving group is one of several that is witnessing a transition to the next generation.

With fair wages earned weaving for ACP, the founding group leader, Laxmi, sent her daughter, Sudha, to school. Sudha earned a master’s degree in social work and worked with a government

agency, but has returned because she is committed to fair trade and her mother is ready to retire.

“We’ve witnessed the generational change with partners in Nepal who prioritized their children’s education. The children received degrees and international experiences but now choose to return to Nepal and the work their parents started, because they have seen the impact economic opportunity and fair trade can have on communities,” said Austin.

“Many adult children about my age are returning to run their parents’ businesses. It’s fun to transition with them. We each bring different life experiences, which excites me about the future of fair trade in Nepal,” Austin said.

For information, call 448-6561 or email [info@ganeshhimaltrading.com](mailto:info@ganeshhimaltrading.com).

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## Groups' leaders say educating on immigrant rights is crucial for safety

Four leaders of immigration rights organizations in Spokane, the Tri Cities and Ellensburg emphasize the importance of both immigrants and community members knowing immigrants' rights and the need for their labor.

They suggested ways community members can help protect those rights.

Speaking at the recent Ethnicity, Race and Indigenous People Conference at Gonzaga University were Jennyfer Mesa of Latinos en Spokane; Abigail Scholar Bangs of Central Washington Justice for Our Neighbors; Martin Negrete of All In for Washington and Jim Dawson of the Spokane Immigrants' Rights Coalition.

**Jennyfer has visited** the "concentration camps on the border where children are traumatized" and options for legal status are few.

She challenges the abuse there and the racist attacks that allow the abuse to happen.

**Martin said enforcement** is done by the Immigration and Customs Enforcement (ICE) and Customs and Border Patrol (CBP). The CBP—in white trucks with green stripes—operates within 100 miles of the border or port of entry—like the international airport in Moses Lake.

ICE and CBP work together. Police often turn people over to ICE officers, who wear civilian clothing and are in charge of both removal and prosecution.

"They criminalize immigrants in our communities," he said. "They want police officers to look at papers and turn people over. Our people are intimidated."

**Jim, who volunteers** with the Spokane Immigrant Rights Coalition and works with FUSE Washington, said an administrative warrant is like pfishing.

"At times, the CBP have turned their backs and let people cross the border, because Washington's economy needs their labor in Central and Eastern Washington. Immigrants are here to do important jobs for us," he said.

"Many here for 30 years are still undocumented and have no path to status," he added.

"Filling a role in the economy, and knowing officials will turn their backs, they have been here decades contributing to our communities," Jim said. "When they are picked up in sweeps, their families and employers suffer."

Community members can support a legal defense fund for people picked up.

"With nearly one in seven people in the state an immigrant, immigrants are integral in the state's communities and workforce," Abigail said. "Protecting



Abigail Scholar Bangs said it's painful to hear of daily trauma.

them strengthens local economies." Jennyfer said Washington's \$8 billion agriculture brings three generations of immigrants every year to keep families together.

"Despite having no legal status, they contribute to our economy," she said. "The system benefits many, but workers lack access to housing, schools, legal status and citizenship, so they fear ICE."

One evening driving home, Abigail rolled through a stop sign and was stopped. Even as a U.S. citizen she was afraid.

"I cooperated. I know ICE, which formed after 9/11, needs a warrant signed by a judge within 30 days," she said.

**Abigail said border patrol** officers often wait outside the Grant County Courthouse in Ephrata to pick up people when they leave after being a witness, applying for a protection order or paying a ticket. They are taken, and family do not know where or why.

**Martin said All in** for Washington trains people to recognize ICE.

"When they have a warrant, it's for real, but when they don't, they try to trap people. We tell people they have the right to be silent and leave," he said, "but when they see authority figures, it's hard for many to do."

At Spokane's Greyhound Station, CBP, who wear uniforms, tell people to step off the bus.

"If the person speaks, agents may have probable cause, so it's

best to remain silent," Martin said.

**Jim said ICE does not follow** its own rules. They are meeting quotas and assume people do not know or won't assert their rights.

Abigail, who has been executive director of Central Washington Justice for Our Neighbors (CWJFON) for a year, previously reported on ICE activities with the Washington Immigration Solidarity Network (WAISN) hotline.

"It's painful to hear the daily trauma of people," she said.

While people cannot interfere with a federal officer, they can video as officers detain people at a courthouse and bus station.

"Just being present is important," she said. "The Latinx community goes into lockdown when they hear ICE or CBP is present."

**With Latinos en Spokane**, Jennyfer hears of people detained while buying produce, going to child care, accessing Medicare or going elsewhere.

**Jim protects vulnerable** people in the environment of the federal government openly hostile to some communities.

**Abigail helped develop** WAISN to connect networks statewide. Someone picked up at Ephrata and transported to the Spokane County Jail is given an attorney and can leave before being transferred to a detention center.

**Jim said the long-term** need is to fix the broken immigration system. There are interim actions.

1) If immigrants know their rights, it's harder for ICE or CBP.

2) When someone is picked up, rapid response teams contact legislators to request the person be released from jail and not sent to a detention center.

3) It costs less for legislators to intervene than for someone to go into detention. Spokane's jail contracts with ICE and CBP to hold people two days before transferring them to a detention center.

4) A Spokane Immigrant Rights Coalition fund pays for immigrants to consult with lawyers to negotiate bonds to be released before they are separated from family and lose their job.

5) It also pays for people to apply for green cards or asylum.

6) It's important to know that local jails and police can't share information with ICE without a criminal warrant.

While Spokane City Council voted to make it hard for ICE and CBP to work through local police on city owned property, the mayor did not implement the policy, Jim said.

**Abigail finds having** immigration attorneys negotiate bonds is important, because "ICE may act as judge, jury and executioner."

The Keep Washington Working Act, signed into law May 21, prohibits local law enforcement from asking individuals about their immigration status, notifying ICE that a non-citizen is in custody or detaining someone for

civil immigration enforcement.

**Martin considers** the requirement for immigrants to renew their status every two years "is a way to control them."

"A new policy targeting immigrants receiving public assistance is racist," he said. "We come here to work. We earn low wages. Our people have been deported every day for years. It's blunt racism, focused on Central and South Americans."

**Jennyfer invites people** to volunteer at the bus station, partner with the American Civil Liberties Union, educate immigrants on their rights, provide immigrants with support, raise funds to support attorneys and bonds, and ask universities to show their written policies for keeping their campus safe for immigrant students.

"As citizens and voters, we can address families separated and children held in cages even here," she said.

**Martin urges people** to hold Senators and Representatives accountable by writing them and having conversations with them.

"We need to be part of the ongoing process, not just wait for a Presidential election. We can work on a local level with city councils to understand immigration issues and give support in schools," Jennyfer said.

For information, email [info@latinosenspokane.org](mailto:info@latinosenspokane.org) or [abigail@cwjfon.org](mailto:abigail@cwjfon.org), or call Martin at 206-349-4015 or Jim at 360-292-8540.

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# Recovery Café interrupts the cycle of addiction and resulting poverty

*Continued from page 1*

Christine said, “they don’t have to feel like they are lost or that nobody cares about them. Because when they walk in that door, they are cared about.”

Recovery Café’s mission is to permanently interrupt the cycle of addiction and intergenerational poverty that long-term substance abuse sustains.

“Many times people leave treatment and they’ve gained some tools from those places,” she said, “but then they’re out in society and it’s hard to navigate the systems, where to go and who to talk to. That’s what we provide for them. We give them a safe place to come figure out how to navigate those resources with people who are also in recovery.”

By creating a safe, inclusive space where people can come, year after year, Recovery Café aims to not only support people mentally and emotionally, but also physically by offering free lunches Tuesdays to Fridays. Before each lunch, members have five minutes of silence, taking refuge from the noise of the city and the noise that they carry with them.

Through peer-to-peer mentoring, recovery coaching, and the School of Recovery, the Café both equips and empowers individuals to maintain their long-term mental health and recovery, while also connecting them to a growing community of recovering addicts they can lean on for support.

“Peer support is about being with a person who has been through it and know how it feels,” Christine said. Taking refuge among peers helps people learn to live in a community again.

“We teach some of those basic things about how to be kind to somebody,” she said, “how to have a conversation, how to trust and have accountability. We encourage people to earn a GED, apply for a driver’s license and find a job.”

Since Recovery Café opened at 214 N. Cedar St. in February 2017, its membership has steadily grown to 115 people with new individuals joining the community each week. Many are homeless, living in poverty, experiencing discrimination, or dealing with trauma, anxiety and depression, among other nuanced obstacles that lie between them and their recovery.

One member, Gloria Kohn, believes that Recovery Café saved her life.

“After being fired from jobs over the past 25 years because of my addiction,” she said, “Staff showed me how to do my resumé, explained the 12-Step program and saved my life. Because of helping me with my resumé, I was



Christine McMackin coordinates Recovery Café.

Photo courtesy of Recovery Café

able to become a certified nursing assistant. So, I’m on the registry for the State of Washington.”

Mike and Dorothy run the State Opioid Response (SOR) program at Recovery Café, supporting those who are recovering from addiction to opioids. They have helped thousands of people locally throughout their careers.

“I can go home almost every day,” Mike said, “and say I made a difference today.”

To serve Native Americans in their recovery journey, Dorothy established partnerships with the American Indian Community Center and The Native Project.

“More than 79 percent of Native Americans now live in urban centers,” she said. “Our area experiences higher than average rates of alcoholism, drug addiction and mental health issues.”

Recovery Café welcomes 23 Native Americans as members and continues to deepen its engagement with Native American people in the greater Spokane area.

Along with other staff members, Dorothy and Mike join members of Recovery Café for lunch, lead Recovery Circles and participate in all the classes and activities at the Café. Every Tuesday, for instance, Recovery Café offers classes on topics that range from coping with grief to health and wellness and job skills training.

These classes, which are part of a program called the School of Recovery, equip members with skills and knowledge they can share with family and friends to support their long-term recovery.

Along with many other members, Gloria comes to the Café every day.

“If I ever feel in a shady way,” she said, “I know that I can come to Recovery Café where I can talk to somebody so my day will be brightened. I know somebody will be there. They’re supportive, loving and understanding.”

Recovery Café also offers more formal training to its members to equip them with skills and

knowledge to both maintain their recovery and to support peers who are just beginning their journey. Like other Café members, Gloria gained training as a certified peer counselor and became a recovery coach.

Because addiction intersects with so many aspects of life, including poverty and intergenerational addiction, Recovery Café has the potential to make significant impact on the com-

munity, she said. Recovery Café is open Tuesdays to Fridays.

For information, call 960-8529 or email [recoverycafe@community-minded.org](mailto:recoverycafe@community-minded.org).

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## Daybreak Youth Services lets teens know they can have fun and stay sober

Experiences of three staff members intersect with how Daybreak Youth Services is able to offer personalized inpatient and outpatient recovery and treatment for teens struggling with substance use disorder and mental health challenges in Eastern and Southwest Washington.

In Spokane, the residential inpatient program provides a safe environment for girls ages 12 to 18 seeking treatment. Clients work on recovery while continuing school and engaging in recreational activities to further their growth and success. Spokane also offers an evaluation and treatment facility for short-term crisis stabilization, co-ed outpatient counseling and wraparound intensive services.

**Daybreak offers services** for males and females. The inpatient services for males are in Brush Prairie, Wash., and for females, in Spokane.

In both locations, Daybreak's inpatient facilities offer programs associated with local schools to prepare the teens for high school diplomas or GED tests.

Daybreak recognizes that teens and their families often feel frightened, isolated and confused. Their certified professional team provides support to help them heal and thrive.

**Life enrichment director** Catherine Reynolds and director of external relations Sarah Spier understand the struggle from personal experience.

Catherine remembers wondering what she had done wrong when her daughter spiraled into addiction.

Sarah's world turned upside down when a boyfriend introduced her to drugs, which almost led to her death.

Tom Russell, CEO of Daybreak in Vancouver and Spokane, started studying theology and eventually entered business, leading health care entities. His focus is on increasing community wellness, so he brings that emphasis along with his administrative skills.

They were interviewed recently at the inpatient center in Spokane.

**Three years ago**, Spokane's inpatient program began offering its Life Enrichment program, taking groups into the community for life enriching experiences that incorporate mind, body and spirit in recovery.

Collaborating with local organizations, Daybreak has more than 40 community partners that help make opportunities possible for clients to develop a love for



Sarah Spier, Catherine Reynolds and Tom Russell

"sober activities," by exploring new interests. Partners include Embrace, Peak 7, EWU, WSU, SCC, Spokane Humane Society and Project Beauty Share.

Those activities include art therapy, career planning, field trips, yoga, equine therapy, nature hikes, bowling, college tours, swimming, disc golf, kick boxing, crossfit, woodworking, dance therapy, camp outings and rope courses.

The activities often stir emotions and teach teens to manage those emotions and interpersonal interactions.

**"We do fun, enriching,** educational activities to have the teens go into the community so they feel inspired and motivated to find their life passions," said Catherine.

"They learn they can have fun and stay sober," she said.

"Visiting the Touchmark Retirement Community, girls saw people in different stages of care and learned options for their lives in the future if they plan and save," said Catherine.

Some opportunities include job shadowing so the teens discover career options. Other activities are going out for ice cream or snowshoeing.

During the activities, Catherine provides the love and encouragement the girls may not have had.

When the Life Enrichment program started, the completion rate for the girls in Spokane's inpatient program was about 85 percent. It is now about 95 percent.

**Daybreak's inpatient program** in Spokane serves more than 200 a year. After clients graduate, they enter treatment at the Daybreak outpatient center, which includes Wraparound Intensive Services (WISe) counseling teens and families in their homes.

Daybreak serves nearly 450

a year in Spokane and 1,000 statewide.

Evaluation and Treatment is short-term treatment for young girls in Spokane who are experiencing mental health crises and thoughts of suicide, said Sarah.

Catherine, Sarah and Tom shared about Daybreak's beginnings and their own commitment.

**Daybreak was inspired** 41 years ago in the summer of 1978 when Bill Yakely was on his tractor at his family farm near Spokane. He heard a clear voice say, "Help the children."

Bill told his pastor, who said he wasn't the only member to receive that message. Motivated by that call to help children, a small group began to meet. They did research and found a gap in treatment for children experiencing addiction. With a counselor, a director and two clients, Daybreak Youth Services began in a church basement.

The first board included different faiths. Bill traveled around the U.S. to look at different models. At first, they focused on alcohol abuse and then added substance abuse.

**Today with inpatient** and outpatient facilities in Spokane and Vancouver, Daybreak is an innovator in treating the continuum care of adolescents seeking help for substance use disorder and co-occurring mental health, Sarah said.

Twenty years ago, it opened the inpatient center at 628 S. Cowley. The Third St. building housed the administrative offices and its outpatient program, which is now located in Spokane Valley.

**Catherine came** to Daybreak as an intern while studying at Spokane Falls Community College to be a chemical dependency therapist.

Twenty years ago, she moved from Texas to Seattle and earned a bachelor's in journalism at Baylor.

In 1991, she earned a master's in education at George Washington University in D.C.

Six years ago, she began studies at SFCC when her daughter was struggling with substance abuse at college in Colorado.

"I wanted to understand why she was making poor choices," she said.

Her daughter overcame substance use disorder and is now thriving. She is now studying to be a veterinarian.

**Tom, who became** Daybreak's CEO in March, said dealing with both mental health and substance abuse—instead of one or the other—helps youth recover faster and for the long-term.

After studying theology and business at Union, an Adventist college in Lincoln, Neb., he worked 35 years in hospitals, clinics and managed-care—15 years in Missouri before becoming senior vice president and then CEO for Adventist Health in Portland in 1994. In 2001, he earned a master's in business at Southern Adventist University there.

Prior to retiring in 2015, he developed a wellness program for hospital employees and implemented it in 19 hospitals for 30,000 employees. He then began Russell Health Strategies, a consulting company to improve wellness and health outcomes.

Last year, a friend asked him to help Daybreak. Tom was interested because a son's friend, who spent much time with his family, had committed suicide, so Daybreak's mission drew him.

**Sarah lived in Santa Fe, N.M.,** working in film with her mother and grandmother at the age of 17. She ventured to Los Angeles, where she worked on several film projects, as makeup and special effects artist, and in some production work. She worked closely with celebrities.

She traveled the world and at 19 started an international nonprofit in Tanzania to support an underfunded school.

Two years later, she returned to New Mexico, where her boyfriend, who had just been released from prison, introduced her to hard drugs.

**"My life spiraled** out of control for a year and a half. Seeing no way out, I felt helpless and hopeless. I had lost my amazing life," Sarah said. "My mother had an intuition the day I tried to commit suicide. She found me and took me to the hospital. Then she took me to a treatment center in Arizona that healed my mind, body and spirit."

In 2014, Sarah graduated from Eastern Washington University with a major in international political science with a focus on the socio-economic development of opiate drug treatment systems and a minor in cultural anthropology with a focus on drug cultures. She came to Daybreak two years ago to "help save lives," she said.

**"Faith draws me outside** of myself when I serve," said Sarah. "I was given a second chance and want to help others."

Tom feels privileged "to make a long-term difference in teens' lives, break chains that might lead them to homelessness or crime, and set them on a track to become contributing members of society."

"To face the stigma of mental illness and substance use disorder, teens need compassion, love, encouragement and understanding," said Sarah, who values her mother who was her "cheerleader" and believed she could overcome addiction.

For information, call 444-7033 ext. 2001 or email [sspier@daybreakyouthservices.org](mailto:sspier@daybreakyouthservices.org).

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## Healing of the Earth is focus of Oct. 6 vigil

A Vigil for the Healing of the Earth held on Oct. 6 called attention to the Superfund Site that runs from Bunker Hill in the Silver Valley through the East Mission Flats Repository below Cataldo Mission in the Coeur d'Alene River Basin and through the Spokane River into and through Spokane, as well as to the Midnite Mine cleanup on the Spokane Tribal Land.

"This is sacred ground. We are here to recognize the preciousness of the earth, air, water and fire," said Gen Heywood, convener of Faith Leaders and Leaders of Conscience, which organized the vigil.

Gen said a vigil is a call to keep awake, keep watch and keep vigilant.

"We need to be alert both to grief and to possibilities," she said to the group of 30 who gathered for the vigil.

At the opening, two who read an FLLC statement spoke of the need to "humble ourselves to the truths of ecological and cultural devastation, and to pause in grief, lift our hearts and open our hands to hope."

The FLLC statement continued: "A vigil is an experience of keeping awake during the time usually spent asleep. It includes a sense of keeping watch against danger. For far too long, many of us and our world have been asleep during the devastation of our Earth. We gather to witness to each other that we will keep vigilant. We will find ways that each of us can participate in the moral call for healing of the Earth."

At the closing, participants visited tables with resources telling about different opportunities to engage in action to help heal the earth.

## Lead poisoning led to fighting environmental injustice



Cass Davis shared about his experiences with lead poisoning.

At their October vigil, the Faith Leaders and Leaders of Conscience (FLLC) recognized Cass Davis, who is vice chair of KRPF Radio Free Moscow in Idaho, for speaking out about lead poisoning of people like him, who grew up in the Silver Valley.

Cass, whose family made a living from extractive industries—mining and logging, remembers the South Branch of the Coeur d'Alene River running milk-white.

"Even though I had a below average IQ, I knew that was wrong," said Cass, who repeated first grade. "I went to summer school. It was called 'retarded school.' There, they had me go through hoops, walk on a balance beam and do other tests. I could do those skills and reason. They concluded I wasn't retarded but I was lazy, so they put me in second grade."

His parents diligently went through workbooks with him. They tried to ground him and not allow him to leave his room until his homework was done. They even tried spanking.

"My parents knew all I wanted to play with frogs at Pine Creek," he said. "Punishing me wasn't working, so they eventually let me do that and I was a happy child," he said.

In junior high, he was in special education. He did not pass tests, but the school kept passing him.

"I did not seem retarded. What was wrong? I did not get homework done. Everyone was disappointed. I did not like learning," Cass said.

Because lead poisoning was not acknowledged as a problem, the teachers were not trained to deal with the disorders and learning disabilities of students who had high lead levels in their blood, he said.

His fifth grade teacher told his mother he would be institutionalized by the time he was 18. That's when his parents decided to let him play at the creek, rather than forcing him to do school work. They focused on building his self-esteem and let him have fun.

"I was born in a sacrifice zone. Most teachers did not know that students had lead poisoning," he said. "That's because it was a company town that controlled the media and covered up what lead did to children."

"My father told me if I want to understand how the world works, to follow the money trail to see who is making profits," said Cass.

He became involved with a direct action environmental movement that allowed him to travel across the country. He met other environmentalists who were trying to save indicator species, whose loss would mean the ecological web would be broken.

"As a white male, allegedly a person of privilege, I call for camaraderie among all victims—the repressed gender, native Americans whose lands were taken, black people who were enslaved, and people whose lives are limited by poisoning from environmental devastation," he said.

"I did not succeed at college. I couldn't pass tests, so I was a laborer, limited by my disability from lead poisoning. I wanted to go to college to become an environmental attorney so I could work for social and environmental justice and sue polluting companies into extinction," he said.

Cass knows, however, that bugs, trout, birds, mammals and people all are threatened: "We need to respect other species in the big picture," he said.

"I'm entitled to speak as a victim of the extraction and consumption economy that threatens all life on the planet," he said. "We need to come together as allies, all connected."

"Small activists need to have courage. We need to struggle

despite the odds," he said.

FLLC presented Cass with a photograph of an eagle flying over Lake Coeur d'Alene as a symbol to give him strength.

For information, call 208-310-1790 or email [cassdavis136@gmail.com](mailto:cassdavis136@gmail.com).

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## Deb Abrahamson continues to educate on health needs, mine clean-up

*Vigil story continues from page 8*

During their vigil, the Faith Leaders and Leaders of Conscience (FLLC) presented Deb Abrahamson with its Leader of Conscience Award "for having the courage to speak with moral strength on the environmental devastation caused by uranium mining and milling on the Spokane Tribal lands, for founding and directing the SHAWL Society to protect Sovereignty, Health, Air, Water and Land, and for educating others to do the same."

Uranium, which was mined on the Spokane Tribal lands from 1955 to 1981 for nuclear weapons, created a toxic, radioactive environmental hazard that continues to devastate tribal people's health and culture.

After the FLLC honored her for her continued efforts, Deb shared new insights about her involvement.

"I am touched by this honoring and for the faith leaders hearing the story and understanding why it is vital for our people, lands and waterways," said Deb, telling that she started the SHAWL Society after going to a public hearing at the Ford mill site with her six-month old son.

"I felt it was necessary to listen, because I had lived on the reservation during the time and had not paid attention," she said. "The mining was so accepted by the government, schools and people who made decisions.

"I watched trucks with rocks go by, often dropping rocks that hit and broke windshields of our cars," she said. "Many people worked for the mines."

Her father, who died at the age of 63 of a heart attack, brought home misshapen balls that she and her nine siblings would throw against the barn wall to watch them bounce in crazy directions.

"Many who worked at the Midnite and Dawn Mines and the Ford Mill Site have died," Deb said. "We first noticed that our mothers and grandmothers, who cleaned the clothing, died. They would shake out the yellowcake uranium dust. Workers were not told—as they now would be—that they should not to wear their clothing home."

Women would turn over the mattresses and find yellowcake, because often men did not change their clothes when they slept between double shifts.

"The legacy of that continues to this generation," Deb said. "We have lost people, land, waterways and wildlife. Wildlife had access to the Midnite Mine site. Contamination on the land and in the water broke into the aquifer and is difficult to clean up.

"We understood something was



Deb Abrahamson honored at Healing of the Earth Vigil.

not right. People sitting at tables in Denver and Washington, D.C., made decisions for us," she said. "We should have had a right to have a voice. Now we are dying. Beyond that, the lands that are special and sacred did not have voice at the tables."

Mine owners and the Environmental Protection Agency made decisions thinking that "what was right" meant "what was cost effective." They did not think about the people or land, about Deb's granddaughter, Nakaia, or the next seven generations.

"My daughter, Twa-le, went to the University of Washington and earned a degree in environmental science," Deb said. "She helped us go on the internet, where we found information and allies."

In 2000, they found out about efforts and information from Northern Arizona University programs.

"We learned that 68 percent of all uranium mined was on or adjacent to native lands, because of government control over those lands," she said. "We found allies through many networks, including Riverkeeper, which has helped us look at what we need to do and how to stand tall as the mining companies still try to make decisions for our people."

Today, when there are efforts to eliminate information about the environment and global warming on government websites, SHAWL and others worked to save that information held by government entities.

"The mining company thought

it could lower the standards for cleanup. A year and a half ago, it asked the EPA to lower the standards," Deb said. "We began meeting again. If we do not keep a watchful eye, the company will try to do less."

"We need to be steadfast. We need to ask elected officials to be at the tables. Allies are important, because even our own people have a level of denial and apathy. We have to continue to push," she said.

Deb said that as a Spokane, Coeur d'Alene and Navajo, she is obligated to protect the earth.

"In spite of what man does, the earth will rejuvenate. The message of hope is also important. In spite of all that has been done in the attempt to eradicate our people, we are still here," Deb said. "As humanity, there are so many devastating impacts to people and the world."

"Indigenous people who are protecting the rain forests in Brazil are being murdered," she pointed out. "We need to continue to pray and keep aware of what is happening elsewhere, too. We need to stay involved. The young people are pushing forward, too."

"I'm thankful I'm alive. I'm in stage five sarcoma with uterine cancer, struggling to continue to work," Deb said.

She sees three tasks now: 1) continue to clean up the mine, 2) work for community access to health statistics, and 3) improve health care access to help people live longer.

Deb's daughter, Twa-le Abrah-

mson Swan, expressed gratitude for community support, because at times "we have felt we were standing alone."

Twa-le said: "It's an honor to continue to stand up, speak out and learn, because we have to know about issues so we continue to fight. Our prayers in sweathouses have been disrupted, because we used contaminated rocks and water. There is more danger in inhaling the radiation. Also, our medicines from the land have been affected."

"Our family goes out and

spends time every season on the land. It's time spent with my mother, relearning the sites, gathering berries and other medicines in the mountains," Twa-le said. "We respect and learn from the land and our elders. The land will take care of us if we take care of it."

The FLLC presented Twa-le with a photograph of an eagle flying over Lake Coeur d'Alene as a symbol of her strength.

For information, call 701-5525 or email shawlsociety@yahoo.com.

## Supporting The Fig Tree spreads media literacy, nuances, solidarity

During Media Literacy Week, The Fig Tree launched its “Branching Out: Beyond 35 Years” campaign to raise extra gifts with a challenge grant of \$17,000—doubling what donors give through Facebook, our website, by text and by mail.

For 35 years, The Fig Tree has promoted media literacy by doing it, by being an example of what responsible media can be and do. We also discuss media literacy so people will recognize propaganda, and see how sensation divides opinions, polarizing us so the power brokers gain more power.

The Fig Tree needs to do that relentlessly, to involve more young people so upcoming generations can better handle the social media of today and new media of tomorrow.

We share personal stories and lives. We explore justice and faith. We invite solidarity of everyone with immigrants and indig-

enous people, with people whose ancestors came in different eras, with everyone in their life struggles and transformations.

At an Oct. 23 Media Salon, sponsored by the Northwest Alliance for Responsible Media, participants asked what Civil Discourse means and, “Where is the middle?” After the discussion, that question lingers. What might “the middle” be in this polarized society, silenced and divided by political extremes that leave little room for reflection on the myriad of viewpoints and the multiple nuances we need to create solutions.

As I think of the many voices silenced, I think of how we term the extremes of thought as “black or white.” How does that divide skew our thinking about race and racism in the multi-ethnic, multi-cultural, multi-racial reality I encounter? We are each some skin tone on a spectrum

of nuance even within our continental differentiations as European-, African-, Asian-, Latinx-, Pacific Islander-, Middle Eastern-, Native-American. Within those differentiations, we bring a rich diversity of skin colors, cultural heritages, ethnic assumptions, gender expectations and political opinions. Just look at the world.

Where is the middle? Does it exist? Even here we have a multi-colored, nuanced-toned, myriad-shaded tapestry of people, enriching or potentially enriching our lives with who they are, what they believe, how they think and what they value.

The word and understanding of “solidarity” entered my life from encounters with people from around the world—during six months of study in a global community and encounters with people at five assemblies of the World Council of Churches. It is

appropriate to our lives as people of faith and justice seekers.

God’s love of each one of us, made in God’s image, gives us spiritual eyes to see each other so we walk together as one.

“I understand. I care. I respect you. I am with you. I will stick with you, because I, too, know suffering—perhaps different suffering, but I know suffering. You are not alone. I am and will remain with you.”

Solidarity assumes relationships of love and persistence for justice, strengthened by faith. Solidarity requires presence, being and coming *together*, standing *together*, speaking *together* to challenge the powers and principalities that oppress possibilities.

Solidarity is a strategy to overcome racism, poverty, militarism and environmental devastation *together*, with God’s help.

Mary Stamp - Editor

## Sisters find that their accompaniment of immigrants makes a difference

Earlier in this year, the Intercommunity Peace and Justice Center (IPJC) called the sisters in the Seattle Archdiocese to come together to brainstorm and discern a Gospel response to local immigration issues. Our Sisters of St. Francis of Philadelphia in Tacoma responded.

Sisters Jude Connelly, Carmel Gregg and Christine Still are members of the Accompaniment Steering Committee.

While Associates of the Tacoma Dominican have provided leadership for addressing issues in Pierce and South King County, sisters have had a major role. The number of our Sisters of St. Francis of Philadelphia in ministry in Tacoma has diminished, but our response to issues has not.

Accompaniment programs can make a real difference in our immigration and criminal justice systems. Accompaniment helps stop deportations, reduces bond fees and keeps families together. By centering people’s dignity and choices in a system that takes away dignity and choices, we care for those who are criminalized for their being.

The Northwest Detention Center in

Tacoma has created many opportunities for our Sisters to accompany immigrants and refugees to Immigration and Customs Enforcement (ICE) appointments, and bond or court hearings. Recently, Sisters Jude and Christine had a unique opportunity to join the Immigrant Network of Seattle to support Jose Robles’ cause.

Jose is an immigrant who has spent the past year inside a Seattle church to avoid being deported to Mexico. On Wednesday, July 17, Sisters Jude and Christine joined 200 others at Riverton Methodist Church, about one and a half miles from the ICE offices in Tukwila. Jose and his family led the walk to the center where Jose presented himself to ICE officials.

Previous to the walk there was a teach in, prayer service and a blessing for Jose and family. When they arrived at the center, there were several ICE officers standing abreast of the building and a gathering of police across the street from the center.

Everything remained peaceful while speakers offered support and Jose spoke a few words of thanks for the support. Then he bravely walked through the door of the

ICE building.

He was immediately detained by officers and was prevented from requesting a U-Visa. It a non-immigrant visa for victims of crimes who have suffered mental or physical abuse while in the U.S. and will assist law enforcement in investigating criminal activity.

The next evening, the Tacoma Dominican Sisters held a prayer vigil at Northwest Detention Center in Tacoma where Jose was being held. Jose’s wife and daughter came for the service and thanked all who were helping them keep hope for Jose.

What was this experience like for Sisters Jude and Christine?

Jude said: “This was an inspiring opportunity, one in which I experienced a sense of unity with the participants. I admired the leader of the sanctuary movement, in particular the pastor of Peace Lutheran church, who supported the process of assisting Jose and his family in keeping sanctuary. It was obvious to me that his pastor was willing to be at risk in supporting his process and that she had been a valued spiritual mentor. The group of supporters was diverse in faith

traditions, age and ethnicity.”

Christine added: “I was impressed with the support from numerous faith traditions and denominations. At the same time, I was disappointed with the decision to detain Jose. His family remains supportive and hopeful. The Tacoma community has picked up the baton from the Seattle community and is checking in on Jose, praying for him and his family.”

The experience of walking with 200 people to the ICE Center is different from our future work of accompanying one person for an appointment, but both actions are answering the call to respond to the need of the immigrant and the refugee, and to do so with hope.

*“When an alien resides with you in your land, do not mistreat such a one. You shall treat the alien who resides with you no differently than the natives born among you; you shall love the alien as yourself; for you too were once aliens in the land of Egypt. I, the LORD, am your God.”*

Leviticus 19: 33-34

Sr. Pat Millen, OSF  
Editorial Writer



## Faith leaders reflect on teachings and issues related to immigration

Jewish teachings on immigrants and refugees relate to Jewish experiences as immigrants and refugees through the ages. They speak to Jewish experiences in the 20th century, leaving Eastern Europe in the early 1920s and 1930s, and leaving Arab countries fleeing persecution. They also connect to the mass migration in the 1930s and 1940s before and after World War II.

Most of the people in our community and other communities have a story to tell of ancestors being or having been immigrants or refugees.

It’s powerful to look at texts about Abraham as the first Jew going forth from the land (Gen 12:1) to the land God will show him to begin a new life somewhere else, with the promise that God will make of him a great nation, a great name and a blessing.

When people travel from their homelands, it decreases their family life, wealth and renown, so God gives Abraham three blessings, the promise of children, wealth and a great name, said Rabbi Shlomo Yitzchaki, an 11th century French commentator on the Torah.

Exodus 23:9 teaches that “you shall not oppress a stranger, for you know the feelings of the stranger, having yourselves been strangers in the land of Egypt.” So Lev. 19:34 says that the stranger shall be as the homeborn, to “love as yourself” and Num. 15:14-15 says that there shall be one law for you and the stranger because “you are alike before Adonai.”

Thirty-six times it is repeated that we are to love the stranger as ourselves because it is so much harder to do that than love the neighbor, someone who is familiar to us. It’s harder to see the stranger, who may look different, speak or act differently, as alike before God.

Deut. 23:16 adds to the reference that applies to refugees fleeing slavery, difficult situations and suffering, “not to turn over to his master a slave who seeks refuge with you.”

Numbers 35:11-12 also sets up refuge cities for someone fleeing after having unintentionally killed someone (manslaughter), seeking safety from the family of the person killed who might take vengeance before a trial. Six refuge cities were established in Israel—a land the size of New Jersey. This says how important it was.

After Jews experienced mass emigration and were not living in Israel, the teachings talked of how to construct a just society. Teachings do not just apply to one’s relationship with God but also to one’s relationship with people. Traditional civil law of the rabbis describes the details of how these sanctuary cities should work, the need to shelter people, requiring maintenance of good roads and accompanying people on their journeys, assuring access to water and means to make a living.

If these teachings are the case for the person accused of manslaughter, how much more are we to treat individuals fleeing

their original homes, who may be innocent of doing anything wrong or illegal, by providing water, roads, accompaniment, employment and in some cases the ability to live rent free.

What if we apply these teachings to how we welcome immigrants and refugees today? In other words, Jewish law does not allow one to make an economic argument against immigration.

We learn from these perspectives that we are to love the immigrant and refugee, to pay attention to their needs as they look for a new place to live and to assure that the same laws apply to them. I hope we will live in a way that we are committed to these teachings and to justice for immigrants and refugees in Spokane, Washington, the United States and the world.

Rabbi Tamar Malino  
Temple Beth Shalom

The United States is in darkness. Hatred, racism, bigotry, xenophobia and their attendant fear are exploited for political gain.

We have all heard the rhetoric: the denunciation of immigrants as criminals and freeloaders. We have seen government policies that tear families apart and put children in cages. We have seen tens of thousands of asylum seekers forced to await their hearings outside the United States.

We have seen this administration issue orders, and the Supreme Court uphold those orders, banning from the United States citizens

of certain, primarily Muslim, countries, and we have seen administrative rule changes designed to penalize noncitizens for using public benefits to which they are entitled.

The innocuous names for certain administrative actions, such as “Protecting the Nation from Foreign Terrorist Entry into the United States” or “Migrant Protection Protocols” belie an official policy of discrimination and mistreatment of immigrants. This policy has seeped into our communities, so much so that it has become socially acceptable to harass and bully immigrants.

This is an outrage, and it is unacceptable. I have cursed the darkness more than once, and I expect you have, too. But gathering Oct. 12 for Prayerful Witness: Walking in Solidarity with Immigrants from Westminster Congregational United Church of Christ to the Intermodal Center where many immigrants are picked up and detained to be deported we are doing something different. We are lighting a candle to displace the darkness—maybe not completely, but at least for a certain time and in a certain place.

What are we illuminating with this candle? It is compassion and solidarity with our immigrant brothers and sisters. It is resolve, that we will work to displace this darkness. I hope that this one candle lights other candles, and that those, in turn, light others, until this darkness is finally dispersed.

Greg Cunningham  
St. Ann’s and St. Aloysius  
Immigration Committee

# Calendar of Events

- Oct 24 to Nov 27 • "Branching Out: Beyond 35 Years," Fig Tree campaign to match \$17,000 challenge grant, [thefigtree.org/donate.html](http://thefigtree.org/donate.html)
- Oct 25 to Nov 3 • "A Place to Call Home," Hutton Settlement story, Spokane Civic Theatre, 1020 N. Howard, 7:30 p.m., Fridays and Saturdays, 2 p.m. Sundays, 838-2789
- Nov 1 • **Dia de los Muertos** (Day of the Dead), Hazen & Jaeger Funeral Home, 1306 N. Pines, 6 to 9 p.m., [hbpaspokane@gmail.com](mailto:hbpaspokane@gmail.com)
- Nov 2 • **History of Hutton Settlement**, Argonne Library, 4322 N. Argonne Rd., 1 to 3 p.m.  
 • **Pen and Ink: Native American Comic Book Drawings** with Emma Noyes, Spokane Valley Library, 12004 E. Main, 2 to 3:30 p.m.  
 • **Partnering for Progress "Into Africa"** Auction and Dinner, "You Can Make a World of Difference a World Away," Mirabeau Park Hotel, 1100 N. Sullivan, 5:30 p.m., 720-8408, [partneringforprogress.org/into-africa-auction](http://partneringforprogress.org/into-africa-auction)
- Nov 2-4 • **Common Ministries'** Roger Williams Symposium with author Robin Myers: lecture 7 p.m. Sunday, Community Congregational UCC, 525 NE Campus in Pullman; 2 to 4 p.m., Sunday workshop at St. James Episcopal, 1410 NE Stadium Way, noon Monday lecture, Bryan Hall Rm 308, 332-2611
- Nov 3 • **"A Road Home,"** Lutheran Community Services Inland Northwest Fundraising Luncheon, Mukogawa Fort Wright Commons, 4000 W. Randolph, 12:30 to 3 p.m., 343-5020, [cmckee@lcsnw.org](mailto:cmckee@lcsnw.org)
- Nov 3 • **Spokane Youth Symphony:** 70 Years of Inspiration, Martin Woldson Theater at The Fox, 4 p.m., 624-1200
- Nov 3, 10, 17, 24 • **Tsinta Mani Choling Buddhist Meditation**, 2311 N. Monroe, 9 to 11 a.m.
- Nov 7 • **The Fig Tree Benefit and Board**, 631 S. Richard Allen Ct., noon and 1 p.m., 535-1813  
 • **"Historic Evening with Anne Franks' Step Sister,"** Eva Schloss, Spokane Convention Center, 334 W. Spokane Falls Blvd., 7 p.m., [jewishspokane.com](http://jewishspokane.com), 443-0770
- Nov 6 • **Peace and Justice Action League** of Spokane, "Be Water: How Ordinary Hong Kong People Became Creative Organizers and What We Can Learn from Them," Pui-Yan Lam, The Monroe Room, 2003 N. Monroe, 6 to 7:30 p.m., 838-7870, [pjals.org](http://pjals.org)
- Nov 7, 21 • **Peace and Justice Action Committee**, 35 W. Main, 6 to 7:30 p.m., [pjals.org](http://pjals.org)
- Nov 8-9 • **Jubilee International Marketplace**, Fairly Traded Handicrafts from Around the World, First Presbyterian Church, 318 S. Cedar, 10 a.m. to 7 p.m. Friday, 9 a.m. to 4 p.m. Saturday, [www.spokanefpc.org](http://www.spokanefpc.org)
- Nov 9 • **Salmon Tales Gala**, Salish School of Spokane Annual Fundraiser, Gonzaga Preparatory School Student Center, 1224 E. Euclid, 6 p.m., [salishschoolslofspokane.org](http://salishschoolslofspokane.org)  
 • **Spokane Symphony Pops:** A Celebration of Veterans, Martin Woldson Theater at The Fox, 8 p.m., 624-1200
- Nov 9-10 • **Spokane Fall Folk Festival**, Spokane Community College, 1810 N. Greene St., 11 a.m. to 10 p.m., Saturday, and 11 a.m. to 5 p.m., Sunday, [spokanefolkfestival.org](http://spokanefolkfestival.org)
- Nov 10 • **Sharing the Dharma Day**, Sravasti Abbey, 692 Country Ln., Newport, 9:45 a.m. to 3 p.m., 447-5549, [office.sravasti@gmail.com](mailto:office.sravasti@gmail.com)  
 • **HBPA/Latinx Business Workshops** with SCORE and AHANA, St. Joseph Church, 1503 W. Dean Ave., 2 to 3:30 p.m., [hbpaspokane.net](http://hbpaspokane.net)  
 • **"Raise our Voices,"** Faith Action Network Dinner in Renton / Spokane, Glover Mansion, 321 W. 8th Ave., 4:30 to 8 p.m., [fanwa.org](http://fanwa.org)
- Nov 11 • **Honoring Those Who Served:** Veterans Day Ceremony, Spokane Veterans Memorial Arena, 720 W. Mallon, 10 a.m., [spokanearena.com](http://spokanearena.com)
- **"The Lakota of the Pine Ridge Indian Reservation,"** Gail Lesperance, Shadle Library, 2111 W. Wellesley, 6:30 p.m.
- Nov 11-12 • **Great Northern University's 2019 Missions Conference** with A.W. Hull on "To the Nations," Fourth Memorial Church, 2000 N. Standard, starts 9 a.m., Monday and Tuesday, [cmerrifield@greatnorthernu.org](mailto:cmerrifield@greatnorthernu.org), [greatnorthernu.org/events/gnu-missions-conference/](http://greatnorthernu.org/events/gnu-missions-conference/)
- Nov 12 • **"Outcome Measurement,"** Spokane Nonprofit Network Meeting, Spokane County United Way, 920 N. Washington, noon to 1:30 p.m., [learning@washingtonnonprofits.org](mailto:learning@washingtonnonprofits.org)  
 • **Unaccompanied Refugee Minor** Informational Night: Become a Foster Parent to a Refugee or Migrant Minor, Lutheran Community Services Northwest, 210 W. Sprague, 5:30 to 7:30 p.m., 343-5018
- Nov 13 • **Silent Day of Prayer** on Grief and Loss, "Spiritual Help in Dealing with Grief and Loss," Teresa Warren LMHC, NCC, and Michael D'Esterre, MSW, LICSW, Immaculate Heart Retreat Center, 6910 S. Ben Burr Rd. 448-1224, [ihrc.net](http://ihrc.net)  
 • **"Women Against Hunger,"** American Culinary Federation Chefs de Cuisine-Inland NW, The Spokane Club, 5:30 to 8:30 p.m.  
 • **Hispanic Business / Professional Association (HBPA) Monthly Meeting**, Dennis Mitchell, Fiesta Mexicana, 1227 S. Grand Blvd, 6 to 7:30 p.m., [hbpaspokane@gmail.com](mailto:hbpaspokane@gmail.com)
- Nov 14 • **Showing up for Racial Justice**, Chapter 7 of book, *White Fragility*, 35 W. Main, 5:30 to 7 p.m., [pjals.org](http://pjals.org)
- Nov 15-16 • **24-Hour Retreat** on the Hereafter, "Mercy and Caring: Lightening the Burden," Fr. Stan Malnar MD, Immaculate Heart Retreat Center, 6910 S. Ben Burr, 448-1224, [ihrc.net](http://ihrc.net)
- Nov 16 • **KPBX Kids Concert:** Spokane Area Youth Choirs and Le Donne Choir, Westminster Congregational United Church of Christ, 411 S. Washington St., 1 p.m., 328-5729  
 • **"That Dam Issue!** Grand Coulee Dam, the Spokane Tribe and the Equitable Compensation Act," David Beine, South Hill Library, 3324 S. Perry, 3:30 p.m.
- Nov 16, 17 • **Masterworks 4:** 50th Anniversary of the Moon Landing, Martin Woldson Theater at The Fox, 8 p.m. Saturday, 3 p.m. Sunday, 624-1200
- Nov 17 • **"MMIW – Murdered and Missing** Indigenous Women," Margo Hill, South Hill Library, 1 p.m.
- Nov 18 • **PJALS hosts film:** "From Persia with Love" with Sharokh Nikfar, Magic Lantern Theatre, 25 W. Main, 6 to 8 p.m., [pjals.org](http://pjals.org)  
 • **"Ancient Native American Traditions Still Practiced Today,"** Tosha Kristensen, Shadle Library, 6:30 p.m.
- Nov 20 • **NAACP General Membership Meeting**, Community Building, 35 W. Main, 7 to 9 p.m., [spokanenaacp@gmail.com](mailto:spokanenaacp@gmail.com)
- Nov 23 • **Salish School**, Shadle Library, 4 p.m.  
 • **Shalom Ministries** Benefit, 3151 E. 27th, 6:30 p.m., 710-0204
- Nov 24 • **Film:** "Language Healers: Native Americans Revitalizing Native Languages," South Hill Library, 3:30 p.m.
- Nov 25 • **"Truth and Reconciliation** for Native Americans," Shadle Library, 6 p.m.
- Nov 26 • **History of the Spokane Tribe** of Indians, Warren Seyler, Shadle Library, 6 p.m.
- Nov 29-Dec 1 • **Festival of Fair Trade**, Community Building, 35 W. Main, 10:30 a.m. to 5:30 p.m., [festivaloffairtrade.com](http://festivaloffairtrade.com)
- Dec 3 • **Giving Tuesday**, plan to give to The Fig Tree on Facebook
- Dec 4 • **"Around the Table,"** World Relief Gala, Davenport Grand Hotel, 5:30 p.m., 484-9829,

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2019 10th Annual **Children's Christmas Joy Drive**  
 We are collecting new jeans, shirts (long sleeve preferred), underwear for boys and girls (ages infants - 6th grade), winter hats and gloves and new books for our Children's Christmas Joy Event.  
 Your help in making this a joyful Christmas for many local children is greatly appreciated.  
 Drive: Friday, Nov. 1st - Monday, Dec. 2nd  
 Event: Friday, Dec. 6th & Saturday, Dec. 7th ~ 10am-3pm  
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 Come to the Quiet ~ January 24-31, 2020  
 at Spirit Center  
 at the Monastery of St. Gertrude  
**Embracing the Artistic Call: A Cohort for Exploring the Mystery of the Creative Experience** ~ February 3-7, 2020 - initial retreat  
**The Sacred Art of Iconography** ~ February 17-21, 2020  
 Spirit Center retreats at the Monastery of St. Gertrude, Cottonwood, ID  
 208-962-2000, [www.Spirit-Center.org](http://www.Spirit-Center.org)



Check out Spokane Public Radio events on the KPBX Arts Calendar

More Event Information at [SpokanePublicRadio.org](http://SpokanePublicRadio.org)

**SPR Presents: Paula Poundstone**  
 Thursday, November 7, 7:30 p.m. at The Bing Crosby Theater, 901 W Sprague Ave, Spokane

Comedian and frequent Wait, Wait... Don't Tell Me! panelist, Paula Poundstone, returns to Spokane with her quick-thinking, unscripted humor. According to Peter Sagal, Paula is "the funniest human being I have ever known." Tickets on sale now at [TicketsWest.com](http://TicketsWest.com) or by calling 1-800-325-SEAT.

**Fall Folk Festival - Live Broadcast**  
 Saturday, Nov. 9, 11 a.m. to 1 p.m. on KPBX 91.1

Join SPR hosts Verne Windham and Steve Jackson on the air as we help kick off this annual event with some of the area's finest folk musicians. You can attend the full event at Spokane Community College on Nov. 9 and 10.

**KPBX Kids' Concert - Open Doors**  
 Saturday, Nov. 16, 1 p.m. at Westminster Congregational Church, 411 S. Washington St.

Hear the Spokane Area Youth Choirs and Le Donne Choir raise their voices in the historic Westminster Congregational Church, hosted by SPR's Verne Windham.

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# United Way offers Community Resource Exchange for 'ALICE' families

For people seeking housing, education, employment, food or health care resources for immediate or long-term needs, Spokane County United Way is offering a one-day Community Resource Exchange from 10 a.m. to 2 p.m., Saturday, Nov. 16, at the Spokane Resource Center, 130 S. Arthur.

Like the center, the day is "a one-stop-shop" opportunity for low-income people to access 10 of the center's partners and 15 of United Way's 37 partners.

"We saw a need for low-income families and individuals—like people going to the Homeless Connect—to go one day to access services for after-school, early learning and other education resources, for affordable housing and energy assistance, for employment opportunities and training, and for family and youth services," said Jeff DeBray, United Way's community outreach and development manager.

Those who come will have access to direct services, a meal, hats, gloves, boots and jackets, hygiene and snack kits. Organizations will be present to do onsite hiring.

Sponsors Providence Health and Numerica Credit Union will provide funding for the meal and warm clothes, as well as 20 volunteers.

Jeff, a native of Montana who has been with United Way since graduating in 2018 in economics and politics from Whitworth University, said United Way seeks to "improve the educational, health and financial stability" of county residents.

United Way is inviting low-income families through schools, the city, courts, early childhood education, partner agencies and faith communities. The event is on a Saturday so people who work can come, he said.

Jeff hopes families will leave the event better equipped to navigate the system and access resources, and volunteers will better understand challenges for families



Jeff DeBray and Lisa Curtis tell of resource exchange.

living paycheck to paycheck.

Lisa Curtis, director of communications and marketing at United Way, said, "Our work is to prevent homelessness. Many low-income families are one dilemma away from homelessness. Prevention comes in the form of before- and after-school programs, affordable meals, affordable housing and jobs."

In September 2018 and 2019, United Way held Day of Impact simulations, recruiting each year about 70 people from the business community to discover the challenge for a family using a bus pass to access services with children in tow. The simulations helped participants realize the need for a resource fair.

Lisa said United Way targets Asset Limited, Income Constrained, Employed (ALICE) families.

United Way also has an online simulation to help people understand the difficult decisions ALICE families make every day. It's at [unitedwayspokane.org/alice](http://unitedwayspokane.org/alice).

"ALICE families struggling to make ends meet have increased from 36 percent of county residents last year to 38 percent this year," she said.

They are 45 percent of families in the City of Spokane, 50 percent of families in Airway Heights and 62 percent of families in Cheney.

Jeff said United Way is in a unique position to offer the Community Resource Exchange with

37 partners, program grants and partners who financially support agencies to promote education, health care and financial stability.

Lisa, who has been with United Way for 13 years, said its focus changes based on community needs and funding. The current two-year funding focuses on ALICE families, domestic violence and child abuse.

"ALICE families need support to strengthen overall community health. There's a gap between the rate of low-income and minority students' graduation and the graduation rate of their affluent peers," she said.

Because of that trend, United Way has also drawn funding from the Bill and Melinda Gates Foundation to increase equity in education.

Jeff said United Way Funding provided partners with more than \$2.5 million in two-year grants.

"Agencies welcome that sustainable support, because many are able to renew those grants another two years," he said.

Sally Pritchard, who has been vice president of community impact and with United Way for 16 years, helps United Way find outside funding partners.

Recently they added funding from Avista Foundation and the Ballmer Group for a new position to coordinate the community's response to homeless youth and young adults related to the A Way Home Washington initiative.

Accelerate Success, an education and equity program, is funded by a four-year grant from the Gates Foundation based on community data that shows that youth of color have disproportionately lower rates of graduation and higher rates of suspension, homelessness and juvenile justice involvement, Sally said.

United Way has been offering educational events to create a more equitable system.

Ileoma Oluo, author of *So You Want to Talk about Race*, is speaking on Nov. 15 for a sold-out event to raise awareness of the community. Attendees include staff from the Regional Health District; early childhood, K-12, higher education; the City of Spokane, and United Way partners on

inequitable systems and mental models behind racist assumptions in systems.

Last year, Robin DiAngelo, author of *White Privilege* led a training on assumptions and systems that create implicit and actual bias.

"It's not about blame," Sally said, "but about the need to change societal understandings that come from being born into a white system."


Jeff said training people in business and nonprofits helps them be better advocates and allies.

United Way also has local trainers, including Kurtis Robinson of NAACP Spokane and Rowena Piñeda and Carmen Pacheco-Jones of the Regional Health District.

"Looking at the poverty data for ALICE families, Sally said its more likely that African American, Latinx American and Native American families live in poverty, so the ongoing trainings reaching more people are an important part of United Way's efforts to improve everyone's educational, health and financial stability.

For information, call 838-6581, email [jeffid@unitedwayspokane.org](mailto:jeffid@unitedwayspokane.org) or visit [unitedwayspokane.org](http://unitedwayspokane.org).

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