

The Great Author

by Sophia Xavier

Sitting on the Dock
by heavens tides,
watching as the birds
dive into the water,
swallowing the catch of
the day.

So it is by the sands
of the hour glass,
like the days of our lives,
Every day is a blessed day,
if you can wake up to see God's work,
what has been done as
to what was created in seven days.

When the Lord God calls your number,
you'll know your work here on Earth is done.
Then you'll meet the true author of your life.

backwards bent

By j. mcurdy

thank u ...for the gift of strength
your absence creates
the opportunity
to cultivate
thank you
for helping me
to re entertain
wisdoms plausibility
thank you
for the education
that bad decisions
bring to the table
but mostly thank you
for reminding me
we all got
a lil sinner
dancing in our saint


**SISTERS
OF THE
ROAD.org**



Dine



Barter



Share



133 NW Sixth

503.222.5694




FARMERS' MARKET
WEDNESDAYS 2-7PM



UP TO \$5 MATCH WITH EBT CARD

We're passionate about helping our community access healthy food that they can trust. By shopping at our market, you'll get extra food dollars while supporting local farmers and community.

3029 SE 21st Ave. btwn Powell & Division



5312 NE 148th Ave.
Portland, OR 97230

**Free career training for persons with disabilities
in janitorial and building maintenance**

Paid training !!!

Requirements:

- Documented proof of disability
- Proficiency in understanding and speaking English
- Pass criminal background check
- Pass drug test

Disabilities:

Physical, mental health, intellectual, developmental, and learning

Questions ?

Please Call: (503) 261-1266
or (800) 874-7917
email: careers@phcnw.com

How do you share health?

At **Health Share**, we believe good health is more than what happens inside your doctor's office. Good health starts in your community and includes staying active, eating healthy food and getting regular check-ups.

Share your healthy habits with family and friends. We can all have better health when we share it together.



health

share

Better health together.

www.healthshareoregon.org

Cuts & Checks Barbershop Blood Pressure Program / Terrell Brandon Barber Shop North by Northeast Community Health Center, Legacy Emanuel Medical Center