

Exploring Life

by Sandy J. Tennyson

Seeing my reflection, I see my youth and childishness
 My eyes are full of inquiry and question
 I have a mind concerned with much mischief and trouble
 My view of the world is incomprehensible and vague
 I take chances in my life that are sometimes rewarding and disappointing
 Living close to ruin and success has been a bumpy ride
 There has always been a safe haven with friends nearby
 As time advances, I try to figure out the world and all its goings-on and troubles
 It has been years later now and I see in my reflection a little smarter person
 I have a few mental and physical scars to show for my experiences
 My life has been full of excitement and wonder about just living
 I'm amazed about everything life has to offer

I Will Live On

by Aileen McPherson


Have you ever had one of those days,
 where you cannot stop thinking,
 "I wish I weren't alive."
 Yet, somewhere deep inside,
 your body goes on autopilot.
 You go through your day one foot in front
 of the other, somewhere deep inside,
 your brain tells you NO and keeps you from
 hurting yourself.
 So you find yourself obeying a simple walk signal
 NOT going into the street on the "Don't Walk."
 Despite your brain's current pessimistic view
 on your life, your body has made another choice
 it stands tall, stays strong and says,
 "I will live on."
 It says no matter what has happened to us,
 I will carry you through this to the
 very end my friend.
 Today is not the end, it's one
 of many beginnings and I will live on.



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WEDNESDAYS 2-7PM



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 3029 SE 21st Ave. btwn Powell & Division



Did you **serve** in the
Armed Forces
 and are **experiencing**
 or at **risk** of
becoming
homeless?

Transition Projects

Please call 855.425.5544
 or visit 650 NW Irving Street

Need help getting health care?

Getting health care can be confusing. CareOregon's goMobile Team and our partners make it easy for you to get covered and get care under the Oregon Health Plan at our Navigation Clinics.

At OHP Navigation Clinics, we will:

- Check your eligibility
- Enroll you in Medicaid or Medicare
- Make your doctor appointments

Find us at these locations:

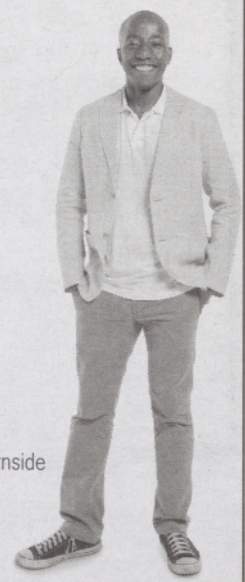
BUD CLARK COMMONS 665 NW Hoyt Ave
 Dec 07 8-10 a.m.
 Dec 21 8-10 a.m.

CITY TEAM PORTLAND 526 SE Grand Ave
 Dec 14 8-10 a.m.

CLACKAMAS COUNTY TRANSITIONS
 2219 Kaen Road, Oregon City
 Dec 14 1-3 p.m.
 Dec 28 1-3 p.m.

PORTLAND RESCUE MISSION 111 W Burnside
 Dec 08 8-10 a.m.
 Dec 15 8-10 a.m.
 Dec 22 8-10 a.m.
 Dec 29 8-10 a.m.

UNION GOSPEL MISSION 3 SW 3rd Ave
 Dec 27 2-4 p.m.



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