

Volunteer finds satisfaction

by Rosemary Allen

The rumor that Mary Laws, housewife, Sunday School teacher, gardener, Steering Committee Chairwoman of Sunnyside Center and officer in Eastern Star, is out to save the world is untrue. And to prove this Mrs. Laws has become involved in a program called Loaves and Fishes.

Loaves and Fishes, a nutritional food program, is run with a realization that "Man can not live by bread alone." Although it provides people 55 years and older with a hot, attractive, nutritional meal 3 days a week, the program has much more of a purpose. It serves as a means of socialability for many of its patrons. Most of the elderly that eat these meals can and do pay for them. But they find more than just food when they come; they find companionship, friends and an urge to become more active in life.

There are 21 such centers in Portland and Newberg. The Central Office is in Westminster Presbyterian Church. The location of the program that Mrs. Laws is involved with is located at Mt. Tabor Church on N.E. 35th and Yamhill. They serve about 45 people a day at the church and about 60 elderly people are served in their Meals on Wheels program, for those who can't travel.

Mrs. Laws, who helps in transporting these meals, does this all voluntarily. She was born in Portland, went to Grant High, Portland State University and Oregon State University and holds a Bachelors degree in Political Science. She was a student teacher at Jefferson High School, but rather than pursue a teaching career, she spends much of her time in



Mary Laws, volunteer driver for Loaves and Fishes, prepares to deliver hot meals to elderly shut-ins. Mrs. Laws is one of the many volunteers who make the program possible.

public service organizations. The Loaves and Fishes Program is federally funded; however, the original funds came from the church. Approximately 75% of the funds still come from the church, and much of the work is volunteer.

"I find it rewarding to see the people," Mrs. Laws explained. "They just need someone to care about, and someone who cares about them. Many older rich people are very lonely. I didn't really realize the need

before. It's not a welfare-type thing," Mrs. Laws went on to say. "We just try to get them active in living."

Seminar explores 'Soul Travel'

The ECKANKAR Portland Satsang Society will sponsor the Northwest Regional Seminar on the Ancient Science of Soul Travel on March 30, 31 and April 1, 1973. The conference will be held at the Sheraton Motor Inn.

The basic teaching of ECKANKAR is that the individual has the capacity to transcend this physical universe and visit other worlds and planes through Soul Travel methods and techniques. This is done according to the individual's own growth and understanding which is known as an individual's own level of consciousness. ECKANKAR teaches that nothing is worthwhile unless it has been acquired through the value of a person's own experience.

ECKANKAR believes that there are many planes above the physical world, but the main objective of ECK chelas is to reach the Soul plane where they achieve Soul-Realization. It is from this point that they can work toward their own God-Realization. In order to reach the Soul Plane, one must work upward through the planes that lie below it. These are the physical, astral, casual, mental and etheric planes. These planes can best be described as states of consciousness. Soul Travel is the art of moving one's attention from one plane to another.

When an individual learns to move his attention or

consciousness to the mental plane, or any other plane, then he knows for certain that there is life after death. This is another basic teaching of ECKANKAR: Survival after death. Those in ECK say that Soul Travel is like dying daily, and it removes any fear of death. At the time of death, it is just an extension of the South Travel exercises, only this time it is permanent.

According to the late Paul

Twitchell, ECKANKAR is not a religion, metaphysical teaching or Yoga teaching, but an educational teaching about life ITSELF. Based on the most ancient teachings, it is the first truly modern approach to the spiritual realms. It succeeds where others fail because it provides a method for the individual to demonstrate by his own volition TOTAL AWARENESS - the awareness of God.

NAACP holds dinner

Tickets are now on sale for the Third Annual Freedom Fund Banquet sponsored by the Corvallis Branch of the National Association for the Advancement of Colored People, according to Karen Slotta, chairman of the Freedom Fund Committee.

The banquet will be held Saturday, April 7 in the Ballroom of the Memorial Union on the Oregon State University campus. A 6 p.m. to 7 p.m. social hour will precede the 7 p.m. dinner.

Tickets, \$5.00 per person, are available from members of the Corvallis Branch

NAACP Executive Committee and other members of the local branch, from the Corvallis Branch NAACP office at 23rd and Monroe and from the Inkwell.

Speaker for this year's banquet will be Chalmers Jones, administrator of special programs in the State of Oregon Department of Human Resources. Entertainment will be provided by the Corvallis Town Choir under the direction of Gordon Tjernlund.

Proceeds from the Freedom Fund banquet will benefit local and national civil rights projects of NAACP.

ECKANBAR
Ancient Science
of Soul Travel
Regional Seminar

For information, contact:
Portland Satsang Society
1111SW Alder Street
Portland, Oregon 97205
228-3863

SHERATON MOTOR INN
March 30, 31 & April 1
[small admission charge]

Church and School for Community
ST. ANDREW'S CATHOLIC CHURCH
281 4429 PORTLAND OREGON 97211

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REV. MERTON GRIFFIN

Masses: 9:00 am Holydays 10:30 am Choir
12:00 pm Folk Mass

ALLEN TEMPLE CME CHURCH
Corner of 8th and Skidmore
Sunday School 9:30 a.m.
Sunday Worship 11:00 a.m.
Christian Youth Fellowship 6:00 p.m.
(Second and Fourth Sundays)

Reverend Thomas L. Strayhard, Minister

St. Paul Church of God in Christ
2859 N.E. RODNEY 287-7998

Sunday School 9:45 a.m. YPWW 6:30 p.m.
Morning Worship 12:00 noon Weekly Services 8:00 p.m.
Tuesday & Friday

Bishop J.C. Foster, Pastor

GREATER MT. CALVARY
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ORDER OF SERVICE

Sunday
Sunday School.....9:45 am
Monday Worship.....11:00 am
YPWW.....6:30 pm
Evangelistic Service.....8 pm

Tuesday
Prayer meeting.....8 pm

Friday
Bible Study.....8 pm

Off. 283-3421
1234 N.E. Killingsworth

Bishop H. B. Daniels, Pastor

Tax clinic opens

The Oregon Tax Project is sponsoring free tax clinics in various neighborhood centers and churches throughout the Portland metropolitan area. The clinics opened this week and will remain in operation until the tax filing deadline, April 15th.

The Oregon Tax Project is a non-profit non-governmental organization which is offering free preparation of both federal and state income tax returns to low and moderate income taxpayers. The Project is a citizens' effort to help taxpayers with their individual problems and to provide tax information to the public.

The clinics are staffed by volunteer tax assistants who have completed a training program prepared by the Internal Revenue Service. Professional tax consultants will also be available to audit the tax forms and handle any special problems. The tax clinics, a neighborhood activity, are located in the following facilities and will be open in accord with the prescribed schedule.

If you wish to take advantage of this service, please bring all pertinent tax information to the clinics, including tax forms, W-2's 1099's, important receipts, and a copy of your 1971 Oregon Income Tax return. For further information, call 222-1118.

WELCOME TO
ST. MARK'S BAPTIST CHURCH

119 N. E. Morris
Sunday Service 9:15/11:00 a.m.
Evening Service 7:30 p.m.
Reverend Edward Wilcox

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MARANATHA CHURCH
1222 NE Skidmore 288-7241

Church school and Bible class: 9:15 a.m.
Sunday morning worship: 10:45 a.m.
Sunday Evening worship: 7:00 p.m.
Wednesday Evening prayer: 7:00 p.m.
Friday Worship Service: 7:30 p.m.

Bob Harrison - Pastor

Rev. T. N. Noffa
Welcomes you to

CHURCH of the LIVING GOD

Sunday School 9:45 a.m.
Church Service 11:00 a.m.
Evening Service 7:30 p.m.

6401 N.E. 10th Avenue

Bethel African Methodist Episcopal Church
SERVANT CHURCH TO SECULAR COMMUNITY

5828 N.E. 8th
A. Lee Henderson, Minister 288-5429

Ellis Casson, Associate Minister

Church School 9:45 am
Morning Worship 11:00 am
Wed. Noon - The Hour of Power 12:00 noon
Wed. Prayer & Class Meeting 7:30 pm

Nursery Care Provided

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Vancouver Ave. First Baptist Church
3138 N. Vancouver Ave.
Phone 282-9496

Sunday School 9:00 A.M.
Morning Worship 11:00 A.M.

Dr. O. B. Williams, Pastor
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4635 N. E. 9th Avenue

Sunday School 10:00 a.m.
Morning Service 11:00 a.m.
Breakfast 9:00 - 10:00 a.m.

Reverend Samuel Johnson
Telephone: Evenings 287-5341

COMMUNITY CHURCH OF GOD
202 N. E. Skidmore
281-5678

SUNDAY SERVICES:
9:45 Sunday School
11:00 Morning Worship
7:00 Evening Worship

Pastor V. R. Brown
You are invited to come and worship with us Home: 284-5559

The Mount Olivet Baptist Church

Rev. John H. Jackson
Minister Phone 284-1954

N.E. First and Schuyler
Portland, Ore.

Sunday School 9 a.m.
Morning Worship 11 a.m.
Vesper 5 p.m.

Let us enter to worship and depart to serve.