

RELIGION

Murals Blessed at Providence Medical Center

Created to encourage exercise and fitness

With the flick of a paint brush, Chaplain Judith McGowan sprinkled holy water on each of three new murals at Providence St. Vincent Medical Center.

The murals are an attempt to entice employees to work exercise into their daily routines by taking the stairs, rather than elevators. The idea started as an employee suggestion and blossomed into a contest in which employees submitted art ideas.

"We appreciate the artists' time and talent. This is a small but important step to make this a better place for health and healing," said Alex Jackson, associate administrator.

Providence fitness specialist Molly Shipley said studies have shown that daily exercise does not have to be intense



- nor does it have to be all at once. "Ten minutes, three times a day is as effective as 30 minutes all at once," she points out.

Sean Wix, an R.N. at Providence Portland Medical Center donated 16 hours to create his mural. He plans to bring his three daughters back to see his work, "It's a message to my girls about the importance of volunteering," said Wix.

The murals are in the three stairwells of Providence St. Vincent's main tower.

Chaplain Judith McGowan uses a paint brush to sprinkle holy water on a mural created by Megan Russell (center) at Providence St. Vincent Medical Center, as Molly Shipley, a Providence fitness expert, looks on.

Mallory Church Center Fundraiser

Hosts banquet to build support

Recognizing the need for a facility to provide additional gathering space, the Calvary Christian Church has begun raising donations for a Mallory Avenue Community Enrichment (MACE)

Center Nehemiah Building Project at 126 N.E. Alberta St.

A fundraising banquet will be held on Friday, Nov. 9 to discuss plan details. The keynote speaker will be Carl Talton, chief executive officer of Portland Family Funds.

The theme of the building project is "Keeping the Legacy Alive" after Rev. Dr. Hamlin who gave so many years of his life dedicated to helping and empowering the African-American community as pastor of the church formerly called Mallory Avenue Christian Center.

Originally established as Portland's first YWCA at the turn of the last century, the building was purchased in 1921 by Mallory Avenue Christian, which by the 1950s had been used as temporary shelter to the homeless, community meeting space, weddings hall, site for funerals, and many other community uses.

The Center has also served as the launching ground for several ministries. Given its legacy, the 20,000 square foot building, located on the corner of Alberta and Mallory is one of Northeast Portland's most identifiable landmarks. At the banquet, Rev. Frederick Woods and other church leaders will discuss details about the MACE Center's plans for activities including theatre, music, exercise programs, day care, computer lab, game room, social hall, health clinic, social services and acting venue for events and community meetings.

For reservations or more information, contact Dominic Trujillo at 503-901-3818. All checks should be mailed to Charitable Partnership Fund in care of Calvary Christian Church, Rev. Frederick Woods, 126 N.E. Alberta St. Portland, OR 97211.

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Charitable Partnership Fund - M.A.C.E. Center Nehemiah Building Project

"Keeping the Legacy Alive" Banquet

Time: 6:00 p.m.
Date: Nov. 9, 2007
Place: Friends of the Children
126 Northeast Alberta
Portland, Oregon

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Art Exhibit Binds Two Generations

continued ▲ from Metro

hear them read their poetry, it gladdens my heart." She referred to another honoree, Willie Mae Pitt, as "someone who's been in my heart since I was a little girl. We're standing on the shoulders of the generation that came before, and now we have another generation coming along."

Kathe Swaback, director of Art Up, said her next project will be centered on one of the Look Up honorees, Thelma Johnson Street, an artist and dancer who was the first African American woman to have her work added to New York's Metropolitan Museum of Art's permanent exhibition. The project will premier at next May's Alberta Art Hop festival, and will include an element of dance.

Carlene Jackson, Johnson's niece, attended the reception.

"I just thought this was a fabulous opportunity for these young women to not just learn more about women of color, but to express themselves through their art," Jackson said.

Swaback, discussing her own history and dedication to bring an African American perspective to a gentrifying neighborhood, said that when she established Art Up, "I was painfully aware that I was just one more white person on the street without any knowledge of what it was about."

The artists picked their subject from a larger field of 40 candidates, she said. "I want



Sen. Avel Gordly (left) and Project Look Up artist Sade Beasley meet during an exhibit at Portland City Hall.

them to make these women their heroes," she said.

Referring to guidance she received from Pitt and others she said, "No one does it alone. We all have people who have helped us."

Sen. Carter commented that the exhibition

"shows why it's good to have money for the arts."

In his introduction Potter said, "It's an honor to acknowledge these great women who have been so important to our city, and to do so through the eyes of youth."

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11:00 Morning Service
1:00 Pot Luck lunch downstairs
3:00 Concert with "The Judds"

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"O magnify the Lord with me, and let us exalt his name together"
Psalms 34:3