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



"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 is 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

ering space, the Calvary Chris- Community Enrichment (MACE)

Recognizing the need for a fa- tian Church has begun raising cility to provide additional gath- donations for a Mallory Avenue

Center Nehemiah Building Project can-American community as pasat 126 N.E. Alberta St.

A fundraising banquet will be held on Friday, Nov. 9 to discuss plan details. The keynote speaker 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 Afri-

continued A from Metro

along."

element of dance.

tor of the church formerly called

Portland's first YWCA at the turn 20,000 square foot building, located will be Carl Talton, chief executive of the last century, the building was on the corner of Alberta and Mallory purchased in 1921 by Mallory Av- is one of Northeast Portland's most enue Christian, which by the 1950s had been used as temporary shelter to the homeless, community meeting space, weddings hall, site for will discuss details about the MACE Church, Rev. Frederick Woods, 126

The Center has also served as Mallory Avenue Christian Center. the launching ground for several Originally established as ministries. Given its legacy, the identifiable landmarks.

Woods and other church leaders Fund in care of Calvary Christian funerals, and many other commu- Center's plans for activities includ- N.E. Alberta St. Portland, OR 97211.

ing 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 At the banquet, Rev. Frederick mailed to Charitable Partnership



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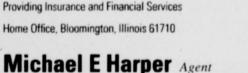
"Keeping the Legacy Alive" Banquet

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

State Farme

503-221-3050

Home Office, Bloomington, Illinois 61710



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We moved to our new location at: 9713 S.W. Capitol Portland, OR







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."

larger field of 40 candidates, she said. "I want





Carlene Jackson, Johnson's niece, attended

Alberta Art Hop festival, and will include an

"I just thought this was a fabulous opportunity for these young women to not just learn more about women of color, but to express

The artists picked their subject from a



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

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

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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Friends & Family Day

Sunday, November 11th, 2007

9:00 Sunday School

11:00 Morning Service

3:00 Concert with "The Judds"

1:00 Pot Luck lunch downstairs

And other local talent

United House of Prayer for All People

7459 North Haven Ave. Portland, Oregon 97203 Call 503-286-8663 or 503-285-4258 Promised-land@msn.cm

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