



My dear friends, The Lord is near. Our Heavenly Father and His Son Jesus Christ know us, love us, and are watching over us; of that we can be certain. Two passages beautifully express this powerful truth:

“You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.” Psalm 56:8

“Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care. And even the very hairs of your head are all numbered. So, don’t be afraid; you are worth more than many sparrows.” Matthew 10:29-31

We have never lived in a time like this. This is uncharted territory, indeed. The impact that COVID-19 has had on thousands of lives is undeniably tragic. We, at Christ Kitchen, have been praying with fierce intensity for you! Given the current events across our world, we are not only praying for you, but also for our community, our country, and people all over the world who are suffering, especially for those who have lost loved ones as a result of this pandemic.

**Our FAITH must be anchored in our Savior**, a way-making, chain-breaking King. He is the same yesterday, today, and always: our rock and solid foundation. We must tether ourselves to Him and keep our eyes on the One who can calm the storm and calm His child amid the storm. We are in this together my friends, let us keep our eyes on Jesus, the One who knows us and loves us, and let us love one another well.

**As believers, we must choose faith over fear.** It’s a choice every believer cannot avoid—we are either walking in faith or fear. Faith in the face of fear stretches us to grow spiritually. In Romans 10:17 we recognize that “faith comes from hearing the message, and the message is heard through the word about Christ”. In order to build our faith, we must broaden our knowledge, understanding, and application of God’s word.

Our prayer is that these unique challenges will pass, in due time, and we will be changed for it. We will be a stronger, more united and impactful people... for our good and the great Glory of our God. There is much work to yet be done my friends, together.

**Despite the great losses that we have experienced at Christ Kitchen, I remain very optimistic for the future.** I know the great and marvelous blessings that our God has in store for those who love Him and serve Him. I have seen evidence of His mighty hand in holy works, in so many ways, each day.

We are a ministry that is called to serve disenfranchised and impoverished women. This also involves hundreds of volunteers and partners. We have been both challenged and changed, as have so many. We have remained full of faith, rather than fear. Relying on Him to lead, guide, protect, and provide, in a way that only HE can.

**I’d like to highlight the following points for you, and encourage your ongoing involvement in our program and investment into the life changing work God continues to do here, during these challenging and changing times:**

Our model congregates people together. We are following the lead of our state and local governing agencies and officials on minimizing risk. We take the care and concern of our employees, volunteers, and partners very seriously. Unfortunately, poverty is not suspended; our services are still critically needed. 18.0% of Spokane, WA residents had an income below the poverty level in 2018, which was 38.7% greater than the poverty level of 11.0% across the entire state of Washington. ... The poverty rate was 26.6% among females. The renting rate among poor residents was 78.0%. Half of single mothers with young children are living in poverty (52.2% of single-mother-headed households with children under 5 are living in poverty). \$20,000 is the median income for a woman with a High School diploma or less.

We must continue to change these statistics my friends. **Christ Kitchen is making a difference and with your vital support we will continue the battle against poverty!** The story of Christ Kitchen began over 22 years ago, with the steadfast love and support of God’s saints. That is how this story will continue to be written, well into the future.

We are all a part of history.....HIS Story.

**United, we will get through COVID-19. And together, we will continue to do more good for more people in this hurting world.** We are so grateful for generous individuals like you, that throughout time have been a torch of FAITH to others, time and time again. Thank you for carrying the torch and being a light in the darkness. Great is your faithfulness to Him, His work and His people.

**Kim Kelly**  
Executive Director/CEO  
Christ Kitchen



***Kirsten Carlile***  
***Christ Kitchen Board Member***

Kirsten joined the Christ Kitchen Board in November of 2019. A Spokane native Kirsten believes in giving back in the community she calls home. She was first introduced to Christ Kitchen volunteering for the annual Gingerbread Build Off spending several evenings frosting mini houses together for the community event. “I was inspired by the conversations I was having with other volunteers and their passion for the mission and wanted to do more”.

Kirsten joins our board with a plethora of fundraising experience as it has been her profession for the past 18 years. Leading the Children’s Miracle Network program for 16 years. Her ability to connect the community to the cause is her strong suit. Now fundraising outside of Spokane she has the opportunity to connect those she has called upon for so many to help propel the mission of Christ Kitchen. “I am eager to help Christ Kitchen engage even more community partners in the next few years.

To see new programs emerging and these women thriving after hardship is inspiring. I would encourage everyone to set time to attend Christ Kitchen 101 the fourth month of every month for Breakfast or Lunch and experience the mission themselves.” When Kirsten isn't working you can find her in Walla Walla visiting wineries or on vacations tropical fly fishing with her husband Kevin.

**-Upcoming Events-**

Mark your calendars for these upcoming events, more details to follow:

- September 28:**  
Annual Christ Kitchen Luncheon  
*True Hope Church*
- October 10:**  
Board Sanctioned Benefit Event  
Bozarth Mansion
- December 6:**  
Gingerbread Build-off  
Northern Quest Property

**IMPORTANT**

Our newsletter is moving online.  
Is your information correct?

**In order to best steward our resources, we will begin sending our newsletter electronically after this issue.** Don’t miss out! Please be sure we have your most current contact information, including email and phone number.

Use the response card included in this newsletter or email Trina at: **TRINA@CHRISTKITCHEN.ORG** Christ Kitchen never shares mailing lists, emails or phone numbers. Thank you.



***Paul & Beth Viren of Viren and Associates***  
***Christ Kitchen Partners***

**It all started with a broken dishwasher!**

Paul and I had known about Christ Kitchen products for years and bought them regularly (especially the frosted cookies they used to sell) but didn’t really know what Christ Kitchen was about or what its mission was. Paul has long been involved with the downtown Rotary 21 Club and as part of their philanthropy in the community, Christ Kitchen had submitted a grant request for money to fix their broken industrial dishwasher. Rotary had a set amount they could contribute, so Paul came home and asked me what I thought about our providing the difference in order to meet the need. We did! That was back in 2015.

After that we got to know Kari Kelly and heard her amazing story of how the Kitchen helped save her life. We continued to give and were especially blessed when we could help with a particular need they had.

Through the years we’ve heard many stories of the important lifeline the Kitchen is for women struggling in different ways. The ministry there truly is a “lamp upon a hill” for women finding their way and learning about the love of God.

We really prefer to focus our philanthropic efforts here in Spokane and feel blessed to be able to continue to give and support this ministry in its ongoing quest to reach women in our community.

1. Abbey Housing through Salvation Army, working FT at McDonalds and going to school.
2. Alice Moved on to care for her son
3. Alexis Left due to health issues
1. Alice Quit Program
2. Ashley Working full time and is reunited with her son
3. Auldine Working full time
4. Austyn Found 3/4-time employment & Caring from her son and husband
5. Becky Taking care of her daughter and her body physically could not do the work. She is now on SSI.
6. Bernadette Out of the program and caring for adult children and grandchildren
7. Bobbi Got visitation with her kids and is working part time
8. Candice Reunited with family in Hawaii
9. Casey Back in addiction/ UPDATE: Back in our program
10. Cassie Full time grocery outlets moved into management
11. Catherine In school fulltime
12. Cathy Full time caretaker employment
13. Charleen Unknown
14. Cheryl Working 3/4 time and going to school
15. Chrystal Full time school as an X-ray Tech and caring for her children
16. Clara Full time care giver and mother
17. Connie Full time at Home Health Care/ Relapsed
18. Crystal Entered into a treatment center and now has one year clean and is in her own place.
19. Cynthia Working outside of the Kitchen and caring for her grandchild
20. Cynthia Quite for medical reasons
21. Dahlia Back in School
22. Dawn Fell back into addiction, back in prison
23. Deanna Health issues with cancer. Doing well. Volunteers
24. Deanna Unknown
25. Deborah Unknown
26. Deidre Working part time job at Anna Augden Hall and going to art school
27. Diana Anna Ogden Hall Recovery Program: Up-Date: Now living in a group home and doing well.
28. Ellie Back in school
29. Emily Works full time with full benefits and is in marriage classes. UPDATE: Relapsed.
30. Georgeanne Back in addiction
31. Georgia Secured a supervisor position with a medical building cleaning after hours. Working in Ministry.
32. Jacklyn Moved on and is mentoring others out of addiction now.  
Trying to get into YWAM now and going to bible college
33. Jamie Full time employment with benefits and volunteers at 2nd Harvest
34. Janelle Off the program, addicted
35. Janelle Working fulltime and in marriage classes and working toward reunification with family.
36. Janice Went to be with Jesus
37. Jean Unknown
38. Jennifer Reunited with two of her three disabled children, working full time with benefits
39. Jennifer Entered into Mariam's House. Full time Disability - Owns her own home.
40. Jessica Full time job at Days Inn
41. Julie In-house treatment center currently
42. Julie Quit the program
43. Kathy Medical Issues
44. Katie Anna Augden Hall Recovery Program. Going to School and had a son.
45. Kelli Quit
46. Kelly Left for a full-time position. She is reconnected with her children and grand children
47. Kellyann Medical Issues, moved
48. KellyAnne Working full time
49. Kim Working at Sweet Frostings
50. Kristin Fulltime employment with benefits
51. Laurene Reunited with kids. Moved and is going to truck driving school
52. Lisa Works part time and started her own business
53. Lisa Recovering from Breast Cancer visits us often. UPDATE: Went home to be with Jesus.
54. Lori Secured a job with Durum School Bus Services
55. Lynn Off the program due to medical reasons. Can no longer work. and continues to volunteer
56. Mary Quit the program - Mental Health issues. Continues to volunteer rom time to time
57. Melissa Living in Idaho, working full time as a housekeeper
58. Melonie Working full time - Mom

**Moved On: Since 2015**

- |               |  |
|---------------|--|
| 59. Maranda   | Working full time, continues to work toward being united with her son and now has another baby       |
| 60. Mirah     | Started work at Starbucks, with benefits and opportunity for school assistance.                      |
| 61. Monica    | Working full time  |
| 62. Natalie   | Unknown  |
| 63. Nativia   | Working full time with benefits, moved to Utah   |
| 64. P.J.      | Moved away to Oregon   |
| 65. Rahwa     | Moved on to another agency   |
| 66. Rhonda    | Went to truck driving school   |
| 67. Rhonda    | Unknown  |
| 68. Robyn     | Full time employment with a family dining restaurant. UPDATE: Fighting Cancer                        |
| 69. Salina    | Dropped out of program   |
| 70. Sara      | Left due to terminal illness   |
| 71. Shanie    | Went home to be with family  |
| 72. Shannon   | Working full time in Deer Park   |
| 73. Sharon    | Mental Health Issues   |
| 74. Shelly    | Quit   |
| 75. Stephanie | In full time in-house rehab, back in addiction. UPDATE: Sober suffering from hardening of the liver. |
| 76. Stephanie | Full time employment with the Airport Food Dining Court  |
| 77. Summer    | Moved on - Married, over a year clean. Had baby girl   |
| 78. Susan     | Works at Alderwood Manor, continues to volunteer   |
| 79. Susan     | Works as a caregiver and continues to volunteer  |
| 80. Tami      | Gained employment after injury and rehab   |
| 81. Teri      | Graduated our Jobs for Life Program  |
| 82. Wendy     | Working fulltime at Providence / back in school  |
| 83. Windy     | Graduated our Jobs for Life program. Working 3/4 time at Manor Care. Rented her own apartment        |
| 84. Zelma     | Out of the program   |



**Support Christ Kitchen while supporting members  
of the community!**

Purchase a Christ Kitchen Cares card good for one boxed meal to go. These healthy, delicious meals are made with love by the women of Christ Kitchen, boxed up and ready for curbside pickup.

Give one as a thank you to a grocery or health care worker or buy a 4-pack for a family in need or anyone who just might need a little treat. \$15 each or 4 for \$50. Spread a little hope today.

Call the Kitchen and purchase Christ Kitchen Cares cards –  
509.325.4343.

**And thank you for supporting the women of Christ Kitchen.**

***Trina Hudson***

*Development and Communications Manager*



**My soul, praise the Lord and do not forget all His benefits.**

Psalm 103:2

I don't know about you, but it's so easy for me to forget. It's much easier to think about what I don't have rather than remember all I do have. That's why I love Psalm 103 verse 2. David, the psalmist, says to praise the Lord and **remember** all that He's done.

To proclaim rather than complain. What a great reminder for someone like me! And what better time for remembering the Lord's goodness than during this crisis caused by the Coronavirus. So, I want to do that now. I want to share things I'm thankful for. Things I know to be true. Things I don't want to forget. Things I want to proclaim.

*God is good. He is faithful. He is our provider. He is present. He is all powerful. He sees. He hears. He knows. He loves. He comforts. He sustains. He is our refuge. He is our redeemer. He restores our souls. He is our Good Shepherd. He is the lifter of our heads. He gives grace. He makes us new.*

I have seen all of this and more at Christ Kitchen. I see it in the lives of the women we serve. I see it in Sylvia, \* who came through our doors recently, thankful she was no longer living on the streets. A recovering addict, she now works in our kitchen with a heart transformed by the powerful love of Jesus and eyes that shine with the confident knowledge that she is a daughter of the King.

I see it in our volunteers, dear women and men who tirelessly give of themselves and their time to talk, work, laugh and love alongside the women in our program, proving to them they have value and are worth connection and care.

I see it in our donors, you who give of your treasure to equip this ministry, so that job skills are taught, and life skills are "caught" through precious conversation with staff and mentors who model Christ's love. I see it in our staff, my fellow co-workers who love and trust Jesus and help point me and others to his promises.

And so, I remember. I remember the goodness of the Lord and as my mind shifts so does my perspective. I see what I have, and my heart is full of gratitude.

So, I say thank you to you. Thank you for loving this ministry and supporting us so well. Because you care, women learn job skills and find new life in Christ. Because of you, they go from barely surviving, to thriving; to knowing they are loved, living in faith and finding employment. And I say, "Bless the Lord, O my soul!"

Respectfully,

*Trina Hudson*

\*Not her real name

**Christ Kitchen**  
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### **Board of Directors**

President: Dianah Ellis, Vice President: Fred Fleming, Treasurer: Open, Sargent at Arms: Sean Grubb,  
Board Members: Richard Lewis, Luanne Conley, Kirsten Carlile, Jan Bowes Martinez, Founder, Kim Kelly, CEO

### **Jan Bowes Martinez**

*Christ Kitchen Founder*



#### ***Pandemic Prayers***

Dear Lord, I keep praying, The whole planet? Really? The whole thing is shut down? I find myself asking, What should I do? What should we do? How do I even pray? How do we endure this strange time? Of course, of course I know the rules: stay home, wash my hands, be nice to my neighbors. But Lord, I pray, what about those that don't have the emotional resources to tide them over during this time? I am fully aware that emotional health is not about the absence of pain but rather the capacity to bear painful feelings and loss. And so, I've been praying for all the women that Christ Kitchen serves. They are new to Christ, to living free, to sisterhood. They need a daily presence of Godly friends and mentors who walk alongside them on uncertain paths, who love their wobbly selves, who correct, rebuke and encourage. But they can't be in community right now and many aren't really Zoom proficient.

Kim tells me that a limited staff is now able to come in to fulfill orders and curbside deliveries. She assures me that she's been calling the other women and some of them have been reaching out to her. Thank you, Lord! But this is a fragile time. They need consistency and fellowship. I pray they would rely on Matthew 17:21 that says we don't need to have huge faith to do the impossible, just a small bit of faith – mustard seed size - prayed to a HUGE God. Dale Bruner says that mustard seed faith is faith that's said its prayers; faith that breathes. Our faith might be small, but it's not feeble. It's alive just like a seed. Mustard seed faith is simply faith that moves you to pray to a really big God. Please, please pray with me that the Christ Kitchen women can dig into their faith, remember their lessons, and pray to their really big God.