



Newsletter

Volume 1, Issue 12

January 2009

Our Goal: To create a place where people of all ages can gather and be present with openness, freedom, love, and respect - learning from and with one another.

A letter from Jill Rowland...

Dear Partners in Ministry:

My last official day with Soul Café is December 31, 2008, and I am as confident as ever that God is at work: loving the world, transforming the world, reconciling the world, healing the world! Soul Café has always been about confessing this and participating in it boldly and imaginatively.

There is always a danger that a new ministry can be formed around the personality of the mission developer, and when the mission developer leaves, the ministry is left floundering. Thanks be to God the Mission Developer at Soul Café has *always* been God, regardless of what my official title has been! We have been Mission Explorers together in this adventure with our Mission Developer—God! You and others will continue to explore and participate in God's mission for Soul Café, and I will continue to cheer you on and hold you in my prayers constantly.

Thank you for revealing God's love to me in profound ways and for allowing me to love you. I thank you for the ways you have pointed to and participated in God's work in the world, for the ways you have invited me into this work, and for the ways you have allowed me to extend the same invitation to you.

I am blessed! We are blessed! Thanks be to God!

Rev. Dr. Jill E. Rowland

Editors Note: We appreciate the vision and dedication that Jill has shown throughout Soul Café's journey. Please contact Jill at her new e-mail address:

jill.rowland@charter.net

Soul Café

1102 12th Street
Hood River, OR 97031

Phone: (541) 386-6164

E-mail: soulcafe01@gmail.com

Website: www.soulcafe.org

(Note: You can find a calendar on our website of the activities at Soul Café)

Deborah Chenoweth,

Board Chairperson

Perry C Cole,

Manager/Volunteer Coordinator

To Be Announced

Mission Developer

Copies of the monthly newsletter are e-mailed to our list of contacts. Please let us know if you would like to be included or whether you would like your name removed. You also may request a copy be mailed to you.

COMMUNITY CENTER HOURS

Sunday 4-7:30 PM

Sunday Supper 5-6:30 PM

Sunday Discussion Group 6:30-7:30 PM

Monday 12-6 PM

Tuesday 12-6 PM

Wednesday 12-6 PM

Thursday 12-6 PM

Friday 12-9 PM

Friday Night Youth 6-9 PM

A Message from Debby Chenoweth, Board Chairperson

As we start our second year in our new space I am very excited about the coming year at Soul Café. In our first 6 months in the Heights we hosted over 1800 people, served over 450 Sunday suppers, hosted many Friday night youth evenings, Leos meetings, and several special events. We have definitely found a wonderful location to welcome people of all ages and interests to explore what it means to be a community and “feed their souls.” The space is bright and welcoming because of the wonderful painting by the Leos and other volunteers and youth who worked so hard to get us open. We have a great kitchen to serve Sunday suppers thanks to the work of Hale Construction. The meals have always been delicious thanks to all the great host organizations and individuals who provided the food.

We are very fortunate to have such great support in the community and we look forward to an even better year as we reactivate the Youth Advisory Board, add week night discussion groups, and plan for new events, activities, and spiritual exploration and worship. We want to thank Jill Rowland for her vision and hard work over the past 5 years that made Soul Café a reality. She has laid the foundation for Soul Café to become a model of a new way of defining what it means to be a “church” in the world. We are in the process of recruiting a new mission director for Soul Café to build upon the work Jill has done and to work with Perry Cole, our Café manager and volunteer coordinator. Perry has brought a new level of energy combined with excellent organizational skills to the work of Soul Café. I also want to thank the Board and all our contributors and volunteers for the donations and hundreds of hours of work contributed over the past year.



A Manager's New Year

I've not always been one to make a lot of New Year's resolutions. It seems that many of my friends that did, always somehow broke them within a few hours

or a few days...they rarely made it through the end of January. I suppose there are those of you out there, who do make resolutions, stick with it, and in the end are successful.

I've always used this time of year to reflect on the past, trying to learn from it, take a deep breath and gear up again to focus on the New Year and those things that need to be done. I try and reassess everything to bring perspective and to get back on track somehow with those things that I have maybe neglected or was unable to do for whatever reason.

As I reflect upon the past few months since August, what a blessing it has been to be here as the Manager/Volunteer Coordinator. Slowly we have seen volunteers sign up and become a real asset to the programs of the community center. Sunday Supper continues to be a success serving an average of about 30 meals each week. Having consistent hours for people to drop by and use the center's assets, be it the computers, games, conference rooms for spiritual discussion, club meetings and special get togethers is very satisfying to see. Our goal of creating a place where people of all ages and backgrounds can come and gather has truly been met. Yet, there is so much more that we need to do.

In this New Year, my goal is to have brainstorming sessions to discuss ideas, programs and events for 2009. It is my goal to see the formation of a Youth Advisory, and thus, see more structured programs and activities for our after school youth. I hope to get out in the community and tell as many people as will listen about Soul Café. It is my goal to build a local financial base of individuals who will support Soul Café's mission and programs. Really, the list could go on and on because there is so much more we can do to serve those who are looking for a safe place to gather.

With the loss of Jill Rowland as our Mission Developer, Debby Chenoweth (Board Chairperson) is busy working to find a replacement. An important part of Soul Café is the “faith based” portion of this community center.

I trust that you will find a burden for Soul Café as I have and be willing to step up and help by

praying, volunteering, donating and supporting this mission.

As I reflect on “our goal,” I truly hope that we can *“create a place where people of all ages can gather and be present with openness, freedom, love, and respect – learning from and with one another.”*

Perry Cole
Manager/Volunteer Coordinator

New Years Resolutions – How to Keep Them

Aim low. It goes without saying that most New Year's resolutions are easier announced (or written) than done — but if you set the bar too high, you're doomed from the start. Instead of a sweeping declaration like "I will lose 30 pounds by April and finally fit into that dress," target a goal that's more attainable, like losing 10 or 15 pounds.

Don't overload yourself. It's difficult enough for the average person to follow through on one ambitious New Year's resolution; why on earth would you saddle yourself with three or four? Choose the most pressing issue at hand — losing weight, finding a girlfriend, improving your relationship with your parents — and concentrate on that. Trying to do everything simultaneously practically guarantees failure across the board.

Tell everyone you know. One school of thought says New Year's resolutions are best kept to oneself, but look at it this way: the more people to whom you announce your resolution

(say, to get out of your dead-end job by spring), the more people there'll be to prod you along if you fall behind. There's no shame in seeking help if you can't accomplish your resolution on your own.

Reward yourself. Following through on a New Year's resolution is rarely easy, so a little Pavlovian conditioning goes a long way. If you've resolved to shop less, stroke yourself for not buying those shoes by springing for a steaming hot cappuccino at the mall. If you've resolved to be nicer to people, buy yourself a nice jacket after enduring that tedious cocktail party without delivering any insults.

Wait until spring. Sometimes the best way to accomplish a New Year's resolution is to make it at a time of year of your choosing, rather than the one dictated by the calendar. May 1 is a good alternate date, since the change of season will neatly coincide with the change you're hoping to accomplish in yourself.

Jam Session Planned



Do you play an instrument, like to sing or would just enjoy listening to a bunch of musicians? Then you won't want to miss the upcoming monthly jam sessions at Soul

Café. While a date has not been finalized, you will want to keep an eye on our website calendar so you won't miss this fun-filled event. If you would like to participate or know more, please contact Perry Cole either by e-mail or phone.