



Friend to Friend Newsletter

WELCOME TO AUTUMN WITH FRIEND TO FRIEND

In this, our fourth quarterly Friend to Friend (F2F) newsletter, we celebrate Fall with a harvest of creative offerings from members Lloyd B., Larry B., James Hi., Jason J., Debra K., and James K. Thank you to all of our contributors and helpers!

IT BE...

A poem by F2F Member James Hi.



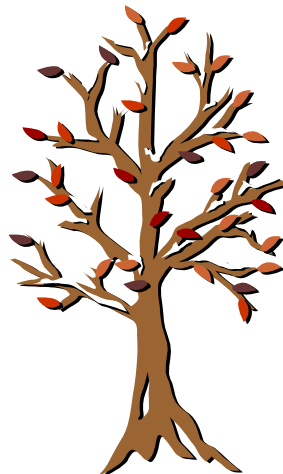
What is it that drives the things that be?
 The arrow of time flies backward.
 You see where you've been,
 But can only guess at what you'll see.
 Isn't that awkward?
 I tell you my friend,
 There's magic in the wind,
 As it generates the waves I've heard.
 The grains of sand are SO large in number,
 Yet the stars are more,
 And in the churning of the gases there is no slumber.
Love is at the heart of that which we can't understand,
 But it is everywhere,
 Even in the rattle of things we are yet to be aware.
 As you live, and as you snooze,
 When you have nothing left to give,
 You have nothing left to lose.



Pipe cleaner turkeys created in the F2F Creative Arts class

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NEW FRIEND TO FRIEND STAFF!

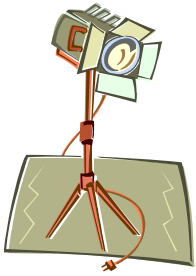


Vocational Rehabilitation Specialist:
Tawni Buck



Residential Services Case Manager:
Amber Hill

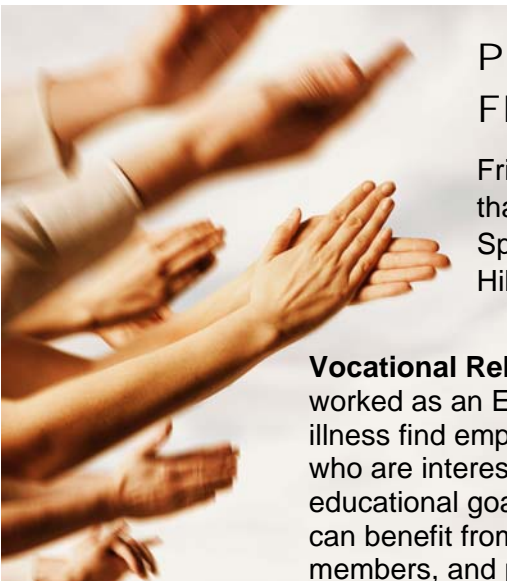
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SPOTLIGHT ON SUCCESS: LARRY B.



This fall, F2F is shining the spotlight on the recent accomplishments of member Larry B. Last year, Larry was laid off his job of four years with Pride Industries due to changes in security clearance requirements, and had trouble finding a new job in the troubled economy. He ended up losing both his apartment and his car, and had to live on the streets. All that time, he continued to job search and apply for many positions, without the results he was hoping for. In September, Larry decided to enroll in the intensive month-long employment training program at Second Chance, where he honed his job-searching and interviewing skills. He moved into temporary shelter, and cleaned up a few legal issues through the Homeless Court process. Thanks to Larry's hard work and improved skills, he has received several employment offers and will be starting a job in late November. Congratulations to Larry on his recent successes!



PLEASE WELCOME OUR NEW FRIEND TO FRIEND STAFF

Friend to Friend is excited to report that the program is now fully staffed, thanks to the arrival of two new staff members: Vocational Rehabilitation Specialist Tawni Buck and Residential Services Case Manager Amber Hill.

Vocational Rehabilitation Specialist Tawni Buck joins us from Maryland where she worked as an Employment Specialist for almost 2 years, helping people with mental illness find employment of their choice. Here at F2F Tawni will be assisting members who are interested in finding any type of employment, or who would like to pursue educational goals. She will also be developing relationships with local employers who can benefit from what our members have to offer, tracking job leads for interested members, and providing assistance in completing job applications, resume writing, mock interviewing, job coaching and other vocational services.

Residential Services Case Manager Amber Hill joins us from the YWCA Passages program, where she worked with homeless women residents. Amber is case-managing all F2F members that live in DTSH transitional housing. As the case manager, Amber meets regularly with DTSH residents to help them take advantage of the DTSH program and achieve their goals. She also serves as an invaluable liaison between Downtown Safe Haven and the Friend to Friend Program.

Please welcome Tawni and Amber, and show them why Friend to Friend is such a special place!

The Double-Whammy of Poor Nutrition and Homelessness for Friend to Friend Members

According to an article in the *Nutrition Journal*, "...a lack of certain dietary nutrients contribute to the development of mental disorders. Notably, essential vitamins, minerals, and omega-3 fatty acids are often deficient in the general population in America and other developed countries; and are exceptionally deficient in patients suffering from mental disorders."

If these key nutrients are "often" deficient in the general population and "exceptionally" deficient in people with mental illness, then we can only imagine what the situation may be among Friend to Friend members with mental illness who are *also* coping with homelessness.

For people without a home of their own, eating well can be very difficult. Financial challenges interfere with purchasing healthy fresh food, and absence of refrigeration favors canned and highly processed food. People living on the streets or in shelters are highly vulnerable to undernourishment and poor nutrition, which further complicates their mental and physical health situations.

The United States Department of Agriculture states that a "healthy diet" emphasizes fruits, vegetables, whole grains, and fat-free or low-fat dairy products; includes lean meat, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans-fats, cholesterol, salt, and added sugars. An adult should eat 2 to 3 cups of vegetables and 1 1/2 to 2 cups of fruit per day. What can you do to maximize your nutrition when resources are limited?

- Take advantage of fresh food sources whenever you can, especially fresh fruits and vegetables; even if they don't taste as good, they will nourish your mind and body far better.
- Add more canned or dried vegetables and fruits if fresh produce is not available.
- When you have a choice between a highly processed product and a similar but fresher product, such as beef jerky versus freshly prepared chicken, select the fresher product.
- Choose the better option when no fresh options are available, such as canned or dried fruit instead of fruit candy, and canned vegetables rather than no vegetables.

At Friend to Friend, members can learn about resources for obtaining more healthy and fresh food. Even under very challenging conditions, we can each choose to try to make little changes to support and improve our physical and mental health, and over the long term, a large number of small changes can make a big difference!

Sources:

"MyPyramid.gov: Steps to a Healthier You" at www.MyPyramid.gov

"Nutritional therapies for mental disorders" in the on-line January 2, 2008 *Nutrition Journal* at www.nutritionj.com/content/7/1/2



LOOK!
A poem by
F2F member James Hi.

All around, I see faces,
And all were found, in different places.
I've had much fun, and sometimes sorrow,
But I'll be basking in the sun,
...tomorrow...



NEW DAY
A poem by
F2F member Larry B.

Lost my job in a bad economy,
Plus I guess everyone was on to me,
Did online apps 'til late at night,
Only got three interviews, that ain't right,
Called my sister on the phone,
I was sad to hear she was all alone,
Sometimes I sound just like a frog,
I might be better off if I just blog,
Minimum wage and overtime,
Will keep my busy and away from crime,
All I want is a normal life,
A home, a job and of course a wife.

From a letter by F2F member Debra K.

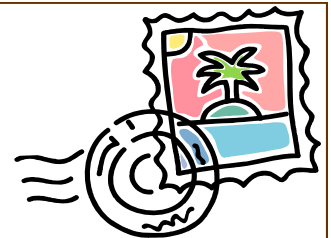
Dear Friend to Friend,

My name is Debra K. First off, I want to thank your office for recommending me for the [Downtown Safe Haven] program. For once in my life, after hard times and being put on the streets, I have been given a chance to get myself and my life out of the gutter... I feel blessed... A whole lot of people deserve a grateful thanks and your office is one, for opening the door and giving me a chance to change the road I put myself on. Thanks with all sincerity.

Yours,

Debra K.

If you want to, would you please print this in your paper.

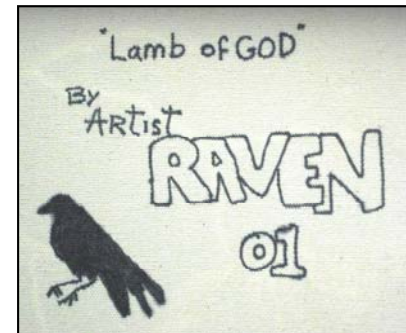


F2F member Karen “Angelo” M., also known by the artist name of “Raven,” has shared with us the painting “Lamb of God,” shown below. This dramatic oil painting was created in just 45 minutes and entered in an art show before it was even dry—and the painting won an award.

Raven aspires to become the greatest artist of the 21st Century, and is currently working on a series of nine 52-inch panels depicting Biblical themes, for a show to be titled “Come See Your Future.”



Above: F2F member Karen “Angelo” M., also know as the artist Raven



Above: photograph of the artist's signature on the back of the painting

Left: Raven's painting “Lamb of God”

F2F Members: Release your inner artist at our Creative Writing and Arts Workshop, hosted by the Creative Arts Consortium! Every other Friday, 1:00 p.m. at Friend to Friend.

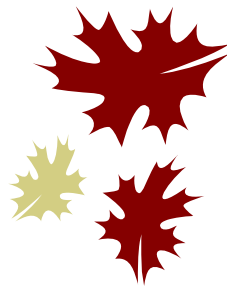


PERPETUAL QUEST

By F2F member James K.

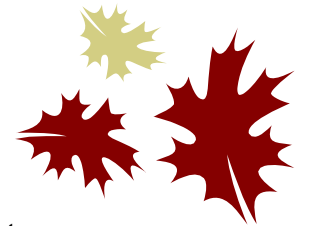
An appointment
I have, I know
An interlude with the Unknown,
We're walking hand in hand
It started out as an elusive dream
My days ending evermore quickly
My nights dawn upon the horizon
Walking along mystified
Upon a secluded seashore
Seeking higher aspiration
And tranquility of mind
Strolling this crescent beach
On a quiet late afternoon
Unanchored and set adrift
Towards the endless shores
Of eternity
Searching for a new beginning
The sound of the terrestrial ocean's
Endless beating of incessantly
Susurrating waves upon a desolate beach
A sound terrifying in its
meaningless futility,
As its alluvium
Reverberated relentlessly through
The vast emptiness of my aching soul

I had no worries, no problems
The future did not exist,
Only the timeless present
Empty ache of loneliness
Unfamiliar emotions in turmoil



Water splashing against shore
I looked about,
No one is there
Daystar descending
Fire burning
Dreams in the making
Smiling to myself,
As I remember
My predestination
A date, a date
...a surprise date
With my true destiny
Need torn between
Fear and hope,
Doubts and expectations
An empty vessel,
Looking for an awakening

Companionship and love
Unfulfilled
Still, I am searching
With wistful hopes
Of what might have been
A victim of a questing heart
And exotic dreams
In this unforgettable odyssey
With or without you,
Every night has its dawn,
And I am not alone
For, I have a date
With my future,
My destiny,
And
My fate.



—SPECIAL ADVERTISING SECTION—

Try this to relieve stress, improve memory, boost intelligence, and speed recovery: Bill Protzmann's interactive, multi-media music class! Classes are held at F2F on Wednesdays from 10 to 11 am. Refreshments will be served after class to class participants.





THE GOD OF MOSES

A scholarly article by F2F member Dr. Lloyd B.

In the third chapter of the book of Exodus, we overhear a conversation of Moses with the divine presence contained in the burning bush:

¹¹ Moses said to God, 'Who am I to go to Pharaoh and bring the Israelites out of Egypt?'

¹² 'I shall be with you,' God said, 'and this is the sign by which you will know that I was the one who sent you. After you have led the people out of Egypt, you will worship God on this mountain.'

¹³ Moses then said to God, 'Look, if I go to the Israelites and say to them, "The God of your ancestors has sent me to you," and they say to me, "What is his name?" what am I to tell them?'

¹⁴ God said to Moses, 'I am he who is.' And he said, 'This is what you are to say to the Israelites, "I am has sent me to you."'

Of central concern is the name of the deity that Moses has encountered. Moses is informed that he need not be concerned but rather inform the Israelites of the divine name. That name, Yahweh, is said to be based upon what appears to be a sacred and magical name. In Hebrew, that name is:

‘ehyeh aser ‘ehyeh

The statement is obscure and so has generated several proposals such as the one given above found in v 14.

The problem here is that interpreters have understood the verb hayah to mean “to be.”

We arrive at a better interpretation if we take the meaning of the verb to mean, “to become” rather than “to be.” This produces a less obscure interpretation:

“I become what I become”

This interpretation is supported by an Egyptian text that is quite similar in both form and content: It reads: "...when I became, the transformations became, all the metamorphoses coming to pass after I had become."

Both the Hebrew and the Egyptian formulations are based on the repetition of the verb that he means “to become.” Given Moses’ close affiliation with the Egyptians, who in fact may well have been Egyptian; we are not surprised to find here a thoroughly Egyptian concept behind this tradition about Moses.

As a matter of fact there seems to have been a significant number of Egyptians who, like Moses, adopted Yahwism. They became known as “Levites,” which means “attached.” What appears to be interesting is that Moses and the rest of the Egyptian converts did not actually adopt Hebrew Yahwism. Rather, they simply took the name and interpreted it in a distinctively Egyptian content, making this understanding of Yahweh to be equivalent to the Egyptian god, Khepera, the god of becoming.

ALL F2F MEMBERS ARE INVITED TO THE THANKSGIVING FEAST
on Friday, November 19th, 2010, between 11:00 AM and 2:00 PM.



The Friend to Friend Program

of Episcopal Community Services

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To learn more about ECS, please visit our website at www.ecscalifornia.org

Friend to Friend Welcome Statement:

Friend to Friend (F2F) welcomes all homeless, mentally ill adults of downtown San Diego who are seeking recovery through the services we provide. We are committed to providing our members with the support, resources and referrals our members request. Although our focus is working with those who are faced with mental illness, we recognize and welcome those who also struggle with alcohol and drug addiction. In order for our members to achieve the best quality of life in all areas, we strive to address all of their needs and goals. We hold the hope for our members even when they have lost hope for themselves. We believe that recovery is possible. "Once a member, always a member." No matter where our members are in their journey, we are there to support and open doors for them. The life of each person is precious and we welcome the opportunity to change and grow alongside our members. We thank you for giving Friend to Friend the opportunity to "walk with you" and provide support to you on your journey to recovery.



Drawing by F2F member Jason J.