

"Shipmates, this book, containing only four chapters-four yarns- is one of the smallest strands in the mighty cable of the Scriptures. Yet what depths of the soul Jonah's deep sealine sound! what a pregnant lesson to us is this prophet! What a noble thing is that canticle in the fish's belly! How billow-like and boisterously grand! We feel the floods surging over us.."

Herman Melville, Moby Dick

Jonah 1

"1 Now the word of the Lord came to Jonah the son of Amittai, saying, 2 'Arise, go to Nineveh, that great city, and call out against it, for their evil has come up before me.' 3 But Jonah rose to flee to Tarshish from the presence of the Lord. He went down to Joppa and found a ship going to Tarshish. So he paid the fare and went down into it, to go with them to Tarshish, away from the presence of the Lord.

4 But the Lord hurled a great wind upon the sea, and there was a mighty tempest on the sea, so that the ship threatened to break up. 5 Then the mariners were afraid, and each cried out to his god. And they hurled the cargo that was in the ship into the sea to lighten it for them. But Jonah had gone down into the inner part of the ship and had lain down and was fast asleep. 6 So the captain came and said to him, 'What do you mean, you sleeper? Arise, call out to your god! Perhaps the god will give a thought to us, that we may not perish.'

7 And they said to one another, 'Come, let us cast lots, that we may know on whose account this evil has come upon us.' So they cast lots, and the lot fell on Jonah. 8 Then they said to him, 'Tell us on whose account this evil has come upon us. What is your occupation? And where do you come from? What is your country? And of what people are you?' 9 And he said to them, 'I am a Hebrew, and I fear the Lord, the God of heaven, who made the sea and the dry land.

10 Then the men were exceedingly afraid and said to him, 'What is this that you have done!' For the men knew that he was fleeing from the presence of the Lord, because he had told them. 11 Then they said to him, 'What shall we do to you, that the sea may quiet down for us?' For the sea grew more and more tempestuous. 12 He said to them, 'Pick me up and hurl me into the sea; then the sea will quiet down for you, for I know it is because of me that this great tempest has come upon you.'

13 Nevertheless, the men rowed hard to get back to dry land, but they could not, for the sea grew more and more tempestuous against them. 14 Therefore they called out to the Lord, 'O Lord, let us not perish for this man's life, and lay not on us innocent blood, for you, O Lord, have done as it pleased you.' 15 So they picked up Jonah and hurled him into the sea, and the sea ceased from its raging. 16 Then the men feared the Lord exceedingly, and they offered a sacrifice to the Lord and made vows.

17 And the Lord appointed a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights."

"O LORD, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster."

Jonah 4:2

And should not I pity Nineveh, that great city, in which there are more than 120,000 persons who do not know their right hand from their left, and also much cattle?"

Jonah 4:11

The relentless compassion of God for a depraved city,

some desperate sailors,

and a disobedient prophet.

1) The Fleeing Prophet

1 ¶ Now the word of the LORD came to Jonah the son of Amittai, saying, 2 "Arise, go to Nineveh, that great city, and call out against it, for their evil has come up before me." 3 But Jonah rose to flee to Tarshish from the presence of the LORD.



But Jonah rose to flee to Tarshish from the presence of the LORD. He went down to Joppa and found a ship going to Tarshish.

Jonah 1:3

2) The Pursuing God

4 ¶ But the LORD hurled a great wind upon the sea, and there was a mighty tempest on the sea, so that the ship threatened to break up.

"In a real sense all life is inter-related. All men are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be... This is the inter-related structure of reality."

— Martin Luther King Jr., Letter from Birmingham Jail:

3) The Sinner Outed

7 And they said to one another, "Come, let us cast lots, that we may know on whose account this evil has come upon us." So they cast lots, and the lot fell on Jonah.

"Not only the ship, but the whole world becomes too small for Jonah... He finds no nook or corner in all of creation, not even in hell, where he might crawl in; but he must needs expose himself to the gaze of all creatures and stand before them in all his ignominy."

Martin Luther

4) The Savior Found

He said to them, "Pick me up and hurl me into the sea; then the sea will quiet down for you, for I know it is because of me that this great tempest has come upon you." Vs 12

"the men feared the LORD exceedingly, and they offered a sacrifice to the LORD and made vows." Vs 16



"BY BLOOD...ALBANIAN"

Birth in Skopje, 1910

"By blood and origin I am all Albanian. My citizenship is Indian. I am a Catholic nun. As to my calling, I belong to the whole world. As to my heart, I belong entirely to the Heart of Jesus."

And giving readers a better unuersumment of the property of th

Baltimore's poor health outcomes

disparities between the city, the state and the nation

Whether you're looking at chronic conditions, sexually transmitted diseases or other maladies, Baltimore has some of the worse health outcomes in the state and the nation.

City data shows 19 percent of Baltimore residents have asthma, while statewide it's 14 percent; 30 percent of children are obese, compared with 15 percent statewide; 30 percent of city kids have had at least two traumatic childhood experiences, versus 19 percent statewide.

About 12 percent of city babies have low birth weight, compared with the national average of 6 percent. A quarter of Baltimore residents smoke, while 17 percent of U.S. residents do.

Health officials consider race a driver of many of the disparities in Baltimore, which is 62 percent African-American, compared with 30 percent in Maryland and about 13

percent nationally.

The U.S. Centers for Disease Control and Prevention found that this is the case in many urban areas. A recent survey found more barriers to health care and greater risk of disease for residents who live in predominantly minority neighborhoods when compared to the rest of their counties or states.

Poverty is a big factor, but middle-class African-Americans also suffer higher rates of disease.

A comparison of disease rates of Baltimore's black population and the nation as a whole by Johns Hopkins researchers in 2010 found stark disparities: Black infants in Baltimore died at more than twice the national rate, and so did black diabetics. Black Baltimore residents were diagnosed with HIV at a rate 71/2 times the national rate.

Baltimore City statistics also show that blacks are far more likely than white residents to be hospitalized for several chronic diseases and drug or alcohol use, have higher rates of sexually transmitted diseases and report that their mental health

is not good.

Data collected by the Big Cities Health Coalition from more than a dozen large metropolitan areas shows Baltimore in the bottom three for many health outcomes by

The themes in all the cities are the same, however, said Dr. LaMar Hasbrouck, executive director of the National Association of County and City Health Officials, which developed the Big Cities forum. All need more attention and resources paid to rooting out the causes.

"Every large city has pockets where there are going to be marked disparities by race and ethnicity," Hasbrouck said.

"They will also be marked disparities by income. We understand this isn't happenstance. The drivers are historical things, the way we've structured systems and policies that perpetuated or created the disparities."

All city agencies need to promote change, he said, and indeed that is what the Baltimore City Health Department calls for in a new blueprint to reduce disparities by half in the next decade.

- Meredith Cohn



