

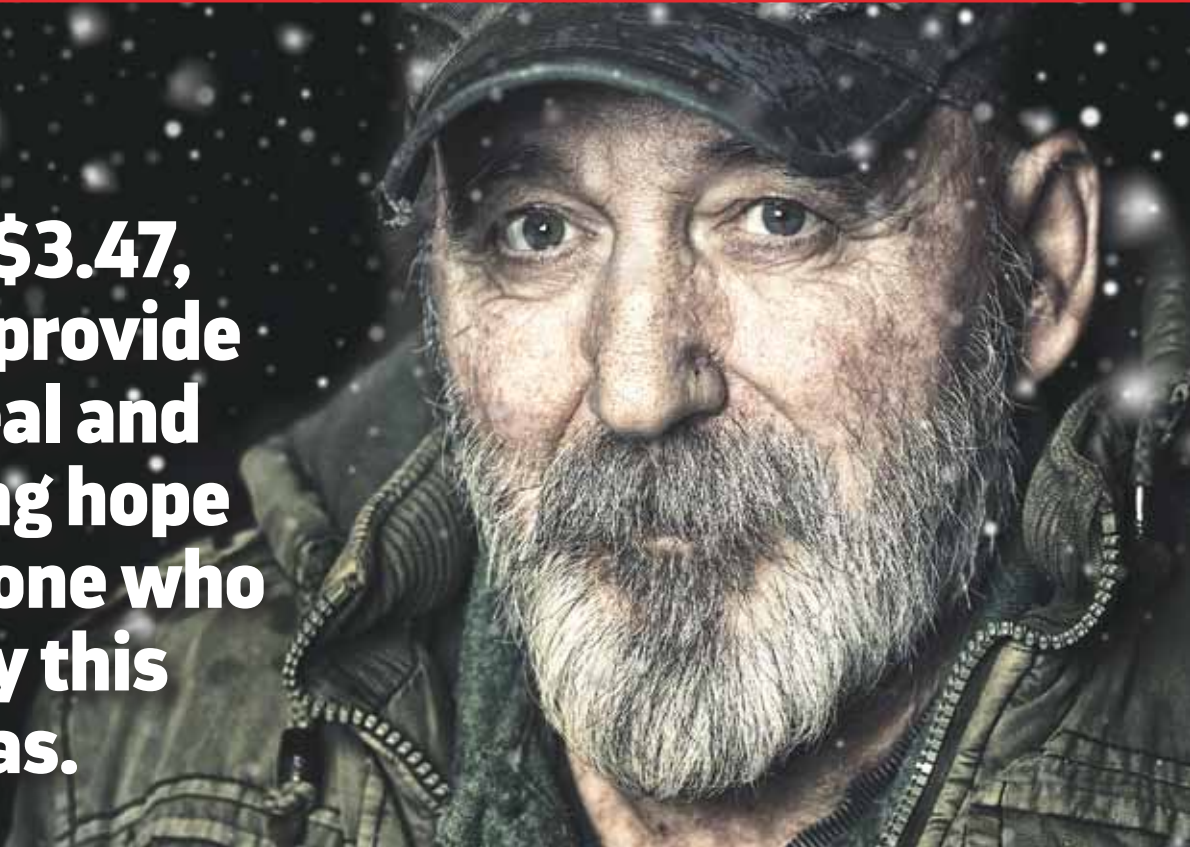
 *You Give the Gift of Hope*

**...AND CHANGE
LIVES EVERY DAY** 

AT CHRISTMAS



**For just \$3.47,
you can provide
a hot meal and
help bring hope
to someone who
is hungry this
Christmas.**



Hot meals. Warm beds. Vital services.
Your gift provides all this and more to Ottawa's
most vulnerable people.



46 Daly Avenue,
Ottawa, ON K1N 6E4
613-234-1155
ottawamission.com

Please give today.

Lift up your eyes and look to the heavens: Who created all these? He who brings out the starry host one by one and calls forth each of them by name.

Isaiah 40:26

**CHAMPIONS OF
HOPE**

**LEARN ABOUT
BECOMING A
MONTHLY DONOR**

To find out about becoming a monthly donor

– a Champion of Hope –

please call 613-234-1155, or email foundation@ottawamission.com

FEELING INVISIBLE AT CHRISTMAS? LOOK TO THE STARS.

“I’m used to being invisible” are words I recently heard while serving at The Ottawa Mission. In her voice you could hear the years of pain and rejection. I served her juice, which seemed somehow insufficient, and while I didn’t get her name, I know someone who already knows it, Jesus.



Christmas can be a difficult time of year for people who are homeless and spending time at the shelter, but your generosity allows us to continue operating year round. With every bed that’s made, every meal served, every course taught and every health checkup offered, we are saying to those we serve that you are known, you are loved, and that Jesus knows your name as he does every star in the sky.

Out of those very same evening stars also came an angel proclaiming: “Do not be afraid. I bring you good news that will cause great joy for all the people” (Luke 2:10). This is the Christmas message, great joy for all people, including those we serve at The Mission.

In this newsletter, you will read the amazing stories of Dylan, Paul, Barry, and Greggory. Their lives have been transformed, with The Mission as a catalyst for those changes, and they are in places this Christmas that they never dreamed possible. But for every success story, we have dozens of other people who desperately just want to be seen and to be known, especially at Christmas time. At The Mission we make every effort to fill this season with hope – with extra programming, chapel services, and special gifts on Christmas morning.

But none of that can be done without the dedication of our staff combined with the generosity of our volunteers and donors. So, from the bottom of our hearts this Christmas season, and on behalf of all of the Board Members at The Mission and The Foundation, we say thank you.

A handwritten signature in black ink that reads "Matt Triemstra".

Matt Triemstra

PRESIDENT, BOARD OF DIRECTORS
THE OTTAWA MISSION

Dylan's Inspirational Journey



At 26, Dylan has had a lot of pain and hardship in his life. But, in recent years, he has also accomplished more than he ever dreamed possible! And he credits The Ottawa Mission for giving him life-changing support and inspiration when he needed it most.

Dylan fell into a life of alcohol and drugs when he was very young. Then he found himself involved in a situation that threatened to destroy any chance for him to succeed in life. He had to spend time in jail, and his sense of guilt and remorse was overwhelming. He was just 18.

It was during this time that Dylan's path towards redemption and hope began - with the ongoing love and support of his family. He studied hard and achieved his high school diploma (he had only been in school up to grade 7). He also worked in the kitchen - where he felt peaceful and productive. When he was released, a vocational counsellor suggested he look into The Mission's Food Services Training Program (FSTP). The rest, as they say, is history.

In the FSTP, Dylan not only embraced the hard work and long hours, but he also felt part of something special at The Mission. He looked around him at people who were homeless and hurting and felt nothing but compassion. And, for the first time in his life, he didn't feel judged - his healing had truly begun.

After graduating from the FSTP in 2016, Dylan enrolled in Algonquin College's Culinary Management Program which he completed 2 years later on the Dean's List and Honour Roll! Dylan had no doubt where he wanted to put his education to work and, as chance would have it, there was an opening in the kitchen at The Mission. He will soon be celebrating 7 months on the job.

This Christmas will be special for Dylan as he reflects on the past few years with great gratitude for The Mission, and for your support. It's been a remarkable journey for a remarkable young man.



FSTP – FAST FACTS

For men and women looking to change their lives, a team of 3 staff delivers a five-month job training program to teach the skills necessary to work in a commercial kitchen.

- **149** people have graduated since 2004.
- Last year there were **25** graduates.
- **95%** of graduates were employed at the end of the program.



REMAX HALLMARK REALTY GROUP – A DEDICATED PARTNER ALL YEAR LONG

Since 2004, groups of more than 20 realtors from the REMAX Hallmark Realty Group have volunteered at The Ottawa Mission at the beginning of the Easter, Thanksgiving and Christmas seasons to serve special sit-down meals to our clients. These meals are also funded by their owners – Ken McLachlan, Debra Bain and Steve Tabrizi. As Ken says, “We are proud of the service we provide to our city’s most vulnerable people. We try to reflect that we are not just bystanders in our community, and we are constantly looking for ways to give back”.

Over their 15 years of service at The Mission, REMAX Hallmark Realty has grown to be a very significant lifeline for many people in our community who are hungry and have nowhere else to turn. So far they have provided over 21,000 meals! That’s an incredible amount of kindness and generosity. This means so much to so many, particularly during the upcoming holiday season which is especially challenging for those we serve who are without family and friends. We are so thankful for their support.

There is no time like today to participate as a sit-down meal partner at The Mission. In recent months, we have seen the sudden closure of other community meal programs, and food banks across the city are struggling. In April 2019, the daily number of meals served at The Mission jumped to 1,468 – that’s an increase of 11.6% over last year. This trend has continued over recent months and makes our sponsored meals increasingly important – especially as food costs continue to rise dramatically.

To learn more about how your corporate or community team can participate in our sponsored meal program, please call Erin Helmer at 613-234-1155 ext. 424.



INTERESTED IN VOLUNTEERING?

At The Mission, we also have many volunteer opportunities beyond those for corporate or community teams. If you are an interested in volunteering as an individual or family, visit www.ottawamission.com/volunteer, or join us at one of our upcoming volunteer orientation sessions to get started – December 9th or January 13th at 6 p.m. in the shelter dining room.

Paul Has the Gift of Hope this Christmas



Paul is a man who wears his heart on his sleeve. And, thanks to you, it's a heart filled with hope as Christmas approaches.

Paul is from Carleton Place where he spent his childhood with seven siblings. His father passed away when he was just 6, and Paul's sense of loss was intense. He began working as a farmhand for a neighbour when he was only 12, and that's about the time that his addiction to alcohol began.

Paul fought his addiction for many years, but he always worked - as a specialist Glazier Mechanic in the construction industry, and also as a musician. As time went by, he found himself struggling harder to overcome his addiction. Finally, in his late 50's Paul summoned the strength to change his life for the better.

When he came to The Ottawa Mission in 2018, Paul embraced all of the help that was available to him. He entered our Stabilization program to get ready for long term treatment. Then it was on to LifeHouse, our residential trauma and addiction program. At LifeHouse, Paul experienced what he calls "the warmth, compassion and safety that helped me break down the walls of my addiction." From there, he went on to live in one of The Mission's Second Stage homes in the community, where LifeHouse graduates live together and re-connect with the basics of cooking and cleaning for themselves and others, and prepare to move towards a healthy and productive life.

Paul has since moved into his own apartment with the help of our housing staff, and he remains close to his friends from Second Stage, and to his extended family at The Mission. While he continues his recovery, his gratitude for his second chance at life is huge, and he knows he owes it all to you, because you gave him the support he needed that has changed his life.



ADDICTION & TRAUMA PROGRAMS AT A GLANCE

Day Program: Weekday group sessions, individual counselling & referrals.

Hope Program: 12 bed harm reduction program, individual counselling & referrals.

Stabilization: Abstinence-based residential program prior to entering long-term treatment.

LifeHouse: 5-month intensive residential treatment program.

Second Stage: Transitional housing for up to 1 year for LifeHouse graduates.

Aftercare: Individual and group counselling for up to 2 years following treatment.

The Blue Door Gala – What a Night!



We'd like to extend our heartfelt thanks to the over 500 people who attended our sold-out **3rd Annual Blue Door Gala on November 14th**. A very special thank-you goes out to our amazing event Co-chairs Lawrence Greenspon, Sheila Whyte and Chef Michael Moffatt. A big thank-you as well to all of our sponsors without whom the event would not have been possible. Please visit our website at ottawamission.com/bluedoorgala for a complete listing.

Events like this not only raise much needed funds for life-changing programs at The Ottawa Mission, but also provide the opportunity for our supporters to get to know one another, and to learn more about the ongoing issues impacting homeless people in our community.

coldest *night O F T H E Y E A R

**IT'S COLD OUT THERE
– ARE YOU READY TO WALK
AND RAISE FUNDS FOR THE
HOMELESS?**

Coldest Night of the Year is a family-friendly walking fundraiser for the homeless. As a participant, you or your team (family, work, church or school) will experience a hint of the challenges faced by people who are homeless in the winter while raising money for people in need in our community.

Join us on **Saturday, February 22, 2020** and walk 2k, 5k or 10k to support The Ottawa Mission. Individuals and teams are welcome.

For more information, visit cnoy.org/ottawamission or contact Jennifer Graves at jgraves@ottawamission.com, or 613-234-1155.



JOIN OUR YOUNG PROFESSIONALS NETWORK TODAY!

The Ottawa Mission Foundation's Young Professionals Network (YPN) is for those looking to expand their professional network while making a tangible impact on the life-changing work of The Ottawa Mission.

For more information on becoming a member of the YPN, please visit OttawaMission.com/ypnonamission or contact Jennifer Graves at 613-234-1155 or jgraves@ottawamission.com

Barry's Stepping Stones to Success



We first told Barry's story in 2017 when he came to us looking for help. After 14 years working as a window installer, the company closed its doors. Then he had some serious medical problems that left him unable to work. For the first time in his life, Barry found himself needing social assistance to make ends meet. As time went by, Barry's health improved, but he couldn't find work – mostly because he wasn't sure how to do a good job search. And he hadn't been to school in a long time!

The Mission's Client Services Centre provides a variety of support to people who are struggling – among them education and training opportunities at our Stepping Stones Learning Centre (SSLC). Staff in Client Services and SSLC helped Barry in many ways - building a solid resume, providing training in computer basics, and giving him hands-on assistance with his job search. Barry found a job. In fact, he found more than one, but continued to enjoy his visits to the classroom and all that he was learning. It was time for a new challenge!

Even though Barry did not initially indicate earning a high school diploma as one of his goals, his comfort in the classroom and his newfound confidence led him to revisit the idea. We ordered his transcript and soon found out that he had only one high school credit to go before achieving his diploma. In January 2018, Barry registered for ENG4E, a Grade 12 English course that would complete his credits.

Barry worked hard with our teacher at SSLC, and on June 13, 2019, in front of his son and daughter (see photo), friends, and proud Mission staff, he walked across the Ottawa Carleton District School Board's Continuing Education stage to receive his high school diploma. At 58, Barry has achieved a major milestone in his life that he never imagined was possible, and his future looks brighter than ever.



STEPPING STONES LEARNING CENTRE FAST FACTS

Students Last Year: **82**

Education Services:

- Basic literacy
- Computer training
- Job searching assistance
- High school credit course support
- Post-secondary program referrals
- French Club
- Creative arts

Greggory is Home for the Holidays!



Greggory stayed with us at The Ottawa Mission over last Christmas, and although no-one wants to spend the holiday season in a shelter, he was very grateful for all that was done by staff and volunteers to make things as special as possible for those who had nowhere else to go. He talks about the backpacks filled with donated items like socks and treats and Tim's cards that were placed by each bed on Christmas morning, the church group that came in to sing carols in the Chapel, and of course, the fabulous turkey dinner with all the trimmings. He says it was a very peaceful time.

Beyond this, Greggory is also grateful for the unqualified support he has received at The Mission this past year that is allowing him to move on to a better life. He has become a devoted attendee of our Day Program, where group sessions and personal counselling are available, and credits the positive reinforcement he has received all along the way with helping him maintain his sobriety for close to a year now!

Today, not only is Greggory working part-time, but, with the help of our housing support team, he has found a safe and affordable place to call home in time for Christmas.

Greggory still intends to continue to visit The Mission regularly to attend Day Program, and says he wouldn't miss the Christmas dinner! He knows that he owes so much of what he has accomplished to people like you who support the work of The Mission, and to you he would like to say, "Thank you so much for helping me change my life – God bless you!"



For only \$3.47 you can provide a special meal at our Christmas dinner on December 22nd and help bring hope to someone in need.

Please give today.

To make a donation visit ottawamission.com

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LIFE CHANGING