

Update



35 Waller St. Ottawa, Ontario K1N 7G4 / Tel. 613-234-1144 / Fax. 613-234-2813 www.ottawamission.com Christmas 2010

THE *Gift* IS IN THE GIVING

This Christmas, The Ottawa Mission will serve over 2,500 meals to men, women and children in need.



For only **\$2.97**, you can give the gift of a delicious meal to someone who is homeless and hungry over the holidays.

Please give today.

Knowing that we can count on your gift allows us to meet this great need in our community. Thank you for generously giving the gift of a meal this Christmas season.

Every year more and more lost and lonely people are given Christmas dinner at The Ottawa Mission.

Your generosity ensures that this growing need is met. Thank you!



67,138
meals were
needed during the
Christmas season
in 2008



69,024
meals were
needed during the
Christmas season
in 2009



88,000
meals will be
needed during the
Christmas season
in 2010

COOKING UP A NEW CAREER

Your generous gifts
help our clients craft a
recipe for success



Post-Graduation Smiles: Tyrone, Dan, Barbara, Desrick and Shane in The Ottawa Mission kitchen (Photo Credit: Ross Pryde)

Six months ago, five individuals stepped into the busy kitchen at The Ottawa Mission with nervous expectation. Today, after completing the Food Services Training Program, they make their way through this large space with confidence and ease.

Under the direction of Chef Ric Watson, Manager of Food Services at The Ottawa Mission, each student successfully completed the 24 week course. This included 420 hours in the kitchen, the classroom and at a placement.

Chef Ric has been a great advocate and a constant source of encouragement for his students. At the most recent graduation

ceremony he noted that the five individuals were amongst the most successful chefs the program had ever seen in its six-year existence. "They are the proof that these programs work," he said.

The experiences and challenges faced by each of these individuals is unique, yet they now have shared success in the kitchen.

Dan, one of the graduates, spoke of the support he received from the staff at The Ottawa Mission and of his excitement for a new career. "I have always envied people who enjoy what they do for a living," he said. "Now, I am one of them."

Thanks to your donations,
Dan and others like him
now have

A PLACE TO CALL HOME

At the age of thirty-eight, Dan found himself without a home for the first time in his life. Struggling with an addiction, chronic depression and social anxiety disorder his thoughts of the future were filled with hopelessness and despair.

"I had the good fortune of choosing to seek help at The Ottawa Mission," Dan says. "Since the first day I walked in, I have benefited from so many of the services there."

Dan was first accepted to The Ottawa Mission's LifeHouse Addiction Treatment Program. While he was learning the necessary skills to lead a clean and sober life, he also received help from The Ottawa Mission's Primary Care Medical Clinic and Dental Clinic.

After successfully completing the five-month LifeHouse program, Dan was able to move into Second Stage Housing, where men are able to live and support each other as they continue to make positive changes in their lives.

Completing The Ottawa Mission's Food Services Training Program has also been another huge step in his journey.

"I have regained confidence in myself," said Dan. "I feel inspired and motivated to pursue a career as a chef."

Now in his third year of recovery, Dan has once again found a place he can call home. He is now living in a subsidized one-bedroom apartment through new housing programs at The Ottawa Mission.

"Occasionally it hits me while I am walking around my new home," Dan says. "It stops me in my tracks when I am reminded of how much help and support I have received from The Ottawa Mission over the past two years."



Home Sweet Home: Dan relaxes on the couch he bought for his apartment

NEW BEGINNINGS

Your support is lifeline to individuals struggling with addiction through the Day and Evening Programs

Shannon's addictions to drugs and alcohol meant that he did not see his daughter Savannah very often. Yet the few times he did, he can vividly remember how painful these visits were. Savannah would pretend she didn't know him.

Being treated as a stranger by his own daughter played a huge part in Shannon's decision to come to The Ottawa Mission for help in the spring of 2008.

"Asking for help was hard," says Shannon. "My pride [had gotten] in the way in the past. But asking for help is what has brought me to where I am today."

Shannon has been attending The Ottawa Mission's Day and Evening Programs on a regular basis ever since - some weeks he attends every day. And he is not alone. Generally, there are 20 to 25 people who attend these drop-in programs. They are held in The Ottawa Mission Chapel and are open to men and women who are dealing with addiction and who are contemplating treatment.

During the 90-minute meetings, an addiction counsellor leads the group through a discussion that hopes to give each individual the strength and courage to pursue treatment.

For Shannon, the group sessions have brought him a greater understanding about how to live, how to treat people and how to treat himself.

Shannon has been drug and alcohol free for more than two years and now has a wonderful

relationship with his daughter. He and Savannah see each other every day.

"I never really had empathy for anyone before," says Shannon. "But since my sobriety and the Day Program, I've learned about empathy and that's one of the things I'm really grateful for."



A Beautiful Day: Shannon and Savannah having fun at the park



Turning the Page: Marianna Proskos, The Ottawa Mission's Education and Training Coordinator, assists Charles as he prepares for his next assignment

STEPPING UP

Courageous clients hit the books at Stepping Stones Learning Centre

Five months ago, Charles became a part of Stepping Stones Learning Center at The Ottawa Mission. He had not been to school for over thirty years. So taking on the challenge of learning once again took great courage. Yet with faith in God and the support of staff at The Ottawa Mission, the path of his life has been transformed. "It is a very humbling experience to get to know these people," Charles wrote of The Mission staff in a recent school essay. "There is much more behind the scenes that goes on." He has submitted an application to Algonquin College and hopes to enter their social work program: a true testament to his belief in the transformative power of the services he himself received.

Your gifts create
Amazing Results!

28 students are enrolled right now in Stepping Stones Learning Centre

56 students have graduated from the Food Services Training Program since it began

214 men sleep at The Ottawa Mission every night

480 clients visit the Day & Evening addiction treatment programs each month

1,221 patients visit the dental clinic in one year

2,500 hours of time are donated by volunteers each month



Faith in Focus

A Legacy of Hope

Rev. Laird Eddy Executive Director, The Ottawa Mission Foundation

Normally when we speak about leaving a legacy, we think about the things that people will remember about us. In our job for example, we will sometimes think about the contributions we have made and how those contributions made a lasting difference in the lives of the people around us.

Sometimes fundraisers will speak about a legacy gift, which is a gift that continues to make a positive impact long after the original gift has been made. In whatever way it happens we all touch people's lives in different ways and leave a legacy by the contributions we make.

Where The Mission is concerned, our legacy is one of hope. Together, we as donors and volunteers create possibilities for people to turn their lives

around. By doing this we leave a lasting legacy of hope.

During this Christmas season, we celebrate the greatest legacy gifts ever given. Through the birth of our Lord, we have received the lasting gifts of grace and hope. And these gifts were freely given to us by God. In this same spirit of Christmas we know that you have given your gifts freely to help change the lives of those who are hungry and homeless. We take a special moment to thank you and we want you to know that you have left a special legacy of hope for many who are in need.

May you have a blessed Christmas!

Rev Laird Eddy

Gifts OF HOPE

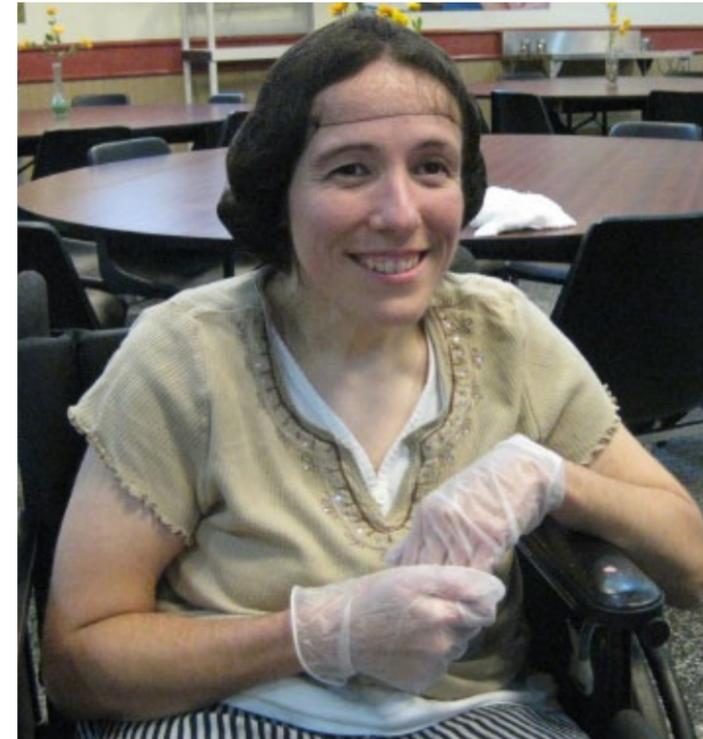
The cold of the winter months only increases the needs of homeless men and women in our community. You can be a part of meeting these needs. Each of your gifts will bring much-needed hope into the lives of those who are hurting. Here are a few things that will be at the top of many wish lists this Christmas:

- Gently used men's winter coats and boots
- New men's undershirts
- New men's underwear
- New winter hats, gloves and wool socks
- Shoe laces

Volunteer Corner

Giving the Gift of Time

Passionate volunteers of all abilities ensure that each week we effectively serve those in need in our community



Ready for Action: Natalie is all smiles as she begins her shift

When Natalie rolls into The Ottawa Mission, she is always eager to help. Having been a volunteer for over two years, she is well-acquainted with her task of assisting with kitchen prep work such as filling condiment cups, cutting bagels and chopping vegetables. "Natalie is such a warm and kind-hearted person," said Volunteer Services Manager, Meghan Adams. "The Ottawa Mission is blessed to receive the gift of her time." Individuals of all skills and abilities contribute in unique and important ways to the work being done on behalf of the homeless and those at risk of being homeless. The Ottawa Mission is not only a place that serves everyone, but also a place that allows everyone to serve.

"The Ottawa Mission is blessed to receive the gift of her time."



The Ottawa Mission reflects Jesus' love in serving the homeless, the hungry and the lost by providing food, shelter, clothing and skills and offers faith and hope for building a wholesome future.

35 Waller St. Ottawa ON K1N 7G4
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Programs and Services

- Chaplaincy support
- Computer lab
- Dental services
- Emergency food, shelter & clothing
- Employment, education and housing services
- Day, evening and residential addiction treatment programs
- Hospice
- Primary care medical clinic

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From The Director's Desk...

Another Reason to Celebrate

Diane Morrison Executive Director, The Ottawa Mission

Dear friends,

This Christmas, I would like to share with you the true story of a man who, despite having struggled with addictions for most of his life, today has a future. With God, The Ottawa Mission and your help, this man has a very bright future.

I have known Brian for over ten years. He is a quiet, decent man with whom I regularly exchanged greetings in the lounge of The Mission. Sometimes Brian could work, sometimes he couldn't. He used alcohol as a way to forget and as a result had lost everything: his job, his home and his family. It hurt. He often prayed to God, asking Him to help to "get out of this pain."

Morning after morning, Brian sat at The Mission and ignored the staff's daily invitation to the Day Addictions Program. Forgetting seemed to be the better choice. But on April 2, 2008, instead of looking for a drink, he entered the addictions recovery program. He knew that the road ahead would be difficult, but he understood that if he ever wanted to reconnect with his family, particularly his daughter – he would have to have the courage to face his drinking.

It took hard work, and Brian struggled to rid his life of the many issues that had caused him so much pain for so long. But he persevered and in September of 2008, Brian graduated from The Ottawa Mission's LifeHouse Program. He then spent a year in Second Stage Housing and this year, he has a home of his own – his very own apartment – and a part-time job.

This fall, a very excited Brian came into my office to tell me that after twenty years, he has been in contact with his daughter and that he now has a grandson. Although he knows that it will take time, Brian has new hope for healing in his relationships with his family.

Recently Brian shared these words with me, "I have an apartment, I have a life again and it's going to be a beautiful day!"

A blessed Christmas to all those who help to make beautiful days for people who need another chance. You make a difference! Thank you!

Your friend,

Diane Morrison

GIVE THE GIFT OF A
Christmas
DINNER

For only \$2.97, you can give someone in need a delicious meal. Please give today.

