

More than a shelter
Update



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*The Maria's In Our
Community Need You!*

In tough times, job skills are vital. Without an education or a job, Maria says her future stretched out "like a dark tunnel." Then she graduated from The Ottawa Mission's Food Services Training Program. "Now I have the confidence I need to get my life back on track," she says.

**The Ottawa Mission
gives people like
Maria a second
chance to have a
better life.**

You Can Help!

Education is the gift that
never stops giving!

Give Today . Change Tomorrow

Maria and her daughter Crystel embrace on Maria's graduation day.
Read more about Maria on pg. 7

Fast Fact: 80% of graduates from The Ottawa Mission's Food Services Training program have found jobs!

From The Director's Desk...

Making The Cut

by Diane Morrison, Executive Director

As I was walking through the dining room last Tuesday, an older man named David grabbed my hand. "Look!" he exclaimed. "I was reading this book called *Our Daily Bread* and it says that in Jesus' time, the brightest and best boys were chosen to follow the local rabbi. Those who didn't make the cut became the fishermen, the shepherds and the carpenters."

David went on to say that he wasn't very smart in school and that he was a failure in the military and in many of his jobs.

In fact, he believed that there was no place in this world for someone as unskilled as him. Then he read the story about Jesus choosing the people the local rabbi had rejected.

David was amazed that Jesus made disciples of the carpenters, the shepherds and the fishermen, people who hadn't "made the cut."

Everyday at *The Ottawa Mission*, we work with people like David who feel that they didn't make the cut in our society because of life choices, health issues or addictions. Together, we help restore their self-esteem, develop their life skills and encourage them to have faith in God and in their future.

We reassure people like David that they are never cut off from God's love. In the words of the apostle Paul: "Nothing can separate us from the love of God through Jesus Christ our Lord." Thanks be to God!



Executive Director Diane Morrison and Laird Eddy, Director of Mission Services share a laugh with Richard who enjoys a warm meal.

Kelvin Served Our Country.

Now, he's a LifeHouse grad, too.

Kelvin has a lot to be proud of, including a twenty-year career with the Canadian Forces, medals for bravery, and three beautiful children. Now he can add another success to his list -overcoming an addiction.

Kelvin recently graduated from LifeHouse, *The Ottawa Mission's* five-month residential addiction treatment program.

"Kal has had the courage to go into military battles and he has the courage to wrestle with his addiction to alcohol" says Sheila, Kelvin's primary LifeHouse counsellor.

"I am very happy for Kelvin and I can't tell you what a privilege it has been to be a witness to this man's courage."

"I am very happy for Kelvin and I can't tell you what a privilege it has been to be a witness to this man's courage."

-Sheila, addictions counsellor

During his graduation ceremony, Kelvin talked about how challenging the LifeHouse program was.

"I felt afraid and lost going into LifeHouse. The program was difficult and intense. But you gave me the tools I now use in my daily life...LifeHouse is just that -a house that has helped me put my life back on track. Saying thank-you is an understatement for what you have helped me accomplish."



'You have changed my life for the better. I feel that saying thank-you is an understatement for what you have helped me accomplish.'
-Kelvin (above) holding his grad. certificate



"For several years, I attempted to manage my addiction on my own, but I couldn't do it. LifeHouse has helped me get a handle on my addiction. Graduation is an important day for me. I know that I'm on the right path now."

Peter, A LifeHouse graduate and resident at The Ottawa Mission's Second-Stage House

Your support gives people like Peter and Kelvin a second chance. Thank-you

The Ottawa Mission

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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.

Programs and Services

- Emergency Food, Shelter, Clothing
- Day, Evening and Residential Addiction Treatment programs
- Employment, Education and Housing Services
- Primary Care Medical Clinic
- Dental Services
- Computer Lab
- Chaplaincy Support
- Hospice

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Record Numbers Expected For Thanksgiving



Sharing friendship at a holiday meal!



Dad's food always tastes better!

What do 2000 pounds of oven roast turkey, 600 pounds of baked ham, 400 pounds of mashed potatoes, 350 pounds of carrots, and 225 apple pies add up to? Thanksgiving dinner at The Ottawa Mission!

Each year, more and more people in need are attending holiday meals at *The Ottawa Mission*. And the demographics are changing. People on the far ends of the age spectrum -seniors and children- are relying on meals.

Gwen is one of the seniors who attends holiday meals.

"I wouldn't miss these special dinners for the world," says Gwen. "I look forward to these dinners all year around.. It's nice having some place to go."

Gwen is in her sixties, uses a wheelchair and has relied on the shelter system's food services ever since she left an abusive relationship a year ago.

"I want to cry every day, but I just try to carry on as best I can. At least I have places like this (*The Ottawa Mission*) to come to where people care."

Over 2500 people like Gwen will attend *The Ottawa Mission's* Thanksgiving dinner. "Some of the people who will be dining with us are leaving troubled relationships. Others have mental health and addiction issues. Most are lonely and want to enjoy dinner with friends" says Diane Morrison, *The Ottawa Mission's* Executive Director. "With enough support, we will be able to make thanksgiving special for everyone who comes through our doors."

More Families Lean On The Ottawa Mission



Why not start with the pie and sour cream?



More seniors are enjoying holiday meals.

James'* favourite part of Easter dinner was the pie, or more precisely, the whipping cream. (In the adjacent photo, he's enjoying the sour cream too!)

James' family is just one of a growing number of families who are leaning on *The Ottawa Mission* in these challenging financial times.

"We're seeing more children, more families," says *The Ottawa Mission's* Executive Director Diane Morrison. "We're seeing the effects of the downturn. Families can't afford dinner out anymore."

Sadly, there are many families like James.' Families with young children are among the fastest

growing population of homeless people in Canada. Ottawa is no exception.

According to the Ottawa-based advocacy group, *The Alliance To End Homelessness*, 2008 saw a 15.2% increase in the number of families using the shelter system. The high cost and low availability of housing is a contributing factor to the growing number of families in need.

CMHC (Canada Mortgage and Housing Corporation), reports that rent for a two-bedroom apartment in Ottawa costs an average of \$995 per month.

"Being able to provide supportive housing to people in need is a dream of ours," says Diane Morrison. "Nothing is more important than feeding and housing those in need. We are committed to supporting families like James."

*name has been changed

How the plates have stacked up since 2000...

15,207 meals served each month in 2000

18,945 meals served each month in 2002

25,890 meals served each month in 2004

29,865 meals served each month in 2006

38,434 meals served each month in 2008



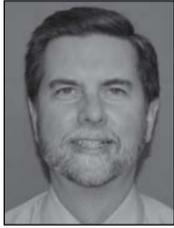
Thanks For Your Support!

"For I was hungry and you gave me something to eat..."

-Matthew 25:35

For just \$2.29 you can give someone in need the gift of a

Thanksgiving meal!



Faith In Focus: Feed My Sheep!

Rev. Laird Eddy, Director Of Mission Services

“Jesus said to Simon Peter, ‘Simon son of John, do you love me?’ ‘Yes Lord,’ he answered, ‘you know that I love you.’ Jesus said to him, ‘Feed my sheep.’” (Jn 21:16)

In the other articles in this newsletter, you have read how our programs work together to ensure that people are fed, clothed, sheltered and cared for. We know from the above words of scripture that there is a different kind of feeding that is also needed. A feeding of the soul.

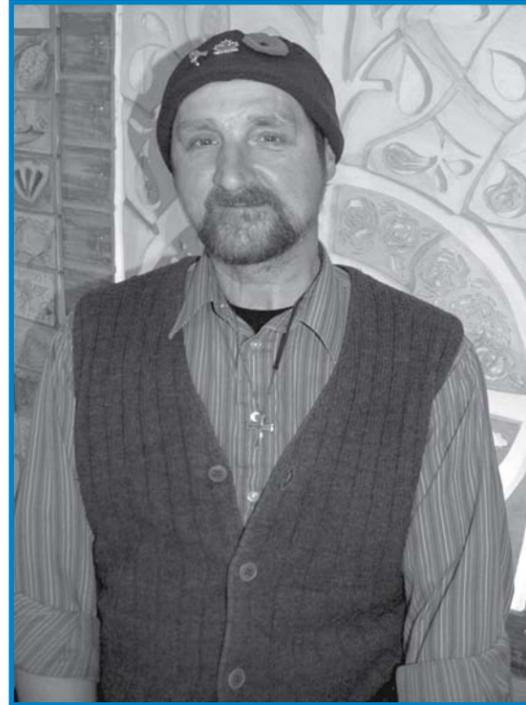
Our chaplaincy department at *The Ottawa Mission* works hard to extend an invitation to the table of the soul offered by God, through faith. When times are good, we sometimes tend to undervalue the feeding of our souls, but when times

turn hard this becomes the most important food of all.

At *The Ottawa Mission* we recognize that food for the soul is every bit as important as the other services we provide and we extend the invitation of faith and hope to those who are hungry every day. You help us to do this by keeping our guests in your prayers.

Together, with prayer and through the ministry of our other programs we can continue in every way to answer the call to “feed my sheep.”

Thank you for your generosity. Your gifts enable us to “feed Christ’s sheep.”



‘I go to chapel every day. Then I pray for people staying in the shelter, family, friends...even people I don’t know.’

-Since this photo was taken, *The Ottawa Mission* has helped Patrick regain his health and live independently.

Mother and Daughter Celebrate Success

Like a light at the end of the tunnel. That’s how Maria describes what *The Ottawa Mission’s* Food Services Training program has meant in her life.

Before enrolling in the program, Maria’s life was on a downward spiral. “It felt like I was climbing uphill in the dark,” she says. “But now I have the confidence I need to get my life back on track.”

No one knows how much Maria has had to overcome in her life more than her daughter Crystel. At her mother’s graduation ceremony, Crystel stood behind the podium and with tears in her eyes told her mother how proud of her she was. “You have been through so much, mom. Words can’t

describe how proud I am of you today,” said Crystel.

The Food Services Training Program is one of two job-training programs that *The Ottawa Mission* coordinates. Both programs are geared for those who rely on social assistance and want to change their life for the better.

So far, 42 people have graduated from the six-month program and 80% of graduates have found employment in the field.

“We don’t just feed people food at *The Ottawa Mission*. We feed them skills and knowledge so that they can feed themselves,” says *The Ottawa Mission’s* Client Services manager, Simon Brazier. “Every client who walks through our doors wants to change their life and we are here to help.”



‘You have been through so much, Mom. Words can’t describe how proud I am of you today’ said Crystel.

-Crystel (above) embracing her mother, Maria

Volunteer Corner

bond with your family. support The Ottawa Mission.

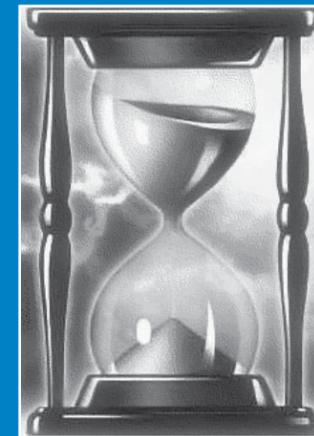
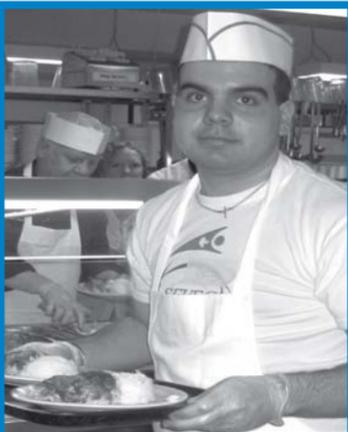
Assemble Sandwiches: Bring sandwich supplies to *The Ottawa Mission*, assemble your sandwich creations together and donate them on the spot! Great opportunity for younger families.

Make a Meal: Volunteer with your family - help make a meal!

Lend a Hand: Special occasions require many hands. Call us to find out how your family can help. Volunteer Services: 613-234-1144 ext.236

‘Volunteering and service is an act of love... The gratitude shown in (the clients) eyes is the greatest reward.’

-Chris Santillan volunteers at *The Ottawa Mission* with his family



Don’t Let Time Run Out On Your Generosity!
Leave a legacy of hope.

To leave a legacy gift, contact Samantha Laprade
Call 613-234-1155 ext.426 or
Email slaprade@ottawamission.com



The Ottawa Mission and The Ottawa Police Association team up for people like Jonathan

By the time that Jonathan arrived at *The Ottawa Mission's* evening addiction treatment program, he had lost hope for the future. For over a decade, Jonathan had drifted between homeless shelters.

Engineering Technology diploma program in the Fall.

Helping people like Jonathan succeed is the reason The Ottawa Police Association is holding its 3rd annual *Big Pull* Tug of War competition on September 26th at Mooney's Bay beach.

This year's event is poised to be the biggest yet with divisions for everyone from high-school students to emergency service providers. Pledges raised by teams will support *Stepping Stones* where people like Jonathan are learning their way to a better life.

"*Stepping Stones* has helped me a lot," says Jonathan. "It has given me computer access, textbooks, a classroom to study in and a teacher to help me. They even found two electrical engineers to tutor me. I'm more motivated now than I ever have been."



'I feel like I'm reinventing myself. I put my talent on a shelf for ten years and with the help of the *Stepping Stones Learning Centre*, I'm brushing it off.'

-Jonathan (above) holding his college acceptance letter

But at *The Ottawa Mission*, Jonathan's life began to change. Not only did he get help for an addiction, but he re-discovered a love of learning.

For several months, Jonathan has been attending *The Ottawa Mission's Stepping Stones Learning Centre*.

For eight hours a day, Jonathan pours over textbooks. He is now completing special requirement courses so that he can enter Niagara College's Mechanical



The BIG Pull

Saturday Sept 26th
Mooney's Bay Beach, Ottawa
For more information, go to:
www.thebigpull.com



Thank-you to our Big Pull sponsors:

