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Thanksgiving
2018

For only **\$3.47**, you can provide a warm meal and help bring hope to someone who is hungry this Thanksgiving.

Please give today.



Your donations provide food, shelter, clothing, and life-changing programs. Thank you for continuing to help those who need it most.

At this year's Thanksgiving celebration we expect to serve more than 2,500 meals.



EVERYDAY MIRACLES

“God will give you much so that you can give away much, and when we take your gifts to those who need them they will break out into thanksgiving and praise to God for your help.” 2 Corinthians 9:11

As the summer of 2018 winds down, one news story during this time inspired so many people around the world – the safe rescue of 12 Thai children and their coach from those treacherous caves. Against all odds many individuals gave their time without hesitation, and risked their lives, to make this miracle happen.

I was one of those inspired, because this story demonstrates to me yet again the fundamental generosity of the human spirit, and how a group of people working together can make all the difference in the lives of others.

In the work of The Ottawa Mission, I am reminded every day of how your generosity impacts the lives of the people we serve. I would like to share with you a message one of our counsellors received recently from a client whose life has truly been changed.

“I am now working right across from The Mission, and every day I walk out of the building and make a point to look up at the window where I slept while I was in Stabilization and think that, at that time, I thought my life was next to over - that there was no hope left to be a productive and prosperous part of society. What you and the addictions team see in the

men, that they cannot see themselves when we come to you for help, is truly a gift from God. Everyone on the team has an equal part in helping me to rebuild my life, and I am so grateful to each and every one involved.”

At The Mission, we are looking ahead to Thanksgiving, and we couldn't be more thankful for your generosity. Like those children who needed the gift of air to breathe as they made their way out of the caves, your generosity is the oxygen that is keeping people in need alive and giving them hope for a better future.

Blessings,

Sean Wong

EXECUTIVE DIRECTOR

THE OTTAWA MISSION FOUNDATION



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.

NEW LIFE FOR LIFEHOUSE

It's been over a year since The Ottawa Mission moved its LifeHouse residential addiction treatment facility to an upgraded and expanded off-site location – all thanks to the generous support of you, our donors.

The Mission has operated a residential addiction treatment program since the 1980s. These days, the program consists of 5 months of intense one-on-one and group counselling. In recent years, we have begun to place more emphasis on the root causes of addiction – which almost always involve past trauma – and on enhancing services to give people the best chance of success. So we brought on board professionals who are experts in treating trauma, and made the decision to move LifeHouse to an environment that is much more conducive to long-term healing.

Since the move, we have increased our capacity and now have counsellors on-site 24/7 – which is very important for people in crisis. Two new therapy groups have been added to help the men understand the effects of drugs and alcohol and how to create a healthy and sustainable lifestyle. And our Men & Healing



program continues to help survivors of abuse deal with the past trauma in their lives.

All of this has had a strong positive impact on the people we serve. As John says, "The counsellors are very professional and meet all clients' needs 24 hours a day. I have been in 4 different treatment centres.... I think The Ottawa Mission and the LifeHouse program have figured out a way to fight addiction and homelessness with awesome facilities and staff."

On behalf of John, and all of our LifeHouse clients, thank you for your ongoing support of this and so many other life-changing programs at The Ottawa Mission.



COME AND TOUR THE OTTAWA MISSION!

We welcome anyone interested in learning more about how we help people in need. If you would like to come in for a visit, we would be happy to show you around the shelter and provide you with information about our programs and services. It is also a chance for you to learn more about this multi-faceted community resource centre. We would ask that those interested in a tour call to make arrangements in advance.

To arrange for your tour of The Ottawa Mission please contact The Ottawa Mission Foundation at 613-234-1155.

BRENDA ROTHWELL'S LEGACY OF LOVE AND HOPE

Brenda Rothwell is very special to The Ottawa Mission for a number of reasons. She is a generous long time donor, she served on our Board of Directors for four years, and she made the decision to become part of our "Legacy Circle" by leaving The Mission a gift in her will. And, when you hear about why she is so committed to The Mission - well, it's an extraordinary experience.

She tells us about her family - her strong Mom, her siblings, and her Dad Austin. Austin was a WWII veteran, master brick-mason, and loving father of four who suffered with alcoholism. His battle ended 50 years ago when he passed away. During his years of struggling with his addiction, Austin was often separated from his young family and living on the streets - and he spent many nights at The Mission. The kids always loved Austin unconditionally, did what they could to help him, but worried about him all the time. As Brenda says, "The love never goes away."

Brenda recalls that the children's anxiety about Austin hit especially hard during the winter months when they often didn't know where he

was. But whenever any of the kids expressed their concern, her Mom would say, "Don't worry - Dad's safe and warm at The Mission." And the children took great comfort in that.



Back when Austin stayed with us at The Mission, there was not much available beyond food, shelter and clothing, but it was known as a clean, caring and compassionate place, as it remains today. Over the years, Brenda has seen the organization grow to become a vital part of our community offering a full range of programs to help people in need like her Dad, and this has strengthened her commitment even further.

In leaving us a gift in her will, Brenda is, as she says, "paying it forward" in loving memory of her Dad, and the care he received so long ago, and with hope that The Mission will be around for years to come to provide people in crisis with the support they need to move on to a better life.



Please Join Us for a Special Seminar "Charitable Giving as Part of Your Estate Plan"

Join us at this interactive session to discover the key elements of estate planning. You and your guest will have the opportunity to learn from and have your questions answered by Douglas Buchmayer, Partner, Gowling WLG (Canada).

When: Friday, September 28, 2018 – 10 a.m. to 12:00 noon (registration at 9:30 a.m.)

Where: The Perley and Rideau Veterans' Health Centre
Lupton Hall, 1750 Russell Rd, Ottawa, ON

Complimentary parking is available and a light lunch will be served.

Please RSVP by September 21 to Angie Kelly at 613-234-1155 or akelly@ottawamission.com. Space is limited.

WILLIAM THE ARTIST

William is a gentle, articulate man who is also an artist – but he has never been able to translate his passion into a career – until now!

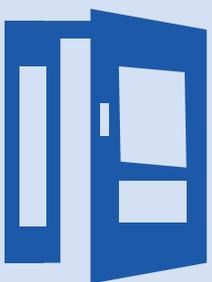
One year ago, William was unemployed and struggling with a number of serious health issues. While having a meal at The Ottawa Mission, he found out about the Food Services Training Program (FSTP), and decided to talk to The Mission's Chef Ric about enrolling. He was accepted into the program and was making great progress until another health crisis meant he had to discontinue the training. When he was well again, he was accepted back without question, and he graduated from the program in June 2018.

His experience in the FSTP had a profound effect on William. What struck him from the beginning was the high quality of the kitchen environment, and the equally high standards and strong work ethic of the staff and volunteers who work there every day. And, what fed William's artistic spirit was the opportunity to create so many different types of food, and to participate in catering activities where his plating talents shone. His health has improved, and he attributes this to his success in the program, and his newfound passion for the art of cooking.



William is now working as well as attending Algonquin College's Indigenous Cook Pre-apprenticeship program. In December, he will earn his high school diploma from co-op credits earned through the Continuing Education department of the Ottawa-Carleton District School Board, and an English course he is taking at The Mission's Stepping Stones Learning Centre. He plans to continue his culinary education at Algonquin and achieve his Red Seal designation.

So, what a difference a year has made in William's life! As he says, "Chef Ric and the FSTP gave me the support, encouragement and practical tools I needed to re-invent my life. I am so thankful."



2018 Blue Door Gala

STEP INSIDE. CHANGE A LIFE.

On Thursday, November 15, 2018, The Ottawa Mission's Blue Door Gala is taking place at The Infinity Center.

Co-chairs **Lawrence Greenspon**, **Sheila Whyte** and **Chef Michael Moffatt** will lead this exciting evening bringing together corporate and community leaders inspired by the life-changing work of The Ottawa Mission. The evening will include a reception, dinner and live auction.

For more information, and to purchase tickets, please visit: ottawamission.com/bluedoorgala, or call 613-234-1155, ext. 432.



ENGAGE AND CONNECT WITH THE OTTAWA MISSION

Are you looking for ways to get involved with or learn more about The Ottawa Mission? Here are some upcoming opportunities you may want to consider.

Join our Mission Possible – Let’s All Come Together for World Homeless Day

October 10th is World Homeless Day and we are asking for your support to register an event or create a fundraising page using our online platform. Our goal is to draw attention to the needs of people who are homeless and raise funds for The Ottawa Mission. We are launching this campaign on September 17th, 2018 and we invite you to take part. Are you a student? teacher? community member? corporate leader? or social club organizer? Do you want to get involved, but not sure what to do? We’ve got you covered, visit our website www.ottawamission.com or contact Jennifer Graves at jgraves@ottawamission.com.

Become a Member of our Young Professionals Network and Make an Impact!

The Ottawa Mission Foundation’s Young Professionals Network (YPN) is a group of enthusiastic young professionals who would like to make an impact in our community. Through volunteering, event organizing and fundraising, you will contribute to the success of the life-changing programs helping people in need at The Ottawa Mission, all while working alongside like-minded young professionals. Interested in joining? Email Bianca Oran at boran@ottawamission.com to learn more!

Volunteer Orientation

Information sessions for people considering becoming volunteers at The Ottawa Mission are taking place on:

Monday, September 17

Wednesday, October 17

Monday, November 19

All sessions are at 7 p.m. in the shelter dining room. Everyone is welcome.

Save the Date for the Coldest Night of the Year!

The 5th annual Coldest Night of the Year event benefitting The Ottawa Mission will take place on Saturday, February 23, 2019. Stay tuned to future newsletters and our web site for more information.

The Ottawa Mission’s Speakers’ Series

Join us for a series of talks/discussion groups on a variety of topics. All sessions take place in the Mission’s Chapel at 53 Daly Street and begin at 7 p.m. Upcoming dates include:

Monday, September 24

Monday, October 22

Monday, November 26

Check out ottawamission.com/events for more information about the topics for these sessions.

Community Events

The Ottawa Mission will be part of the **Fifty-five Plus Lifestyle Show** – September 21 & 22, 2018, EY Centre, 4899 Uplands Drive. If you are there, please drop by for a visit!

VOLUNTEER CORNER

“BECAUSE I CAN”

It would be very hard to find a part of our community that has not been touched by Pat O’Driscoll’s commitment to volunteering. In particular, he is determined to help make sure that no one in Ottawa goes hungry.

Pat has spent decades giving generously of his time to a number of local food banks (and other charitable organizations) – including 13 years as a driver’s assistant with the Ottawa Food Bank. That’s where he got to know the Food Bank’s former Executive Director and current ED at The Ottawa Mission, Peter Tilley. So when “Mr. Tilley” moved over to The Mission 5 years ago Pat followed him, and we are so fortunate that he did!

Pat is part of the kitchen team and helps unload, sort and store incoming donated and purchased food. With an average of 1,312 meals served every day at The Mission, this work is considerable. As part of his duties, Pat organizes the “3 o’clock shelf” in our dining room that allows people in the community who are hungry to access bread and non-perishable food items “to go”. He also organizes bags of



groceries for people who visit our client services centre who need food. In his five years as a Mission volunteer, Pat has logged a record breaking 3,760 hours!

Pat feels fortunate to be part of “Mr. Watson’s” (aka Chef Ric’s) team of staff and volunteers, and says that it’s like being part of a big family.

When asked why he chooses to volunteer so much time, Pat’s answer is simple, elegant, and a good indication of his kind and generous heart. His response? “Because I can.”

Thank you to all our volunteers who do so much to help people in need in Ottawa.

Our Mission Statement

The Ottawa Mission reflects Jesus’ love in serving the homeless, the hungry and the lost by providing food, shelter, clothing and skills and offers healing, faith and hope for building a whole-some life.

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The Ottawa Mission Offers

- Food, Shelter & Clothing
- Spiritual Support
- Day & Residential Trauma & Addiction Treatment
- Education & Job Training
- Employment & Housing Services
- Mental Health Support
- Primary Medical & Dental Care
- Hospice Care

The Ottawa Mission Foundation Board of Directors

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David Kilgour
Gord Kirk
Steven Kuhn
Paul McKechnie
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Jennifer Parr
Lynn Plunkett
Tim Priddle



JASON'S TRIUMPH!

Jason was in an accident several years ago and suffered a traumatic brain injury that severely impacted his mental and physical health. He was drifting, troubled and looking for a better life when a simple act of kindness changed everything. A cab driver saw him sitting by the roadside at 4 a.m. and brought him to The Ottawa Mission. We welcomed him and offered him food and shelter for as long as he needed it. So much has happened since then.

As with many people who come to The Mission, it took Jason a while to open up and trust people, and to look around him to see what kind of help was available. He began attending our Day Program - a daily group counselling session held at the shelter, and he still attends from time to time. He also visits our medical clinic on a regular basis to get the care and medication he requires. And, he worked with our housing support staff to find a place of his own where he is still living.

But, beyond this, Jason became an eager student at our Stepping Stones Learning Centre. With the support and guidance of our full-time teacher, he worked hard and persevered over several years, and recently received his certificate in Medical Transcription from Algonquin College.



What a proud moment!

Jason's next order of business is to find a job, and he is working with a local agency that helps people with disabilities find the right fit. In the meantime, he is volunteering in the community to build up his resume.

Jason is so thankful to The Mission for the tremendous encouragement they have given him during his journey. And, as Jason says, "I look forward to someday helping others the way I have been helped at The Mission."



SHOW THAT YOU CARE THIS THANKSGIVING

For only \$3.47, you can provide a special meal at our Thanksgiving dinner on October 8th and help bring hope to someone in need. Please give today.

To make a donation visit ottawamission.com