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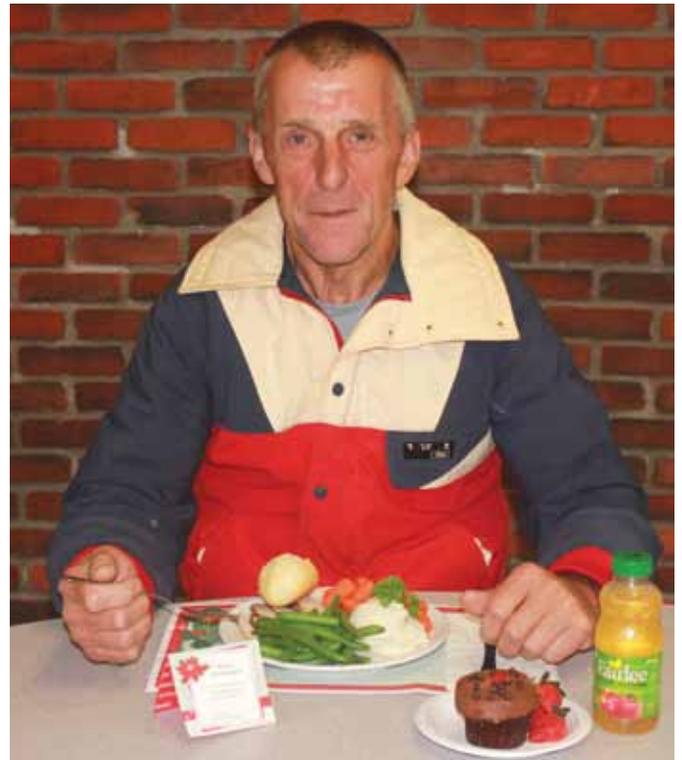
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Christmas
2018

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

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 Christmas celebration
we expect to serve more than 2,500 meals.**



PRECIOUS GIFTS

“You listen to the longings of those who suffer. You offer them hope, and you pay attention to their cries for help.”

Psalms 10:17

As we head into December, staff and volunteers at The Ottawa Mission are busy preparing for the Christmas season. Christmas is an especially difficult time of year if you are hungry, homeless and troubled. Many of The Mission’s clients have lost touch with their families as well so, on top of everything else, feelings of loneliness are magnified.

That’s why extra effort is put into special events and programs for people staying at the shelter, as well as people living in the community who need support and encouragement during the holidays.

Donated backpacks are being filled with toiletries and goodies to be left at the foot of each bed in the shelter on Christmas Eve. Movies, music and games are scheduled. Christmas chapel services are being planned. The clothing room is busy distributing warm winter clothing – most of it donated by people like Mary; and planning for our Christmas dinner with all the trimmings is well underway, with Kit among the hundreds of volunteers who will be helping us out (see Mary & Kit’s stories in this newsletter). And, of course, our many programs that help people change their lives continue to run seamlessly during the holidays.

The client stories featured in this newsletter are meant to remind you of the amazing impact you are having on so many lives. Because of

you, Kerry is home for the holidays, Carole feels safe and cared for, and Joe knows the doors are always open for him.

None of this would be possible without your support.

So, as Christmas approaches, on behalf of all of the staff and board members at The Mission and The Foundation, thank you for your continuing generosity. You are giving so many people the precious gifts of warmth and hope.

God bless you and your family this Christmas season and all year round,

Michael Pallett
PRESIDENT, BOARD OF DIRECTORS
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.

MARY'S GIFTS OF WARMTH AND GENEROSITY

Mary is a retired nurse who continues to demonstrate the spirits of caring and compassion that are the hallmarks of her former profession.

For us at The Ottawa Mission, Mary's kindness shines through in two wonderful ways.

After taking a tour of The Mission a couple of years ago, Mary decided to become a monthly donor. She learned a lot during the tour. As Mary says, "What struck me was how clean and well-organized the shelter was. And the people were so kind and friendly." Mary also discovered that there is much more going on at The Mission than just providing food, shelter and clothing – like job training, on-site medical and dental care, and housing support services to name a few.

For Mary, being a monthly donor is easy and convenient, and since The Mission operates 24/7, 365 days a year, she knows this is the best way to spread her contributions over the year to help keep programs operating all year long.

Mary's second act of generosity is very tangible and meaningful to many of the people we serve.



She loves to crochet and, as the cold weather approaches, she sends us gifts of hats, scarves and blankets that provide the wonderful gift of winter warmth to people in need. This year, despite ongoing health issues, Mary intends to keep this tradition going as much as she can.

"I am fortunate in my life, and I feel so sorry for people in need, especially in the winter. I know that The Mission and those they serve appreciate my contributions – both my monthly gifts and the crochet work – because they often send me handwritten notes. It's nice to know that you are making a difference."

To Mary, and all of our generous donors and supporters, you are indeed making a difference. Thank you.



Blue Door Gala – WHAT A NIGHT!

We'd like to extend our heartfelt thanks to the more than 400 people who attended our sold-out 2nd Annual Blue Door Gala on November 15th. A very special thank-you goes out to our amazing event Co-chairs Lawrence Greenspon, Sheila Whyte and Chef Michael Moffatt (Thyme & Again); and our Steering Committee, Frank Bilodeau

(Scotiabank), Chef Ric Allen Watson and Tim Wasytko (Infinity Centre). A big thanks as well to all of our sponsors (visit our website at <https://ottawamission.com/bluedoorgala/> for a complete listing), without whom the event would not have been possible.

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. Thank you, and God bless.

CAROLE'S "SAFE PLACE"

Carole suffers from multiple health issues and is unable to work. For many years, she did not have access to a family doctor and had to rely on drop-in clinics to meet her increasingly complex healthcare needs. She often had to visit different clinics, and because she suffers from anxiety, this was yet one more stressful situation for her to bear. Carole has been a grateful client of The Mission's Primary Care Clinic since its doors opened in 2007, and she visits at least once a month.

"The service at The Mission's clinic is incredible. The staff is very friendly and welcoming, and the care is wonderful. They all know me and my medical history, and they treat me with kindness and compassion. They have also given me referrals to other medical facilities for tests and follow-up treatment. At The Mission's clinic, I know I'm getting the best possible care. I know everyone there and, for me, it's my safe place," says Carole.

As an expression of her gratitude for all the help she has received at the clinic, Carole wrote a poem to her nurse – and we'd like to share an excerpt with you.



Nurse Practitioner Cynthia with Carole's Poem

*Your warm smile and kind words make for a caring atmosphere
That eases my mind and alleviates any and all fear
As I leave here today all seems so much more clear
I thank the Lord each and every day for placing you right here*

The Mission has begun work on the relocation and expansion of the clinic, and the new facility expects to be able to serve double the number of people as it does now. When Carole learned about this, she was very excited. "Knowing that the clinic is growing and improving is very good news, for me and for hundreds of others who have come to rely so much on this wonderful place."



LEAVE A LASTING LEGACY OF HOPE

Homelessness is an ongoing challenge that doesn't have a simple fix. But there *is* something you can do that will help those who will walk through the doors of The Ottawa Mission for years to come - by remembering The Mission with a gift in your will.

For more information about becoming a member of The Ottawa Mission's Legacy Circle, please visit our website - ottawamission.com/legacycastle - or contact Angie Kelly at 613-234-1155, or by email at akelly@ottawamission.com.



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.

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 walker, you will experience a hint of the challenges faced by people who are homeless in the winter while raising much-needed money for people in need in our community.

Join us on Saturday, February 23, 2019 and walk 2k, 5k or 10k to support The Ottawa Mission. Individuals or teams are welcome.

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

Fundraise for the Ottawa Mission!

There are countless ways to help change the lives of hungry and homeless people who walk through the doors of The Ottawa Mission every day.

One way you can make a difference is to host a fundraiser. It's an opportunity to get your school, workplace, church, or family and friends involved in a very worthwhile cause.

We have developed a new set of on-line tools to make organizing your fundraiser easy. Visit www.ottawamission.com/events for all the details – and you can start fundraising today!

Volunteer Orientation

The next information session for people considering becoming volunteers at The Ottawa Mission is taking place on **Wednesday, December 10th** from 7-8 p.m. in the shelter dining room. Everyone is welcome.

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 Erin Helmer – ehelmer@ottawamission.com – to learn more!

The Ottawa Mission's Speakers' Series

Join us for a series of talks/discussion groups on a variety of topics. Check out ottawamission.com/events for more information.

Connect with us via Social Media: Follow us on Facebook and Twitter to hear more about upcoming events, news, links and relevant stories from The Ottawa Mission community.

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To receive this newsletter in electronic form, email us at foundation@ottawamission.com

KERRY IS HOME FOR THE HOLIDAYS

This will be the first time in many years that Kerry will have a place to call home at Christmas, and for him this is a dream come true. His journey has been a long and winding one – a journey that he is thankful finally led him to The Ottawa Mission.

Kerry recently turned 57, and recalls that his descent into addiction began when he was only 12. In the years since then he has spent much of his time homeless – as he points out, not necessarily “on the street”, but couch-surfing, sleeping in cars and trucks, or in motels. All the while, Kerry was able to work most of the time – everything from commercial house painting to oil rigs to sales and retail management.

Two years ago, a single night in another local shelter convinced Kerry that he needed to finally seek help for his addiction. After going to a detox centre, Kerry was ready to enter long term treatment. He had heard about The Mission and only had to wait 3 days to be admitted to our Stabilization program. He then completed our LifeHouse 5-month residential treatment program and afterwards spent 14 months in one of our 2nd Stage houses in the community – still receiving counselling and support. During this time he worked with one of our housing staff



to find an apartment, navigating the paperwork and bureaucracy that goes hand in hand with this process, and finally just this past October, he moved into his apartment. Our staff also helped Kerry access furniture and appliances to get started.

Kerry appreciates that subsidized housing is a very rare commodity in our community, and while he feels extremely fortunate to have found a place, his heart goes out to all the others who are still waiting. As Kerry says, “For people who are recovering from addiction, or suffering from mental illness, a journey without a destination is not an option. I have reached my destination – I’ve found my home – and now I finally have hope for the future.”



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.

VOLUNTEER CORNER KIT'S PERSPECTIVE – “THEY ARE OUR GUESTS”

With more than 20 years of service under her “apron” Kit McKay is one of The Ottawa Mission’s most longstanding volunteers at our annual holiday dinners. She has generously helped us out at all three dinners – Easter, Thanksgiving and Christmas – every year, almost without exception. She began volunteering for us by bringing her two teenage sons with her – as a way of showing them that there were people in their own community who were hungry and needed help. Kit felt an immediate connection with The Mission and the people we serve, and she hasn’t looked back.

When asked why she feels so strongly about volunteering here, Kit’s eyes well up, and she apologizes for being emotional. That’s how compassionate a person she is. In Kit’s words, “Everyone deserves a home to go to – a safe place - and it breaks my heart to know that this is not a reality for so many among us.”

From Kit’s perspective, the special holiday dinners bring a touch of home to the people we serve. “For all the other meals at The Mission,



people line up cafeteria style, and clean up after themselves. But on these holidays, there are linen table cloths and napkins, the tables are decorated, and they receive table service, often by people like the mayor and the police chief. On these days, they are made to feel special – they are our honoured guests.”

Kit will be front and centre at our Christmas dinner on December 16, and given her vast experience, she will be wearing a “red apron” as a volunteer team leader.

To Kit and the hundreds of people who volunteer at our special dinners and all year round – thank you for your service, and for the smiles you bring to the faces of people who often have little to smile about.

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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ottawamission.com

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

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JOE'S CHRISTMAS GIFT OF HOPE

Joe – who is also featured on our newsletter's cover – will be sharing Christmas dinner with us at The Ottawa Mission this year, as he has done for many years. Since first coming through our doors eight years ago, hungry and suffering from addiction, a lot has changed in Joe's life.

A native of the small town of Thoburn, Nova Scotia, Joe spent his younger years working on a farm, in the fishery, and in sawmills. Sadly, over the years, childhood trauma caught up with him and he fell into addiction – but he always had a job. When the local economy went into a slump, Joe made his way west looking for work, and ended up in Ottawa. Unable to find a job, Joe needed shelter and food – and help with his life – and a friend recommended The Mission. He stayed with us on and off for two years.

Joe admits that he was slow to open up to staff at The Mission, and at first he avoided seeking help available through our many counselling programs. But, in time, Joe grew to trust the staff, and he says that once this trust was established, he got the help he needed to turn his life around.



Today, Joe is proudly seven years sober, working several part-time jobs, and living in his own place. But he continues to rely on us for meals and, more importantly, for ongoing support with his recovery. As Joe says, "The staff at The Mission are 100%. Whenever I'm feeling low, I pick up the phone and call Mike (pictured here with Joe), and he's always there to offer his advice and encouragement. And this has been the case with so many people at The Mission who have helped me over the years."

For Joe this Christmas, as with many before it, will bring with it the gift of hope because - thanks to your support - he can always turn to The Mission for help when he needs it most.



SHOW THAT YOU CARE THIS CHRISTMAS

For only \$3.47, you can provide a special meal at our Christmas dinner on December 16th and help bring hope to someone in need. Please give today.

To make a donation visit ottawamission.com