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**HOPE RISES AT EASTER
– BECAUSE YOU CARE**

**Easter
2019**

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

Please give today.



Read Colin's inspiring story on page 3.

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

At our special Easter celebration on April 22nd we will be serving 2,500 meals and offering the gift of fellowship to people in need in our community.



AN ANCHOR FOR THE SOUL

“We have this hope as an anchor for the soul, firm and secure.”

Hebrews 6:19

I count it a privilege to write this message, my first as President of the Board of Directors for The Ottawa Mission. I, like many of you, got involved with The Mission as a response to scripture to be Jesus’s hands in the world. When confronted with homelessness for the first time, I was overwhelmed with my own inadequacy and the realization that, had it not been for my own family network and faith, maybe my life could have been the same.

It is my hope in Christ that anchors me, and it is that very hope that The Mission offers to the most vulnerable people in our community.

That legacy of hope is core to The Mission and I’d like to take a moment to express my heartfelt gratitude to the previous President of the Board, Garth Steele, who was a faithful servant to what God has entrusted us with.

Spring is a time of renewal and hope. After a bitter winter, spring offers us new perspective and for those that rely on The Mission, it means no longer having to fear the elements. The Mission offers hope through its many life-changing programs, and I know that the stories of Colin, Hannah and J.B. that you will read in this update will inspire you.

Those of us dedicated to The Mission are a family, each with our own skills and talents. We couldn’t do the work that we do every day without you, our faithful supporters, so we say thank you from the bottom of our hearts. You are part of the family.

This spring season may you continue to love and support The Mission and those we serve, and remember that The Mission offers more than beds and meals, we offer hope and an anchor for the soul.

Matt Triemstra
PRESIDENT, BOARD OF DIRECTORS
THE OTTAWA MISSION



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.

COLIN'S LIFE-CHANGING INSPIRATION

Colin has learned that inspiration can sometimes come when you least expect it.

Colin suffers from addiction, and has been in and out of the shelter system for many years. Last year, while staying at The Ottawa Mission, he had to have knee replacement surgery. After a short time in hospital he returned to the shelter. Almost immediately Colin's recovery was stalled by complications with his wound. He was in severe pain, and the threat of infection was high. Our medical team immediately arranged a bed for Colin in The Mission's Hospice, where he could receive 24-hour care in a more antiseptic environment.

Colin's stay in the Hospice was his first source of inspiration. As Colin says, "The level of care, from both staff and volunteers, is amazing. I once witnessed a volunteer sitting with an unconscious patient, just holding his hand and playing soothing music, for hours on end." With expert care, Colin was able to leave the Hospice in 8 days – which was important to him because he knew there were others who needed the bed much more than he did.



Every day for the next eight weeks Colin went to The Mission's on-site Primary Care Clinic where Nurse Practitioners cleaned and dressed his wound, and encouraged him every step of the way. They were Colin's "angels of mercy" and his second source of inspiration.

With this double helping of hope, Colin made the decision to finally seek treatment for his addiction at The Mission, and he is well on his way. "I realized just how lucky I was to be in pretty good health, and to have received so much care and compassion. I made up my mind not to waste another day of my life." Colin is filled with gratitude for all of the life-changing support he has received – thanks to your generosity.



OUR MEDICAL CLINIC IS GROWING!

The need for primary medical care for homeless people in our community continues to grow. Last year at The Mission we had 7,600 patient visits to our clinic. In response to this need, we are expanding our clinic, and we have several vital pieces of equipment that we need for the new facility, including:

- Examination tables - \$7,500
- Integrated wall system for physical assessments and vital signs - \$5,400
- Electronic blood pressure cuffs - \$3,300
- ECG Machine - \$1,800

If you are interested in helping us purchase these or other items, please contact Chris Smith at csmith@ottawamission.com, or call 613-234-1155 for more information. Thank you!

HOPE & RENEWAL FOR THE SOUL

Just inside the front door of The Ottawa Mission is a small office that has a huge impact on the lives of so many of our clients - our Chaplain's office. This is a place where anyone can seek guidance, support and a sympathetic ear - and it's always busy! Beyond providing this drop-in support, our Chaplaincy services - under the direction of Rev. Timothy Meisenheimer - conducts over 300 chapel services each year, organizes weekly spiritual discussions for staff, provides counselling and support to men undergoing trauma and addiction treatment, brings hours of solace to patients and their families and staff in our Hospice, and arranges memorial services for those who pass away in the Hospice.

In order to enhance the care provided by our Chaplaincy services, and to reach out to even more people who need this support, Timothy's Chaplaincy team has recently grown to include our two longest-serving employees, Bev Benson and Andrew Wright. Bev and Andrew have both been part of our Housekeeping team for 35 years. Their commitment to serving our clients is deeply rooted in their Christian faith. Either of them could have had other careers - but they chose to serve the most vulnerable people in our community.



Our new Chaplaincy Team - left to right, Andrew Wright, Rev. Timothy Meisenheimer and Bev Benson.

In addition to their regular duties, over the years both Bev and Andrew have always helped out as needed with our daily chapel services and at memorial services, and shared the gift of their wonderful musical talents. As newly appointed Assistant Chaplains, their involvement is being formalized and, in addition to conducting Chapel services on a regular basis, they will each devote one day a week to seeing clients in the Chaplaincy office.

We can say without hesitation that this news has been enthusiastically received by both clients and staff at The Mission who recognize what special people we have in Bev and Andrew, and how blessed we are to have them among us.



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/legacycircle - or contact Angie Kelly at 613-234-1155, or by email at akelly@ottawamission.com.

J.B.'S JOURNEY OF HOPE

J.B. has faced some incredible obstacles in his young life. After escaping political upheaval in his native Burundi where he was once a successful journalist, and having to leave his wife and small children behind in Africa, he made his way to Canada determined to build a new life and reunite his family. He is well on his way.

With nowhere to live and no job, on the advice of his social worker J.B. made his way to The Ottawa Mission. He was afraid of what he might encounter at a shelter, but found instead a welcoming environment full of people who wanted to help.

French is his first language, and J.B. hoped that he would have the opportunity to strengthen his English. At The Mission, he found a true ally in Kathy Cillis, our teacher at Stepping Stones Learning Centre. Kathy referred him to ESL classes at St. Patrick's Adult High School, and she continues to tutor him on a regular basis. J.B. recently entered a poem – in English – entitled "Life Success" in a contest, and he was a winner! His poem will be published by the Poetry Institute of Canada this year.



J.B. is also gaining Canadian work experience, revisiting his journalistic background by volunteering as a cameraman at a local media outlet.

In J.B.'s own words, "I have found so many friends at The Mission – staff and clients alike – and I look forward with much hope to finding a good job in my chosen field, and once again holding my wife and children in my arms. Canada is a good place, and The Mission has given me so many opportunities to achieve 'Life Success'. Thank you."



COLDEST NIGHT OF THE YEAR WARMS MANY HEARTS!

On February 23rd, a record number of people came out for the **5th Annual Coldest Night of the Year** event in support of The Ottawa Mission – and raised more funds than ever before to help homeless people in our community.

Our heartfelt thanks to all who participated – and a special thanks to our presenting sponsors:
For more details, and a full list of sponsors, please visit ottawamission.com/cnoy.





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.

Doors Open Ottawa – June 1st and 2nd, 2019

Once again this year, The Ottawa Mission is participating in the city-wide Doors Open Ottawa event taking place on Saturday, June 1st and Sunday, June 2nd. We invite you to visit us at The Mission, take a guided tour, and learn about our life-changing programs. Stay tuned to ottawamission.com for more information.

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!

Volunteer Orientation

The next information sessions for people considering becoming volunteers at The Ottawa Mission are taking place on the following dates, from 7-8 p.m. in The Mission dining room.

Monday, March 11

Monday, April 15

Monday, May 15

Everyone is welcome.

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.

For support in organizing your fundraiser, please contact Jennifer Graves at jgraves@ottawamission.com or call 613-234-1155, ext. 434. We have also developed a 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!

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.

 [facebook.com/OttawaMission](https://www.facebook.com/OttawaMission)

 twitter.com/OttawaMission

ANNE & PHIL NAGY - MAKING A DIFFERENCE ALL YEAR ROUND

Anne and Phil Nagy are retired, but certainly not idle. Every week they volunteer in the kitchen at The Ottawa Mission, helping to serve 1,312 meals a day to people in need.

As residents of Sandy Hill, Anne & Phil wanted to support their neighbourhood community directly, and they came to The Mission after speaking to a friend who volunteered here. "The volunteer experience at The Mission is exceptional," Phil says. "We've volunteered for several organizations and, at The Mission, volunteers are treated very well and the staff makes it their business to ensure that you're busy with meaningful work for each shift." "Working with Chef Ric in particular to make this happen is really fantastic," Anne adds.

In addition to giving the gift of their time every week, Anne and Phil are also generous in their financial support of The Mission. They have been monthly donors – "Champions of Hope" – for more than 15 years! This kind of faithful support is so important in keeping our doors



open 24/7, 365 days a year for all who are hungry, homeless and hurting.

Beyond all this, Anne and Phil blessed us with a very special gift in 2018. They celebrated their 50th wedding anniversary last year and decided to mark the occasion by providing a meal for hundreds of clients at The Mission. "We wanted our anniversary to be meaningful," Anne says. "And, after we gave it some thought, we decided that this option was perfect."

What a wonderful gesture from a wonderful and generous couple!

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 wholesome 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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HANNAH'S STORY OF STRENGTH, COURAGE AND RENEWAL

Hannah is 51 and, until now, has never had a job in her life. This was not her choice.

To hear Hannah tell her story is to journey back with her through decades of unspeakable cruelty and abuse by her own family. But Hannah's story is also about her journey forward to a life she never dreamed possible.

The trauma that Hannah endured for most of her life left her with severe PTSD and unable to work. She is fearful of so many things and finds it very hard to trust anyone. But, Hannah also has an amazing inner strength that drives her to keep trying to improve her life.

Hannah was volunteering at a local food bank when her supervisor talked to her about The Mission's Food Services Training Program (FSTP). She wasn't sure if she could handle being part of a class of students and working in a busy kitchen, but decided she needed to at least try. Twice during the five-month program she became so anxious that she felt she had to quit. But over time, and with the patience and support of Chef Ric, the kitchen staff, and her fellow students, Hannah persevered – and succeeded!



A few months ago Hannah graduated from the FSTP, and her sense of pride is matched by all who have come to know her and witnessed her journey.

Beyond this wonderful accomplishment, Hannah, who only finished Grade 8, is also working at The Mission's on-site school through the Continuing Education department of the Ottawa-Carleton District School Board accumulating credits that will allow her to earn her high school diploma.

Hannah will need help managing her PTSD for the rest of her life. But today she is working part-time in catering, continuing her volunteer work and her schoolwork, and feeling very hopeful about her future. Secure in the knowledge that she is admired and valued by so many, Hannah is finally beginning to live the life she deserves.



SHOW THAT YOU CARE THIS EASTER

For only \$3.47, you can provide a special meal at our Easter dinner on April 22nd and help bring hope to someone in need. Please give today.

To make a donation visit ottawamission.com