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**Matching Gift**  
C A M P A I G N

**THIS SUMMER, SEE  
YOUR GIFT DOUBLED!**

**Hunger and  
homelessness  
don't take a  
holiday.**



Last summer, our shelter was filled beyond capacity because of persistent heat and an increase in chronic homelessness. This summer will be no different. Thousands of bottles of water will be handed out, hundreds will receive attention at our medical clinic, and many will be welcomed into our trauma and addiction treatment program.

**We need your help – and there's good news!**

A group of generous supporters of The Ottawa Mission have offered to match all gifts, dollar for dollar, up to the first \$100,000 received.



46 Daly Avenue,  
Ottawa, ON K1N 6E4  
613-234-1155  
[ottawamission.com](http://ottawamission.com)

**Please give today and  
double the impact of your gift.  
Because you care,  
lives will be changed.**

**“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”**

Jeremiah 29:11

**CHAMPIONS OF  
HOPE**

**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

## **LOOKING AHEAD WITH HOPE**

It has been a long, cold and challenging winter; that was certainly evident this year with the hundreds of clients who sought shelter and help at The Ottawa Mission. Now, as the days become brighter and longer with the flowers once again in bloom, and with your faithful support, all of us at The Mission look to the future with hope. But our work must carry on throughout the summer, because the need remains great all year round.



In an effort to continue providing the best possible services to people in need, the board and staff at The Mission have recently completed a strategic planning exercise and have developed a plan focused on increasing the capacity for affordable housing for our clients, enhancing spiritual and emotional support programs, and finding ways to expand upon our successful job training programs, at the same time looking at how to refine and enhance all current programs. We look forward to updating volunteers, donors and supporters on the success of all of these initiatives.

Although any organization’s strategic initiatives often focus on the “bigger picture”, we never lose sight of the fact that all of the decisions taken have a specific impact on the life of each and every person who walks through our doors. Whatever their past, whatever their troubles, we are here to greet people at this stage of their journey in life and provide the compassion and support they need to get back on their feet and move forward to a better life.

The accounts that you read in these newsletters are the actual histories of those who stir us to carry on with our work to help those who have been entrusted to our care, and we do this thanks to your generous support. We hope that these stories inspire you as they inspire us every day. And we also hope that, if you can, you will support our summer matching campaign and double the impact of your gift.

God bless, and thanks again for all you do.

A handwritten signature in black ink, which appears to read "Peter Tilley". The signature is fluid and cursive.

Peter Tilley

EXECUTIVE DIRECTOR, THE OTTAWA MISSION

# Shawn is home for the summer!



Shawn remembers last summer's heat wave very well. He was staying at The Ottawa Mission at the time and considered himself lucky to have a place to stay. But he also remembers the tremendous efforts of staff at The Mission to help everyone they could – handing out thousands of bottles of water, and patrolling the neighbourhood telling people to come inside for a break from the heat, or to seek medical care. And Shawn knows from personal experience that The Mission is always there when people need help the most.

At just 33 years old, Ottawa-born Shawn has experienced a lot of hardship in his life. He was raised in a family where both parents suffered from addiction. He was exposed to drugs at an early age, and eventually succumbed to addiction himself. He has spent many years homeless and in the shelter system.

This year, Shawn made the decision to fight back against his addiction. He began attending The Mission's Day Program where, in addition to group sessions held on weekday mornings, clients can receive one on one counselling. Shawn also recently completed two months in our Stabilization unit, an abstinence-based program designed to assist men in stabilizing their lives and their addictive behaviour. As Shawn says, "The Mission provided me with the structure, routine and care that I needed to make big changes in my life. And everyone here goes the extra mile for you."

The icing on the cake for Shawn is that The Mission also helped Shawn find a safe and affordable place to live as he continues to receive treatment and rebuild his life, and he moved in this spring. This is the first time in 5 years that Shawn has a place to call his own!

Thanks to your generosity, things are finally turning around for Shawn. And he has a whole new life ahead of him!



## ABOUT THE DAY PROGRAM

- This harm-reduction program for men is held **5** days a week in the Chapel.
- On average, **30** men attend each day.
- In addition to a group discussion, individual counselling is also available.

# The power of unconditional acceptance.



## THE SPIRIT OF ITEE

On March 5, 2019, a memorial service was held for Itee, a resident of The Ottawa Mission's Hospice.

The Hospice is a very special place where homeless men and women receive 24-hour palliative nursing care, and vital emotional and spiritual support, in the final days of their lives – provided with compassion and dignity by Mission staff and volunteers, and partner agency staff.

When someone dies, a memorial service is always held in our chapel to allow friends, family and staff to mourn and provide solace to one another. And so it was on March 5th with Itee's family, many friends, and care providers in attendance - more than 60 people in all.

Itee was an Inuit woman who came from a large family in Nunavut. Two of her children, her sister, and many nieces and nephews came to her service, offering stories of unending love, warmth, and kindness – stories that were echoed by friends and neighbours who were touched by Itee in their lives.

Itee had borne significant burdens, tragedy and loss in her life, but she had done so with remarkable courage, resiliency, and empathy towards others. This power of unconditional acceptance, supported by a merciful spirit, was very much in evidence at her service. Many spoke of Itee's influence on them, which nourished their own ability to deal with loss. It was a moving experience to hear of the life of someone who, although often marginalized by others, nonetheless always smiled and greeted everyone with “good morning” and treated everyone with respect.

Itee loved to be outside. On her corner down the street from The Mission she would often spend time enjoying her independence and community. We at The Mission and those passing by who spoke with her daily will not forget this as we pass by that corner, remembering with fondness her smile and the sense of inclusion she embodied.

Itee's powerful lesson of openness and acceptance is her unending legacy at The Mission.



## DID YOU KNOW?

The Mission's Diane Morrison Hospice was the first of its kind in North America, and it remains the largest with **21** rooms.

The Hospice offers **24/7** care.

Last year **20** people passed away at the Hospice.

# Jaison's renewal



In Jaison's own words, "Growing up was just filled with disappointments. I was in and out of children's aid, detention centres and jail, all while learning addiction and crime."

At 44 years old, Jaison has tried addiction treatment no less than 18 times. He says that the programs at The Ottawa Mission finally made the treatment "stick", and after leaving treatment in 2018, he moved on with purpose to a different life. A very important part of this experience has been about accepting God into his life. Jaison was baptized on August 5, 2018, and devotes considerable time to his church and to bible study. He has found purpose at last.

As part of moving forward with hope and determination to a better life, five months ago Jaison enrolled in The Mission's Food Services Training Program (FSTP). He has worked in restaurants and fast food outlets in the past, but wanted to upgrade his skills. He is graduating from the program in June, and is already working part-time while awaiting news of a full-time role in another non-profit organization. His ultimate goal is to help others by providing outreach support – to give back for all he has received.

Jaison says that his time in addiction treatment at The Mission and as an FSTP student has taught him about integrity, responsibility and being part of a team. In fact, after a harrowing childhood, he now has a new definition of family - one that consists of the people at his church and the people at The Mission. Jaison has been renewed in body and soul, and is deeply grateful.



## FSTP – FAST FACTS

For men and women looking to change their lives, a team of 3 staff delivers a five-month job training program to teach the skills necessary to work in a commercial kitchen.

- **149** people have graduated since 2004.
- Last year there were **25** graduates.
- **95%** of graduates were employed at the end of the program.



# Hair today...gone tomorrow!

The recent **“Beards of Hope”** campaign in support of The Ottawa Mission is a great example of how one person can make a real difference while putting the “fun” in fundraising!

Matt Harris, Producer of the popular “Morning Rush” show on CFRA, recently raised \$34,700 for The Mission. This equates to the cost of 10,000 meals which have since been provided to hungry and homeless people in our community. The total raised represents the number of hairs in the average beard, and Matt (along with three “hirsute” Mission staffers) agreed to shave his beard if the fundraising goal was reached.

As the photos above indicate, (Matt on the left, Jesse Wynacht of The Mission on the right) the campaign was a great success, actually exceeding its goal, and fun was had by all. Our heartfelt thanks go out to Matt and his colleagues at CFRA (Bell Media) for all of their effort, and to our friends at The Rolling Barber who performed the de-bearding ceremony.

If you have a fundraising idea, or would like some suggestions, please visit [ottawamission.com/events](http://ottawamission.com/events) for more information.



## JOIN OUR MISSION POSSIBLE!

Individuals, families, community organizations or associations, companies, schools – really anyone can fundraise or host an event for The Ottawa Mission!

Contact Jennifer Graves at [jgraves@ottawamission.com](mailto:jgraves@ottawamission.com), call 613-234-1155, or visit [ottawamission.com/events](http://ottawamission.com/events) to access a comprehensive toolkit to help you along the way.



### SAVE THE DATE!

A big thank you to the organizers and supporters who made last year’s Shane Foley Golf Tournament in support of The Ottawa Mission such a wonderful success.

The 2nd annual tournament is taking place on Thursday, August 22nd at the Stittsville Golf Club. Please visit [www.ottawamission.com/events](http://www.ottawamission.com/events) for more information and our calendar of community events.



# A summer bounty of hope

The Ottawa Mission's Chef Ric, who directs our food services programs, is often quoted as saying, "A person has to eat well to live well." At The Mission, this means preparing and serving the best meals we can to people in need, so that they might have the strength and hope to tackle difficult issues and move on to better lives. This effort is blessed by the generosity of people who donate to help pay for meals, and also to community partners who donate food – like our good friends at the Orleans Community Garden (the Garden). This summer will mark the 7th year in a row that The Mission has benefited from the kindness and hard work of the dedicated volunteers at the Garden.

Every Tuesday during the growing season people from the Garden show up at The Mission with a carload of beautiful fresh produce – fruits, vegetables and herbs, and even honey – that our kitchen staff uses to prepare the more than 1,400 meals served at The Mission every day. These donations have grown significantly over the years and now average an incredible 4,000 lbs. per season! The Garden also helps out with supplies for The Mission's rooftop herb garden, and makes an annual donation to support The Mission's herb garden at the Ottawa Little Theatre.

We are honoured to be the charity of choice for the Orleans Community Garden and want to express our deep gratitude to its President and organizer extraordinaire, Gina Lapointe, and all of her team for their contribution to providing this special nurturing and hope to those in our community who need it most.



## INTERESTED IN VOLUNTEERING?

Learn about volunteer opportunities at The Ottawa Mission at [ottawamission.com/volunteer](http://ottawamission.com/volunteer), call Aneesha Sidhu at 613-234-1144, ext. 297, or attend our next Volunteer Orientation on Monday, July 15 at 7 p.m. in the shelter dining room.

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# Albert's inspiration

The 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 life.

When Albert walked inside The Ottawa Mission and read the sign on the wall over the front door – our mission statement – he knew he had come to the right place. And the progress he has made in the past five months is a testament to not only the support he has received to “build a wholesome life”, but also to his own hard work and determination.

Albert had a career he loved – working with children and adults with disabilities – when his life spiralled out of control with addiction. He lost his job, his home and his family connections. For many years he drifted around Ontario – and even stayed for a time at The Mission over a decade ago. When Albert decided to make some serious life changes, he knew that The Mission would offer him the tools and support he needed.

When he began staying with us, Albert had 10 goals in mind. By his latest calculation, he has achieved 33. Here are just a few. Beyond regaining his health, and achieving six months of sobriety, he has worked to get his identification papers back in order, found employment, and applied for college to take courses to get his career back on track. And, at the top of his list, he has reconnected with family members – including his daughter and brother – whom he had not spoken to for 15 years.

Albert says that the staff at The Mission have inspired and motivated him every step of his journey so far. “I am very grateful for all the support and positive reinforcement I have received, and to everyone who supports the work of The Mission. My life has changed because of this place.”



**Matching Gift**  
C A M P A I G N

Please give today  
and double the  
impact of your gift.

**Because you  
care, lives will  
be changed.**

LIFE CHANGING.