



# Summer of **HOPE**

*Your gift will  
**DOUBLE**  
this summer!*

♥ Give Today

**MATCHING CAMPAIGN 2023** • *This summer, hope begins with you!*

**This summer, we need your support more than ever!**  
And there's good news. A group of generous supporters  
have offered to match all gifts dollar for dollar,  
up to the first \$80,000 received.



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OttawaMission.com

*Please give today and  
double the impact of your gift.*  
**Your gift today will go  
2x as far to make this  
a summer of hope.**



**In humility, value others above yourselves, not looking to your own interests but each of you to the interests of the others.**

PHILIPPIANS 2:3,4

CHAMPIONS OF  
**HOPE**

**LEARN HOW TO  
BECOME A  
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Please call  
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## HOW WE ARE *more than a shelter* THIS SUMMER

At The Ottawa Mission, we take pride in being *more than a shelter*.



This means that **your support provides not only food and shelter, but also the many vital services that help people resume a life of independence.** In the summer, this includes providing those in need with relief and supplies to beat the sweltering summer heat. It also includes our renowned *Food Services Training Program (FSTP)*, from which we just graduated another class, and our medical program, where we're planning to add an eye care clinic. Together, we're able to provide the comprehensive care, love, and services needed for those less fortunate to regain and maintain a dignified life.

In this newsletter, you'll read about Richard, who you've supported over the years as his needs have changed. Richard relied on us for a bed when he was at his lowest, access to affordable housing once he was back on his feet, and now spiritual guidance and routine medical care as he ages.

*More than a shelter* also represents how **your support can spread into communities beyond our own.** Pauline, who was the valedictorian of our FSTP graduating class in May, comes to Ottawa from Tyendinaga Mohawk Territory. In this newsletter, you'll learn about how she plans to use her FSTP education to enrich her own community with traditional Indigenous foods and teachings.

From our community and beyond, thank you so much for your continuing and committed support. We could not do all that we do without you.

**SHAUN BARON** Chair, The Ottawa Mission Board of Directors



Pauline proudly cooks and serves at our monthly Country Food Feast.

**THAT'S ALL  
PEOPLE NEED:**  
*love and  
full bellies*

New to Ottawa and searching for an opportunity to get back on her feet, Pauline, whose Mohawk name is Katsitsyaroroks, enrolled in our renowned Food Services Training Program (FSTP). A teacher, artist, elder, mother and grandmother from Tyendinaga Mohawk Territory, Pauline is a determined student with a big laugh.

As part of her FSTP curriculum, Pauline helps prepare, cook, and serve traditional Indigenous foods during the Country Food Feast hosted by The Mission each month. This meal is deeply meaningful to the disproportionately large number of First Nations, Metis, and Inuit people relying on your help and our services. Pauline says, ***"It's been wonderful to serve these meals. They know it's their medicine food."***

Pauline combines her extensive knowledge of her culture's food and culinary traditions with the FSTP's valuable lessons on the business of food service. Her goal is to use what she's learned and eventually return to Tyendinaga to build a full-circle community asset that sustainably nourishes her community through both traditional foods and original way-of-life cultural teachings.

Your generosity has helped give people like Pauline a meaningful opportunity to pay it forward. ***"The Food Services Training Program opens the door to help me give back,"*** she says, "that's all people need: love and full bellies".

## PROVIDING CARE DURING EXTREME SUMMER HEAT

When heat waves hit, our Frontline Services monitor our community to:



Supply water



Check for symptoms of dehydration and heat stroke



Supply light clothing and footwear



Offer cool shelter

**Your support helps us  
provide relief from the heat!**  
*Please give today.*

Give Today



*Richard is  
thankful*

— THAT —

**THE MISSION IS  
MORE THAN  
A SHELTER**

*Years later, Richard continues to access services and programs at The Mission, including connecting with Chaplain Dave.*

*“I don’t know where I’d be without The Mission,”* says Richard, an insightful man of 77.

Richard first contacted us in 2002, in search of a fresh start after a cross-country journey from British Columbia. Lacking connections in Ottawa, he turned to The Mission for shelter.

Aiming to establish his life here, he picked up construction jobs around town and attended AA meetings to work on his sobriety. Whenever he experienced setbacks, Richard knew he could count on The Mission as a refuge to stabilize himself and reset.

Eventually, Richard connected with our housing support staff and secured an apartment in 2008, where he’s been able to live to this day.

Richard was also a diligent student. However, at 17, after his father fell ill, he had to put his education on the backburner to run his family farm. Decades later, thanks to generous people like you, he was able to regain an opportunity to study at our *Discovery University*.

*“Those classes were for the benefit of my soul,”* he reflects.

Now in his retirement years, Richard regularly visits the *DYMON Health Clinic* for routine health check-ups and our Chaplain Dave for meaningful conversations about life, faith, and their mutual fond memories of their mothers’ peanut butter cookies.

Reflecting on some of his construction work on houses, Richard remarks that the footing, the bottom-most part of the foundation, is the key to a structurally sound home.

Your support has helped Richard secure his own footing. When asked about the importance of having access to The Mission’s services and programs, Richard replies, *“It means the world to me.”*



**MATCHING GIFT  
CAMPAIGN**

Please give today  
and **DOUBLE** the  
impact of your gift for  
someone like Richard.

*You can make this a  
Summer of Hope.*