



WELCOME HOMELESS

# GOODSHEPHERD JOURNAL

GOODSHEPHERD.CA

## “I don’t know where I’d be if it were not for this place” How your generosity gave Hayden Davidson a place to “thrive and be a better person”



I grew up in a Roman Catholic household. My mom was a nurse, my father worked for Firestone.

My home was dysfunctional. I learned from an early age to defend myself and my mother.

I played hockey when I was young, and represented Canada at an international tournament. But I always felt like I didn’t fit in. I became a chameleon, hiding my emotions. Some people call it becoming a ‘people pleaser’.

My parents got a divorce. I was introduced to a new stepfather, and we moved to Oakville. All through high school, I kept on feeling like an outsider looking in.

I went to Algonquin College to study Law and Security, because I thought I would like to become a police officer. I didn’t finish. I started wanting

something more out of life. I started working in a night club, doing security.

I was presented with the opportunity of selling cocaine. I went with that as long as I could, which was not very long. That’s when I first started using – when I was 23. That got overwhelming really fast. I burned all my bridges in Ontario, and I went to British Columbia.

I had a clothing store that I owned with a buddy. We used some of the proceeds to buy marijuana and take it to the United States. I made a lot of money, lived a fast life. The law in the States caught up with me and I spent four years in a federal prison.

When I was discharged, I was sober, and I went back to my parents. I worked as a factory manager. But when the job got overwhelming, I gravitated to using cocaine again.

My mother was diagnosed with brain cancer. I wasn’t able to be with her properly in her last days, which is something I regret to this day.

I tried treatment without success. I spiralled downward. I was going from woman to woman, whoever would let me stay with them. In my last relationship, my partner told me “You’re better than this.”

So in March 2017, I came to the DARE Program. Going through pre-treatment really helped. This time

going into treatment, I was so much further ahead. I came back from treatment in July.

I’ve got my self-respect back, I’ve got clothes, I’ve got food. I am loving the sense of home and family and fellowship in the DARE Program. The fellowship we have among ourselves – that is us growing – it helps, it really does.

Right now, I’m taking a course on dealing safely with trauma. I’m doing that while I’m here, because Good Shepherd is the place to get all the things you need. My mistake last time was coming out of rehab and jumping back in, thinking I was okay. And then of course, the first sign of trauma, bam, I was back using.

I don’t know where I’d be if it were not for this place. In recovery, you need a home base or family most. The DARE Program feels like I’m in a family where I can thrive and be a better person. Being part of something – it’s so major in recovery. If you don’t feel part of something, you’re not going to heal.

When you support DARE, you give homeless men like Hayden the hope of a future free from substance abuse. In the first six months of 2017, your generosity made it possible for 65 homeless men to enter treatment for addictions.





## Message from the Executive Director Counting our blessings

If you're like me, at some difficult point in your life, someone told you to 'count your blessings'.

And if you're like me, you quietly wished that person

would ... well, better not said.

But that old saying holds some profound truths.

So today I want to share with you three blessings — good things I see at Good Shepherd Ministries.

First, I see people learning to accept and respect themselves and others. I see the healing that brings.

As Hayden (the DARE client who shared his story with us in this newsletter) put it: "Before I came here, I'd drive past this place and drive by with judgement. When I first was admitted to DARE, I'd run through the dining room to get upstairs. Now, I want to stop and talk to people, because that's how it's been for me."

Second, I see the resilience, kindness, and dignity that human beings can show, even when they are struggling with huge challenges. There is the meal guest who never forgets to thank the volunteers at the end of the meal. Earlier this year, the quick reactions

of an overnight guest helped save a life in an overdose crisis.

But third and most of all, I see people working together to help other people in times of trouble.

You're one of them. You gave something to help people in need — perhaps a monetary gift, some food or clothes, or your time and energy.

And you are not alone. Each day, I witness volunteers in the double digits coming through the doors. They help to cut vegetables for a meal, they wipe tables, they make beds. This newsletter is filled with stories of people who are, each in their own way, helping the homeless and marginalised.

At Good Shepherd Ministries, I get to see that people do care about each other. To see that in action each day is such a blessing.

Thank you for being one of the blessings in my life, and in the lives of the men and women who rely on Good Shepherd. May the blessings you have shared with others be yours this Thanksgiving. I remain,

Your Brother,

Brother David Lynch, OH  
Executive Director

## COMMUNITY UPDATE: REMEMBERING BROTHER BILL OSMANSKI



Brother Bill Osmanski once told a story of a priest who brought him a donation of clothing and food. "I envy you," the priest told him, "because you're able to live the gospel every day in a hands-on way."

And every day Brother Bill, who passed away June 16, did just that.

Brother Bill was born December 12, 1936 in Pennsylvania. He felt the call to religious life early, joining the Little Brothers of the Good Shepherd in the mid-1960s.

His last posting was as head of Camillus House's Direct Care Ministry Program. Brother Bill spent his days providing Miami-Dade's poorest and most vulnerable members with food, shelter, clothing, counseling... and, not least, hope. He enjoyed nothing better than ministering to both the spiritual and material needs of those around him. He will be missed.

*Clarification to the obituary of Brother William Gagnon, O.H., published in the last Journal: He and two Canadian Brothers arrived in January 1952 in North Vietnam. Due to the Indochina War, they left North Vietnam in July-August 1954 to establish the Mission in South Vietnam, where he passed away in 1972.*

## When we work together, we accomplish so much



Joanne at Unity in the Community, an event hosted by the Collective Community Building Initiative (CCBI), of which Good Shepherd Ministries is a member. Held in Allan Gardens and open to everyone, the event included food, activities, music, and a chance to meet and chat with other members of the community.

Joanne grew up in Toronto, the third among the four girls in a family with a long history of mental health issues. Her uncle committed suicide, a tragedy that has lived with the family for years. Personally, for Joanne, mental illness was never a stranger.

*“Even though I felt mental illness was always a part of me it took me some time to accept it. In fact, it was when my mom passed away that I realized it was real, and soon enough diagnosis confirmed the reality. So when I was told, for the first time, that I did have mental health issues it was not easy.”*

*“I have a friend who has struggled with mental illness and homelessness. These people need us, they need the whole community.”*

Joanne has been an active participant in the Collective Community Building Initiative (CCBI) since October 2016.

CCBI is a new, community-focused & community-driven project that is working toward building an inclusive, caring and vibrant community within Toronto downtown east so that all people can enjoy positive and respectful social experiences.

*“While at the Good Shepherd Centre enjoying my Thanksgiving meal last year, I got invited to attend a meeting organized by CCBI at the Mustard Seed. More than 30 people – seniors, people with disabilities and mental health issues, homeless etc. – all shared their views on how they desire to build community. Hearing what I heard at this meeting, my own story and a burden I have always felt to make a difference in the community, convinced me that I need to get involved with CCBI.”*

CCBI works to bring together and support a diverse set

of voices to discuss issues that matter to the whole community. We hope to build an understanding of the impact of the changes happening in Toronto downtown east. We plan to develop initiatives that help break down social and economic barriers and, in the process, empower those with less privilege and influence.



*“It was exciting to be a part of the first ever event organized by CCBI – Unity in the Community – at Allan Gardens late last month. It was our attempt to bring people together. I am still soaking it in; I am still thinking about it. I loved the experience, and I loved it when people would walk up to me and start talking to me about their stories; I will never forget that. We all came together and contributed – the community residents, community organizations, local political offices. I am glad that I could contribute by providing some filtered water; on a summery day it made a difference as well.”*

### MANY THANKS

TO THE FOLLOWING FOR THEIR GIFTS

CATHOLIC CHARITIES	\$95,000.00
GREATER TORONTO ELECTRICAL CONTRACTORS ASSOCIATION	\$30,000.00
KNIGHTS OF COLUMBUS TORONTO COUNCIL 1388	\$10,000.00
SISTERS OF ST. JOSEPH OF TORONTO	\$5,271.00
GREGORY GRAHAM FOUNDATION	\$5,562.50
ORDER OF MALTA	\$5,000.00
PAUL O'CONNOR FUNERAL HOME	\$2,000.00
KNIGHTS OF COLUMBUS MONSIGNOR INGOLDSBY COUNCIL	\$1,500.00
STEP BY STEP PROFESSIONAL FAMILY FOOT CARE	\$1,300.00
REVERB LITHO & DESIGN	\$800.00
MAXSYS STAFFING & CONSULTING	\$610.00
CSI CHRIST CHURCH TORONTO	\$500.00
KNIGHTS OF COLUMBUS, ST. JUSTIN MARTYR COUNCIL 11708	\$500.00
OUR LADY'S MISSIONARIES	
SACRED HEART PARISH, KING CITY	



## Leaving a legacy of care and compassion



For more than 20 years, Evan Ernest Bernacchia-Canton, MDiv, has made donations to Good Shepherd Ministries in order to help people who struggle with poverty and homelessness.

Ernest learned about the work of Good Shepherd Ministries when he was doing a favour for his pastor.

“Many, many years ago, a priest from India was staying at the Good Shepherd while he was visiting

Toronto. Our pastor asked if I could drive him there.”

“When I saw the place, and I saw the work you do, it blew my mind. I wanted to support it. This is the church at work.”

The church has played a colourful and central role in Ernest’s life. His Italian grandparents inherited an Inn, complete with vineyards and farmland, that had originally belonged to Hospitaller Knights who sheltered pilgrims. His parents immigrated to Toronto.

Ernest was born on March 12, 1939, at St. Michael’s Hospital — it was the closest hospital to the Eaton Centre, where his mother was working when she unexpectedly went into labour.

He grew up downtown, worked for Imperial Oil, and cared for his parents in their last years. “I wanted to

give them the kind of care they had given me,” he says.

Then, in his early seventies, Ernest’s connections with the church led him to go back to school to take courses in theology. But he fell in love with the atmosphere, and almost before he knew it, he had earned a Masters of Divinity degree from St. Michael’s College at the University of Toronto.

Ernest’s deep faith, and his focus on caring for others, has led him to make Good Shepherd Ministries one of the charities he has remembered in his will.

“I don’t care whose fault it is when someone ends up on the streets,” he says. “It’s up to us to care for them.”

*Visit [www.goodshepherd.ca](http://www.goodshepherd.ca) to learn how you can help.*

## Program Updates: innovative work that your support makes possible

### Gambling Pilot Project

More than 50 homeless people have connected with the new Gambling Addiction Program that was launched at Good Shepherd earlier this year. Over the past 3 months, staff have also been involved in outreach work to over 15 agencies in Toronto.

A Cognitive Behavioural Therapy (CBT) based group, quite possibly the first CBT-based group of its kind, is currently being offered to clients with problem gambling issues. Participants have demonstrated a great deal of enthusiasm and their feedback is very encouraging. A Life Skills Group will begin in early September.

On August 12, Good Shepherd Centre hosted its first Gamblers Anonymous (GA) self-help meeting. Our grateful thanks go to the existing Toronto GA group for its help.

### More help for Veterans

Since the pilot project started in December 2016, our Veterans Transition Worker has provided comprehensive Case Management, including aftercare support, to 21 veterans.

We continue with our strategy of community presentations to reach out to more homeless Veterans. During the year we have conducted 25 presentations in other homeless shelters and drop-in centres.

Between June 6, 2017 and July 11, 2017, we provided additional support through the weekly Veterans Living Better Life Skills/ Social skills Group. Nine (9) Veterans completed the six weekly group sessions.

The next group will take place in October 2017.



# Nothing could dampen the spirits of dedicated supporters



The winning foursome from the Whitlaw Group pose with MC Lyndsey Vanstone, Morning Producer for 93.5 the Move (centre) and Br. David, Executive Director (right). Thank you to Lyndsey for contributing her time, energy and wit to the event!

Rain, rain, go away...well, sadly, it didn't. But the rain did not put a damper on the annual Good Shepherd Golf Tournament on July 13.

Golfers are a special breed. Through the rain and cool temperatures, our supporters kept swinging to the very end. When it comes to sportsmanship and generosity, the Good Shepherd golfers are without equal!



The golfers played through a day of rain — and raised funds that will give people who struggle with poverty and homelessness shelter from the elements. What's one day of rain compared to 365 days of help for the homeless?

After drying off and warming up, guests enjoyed the free raw oyster bar, partici-

pated in the silent and live auctions, and enjoyed a wonderful meal.

Brother David spoke to the golfers about the extraordinary work that happens thanks to their generosity.

Each year we are blessed with tremendous sponsors, donors, participants and volunteers. Thanks to them, the Golf Tournament is able to make a major



Champion oyster shucker Patrick McMurray kept the always popular raw bar well supplied.

contribution to providing food, shelter, medical care, clothing and more for people in need.



'Honey the Bear', a wood sculpture donated to the Live Auction, does her bit to promote hospitality, one of the central values of Good Shepherd Ministries.

This year was no different. And the inclement weather this year did nothing more than emphasize the amazing commitment of our benefactors.

Whether you sponsored the Tournament, golfed, donated, or volunteered — thank you!

## THANK YOU TO OUR SPONSORS



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## Volunteer Profile: Beth Aitken



An estimated 8,000 volunteers help out at Good Shepherd Ministries each year.

I started volunteering at Good Shepherd eight years ago. It was six months or so into my early retirement and I was ready to take on a new challenge. Good Shepherd was a place my family had long supported financially and I knew it was where I wanted to offer that other resource I had – my time. I offered to work in the kitchen, doing whatever needed doing. I pitched in an

afternoon a week making sandwiches, peeling vegetables or washing tables and countertops. Eventually I started serving “on the line” for the main meal from 2-4 in the afternoon. I was assigned the milk position, offering milk for coffee and tea and gently explaining that there wasn't enough for a full glass. I learned a few names of regular guests and began to recognize even more faces. I looked forward to the chance to say hello and offer a few pleasantries.

As the years and my aching joints progressed, I left the kitchen reluctantly behind and was able to take up a new role in the Fundraising office. I had experience with the database system used for record keeping from previous work, so I offered to help with data input. Its certainly not brain surgery, but it does allow staff to use their time more productively.

Here's the thing about volunteering. Most of us go into it to offer something of ourselves to others, especially those who may be having a tough go of life. We quickly realize that the benefits of volunteering go both ways. As a volunteer, I truly have received more in return than I have ever been able to give. For me, the warm welcoming hospitality at Good Shepherd reaffirms my faith and is an antidote to the negativity in the world today.

As I enter into the computer all those names of people, like me, who have taken their time to serve a meal, bake a casserole, make a bed, sort the clothing room or donate items to a fundraising event, I can't help but say a silent prayer of thanksgiving for all the good that exists in our city.

## VOLUNTEER RECOGNITION

Good Shepherd Ministries is indebted to its incredible volunteers who give freely of themselves every day in our service to those in need. Last year we were not able to share our gratitude with you in a formal way, but finally, mark your calendars. The 2017 volunteer recognition event will be held on **Thursday, November 9, 6– 9 pm**. Keep your eyes peeled for your invitation in the mail or your email inbox. For more information, please contact Rebecca at 416.869.3619 x 262.



### URGENT NEED: Clothing Room, 9 a.m. to 11:00 a.m., weekdays only.

Distributing clothing can be a job that demands saint-like patience, but the reward is knowing that you are making a big difference. Br. Tom, Director of Hospitality and Shelter Services, says “When you see the pitiful condition of the clothes of some of our guests, it just puts a lump in your stomach to have to say, “Sorry, the clothing room is closed today.” Volunteer, and you can help keep the clothing room open!

**Sunday Morning Drop-in from 8-11 am.** Help prep and serve meals.



Follow us:



@goodshepherd\_to





## Volunteering at Barrett House and St. Joseph's Residence

Barrett House and St. Joseph's Residence is pleased to welcome Conor to the "family".

Conor Sheridan is a new friendly visitor volunteer at Barrett House and St. Joseph's Residence. He is presently a master's student at University of Toronto (U of T) where he is studying rehabilitation following brain injury.

He will be spending time with the residents and will be helping to engage them in community participation (walks, movies, shopping etc.)

Conor's presence will definitely make a difference in the lives of the residents by improving their social skills and bringing a smile to their faces. Welcome aboard, Conor!



Volunteer Conor Sheridan (right) with Eddie (centre) and Jason (left) in the garden at Barrett House. Your donations, and the contributions of volunteers like Conor, help the 6 residents of Barrett House and the 8 residents of St. Joseph's Residence to live in a homelike and supportive environment.

## Let there be light!

Students, associations & companies work together to make Good Shepherd Centre greener



Br. David with the five young engineers who designed the energy-saving project that is saving Good Shepherd Centre thousands of dollars a month. From left: Br. David, Steve Chiu, Matheos Tsiaras, Greg Peniuk, Mackenzie de Carle, Jordan Freedman, and Dr. Brenda McCabe, Civil Engineering, University of Toronto.

It all started with a group of engineering students at the University of Toronto who designed a green energy retrofit of Good Shepherd Centre, and entered their project in a Green Energy Challenge in 2015.

They got to fourth place in the international competition — and even better, their project was chosen and implemented by members of the Greater Toronto Electrical Contractors Association, the Electrical Contractors Association of Ontario (ECAO), and the Canadian Electrical Contractors Association (CECA).

The project, which involved retrofitting the Centre with

LED lights, and installing motion sensors that turn lights on and off, took a year and half to complete. The changes reduced energy use dramatically. The Centre will save thousands of dollars each month, funds that can be used instead to help the homeless.

On June 15, the five young engineers, plus representatives of the various electrical associations, gathered at Good Shepherd Centre to celebrate the Green Lighting Retrofit project.

At the event, the Greater Toronto Electrical Association donated \$30,000 in memory of George Docherty, a prominent member.

"My father believed in treating people fairly, with dignity," says Ed Docherty, who attended the event with his mother Karen and sister Lisa. "He would have liked this project."



How many people does it take to change a light-bulb at Good Shepherd Centre? A whole crowd! Students, Electrical Association members, and members of the Docherty family came together at the June 15 Green Lighting Retrofit event.

# FOOD DRIVE

- Canned tuna/meat
- Canned vegetables/fruit
- Tinned tomato/spaghetti sauce
- Instant/ground coffee
- Hot chocolate
- Black tea
- Powdered milk
- Peanut butter
- Jams
- Cookies & crackers
- Rice
- Vegetable oil
- Sugar



For individual donations, you may drop off your gift at Good Shepherd Centre (412 Queen Street East). For larger collections, please leave a message on the Food Drive hot line: 416-869-3619 ext. 229 and we'll call back to arrange a pick up.

## WASH LIST

### CLOTHING ROOM – MEN'S

WINTER BOOTS  
WINTER COATS  
MEN'S UNDERWEAR (NEW)  
SOCKS (NEW)  
JEANS (ALL SIZES)  
RAIN JACKETS  
WARM GLOVES  
WINTER HATS & SCARVES

### DORMITORY SUPPLIES

RAZORS  
TOOTHPASTE  
TOOTHBRUSHES  
DEODORANT  
TOWELS  
SHAVING CREAM  
LIQUID/BAR BODY SOAP  
BODY LOTION  
SHAMPOO

### MEDICAL CLINIC

MULTI VITAMINS (B/C)  
IBUPROFEN  
ACETOMINOPHEN  
VICKS VAPO-RUB  
ENSURE/BOOST  
POLYSPORIN  
NEO CITRAN  
VASELINE  
EAR PLUGS

Good Shepherd Ministries is present to the homeless and most neglected members of our community.

We offer a broad range of compassionate programs and services to enhance quality of life while inspiring hope and promoting human dignity.

At Good Shepherd Ministries, we strive to live the following values with the utmost integrity:

#### Hospitality

To welcome others with generosity and openness.

#### Compassion

To be lovingly present and open to others.

#### Faith

To have faith in each other and be aware of God's presence in our lives.

#### Acceptance

To celebrate, recognize and respect the diversity of each person.

**Our Goal:** to alleviate the effects of poverty while striving to eliminate chronic homelessness within our community.

## OUR PLEDGE TO YOU

We value each gift entrusted to us in support of the work of Good Shepherd Ministries. We also value your trust, and work to make the best possible use of your investment in the lives of others. We respect your right to privacy, and will not sell or distribute your personal information.

**Good Shepherd Journal** is mailed in the spring and fall of each year. We hope that you enjoy reading about how your support makes a vital difference to the lives of those who struggle with poverty and homelessness.

If you have questions or concerns about our mailings, or would like to know more about our work, our contact information is:

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**Fax:** 416.869.3680

**Website:** GOODSHEPHERD.CA

**Mail:** 412 Queen Street East  
Toronto, Ontario M5A 1T3

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