

Can a “successful businessman” also be a “totally broke man struggling with addictions and at risk of homelessness”?

Yes, he can.

Patrick’s roller-coaster life has included starting profitable businesses — and underlying addictions that left him destitute and in despair.

I arrived at Good Shepherd Centre on the day of the big storm this past winter. I sat in the DARE office, a broken man.

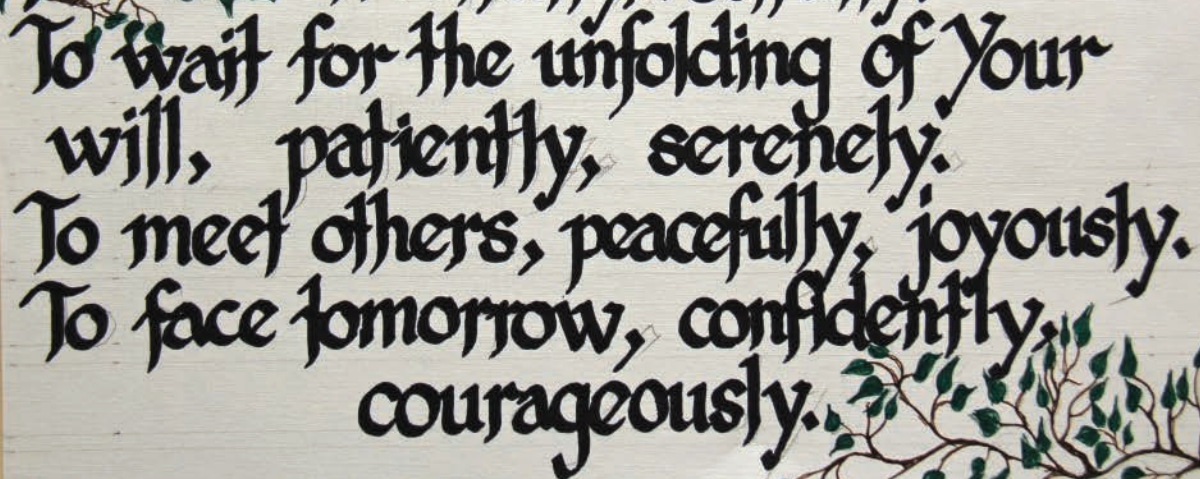
My brother had given me money so I could get to Good Shepherd. All I had was a \$10 guitar and a suitcase of clothes.

Back in October 2013, I laid off the sales staff at my Mississauga business. I rented a basement room with no windows. And I smoked crack 24 hours a day for five years.

I was down to 130 pounds. I was living on icing sugar and crack, crawling around the floor of my apartment. Every now and then I used to pull myself together and take care of some of my customers so I could get money. Mostly, I just wanted to die.

Read on to find out how your compassionate support gave Patrick a safe place to start his recovery.





To wait for the unfolding of Your
will, patiently, serenely.
To meet others, peacefully, joyously.
To face tomorrow, confidently,
courageously.

I had stopped believing in God. But in December 2018, I said a prayer: “If you’re there, give me the willingness to be willing.”

The next day, I picked up the phone, called the number that helps people get treatment, and said “I need help.” The worker had a list of all the treatment centres. The waiting list was anywhere from six weeks or longer. **I told her I wouldn’t last that long.**

She called me back the next day and she said she had found the DARE Program. She told me I could stay at DARE until treatment.

DARE saved my life and it brought me back to life. I can’t give enough back for what they’ve done for me. I’m no longer alone. I’m seeing the world differently.

I remember my first day in Bed 25 in DARE. I started journaling that day. I put a tiny dot on the front of that journal – a dot the size of a mustard seed of willingness. Then every day I was sober, I drew a leaf growing from that seed. Now I have 180 leaves – it’s turning into a tree.

I’ve told my story to student volunteer groups 14 times. I told them about my first ‘drunk’

— I was 7 and with my father, who was an alcoholic. I told them about growing up feeling that I was never good enough.

I told them about starting businesses (three times) and using financial success, drugs, and drinking to make me feel like I could measure up. But I never felt good enough.

In DARE, I followed the 12 steps of Alcoholics Anonymous. I got to Step 4 and I looked at myself and I was a mess. I said “God, I don’t think I have that much time left. Just keep me alive long enough to make amends to my children.” Then my oldest son got in touch with me. And then my daughter — I had not seen her since she was nine.

Christine (Pastoral Care Manager) gave me a list of prayers. There’s a prayer by St. Francis that I wrote up to put on my wall. When I left DARE – I’ve moved into housing now – I gave that prayer to one of the new men in DARE, and I told him “This prayer saved my life, I hope it will save yours.”

Your gifts to Good Shepherd Ministries support men like Patrick who need immediate help. Each year, your kindness gives more than 250 homeless men a safe bed, meals, clothing, and pre & post-treatment services that help them stay sober & promote long-term recovery.

HOW YOUR COMPASSION HELPS HOMELESS VETERANS

Good Shepherd launches the innovative Veterans Housing Navigation Team

For the past nine years, your generosity has helped Good Shepherd Ministries serve homeless and at-risk Veterans.



When every day feels like a battle,
look for your guardian angel.

No one should fight alone.

HELPING HOMELESS and AT-RISK VETERANS

For help or more information,
call Marla at 416.869.3619 x 276

GOODSHEPHERD.CA

A 2010 survey of 669 clients of Good Shepherd Ministries found that 9.7% identified themselves as Veterans. That was a shock — only 2% of Canadians are Veterans.

Later in 2010, the Royal Canadian Legion, Veterans Affairs Canada, and Good Shepherd launched a program called “Leave the Streets Behind.”

Good Shepherd supplied office space and other supports for an embedded Veterans Affairs worker.

But it was not enough.

Many homeless Veterans struggle with complex, overwhelming health issues (both mental and physical) that turn every day into a battle. They need someone who can help them navigate their way through that battlefield. They need help even after they have found housing.

In 2016, Good Shepherd Ministries started a two-year pilot project that added a Veterans Transition Worker to its Resettlement/Housing team. The results have been so positive that the work is being continued and expanded.



Adam Vaughn (Member of Parliament for Spadina-Fort York), Don Dussault (Resettlement/Housing Worker), and Br. David Lynch (Executive Director) listen as Marla Newman (Veterans Housing Navigator) describes her work with homeless and at-risk Veterans. Your donation to Good Shepherd Ministries helps Marla to provide intensive help to homeless Veterans with complex needs.

Thanks to funding from the Veterans and Family Well Being Fund, Good Shepherd Ministries now has a Veterans Housing Navigation Team.

The Team consists of a Veterans Housing Navigator and a part-time Veterans Peer Support Worker. The Team will continue to provide one-on-one help to homeless and at-risk Veterans as well as organizing the “Veterans Living Better” life-skills groups.

Your generosity gives Good Shepherd the resources needed to develop and grow effective new ways to help people in need. Thank you for caring and making a difference!

SERVING THE HUNGRY, ONE SANDWICH AT A TIME



It takes many people to keep Toronto's largest meal programs going. One of them is Pat.

In June of 2007, Pat was in-between volunteer jobs. She had just finished volunteering with the Victoria Order of Nurse's Good Beginnings Program, where she worked with a new mom and her twin babies.

Pat was looking for something in a kitchen. Her husband John recommended Good Shepherd Centre. It turned out to be a great fit and a beautiful friendship was born!

"I like the people, the staff and the consistency of the tasks", says Pat, who volunteers weekly assisting the chef with food prep, serving, and making sandwiches.

Pat's calm demeanor and her excellent work ethic helps make Good Shepherd's meal program run smoothly.

Last year, Good Shepherd Centre served more than 400,000 meals and snacks. It could not have happened without the help of hundreds of weekly volunteers like Pat.

Over the past five years, volunteer Pat Kavanagh has made more than 50,000 sandwiches for Good Shepherd's guests.

Your donations give Pat the resources she needs to do this vital work.

Over the last 12 years, Pat has worked with several chefs and staff as well as mentored and trained many new volunteers.

VOLUNTEER OPPORTUNITIES

Ongoing positions available:

Clothing Room Attendant - once a week on a weekday morning, 9:00 am-11:00 am to help sort, organize and distribute donated clothing and hygiene products to guests.

Friendly Visitor, St. Joseph's Residence or Barrett House - weekly visits to play cards or chat with residents.

For more info, call Rebecca at 416.869.3619 x 262 or e-mail rebecca@goodshepherd.ca

VOLUNTEER CELEBRATION

Attention all volunteers!
Mark your calendar for **Saturday, November 9** from 10 a.m. to 1 p.m. and prepare to join us for a PANCAKE BREAKFAST.

Check your mailbox or emails for your invitation and more details. Group volunteers, invitations will be sent out to your group coordinator.





BROTHER DAVID

Giving thanks for the angels of hospitality

It happens because of YOU.

The doorbell at 412 Queen Street East rings. The door opens. A man steps inside.

“Do you have socks?”

“Yes,” comes the answer. The socks change hands. The man leaves, the door swings closed. The doorbell rings again.

“Do you have a sandwich?” A brown paper bag changes hands. The doorbell rings again.

Hospitality at Good Shepherd Ministries means a door that is always answered.

Hospitality means food, clothing, bandages, sometimes insulin for out-of-control diabetes.

Hospitality means help with finding housing, support for someone trying to recover from an addiction, taking a homeless Veteran to see a doctor.

Hospitality means more than 1,000 meals served each day. It means 95 beds, clean and ready for 95 weary homeless men each night.

And how do we answer that door? Find the socks? Fill the plates? Put clean linens on the beds? Make hospitality a warm and joyful reality every day of the year?

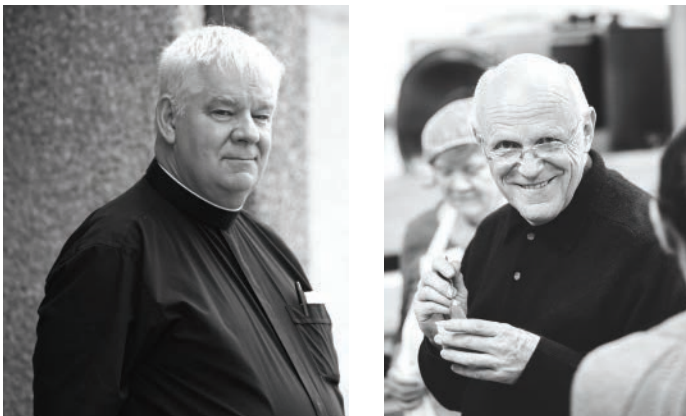
We do it thanks to YOU. You give the socks, the plates of food, the coffee. You give the funds that buy the supplies that can't be donated.

You make sure there's an experienced, caring worker to listen and help when someone arrives at our door in despair.

You make a difference in the lives of the homeless more than a thousand times a day. You are our angels of hospitality, acceptance, compassion. Your faith in Good Shepherd Ministries keeps the love of Christ the Good Shepherd flowing to those who need it the most.

At this time of Thanksgiving, I give thanks for your companionship, your support, your generosity. Thank you for making a difference!

COMMUNITY UPDATE



On June 27, 2019, Brother Tom Liss, OH (left) retired from the position of Director, Hospitality & Shelter Services. He will continue to assist with light duties in Finance.

Father Ed Keays (right), a member of the Pastoral Care team, also retired to take on (as Br. David referred to it) “a role in a ministry of prayer and quiet support.”

DONORS MAKE A DIFFERENCE

Thank you to the following organizations:

Knights of Columbus, Toronto Council 1388	\$10,000.00
The Muzzo Family	\$10,000.00
NTN Bearing Corporation of Canada	\$10,000.00
De La Salle College	\$3,373.00
Knights of Columbus, Father James J. Farrell S.J. Council 3296	\$2,347.00
Brokers Trust	\$1,000.00
Knights of Columbus St. Justin, Martyr Council	\$850.00
Step By Step Professional Family Footcare	\$700.00
St. Mary's CWL, Collingwood, Ontario	\$500.00
St. Emily Catholic Elementary School	\$500.00

Catholic Charities of the Archdiocese of Toronto
Corporate Group of Companies
Eckler Ltd.
Forest Trim & Doors Ltd.
J.S. Cheng & Partners Inc.
Living World Assembly of God
Visitation Province Congregation of Notre Dame



DRIVE AWAY HUNGER



WISH LIST

YOU CAN HELP SERVE MORE THAN 1,000 MEALS EACH DAY!

- | | |
|--|--|
| <input type="checkbox"/> Peanut butter | <input type="checkbox"/> Pancake mix |
| <input type="checkbox"/> Canned tuna & meat | <input type="checkbox"/> Garlic/onion powder |
| <input type="checkbox"/> Coffee, ground or instant | <input type="checkbox"/> Allspice |
| <input type="checkbox"/> Jams | <input type="checkbox"/> Vegetable oil |
| <input type="checkbox"/> Canned vegetables/fruit | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Canned stew | <input type="checkbox"/> Canned soup |

For smaller donations, you may drop off your gifts at
Good Shepherd Centre (412 Queen Street East).

For larger collections, please leave a message on the
Food Drive Hotline: 416.869.3619 ext. 229.
We'll call back to arrange a pick up.

Clothing—Men's

winter boots
winter coats
underwear (new)
socks (new)
jeans (all sizes)
rain jackets
warm gloves
winter hats & scarves

Dorm Supplies

razors
toothpaste
toothbrushes
deodorant

towels
shaving cream
soap
body lotion
shampoo

Medical Clinic

Imodium
ibuprofen
acetaminophen
Reactine
Ensure/Boost
Polysporin
Neo Citran
Vaseline

Be an Angel of Hope...

Do you want to leave a legacy of compassion and care? Remember the work of Good Shepherd Ministries in your will.



Do you want to provide services for the homeless throughout the year? Just fill out the form included with this mailing or call Cindy at 416.869.3619, ext. 277 to become a monthly donor.

Your generosity TODAY will give a hungry person joy on Thanksgiving Monday!

Please help us serve more than 1,600 meals on Thanksgiving Monday — and more than 1,000 meals a day every other day of the year.

Founded in 1963, Good Shepherd Ministries is a registered charity and a mission of the



Hospitaller Order of Saint John of God
Province of the Good Shepherd in North America

goodshepherd.ca

twitter.com/goodshepherd_TO

facebook.com/goodshepherd_TO

youtube.com/user/GoodShepherdToronto

412 Queen Street East, Toronto, ON, M5A 1T3

info@goodshepherd.ca

416.869.3619, ext. 223

Charitable Registration No. 89250 8169 RR0001