



# GOODSHEPHERD JOURNAL

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**"If you're spending all your time trying to stay warm, that is all you can think about."  
Michael, DARE graduate**

I was living in a house, and the landlord came to change the lock on my room and tell me to leave. I was standing in front of my house, and one of the other guys said "The only thing I can suggest is a homeless shelter."

He suggested Good Shepherd because he had stayed there himself. He said **"It's the best shelter I can think of, it's the best one in the city."**

I came to Good Shepherd and stayed a couple of months. I got my own place again. But the drinking was just as bad if not worse. It was so bad, someone told me that I needed to go to the hospital.

**Read on to find out how your generosity set Mike on the path to a new career & more than 7 years of sobriety.**

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

One Day  
At A Time

Let Go  
and  
Let God

Easy  
Does  
It

You are no  
longer  
alone

Remember  
When

At St. Joseph's Health Centre detox, they recommended DARE. They said, "It will give you stability and it will give you time to sort things out." So I applied and I came for a quick interview, and when a bed came up, they called and I went to DARE. It was just before Christmas 2009.

I stayed about six months. But the whole time I was in DARE, the whole time I was in treatment, I was planning to get out and drink.

I got a place in the east end with the help of the Resettlement Program. But I did nothing but drink, maybe a little bit of work. Then even my part-time job didn't want me.

I drank vodka heavily. And because I wanted every drop of alcohol, I used to turn the bottles upside down until they had drained dry.

So one day, I sat in my room and looked around at the upside-down bottles everywhere, and I said to myself "This is just ridiculous. I can't do this anymore."

So I called my Alcoholics Anonymous sponsor and he said, "You can keep on doing what you're doing, and I can guarantee things will keep getting worse. Or you can trust me and do what I say. And what I say is: you need to go back to detox, back to DARE, back to treatment."

That's what I did. After I finished treatment, I applied to George Brown College's culinary management program and I graduated.

I applied for and started work in remote camps for the oil industry in Alberta – took the last of my money and bought a bus ticket.

That was in 2014, and I've been working there ever since. I've been sober for seven and a half years.

The DARE Program gave me a place to be safe. I wasn't hungry, cold, exposed. There was some discipline. And there was hope and respect.

The first time I went through DARE, I knew I wasn't serious, and I was ashamed of what I was doing. It worked the second time.

When you're at DARE, you can relax and think about how to fix things. If you're spending all your time trying to stay warm, that is all you can think about.

The DARE Program is shelter, it is home. If you don't have that, you'll never get anywhere.

Each year, your donations help give 100 homeless men like Michael a safe place to live and the support they need to stay sober while waiting four to six months for treatment. For men who have been addicted for years, it can take more than one try before recovery becomes possible. You help give them the time and opportunities they need to get back to sobriety.



BROTHER DAVID

## “So that they may have life, and have it to the full...”

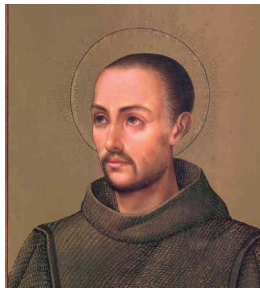
Following in the footsteps of St. John of God

I want to tell you the story of someone your compassion has helped. Yes, he was born 500 years ago — but trust me, you have helped him!

John was abducted as a child, and abandoned in another country. He survived by working as shepherd. In his early twenties, he became a soldier.

In his forties, everything changed.

He was discharged from the army. Disillusioned and suffering from what we now call PTSD, he tried to find his way home. But home was gone, his grieving parents long since dead.



He felt desperate to atone for the suffering he had caused. He first tried to sacrifice himself as a martyr. That didn't work. He tried selling holy books. It wasn't enough.

Then he heard a moving sermon on being a fool for God. Yes! he thought. I can do that. He screamed for mercy for his sins, he rolled in the mud in the streets. He made himself a public nuisance until he was sent to an insane asylum.

Finally, John felt like he was atoning. Back in the 1500s in Spain, mentally ill people were 'treated' with daily beatings and starvation.

Then he got a visit from the preacher who had inspired him — St. John of Avila.

No, said St. John of Avila. You're not atoning for your sins by suffering unnecessary pain. Get out of here and help other people — that's how you atone!

So that's what our John did.

He left the asylum and he opened a house of hospitality. He welcomed crippled Veterans, beggars, public nuisances, prostitutes.

His experience as a soldier came in handy. He bandaged wounds, he organized meals, he set up beds. Then in the evening, he walked the streets and begged so that his 'children' could eat.

He died in 1550 at age 55. But the work of hospitality he set in motion — it never ended.

That's how YOU are helping John, the man we now call St. John of God—the founder of our order.

Each of your gestures of kindness and generosity forges a new link in an unbroken chain of compassion stretching back 500 years ago.

Thanks to you, John still welcomes the hurting, the homeless. You bring his vision to life, here in Canada in 2019. Through your kindness, the healing love of Christ flows to people who struggle with poverty, with homelessness, with illness and pain.

This Easter, I humbly ask that you continue to walk with us in the footsteps of St. John of God — a broken man who turned his suffering into new life for so many. Alleluia!



This past February, the Hospitaller Order of St. God met in Rome for the Order's 69th General Chapter. The Order cares for the poor and sick in 52 countries on five continents. For more information, please visit [www.sjog-na.org](http://www.sjog-na.org).

# Wearing their wings for the homeless

## 'ANGELS AMONG US' GOOD SHEPHERD GALA

On February 2, 2019, guests packed Paramount Eventspace to enjoy dinner, entertainment, and a fun photo booth.

Guests bid on auction items and listened to DARE graduate Daniel Baird speak about his journey. They enjoyed a video and did their bit to help people who struggle with homelessness and poverty.

Our grateful thanks to our sponsors, guests, ticket sellers, Gala committee and Board of Directors and everyone who donated items to the auction. Your compassion turned one night of hospitality into 365 days of hospitality for the homeless!

GENEROUSLY SPONSORED BY:



Daniel Baird, writer, editor, and graduate of the DARE Program, received a standing ovation from the guests.



Young singer-songwriter Abby J. Hall.



Master of Ceremonies Adrienne Batra (Editor in Chief of the Toronto Sun) kept the evening rolling with her energy & enthusiasm.

If you would like to plan an event or support one of Good Shepherd's events, please call Adrienne at 416.869.3619 x 223 or [adrienne@goodshepherd.ca](mailto:adrienne@goodshepherd.ca)

# United in hospitality, acceptance and compassion

They come from Mexico. They come from down the street. They're part of corporate groups. They're high school students on class trips. They come from every faith group. They can be 15 years old — or 93.

They are the volunteers of Good Shepherd Ministries. Good Shepherd volunteers:

- ✎ make beds
- ✎ work in the kitchen
- ✎ cook casseroles in their own homes
- ✎ serve meals
- ✎ hand out clothes
- ✎ sort food
- ✎ fold laundry
- ✎ collect and donate toiletries, food, clothing.



Students volunteers from Guadalajara, México.



Clothing drive coordinator Patrick (Natural Navigation) with his latest delivery.



Members of the team from Monarch Park Culinary Arts & Hospitality Program.

No matter who they are or where they come from, they all have one thing in common: they make a BIG difference in the lives of the homeless and marginalized people who rely on Good Shepherd Ministries.

Thank you to our volunteer 'angels' — the more than 8,000 people who will give their time, talents and energy to help at Good Shepherd this year! **For more info about volunteering, e-mail [rebecca@goodshepherd.ca](mailto:rebecca@goodshepherd.ca)**



The Knights of Malta provided and served a meal.



Volunteers from the West End Buddhist Cultural Centre Youth Group.



The team from TD Canada Trust helped make beds and sort toiletries.

YOUR COMPASSION IN ACTION IN 2018

-  422,790 meals served to the hungry
-  1,281 homeless men sheltered
-  150,110 items of clothing and toiletries distributed
-  1,696 medical clinic visits
-  264 homeless men found housing with help from Good Shepherd's programs

**Leave a legacy of compassion**

Every year, people remember the work of Good Shepherd Ministries in their will. Those legacies transform and sustain the services of Good Shepherd Ministries — and sustain and transform the lives of the homeless.

You too can make the world a better place with one simple act.

For more details, please contact Adrienne, 416.869.3619 x 223 or [adrienne@goodshepherd.ca](mailto:adrienne@goodshepherd.ca).

**THANK YOU!**

**Organizations helping the homeless at Good Shepherd**

- Knights of Columbus
- Toronto Council 1388.....\$10,000.00
- AGS Automotive.....\$5,000.00
- De La Salle College 'Oaklands'.....\$4,100.00
- Royal Canadian Legion BR13.....\$4,000.00
- BDI Canada Inc.....\$2,500.00
- Knights of Columbus
- Monsignor Ingoldsby Council.....\$2,500.00
- Forest Trim & Doors Ltd. ....\$1,200.00
- Canadian Bearings.....\$1,015.00
- Canada Life.....\$1,000.00
- Canadian Italian Golf Tournament.....\$500.00
- The Rocco Cappuccitti Family.....\$500.00

- Basilian Fathers of St. Michael's College
- Blackwood Miller Ltd
- CND Visitation Province
- Gryphtech
- Jackman Foundation
- LEVEL5 Strategy Group
- Mary J. Rosseel Farms Inc.
- Manion Wilkins & Associates Ltd.
- Paul O'Connor Funeral Home
- Step by Step Professional Family Footcare
- The Tymar Consulting Group Inc.
- Waterton Global Resources Management, Inc.







**MAKE A WISH  
COME TRUE**





- Ground coffee
- Tuna
- Tea
- Peanut butter & jam
- New men's underwear (M & L)
- Men's rain or spring jackets
- Umbrellas
- Men's shoes
- Men's T-shirts
- Toothbrushes & toothpaste
- Chapstick or lipbalm
- Travel-size lotion for dry skin
- New/gently-used men's wallets
- Gift certificates for Dollar Stores so newly-housed men can purchase cleaning and household items

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



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