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Understanding things that are hard to put into words: the job of Good Shepherd's new Veterans Peer Support Worker.



“I was in the heart of the army – the Infantry – from age 16 to age 24. I understand how army life conditions a person. So I can understand so much of what the Veterans are having a hard time with, things that go beyond what they can explain with words.”

That personal experience of army life gives Kuinton Elliott's work as Veterans Peer Support Worker its foundation. But it's not the only qualification he has for the work he is doing.

“I qualify as peer worker in two ways. I am a Veteran, but I also travelled the world for a year and a half. During that time, I was often technically homeless, on the streets. I also grew up poor, and I know what it's like not to have food, to go to bed hungry.”

Read on to find out how Good Shepherd's first peer support worker is helping homeless Veterans rebuild their lives...

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

Kuinton works with Marla Newman, Good Shepherd's Veterans Housing Navigator, an experienced social worker. He attends the support groups for Veterans and much more.

"I visit Veterans who have been housed. I accompany people to doctor's appointments or to any activity they need to do but they feel anxious about doing on their own. I can support Veterans in doing the things they need to do until they get comfortable doing it on their own."

Having a Veteran working with Veterans matters because military life differs dramatically from civilian life. "Going into civilian life is frustrating," says Kuinton. "A lot of Veterans feel like civilian society lacks common sense."

A Veterans Peer Worker can also tap into the trust and bonding established by shared military service. As Kuinton points out, "You have a deep connection because you didn't just hang out, you had to survive together. I truly miss that part, because in regular life there isn't that demand, so you don't develop those bonds."

A passion for protecting and helping other people drew Kuinton to the military. He left when he saw that it did not match his dream. "When I left the military, I tried to live life according to what society told me to do. I completed university; I tried out for the CFL; I had a girlfriend. And despite the degree and the military experience, I couldn't get a job anywhere. I ended up working as a parking lot attendant. Part-time, minimum wage."

Kuinton abandoned everything and left on a quest to find inner peace regardless of external circumstances. "Before, my

happiness came from what I was doing — school, sports, the military. I left with no intention of coming back, no roots, no possessions."

But a year and half later, as he was feeling he had found what he was seeking, he got a call that his godmother had died. He came back to support his family. A staff member for Guitars for Vets — a group that had helped him tremendously during his transition from the military — sent him the job posting for Veterans Peer Support Worker.

The same passion that originally drew Kuinton to the military inspired him to apply for the position. He hopes to help other Veterans in need, to be part of something larger than himself.

"I know I can't always say the right thing or take someone else's pain away. But I can sit with someone and listen and give them my full attention. And that can be magical. That can completely transform the way the person feels towards themselves, towards their trauma and pain."

Helping homeless and at-risk Veterans to access training and jobs in the construction industry

Thanks to a new 2-year pilot project, Good Shepherd Ministries will soon start supporting Veterans with a history of homelessness who are interested in accessing the training and employment provided by Helmets to Hardhats (www.helmetstohardhats.ca).

"Good Shepherd has been providing housing help and case management for homeless Veterans for the past 10 years," say Br. David Lynch, Executive Director. "We're excited to have the opportunity to expand those services. We hope to employ a Veteran because we value the insight and experience they will bring to the job."

Your support of Good Shepherd Ministries helps make specialized services for homeless Veterans possible. Thank you for giving hope!

Tour Guides Smile as They Volunteer

By Pam Cook

Faith is taking the first step even when you don't see the whole staircase.

Martin Luther King, Jr.



Meet the "Good Shepherd Elves": members of the Canadian Tour Guide Association of Toronto. The CTGA adopted Good Shepherd Ministries as its designated charity and have been making a difference in the lives of the homeless and hungry ever since!

In the early 90's, tourism was putting Toronto on the map. Tour guides were in demand and the number of guides grew. But because tour guides were always jumping on and off buses, they barely knew each other.

In 1990, a small group of tour guides decided to change that. They established the CTGA (Canadian Tour Guide Association) of Toronto.

The goal of the founders was to encourage networking and sharing ideas and information. They organized educational events and hired professional development speakers.

CTGA also started a Christmas/Hanukkah Tour and Lunch for all

who wished to participate. At this event, the tour guides visit one of Toronto's many interesting venues.

Although it was the holiday season, the membership decided not to exchange gifts but instead try to help the many hungry and homeless people in our City. Everyone who came to this event was asked to bring non-perishable food items, men's clothing, toiletries.

It wasn't long before Good Shepherd Ministries was chosen as CTGA of Toronto's official designated charity.

Each year this annual event has been more embraced by so many of our members. Often, in place of large items to donate to Good

Shepherd, we receive instead many cheques and cash donations.

We have discovered that each year our donations keep growing! We were thrilled this past Christmas to be able to donate well over \$1000 plus a 'carload' of donated material items!!

In spite of all these efforts a handful of our guides still wanted to do more so we offered our services as volunteers. We are thrilled to be able to physically assist with various duties like making beds, folding laundry, sorting donated food and clothing items, and also serving at the 'early or late' daily meals.

Those of us who are able to volunteer feel it is a privilege for us. We meet wonderful people. We have a deep inner satisfaction each time we participate. We also discover each time we complete a session what 'really' matters in life!

Volunteering brings us smiles and a deeper understanding of how blessed we are.

The Tour Guides will continue to encourage others to join us. With very little effort they too can become what we like to call ourselves...**Good Shepherd 'Elves'!**

Compassion never goes on vacation! Join the compassionate crew of monthly donors who give year-round. For more info, please contact Cindy at 416.869.3619 x 277 or cindy@goodshepherd.ca.

There's no better legacy than a legacy of kindness. Please remember our homeless brothers and sisters and the work of Good Shepherd Ministries when making your will.

HEALING WITH HOSPITALITY

by Christine Slater, Manager, Pastoral Care

Pastoral Care offers love, hope, and practical help to the people who pass through the doors of Good Shepherd Ministries



Pastoral Care staff work to promote a healing atmosphere of compassionate hospitality throughout Good Shepherd Ministries. They offer ethical guidance for staff and volunteers. And their work is entirely supported through your donations!

Pastoral Care provides spiritual support to clients and co-workers. But what does that look like?

At its core, we welcome the hundreds of people who pass through our doors every day as Jesus asks us to: with love, patience and acceptance.

In the parable of the Good Samaritan, when Jesus is asked “Who is my neighbour?” He makes it very clear that we are

expected to stretch ourselves to embrace those most unlike ourselves. In telling the story of the one person who stopped to help, He asks us to “go and do likewise.”

But spiritual support can take many forms: it can certainly mean intense and ongoing conversations to help someone get through a challenging or traumatic situation.

It can mean making referrals within the Good Shepherd (to our Resettlement and DARE Programs or to our clinic) or outside of it for additional or specialized assistance (legal issues, for example).

It can mean practical things like making sure someone has socks or an extra sweater, or is able to get food outside of our regular mealtimes.

And spiritual support can simply mean a smile or a hug.

A person’s life may not be so great once they leave our building, but we try to do

everything possible to make sure they know they are cared for when they’re inside of it: that they can be healed by our hospitality – in whatever form it is shown.

Pastoral Care is also available to co-workers, volunteers and those who join us for our weekday liturgies. And we carry our mission out into the community as well: with outreach to parishes, schools, corporate and civic groups.

Pastoral Care in Toronto is part of a long continuum of care animated by St. John of God, who was, in turn, inspired by the challenge to “go and do likewise.” John might be surprised to see how his efforts of feeding the hungry and caring for those on the margins have taken root in communities that didn’t even exist in his day.

Together with our co-workers, Pastoral Care endeavours to “live the mission” of love and hope to all who enter our doors.

LEND YOUR HANDS AND HEART TO THE CAUSE — VOLUNTEER!

Clothing Room Attendant - Fridays 9:00-11:00 am to help sort, organize and distribute donated clothing and hygiene products to guests.

Breakfast Server - Tuesdays 6:30-8am. Assist the chef with preparing and serving breakfast to our 95 overnight guests.

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



BROTHER DAVID

Keeping hope alive for 25 years

I was assigned to Good Shepherd Ministries in 1995.

I came here not knowing quite what to expect or how long I would be here. Good Shepherd had just completed much-needed major renovations. But the debts left by the renovations threatened the very survival of the work I had come to do.

I came here knowing I would walk with the poor. I also knew I would suffer the same gnawing fear and uncertainty they faced as they walked the streets.

Could we keep the doors of Good Shepherd open? Could we continue to feed the hungry, shelter the homeless, and clothe the naked?

Twenty-five years later, the answer is YES!

Thanks to you, thanks to your generosity (and thanks to an amazing volunteer Board of Directors led by Vern Zapfe) Good Shepherd Ministries still serves the homeless.

You and so many other people have been willing to journey with us as we walk with the hungry, the hurting, and the homeless.

Your kind gifts have reached those in need in our community. You have given food, shelter, clothing, and hope for a better life.

As we celebrate Easter, I celebrate hope. Hope even in the face of uncertainty — of a housing crisis, higher food prices. More than ever, our homeless brothers and sisters need you and me and everyone else who can support or join in this work.

This Easter, please remember that you have brought the love of the Good Shepherd — the one who laid down his life for his flock — alive.

I ask you to keep that Love alive as we continue our journey with the poor, the marginalized. And may that Love fill your life with the joy and hope of Easter and the resurrection. Alleluia!

COMMUNITY UPDATE

Peter Dwyer, a candidate to become a Brother in the Hospitaller Order of St. John of God, has been making himself indispensable in the kitchen, dining room, and store room.



Good Shepherd Ministries has been designated a Formation House, so Peter will be joined by two other candidates. They will be starting their early formation together after Easter.

Your gifts make a difference
in the lives of the homeless.

Your help is needed, now
more than ever.

Please help the homeless during this
COVID-19 pandemic. Your donations
will offer bagged lunches for the
hungry, clean beds for homeless men,
and help for desperate people.

*For the love of God, do good for yourself
by doing good for others!*

St. John of God

info@goodshepherd.ca

HERE'S WHAT YOU HELPED MAKE HAPPEN IN 2019



426,697 meals served



116,727 items of clothing distributed



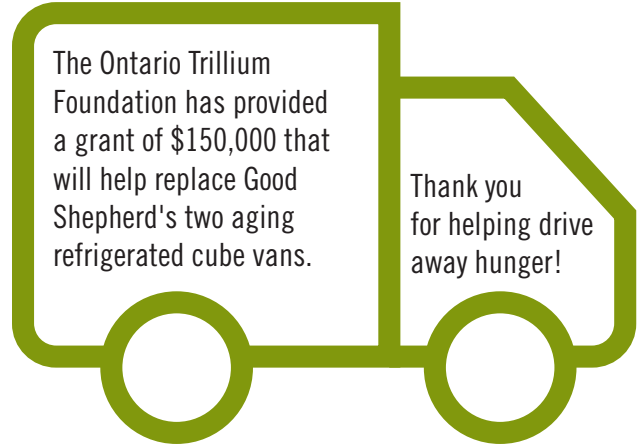
1,032 homeless men received shelter

Want the full picture? E-mail info@goodshepherd.ca and we'll send you Good Shepherd's 2019 service statistics sheet.

Good news for the homeless and hungry

The Ontario Trillium Foundation has provided a grant of \$150,000 that will help replace Good Shepherd's two aging refrigerated cube vans.

Thank you for helping drive away hunger!



THE POWER OF KINDNESS

One little gift can make someone's day brighter

Clothing—Men's

- shoes
- spring coats
- underwear (new)
- socks (new)
- jeans (all sizes)
- rain jackets & ponchos

Dorm Supplies

- razors (disposable)
- toothpaste
- toothbrushes
- deodorant
- towels
- shaving cream
- soap
- body lotion
- shampoo

Medical Clinic

- Imodium
- ibuprofen
- acetaminophen
- Reactine

- Ensure/Boost
- Polysporin
- Neo Citran
- Vaseline

Food

- peanut butter
- canned tuna & meat
- coffee, ground or instant
- jams
- canned vegetables/fruit
- tomato/spaghetti sauce
- hot chocolate
- black tea
- powdered milk
- cookies & crackers
- rice
- vegetable oil
- sugar
- canned soup

DONORS MAKE A DIFFERENCE

Thank you to the following organizations:

F.K. Morrow Foundation	\$25,000.00
Order of Malta (Ontario) Charitable Foundation	\$15,000.00
J.S. Cheng & Partners Inc.	\$2,400.00
Good Shepherd Council	
Knights of Columbus	\$1,298.57
H. Matheson Family Foundation at Toronto Foundation	\$2,347.00
Royal Canadian Legion BR13 - Scarborough Branch	\$1,000.00
CanACRE	\$1,000.00
Jackman Foundation	\$1,000.00
WW (Peter) Southam Fund at Toronto Foundation	\$582.88
St. Mary's C.W.L., Collingwood	\$500.00
Bless Canada	\$500.00
Congregation of Notre Dame Visitation Province	
IBEW Local 353	
Mary J. Rosseel Farms Inc.	
Sisters of St. Joseph of Toronto	
The Muzzo Family	
Ursuline Sisters of Chatham	

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



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