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As I reflect on my journey,
gratitude fills my heart, and I
extend it wholeheartedly ...
Kenneth Kahiro Wachira



In the heart of my Canadian journey lies a chapter that defines resilience, warmth, and the unwavering support of the Good Shepherd Ministries. It was a time when uncertainty loomed large as I touched down in Canada, a stranger in a new land with no roof to call my own.

As the cold Canadian winds embraced me, I found myself without a place to sleep or stay. The initial challenges seemed insurmountable, and it was during these times of vulnerability that the Good Shepherd Ministries extended a welcoming hand that not only warmed my body but also my soul.

The warmth of their welcome made me feel at home, and amid my struggles, I discovered a newfound family

Read on to how you helped Kenneth not just survive, but thrive...

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within the walls of the Good Shepherd Ministries. Despite the storms I faced, they became my anchor, providing more than just a roof over my head.

Basic amenities became a lifeline — from the nourishing meals that filled my stomach to the clothing that shielded me from the biting cold. The reading materials they offered became windows to new worlds, offering solace in the written word.

Beyond the material support, it was the wonderful staff of the Good Shepherd Ministries that transformed my journey. They weren't just caregivers; they were mentors, guiding me through the labyrinth of life choices and helping me navigate the intricacies of my new environment.

Career advice became a beacon of hope as they assisted me in understanding the nuances of the Canadian job market. With their guidance, I not only settled down but also found my own place, a sanctuary I now proudly call home. In my heart, however, there will always be a special space reserved for the Good Shepherd Ministries.

Their dedication went beyond the immediate challenges, extending to personal support through one-on-one sessions. The impact they had on my life is immeasurable, and I am forever grateful for the care, guidance, and encouragement they bestowed upon me.

The Good Shepherd Ministries didn't just stop at helping me settle; they established a follow-up system, a testament to their commitment to the well-being of individuals like me. Their periodic check-ins ensure that I am not just surviving but thriving in my newfound home.

As I reflect on my journey, gratitude fills my heart, and I extend it wholeheartedly to the Good Shepherd Ministries. Their commitment

to making a positive impact on the lives of individuals is a beacon of hope, and I am eternally thankful for the profound difference they have made in my life.

GIFTABULATOR

assess your giving potential

Good Shepherd relies on gifts from individuals, corporations, and other partners to help support homeless and at-risk people in need of shelter, food, medical services, counselling, and more.

Did you know that there are gifts that you can make that have a longer-lasting impact on marginalized people in our community, like investment gifts.

For example, when donating securities, there is no capital gains tax on the appreciated value of the securities, and you can use the donation tax credits to offset your total payable tax.

Estimate your giving potential with appreciated assets such as stocks, mutual funds and RRSPs/RRIFs by using this easy-to-use online tool:

<https://goodshepherd.giftabulatornow.com/>

SCAN TO LEARN MORE



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Bringing Hope Home

How your kindness keeps the beacon of hope shining in the midst of a housing crisis



If your heart twists when you see someone sleeping on the sidewalk, I know how you feel.

In a country as wealthy as Canada, how is this possible? Seniors, people with disabilities and the working poor — weren't we supposed to have safety nets for them? Now, they're filling homeless shelters. Even people

with stable housing who were getting by for years are being "renovicted" finding themselves homeless, unable to afford rent. Rental vacancies hit a record low in 2023!

But it isn't all doom and gloom. When I find myself overwhelmed, I think of our supporters, volunteers and others who are trying to fill the need. If I think of myself as alone, it is easy to despair. But knowing others, like YOU stand with us gives me hope and the courage to continue.

Thanks to our benefactors, funders, coworkers and volunteers, Good Shepherd makes 107 shelter beds available. While this doesn't address the incredible need, it is keeping 107 men safe each night.

Donations helped Good Shepherd serve 330,020 meals to hungry people in 2023. Responding to the 30% increase in demand from the previous year. Community kindness gave 143 homeless men the help of an experienced housing worker, boosting their efforts to find housing.

It is through these partnerships that the "beacon of hope" (as Kenneth calls it in his story on the front page) burning brightly at Good Shepherd Ministries. Kindness toward and empathy for others matter!

Easter reminds us that the most terrible suffering can be transformed. That renewed hope exists and that together, we can "bring hope home" and find lasting solutions for people who suffer from homelessness.

May the joy and hope of the resurrection fill your heart this Easter.

Akiliu Wendaferew, MSW, RSW
Executive Director



St. John of God Update ~ Br. David Lynch

As the current Provincial Superior for the Hospitaller Order of St. John of God, Good Shepherd Province, part of my role is to lead and provide support to Ministries and Brothers in their future planning that will affect the various ministries and service delivery in North America.

In planning for the Order's General Chapter, to take place later this year, and through facilitated sessions with co-workers and other stakeholders, the Brothers have been gathering information across their ministries both locally, nationally, and internationally. Emphasizing this information gathering always on the mission of St. John of God and hospitality. Local discussion



centred on the current issues we face such as health, careers, climate and biodiversity, financial resources, spiritual needs, and the thirst for meaning. By reviewing these challenges, strengths and weaknesses at the General Chapter, the Brothers will develop strategies on how best to provide hope and dignity to those we serve, both now and into the future.

The General Chapter is to be celebrated in Czestochowa, Poland in October 2024.

Did you know that the Brothers are in 52 countries on 5 continents? Learn more at www.sjog-na.org.

PRACTICING GRATITUDE



Hello, my name is Robert and I'm an alcoholic. I grew up in Toronto, in Scarborough. I'm the youngest of 3 boys. My mother is a Chinese-Jamaican and my father was from Trinidad. I think I had a relatively good middle-

class upbringing and family. My mother was a RN and businesswoman.

I started using weed and alcohol in high school, grade 9. By grade 11 I had dropped out and experimented with cocaine and crack. Instantly I was hooked on crack and quickly became a binge user [with a] criminal lifestyle. By 21 I was a hardcore crack user, in and out of jail [and] institutions until my mid-30s. My first real attempt at sobriety occurred in 2008, when I went to school, graduated from George Brown, got a job, family – things were good.

I stopped going to meetings, [my] relationship with my common-law wife ended and after 7 1/2

years clean and sober, I relapsed. Devastating.

Struggling to recover ever since then, it's been a nightmare in active addiction. Coming to the DARE program, admittedly reluctantly, they took me in, fed me and housed me. They encouraged me to go to treatment – which I did. In treatment I learned about CBT [Cognitive Behavior Therapy], meditation and mindfulness .

Since leaving treatment I'm a new person. I've got a sponsor, working the twelve steps of AA. I've found a new remedy in mindfulness and meditation, practicing meditation 2 x per day. Today I'm a believer in practicing gratitude and empathy towards others and myself.

Without the DARE program's non-judgmental support and encouragement, I would not be where I am today. I'll soon be moving into my own place, and I've secured employment through the Salvation Army.

Thank you so much to all the staff at Good Shepherd for being who you are!

THANK YOU ~ THANK YOU ~ THANK YOU

The Church of Jesus Christ of Latter-day Saints	\$50,000.00
Pastel Labs Inc.	\$8,250.00
Royal Canadian Legion Scarboro Br13	\$5,000.00
The Norman Black Foundation	\$4,000.00
BlackJet Inc.	\$3,000.00
BUILD IT	\$2,000.00
Knights of Columbus, St. Justin Martyr Council 11708	\$2,000.00
Ferris + Associates Inc.	\$1,000.00
Allianz Trade in Canada	\$500.00

CND Visitation Province
 Frederick and Douglas Dickson Memorial Foundation
 Queen of the Holy Rosary Shrine Lay Apostolate
 The Bedolfe Foundation

Your Legacy of Compassion

Please remember the work of Good Shepherd Ministries in your will. Your kindness will help create a legacy of hospitality and compassion.

Help support a better future for homeless and vulnerable individuals and make sure that "Love never comes to an end."

For more information
 contact 416.869.3619
 x 223 or adrienne@
 goodshepherd.ca.



KINDNESS AROUND THE CORNER by Sylvia Hart

As individuals, we walk through the doors of Good Shepherd to volunteer, and we are welcomed and embraced in their serving community. Through working together, the individual becomes 'us' - and becomes part of this compassionate community.

Shortly after Good Shepherd opened her doors in 1963, a representative spoke at my high school about her mission - to feed and shelter those in need.

Volunteers at Good Shepherd all share a sense of civic responsibility, giving with open hands and an open heart.

My duties vary from packaging loaves of bread, preparing sandwiches, and chopping vegetables to ladling stews; sorting cans, and serving meals to the gentle souls in need. We collaborate with kitchen staff to create a healthy meal of sustenance, warmth, and care with what is on hand.

I witness the team's values of compassion, steadfastness, hard work, and generosity through their quiet actions of respect, kindness, and their understanding of the human spirit (e.g. turning up the temperature to warm the cafeteria areas before

their guests arrive).

During a community meal, a guest insisted on a second loaf of bread, contrary to the usual practice of one loaf per guest. The server sensed a deeper, spiritual need in the man and provided the additional loaf. Later, as I waited for my ride, I observed the man feeding the bread to pigeons. Although he is not eating it, his gentle and caring demeanor, relaxed body, and kind words whispered to the birds reveal his way of expressing compassion and finding solace and meaning by giving to those in need.

The heart and the soul need to be nurtured along with the body. This is the mission of the Good Shepherd, and it is carried out by people whose faith and gratitude are the source of their actions of commitment, kindness, and compassion.



IT'S TAX TIME



After retiring as a chartered professional accountant, Andrew Lemos began volunteering at Good Shepherd. Andrew assists in meal preparation in

the kitchen and has also contributed to creating financial management templates. With this tool in hand, our workers can guide individuals in need to plan their budgets and spending effectively.

This year, Andrew is going one step further! He is offering to assist the neighborhood with filing taxes. Thank you, Andrew, for applying your professional expertise to benefit the community!



RABBA SUPER BOWL PARTY

On Sunday, February 11th, Rabba Fine Foods, through their Rabba Roots Community program, sponsored the Good Shepherd annual Super Bowl party. The eight consecutive year for this activity.

Rabba and their partners (Pizzeria Libretto, Maple Leaf Foods, Lassonde, Campbell's, Heritage Foods and Conagra) donated food



items, snacks, and care packages to be enjoyed by the shelter guests and during the following weeks.

The generosity of Rabba and their partners was incredible, and all in attendance had a fantastic time.



GOOD SHEPHERD GALA - SATURDAY, MAY 4, 2024
SUPPORTING PROGRAMS AND SERVICES FOR THE HOMELESS

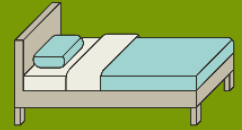
Good Shepherd is pleased to announce the IFSTC Angels Among Us gala on May 4. This event is pivotal to raising funds for programs and services to help people struggling with homelessness. The evening will be filled with music, great food, silent and live auctions. For more information on how to purchase tickets, sponsor the event, or donate an auction item, please visit <https://goodshepherd.ca/events/angels-among-us-gala-2024/> or email adrienne@goodshepherd.ca.

Sponsors:



Good Shepherd Ministries
Some Highlights from 2023

EMERGENCY SHELTER
 107 sheltered nightly



FOOD INSECURITY
 330,020 meals served

CLOTHING & TOILETRIES
 36,500 items distributed



ADDICTION SERVICES

- 201 admitted and supported in pre-treatment
- 73 referred to treatment
- 36 admitted and supported in post-treatment
- 33 received aftercare support per month
- 47% reduction in Emergency Room visits

HOUSING SERVICES

- 81 secured stable housing through various programs:
- Drug & Alcohol Recovery Enrichment Program
 - Resettlement Program
 - Veterans Navigation Team
 - Housing Follow-Up Supports
 - Eviction Prevention Program



SUPPORTIVE HOUSING

14 provided supportive housing with assisted living services through Barrett House and St. Joseph's Residence



MEDICAL SERVICES

- 1000 received nursing care and health education
- 400 referred for primary care to GP
- 400 referred for mental health/addiction

PASTORAL CARE

offered throughout the year to provide a ministry of presence and availability to all

Learn more at
[GOODSHEPHERD.CA](https://goodshepherd.ca)



Good Shepherd Ministries is a mission of the Hospitaller Order of St. John of God
 Charitable No. 89250 8169 RR0001

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

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