



Good Shepherd JOURNAL

...serving the homeless and disadvantaged

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Launch of a new project: Good Shepherd CARES

How you are helping to make work accessible for the recently housed



ers, and stay housed.

Last year, your support helped more than 200 homeless men find housing.

This year, your support is going one step further, by giving recently housed men and women a way to learn new skills, connect with others,

“Good Shepherd CARES will provide training and employment for men and women with a history of homelessness,” says Br. David Lynch, Executive Director. “This new project flows naturally from our mission to help people regain freedom from homelessness – for good.”

Consider someone who has just been given the keys to his own room or apartment after a year or more of living in shelters and on the streets. Yes, he’s happy and relieved. But then a grim reality sets in.

First, he is probably extremely lonely. There’s a camaraderie on the streets that covers up the absence of friends and family. But now, it’s him and four walls.

Second, he doesn’t know how to fill his days. He probably feels completely unemployable, no use to anyone. From a mainstream perspective, he’s right.

Many of Good Shepherd Centre’s clients are more than 40 years old – over the hill for an unskilled labourer. They often have health problems. Plus, many are recovering from alcoholism or drug addiction. They have a patchy work history at best and no references.

“If it were that easy to ‘just get a job’, we wouldn’t need to be here,”

says Br. David. “The men and women who will participate in Good Shepherd CARES can still make a useful contribution to the work force – they just need some support for that to happen. ‘Compassion And Respect, Experience & Skills’ sums up what this project is about.”

“I see Good Shepherd CARES giving participants a way to connect with other people,” says Rolando Aguilar, the Manager of Good Shepherd CARES. “It will help them to acquire useful skills and do real work, to grow as human beings. It will do it in a flexible way, a way that takes into account the difficulties a person faces when getting back to work after a long time.”

Good Shepherd CARES participants will be learning skills much needed in our community. They will be preparing units for bedbug extermination using (among other environmentally friendly techniques) a high-heat commercial steam cleaner and vacuum that dislodges and kills bedbugs and their eggs. This intense preparation makes spraying much more effective.

If you’ve been following the news, you’ll know that bedbugs have made a big comeback. The Toronto Star reported on August 6, 2010, that “the scourge of bedbugs is not limited to social housing, crowded shelters, or low-income dwellings. Bedbugs are quickly becoming everyone’s problem. Pest-control companies in the GTA say they receive four to five calls a week from mortified residents in swanky neighbourhoods, owners of upscale condos, helpless tenants...”

So if you need affordable, effective preparation for bedbug extermination, consider calling Good Shepherd CARES – and help yourself and your community at the same time.

You can reach Good Shepherd CARES by calling (416) 869-3619.



Executive Director's Message

A springboard back to life with dignity

New initiatives and partnerships offer new opportunities to reconnect

You could describe what we do at Good Shepherd Ministries as an effort to put God's commandment to 'love your neighbour' into action.

But it's hard to love your neighbour when he urinates on your doorstep. Or swears at you when you ask him not to cut into the meal line. "The Good Samaritan," I think to myself, "did not have to put up with this!"

Yet it is the homeless men and women who frustrate us the most who are the ones who need us the most.

Those behaviour problems are a sign – a sign of mental illness, perhaps. Or a sign of an old head injury. Behaviour problems might be a sign of fetal alcohol effect, damage done to the brain before birth or just years of social isolation and time spent on the streets.

People with these conditions get cut off from other people. They sometimes turn to drugs and alcohol to cope. They end up homeless more often than the rest of the population. They come to Good Shepherd Centre.

This year, we have two new ways for our clients to get the help they need to live with dignity and build positive relationships with others.

Your support is making it possible for us to launch Good Shepherd CARES, which will help our recently housed clients to connect with people, acquire skills and do useful work. (See front page).

Your generosity is funding the medical clinic where our new partner, the CATCH team, will work to make health care – especially mental health services – more accessible to our clients. (Read more about this partnership on page 5).

In this season of Thanksgiving, I give thanks that you are with us and with all the suffering, isolated men and women we serve. Your support helps to give healing, to restore connections, to bring hope.

Thank you!

Your Little Brother in the Good Shepherd,



Brother David Lynch, BGS
Executive Director



COMMUNITY UPDATE: RECOVERY IN HAITI

Story reprinted from Little Brothers of the Good Shepherd website www.lbgs.org

Rebuilding continues at Sheepfold of the Good Shepherd in Haiti. With assistance from Hope for Haiti, all of the buildings on site have been repainted. The US military has assisted with some roof replacement and attended mass with the Brothers and children. Schooling is difficult but education continues. In the spirit of Charity

Unlimited...Never Stop Loving, a new sign on the gate of the Sheepfold, welcomes with open arms newly orphaned children.

We acknowledge with great thanks our benefactors who have supported the rebuilding efforts.



MISSION STATEMENT

Challenged by our faith in the Gospel of Jesus Christ and committed to the ideals of hospitality, availability and respect for life, we, the Little Brothers of the Good Shepherd, Companions, Board of Directors, staff and volunteers of Good Shepherd Ministries in Toronto, join together to provide services to homeless, disadvantaged and marginalized people.

We strive to provide the basic necessities of food, shelter and a host of ancillary services, ensuring each client justice, equality, dignity and acceptance.

We seek to provide human services that will assist clients in regaining freedom from homelessness. We value each person's inherent goodness and potential for growth.

Where despair is transformed in faith, hope and new life

by Francisco Xavier Reyes



In March 5, 2010 I arrived to the Good Shepherd Centre to participate in the Drug and Alcohol Recovery Enrichment (DARE) Program.

I came in despair. But there was still a beam of hope in my soul: the foundation of my early education was supported by the Gospel's Principles, and the love of my parents.

My father was a strong Christian military commander who, after his retirement from the Armed Forces, was in charge of the Veteran Affairs in the northwest region of my country, the Dominican Republic.

My mother, a Christian peasant girl, experienced the wound of suffering very early: at nine, she lost her mother. At 12, her father. I cannot image that suffering... only God knows.

She met my father at 18. He was 51, and married her in his second marriage, raising 11 children: six girls and five boys. I am the third in line, the first boy, born in December 3: Saint Francis Xavier's Day.

At 13, I started to work in our parish: the youngest catechist in our Diocese. At 15, the religious vocation arose. In 1973, I started the novitiate of the Missionaries of the Sacred Hearts. At the same time, I taught, took philosophy at university, theological studies at the Centre for Religious Formation, and worked as a Pastoral Leader of Youth.

I didn't profess the vows. The vow of celibacy stopped me: I was not ready to take that step, and got permission to stay at home to rethink my vocation. At the end of the year, I was convinced that religious life was not for me.

I courted a girl with the hope of building a Christian family and working in the Church. But my fiancée was unfaithful. The wound was deep and hurting. My heart couldn't stop its incessant bleeding. The conviction of my faith, the coherence of my thoughts and my actions were lost, and I fell into the abyss.

For consolation, I founded refuge in alcohol, ruining my career and losing my reputation. I lost my jobs as a Christian teacher in the LaSalle Educational Ministries, and as a proof-reader and columnist. I also lost family, friends, and employers. My faith and my hope were gone.

In 1989 I came to Canada to change my environment. Wrong: I had to change my alcoholic habit. Working as a labourer, cleaner, dishwasher, recycling blue boxes (nothing to do with me, but done with dignity), I sank deeper in my alcoholism. Frustrations, depressions, disillusion, completed the dramatic frame of my life.

On August 16, 1994, the 131st anniversary of the restoration of the independence of my homeland, I was in despair and begged the Lord to save my life. Next day, I started my first journey to A.A. Four months later,

I went back to drinking. I stopped many times, and many times I failed.

I married the same year, before going to A.A. The fruits: two wonderful children, one boy, one girl. In 1998, I separated. I lived common law with my second wife, and separated in 2006.

I worked as translator, editor and columnist in a Spanish newspaper in Toronto. Also, I wrote as a freelancer for another Spanish paper and magazines, and created my own magazine in 1996: failures, caused by the complicated disease called alcoholism. I continued sinking deeper in the hole of despair. Brothers and sisters, except my loved sister, turned their backs.

Last March 3: my last drink. From the hospital, I was accepted to the DARE program. In June 30, I went to Renascent for a 21 day program, coming back to DARE for post-treatment, convinced that alcohol and I cannot be close.

God made the Miracle. The DARE program, Good Shepherd Centre and Renascent opened the path to happiness.

The DARE Program marks the beginning of my journey without alcohol, transforming my despairs in New Hope, New Faith and New Life. In September I'll attend college for a Second Career Option program.

Today, as I write, it is August 16, 2010: the second restoration of my life and the 147th anniversary of the restoration of my homeland.

The DARE Program supports homeless men who want to build themselves a new life without alcohol or drugs.

New partnership brings new hope for the desperately ill

CATCH works to improve access to health care for homeless individuals

There is good news for homeless men and women who have trouble accessing health care.

From August 19 onward, a psychiatrist and medical doctor will be working out of Good Shepherd Centre's medical clinic every Thursday morning.

The CATCH (Coordinated Access to Care for the Homeless) project, carried out in partnership between Good Shepherd Ministries and Inner City Health Associates of St. Michael's Hospital, will bring medical and psychiatric care directly to the Centre.

The CATCH Team is led by Dr. Vicky Stergiopoulos, a psychiatrist and assistant professor at the University of Toronto.

"We will be serving people who are homeless or have a long history of housing instability and who have a terrible time accessing resources," says Dr. Stergiopoulos. "We will be helping people who need psychiatric care but don't have the capacity to access it."

Some of Good Shepherd Centre's clients suffer from severe mental health issues. Connecting these individuals with the right kind of care and housing can be a real challenge.

"I'm excited not just for our clients, but also about building capacity and broadening support for staff," says Aklilu Wendaferew, Assistant Executive Director of Good Shepherd Ministries. "The CATCH team will help our staff intervene more effectively with clients who are suffering mental health issues."

Referrals to the CATCH team will be coordinated by Marcin, Good Shepherd's Health Care Coordinator. Your donations support Marcin's work and cover the operating expenses of the Centre's medical clinic.



The CATCH team in their first meeting with staff from Shelter Services, Resettlement/Housing, DARE, and the Medical Clinic. The team will take referrals from these programs and provide support to staff who are serving clients who need comprehensive medical care.

Front row: Anne Marie, Resettlement/Housing Worker; Jason Kuhar, CATCH Coordinator; Dr. Vicky Stergiopoulos, Inner City Health Associates (ICHA) Medical Director; Aklilu, Assistant Executive Director; Melissa Melnitzer, ICHA Primary Care Lead; Marcin, Health Care Coordinator. Back row: Cheryl, University of Toronto placement student; Akua, Resettlement/Housing Worker; Pascale, Manager, Hospitality Services; Lorenzo, Manager, Client Support Services; Brother Tom, Director, Shelter & Hospitality Services; Kirk, Resettlement/Housing Worker; Stephen, DARE Manager; Mike, DARE Worker; Sabu, Georgian College placement student.

Coming from Kleinburg to help feed and clothe the homeless

by Sonia Facchini (Homeless Co-ordinator Event) from St Padre Pio Church, Kleinburg, Ontario



On Friday Dec 11, 2009 approximately 75 people gathered at St Andrew's School to prepare 500 bagged lunches and sort through 300 garbage bags full of donated clothing.

On Dec 12, 2009 we attended the shelter to distribute the clothes and bagged lunches. The kids had a great experience and look forward to doing it again next year.

“They closed my house up” How your support helps vulnerable seniors



“They closed my house up – put a sheriff notice on it.”

Seventy-six-year-old James Willett still does not quite understand how he came to lose his family home on Percy Street. But he knows what happened when the bank took possession of his house for non-payment of a line of credit, back in January of this year.

“I couldn’t stay in my home anymore. I had to get out.”

James had lived in the family home for 71 years. His family had rented it, then bought

it (for \$3,000!) when it went on the market. James worked nearby at Smith Transport.

James remembers those days fondly. “I could walk to work from my house, but I took transit. I used to come home at lunch and bring my mother a cup of tea and a butter tart when she was getting on in age.”

James is a bachelor, one of six children. But only two of his siblings are alive, and neither of them was well enough to take him in.

“So they put me in Good Shepherd Centre,” says James.

At Good Shepherd Centre, the front-line Resettlement/Housing workers quickly recognized that James was frail, vulnerable – in no shape to be on the streets during the day, especially in winter.

But finding housing for James was not easy. He needs supportive care – he can’t manage his medication or personal care. He definitely can’t manage his finances.

Long-term care facilities turned him down one after another, concerned by his smok-

ing. James is a heavy smoker who has not been able to quit, even after a bout of lung cancer. He also enjoys a pint on a regular basis -- a barrier when trying to place a senior in long-term care.

This April, with his health declining, James was transferred to a transitional room that is managed by Good Shepherd Ministries. He will be transferred to St. Joseph’s Residence as soon as a room becomes available.

James likes where he is now. “You have your own room, and meals three times a day. Dinner at 6:00 o’clock. You don’t have to line up to eat. There are no problems here.”

A trustee from Good Shepherd Non-Profit Homes (our sister agency) now manages James’ finances, and is trying to sort out the tangled financial mess around James’ house.

But for now, James lives with dignity and security, thanks to your support of our supportive housing residences of Barrett House and St. Joseph’s Residence.

Looking for a new way to help the homeless?

Consider these possibilities:

- remember Good Shepherd Ministries in your will (make a planned gift);
- donate a product or service for the Silent or Live Auction at the Gala or Golf Tournament;
- donate your HBC or Shoppers Optimum points (and if you do that, please accept our grateful thanks now. We are not given the names of people who donate points.);
- organize an event – a party, a concert, a craft sale – and make it a fundraiser for Good Shepherd;
- make a gift in honour of a friend’s birthday, wedding, anniversary, graduation...the possibilities are endless!

For more information on these and other possible ways to help, please call us at 416-869-3619, ext. 223.

Join us at the
Good Shepherd Gala
February 26, 2011
 Paramount Conference
 and Event Venue
 (Woodbridge)
 Tickets \$275 each or
 Table of 10 for \$2500

For ticket information or a
 sponsorship package, please contact
 Adrienne Urquhart
 (416) 869-3619 ext. 223.

Golfing for a good cause

15th annual Good Shepherd Golf Tournament

A beautiful sunny day plus 360 golfers equals amazing support for Good Shepherd Ministries' services for the homeless and disadvantaged.



Vern Zapfe, Board Chairman, knows how to get laughs – and raise funds. He has been the driving force behind 15 great golf tournaments that have helped Good Shepherd Ministries expand services for the homeless.



It doesn't matter where you hit that little white ball - it's a beautiful place to spend the day, and a great way to help the homeless.

The 15th annual Good Shepherd Golf Tournament helps to support vital services for the homeless. Over the years, the Golf Tournament and Dream Lottery have helped Good Shepherd Ministries expand its services to meet the growing need.



Master of Ceremonies Joe Tilley, Sports Anchor for CTV News Toronto at 11:30.

Br. David Lynch, Executive Director, noted the changes that have happened since the golf tournament was first held. Good Shepherd Centre has grown from 50 to 91 shelter beds. The number of meals served each day has quadrupled, from 300 per day to 1,200 per day.

With Master of Ceremonies Joe Tilley of CTV News at the microphone, and master auctioneer Matthew Penstone conducting the Live Auction, the evening flew by.

Thank you to everyone who made the golf tournament possible -- the organizing committee, enthusiastic golfers, benefactors and the many hard-working volunteers. Thanks to our wonderful sponsors: Urbacon, Bailey Metal Products, Builders' Supplies, CDS - Commercial Drywall Supply, CGC Inc., Four Seasons Drywall Systems & Acoustics, Ontario Acoustic Supply (OAS), The International Union of Painters and Allied Trades, Rosscor General Contractors, Prevedello and Mathews International Wine and Spirits, Dorgel, Octagon Restaurant and ecoSystems. Thanks as well to Score Magazine, Adler Employment Agency, Designers, Typesetters and Printers and Teva Canada.

Don't miss this popular event!
The next Good Shepherd Golf Tournament will be held at
Deer Creek Golf Club on
July 14, 2011.
Call Adrienne at 416-869-3619, ext. 223.

Winners of the Good Shepherd Dream Lottery Draw

Licence No. 2879, held on July 15, 2010

Grand Prize:	\$100,000.00	# 0312	Country Kitchen, Woodbridge, ON
2nd Prize:	\$ 10,000.00	# 0014	P. Karch, Toronto, ON
3rd Prize:	\$ 10,000.00	# 0025	J. Kinch, Mississauga, ON
4th Prize:	\$ 5,000.00	# 0097	S. Price, Mississauga, ON
5th Prize:	\$ 5,000.00	# 0159	G. St. Denis, Oakville, ON
6th Prize:	\$ 5,000.00	# 0115	D. Kozina, Utopia, ON
7th Prize:	\$ 5,000.00	# 0101	J. Swindells, Markham, ON
8th Prize:	\$ 5,000.00	# 0065	K. Collins, Scarborough, ON
9th Prize:	\$ 5,000.00	# 0014	P. Karch, Toronto, ON



Some of the lucky winners of the Good Shepherd Dream Lottery 2010

Remembering Ezekiel

Celebrating 'a beautiful soul' and the joy that volunteering can bring



By volunteer Leonard Molczadski (above) who visits the residents at Barrett House and St. Joseph's Residence.

For me, community does not stop with one living being and begin with another. I find that at Barrett House the beautiful souls living with HIV and AIDS, who reside within its walls, comprise one loving communal circle.

When I first began volunteering at Barrett House as a friendly visitor I focused my visits with one resident, Ezekiel. How quickly I learned that to focus only on Ezekiel was not possible. My beloved friend, along with his fellow residents and staff, showed me what, as Jean Vanier refers to as "a communion of hearts" looks like. Writing by the four-

teenth-century Persian poet and Sufi master, Hafiz, conveys Vanier's sentiment: "I am a hole in a flute that the Christ's breath moves through. Listen to this music."

Together we have shared laughter, as well as tears, anger, hope, pain, joy and disappointments. Each community member is a hole in that flute "that the Christ's breath moves through." What glorious music we have created together!

Last March when Ezekiel, of blessed memory, died, we gathered as a community, an unbroken circle created with the music of tears, joy, sorrow, laughter, pleasure, pain, life, death, LOVE. No beginning. No end. With much gratitude.

After Ezekiel's death, Leonard wrote this eulogy:

I consider it a privilege and joy to have been in this beautiful soul's presence. In listening to Ezekiel and his story I learned the power one soul, one life can have on so many.

He shared details about his days dancing ballet on the stages of the world. As he spoke inevitably a smile would grace his face, a sparkle would come to his eyes, his hands would dance across the empty air ever so gently. In those moments he took me with him to those magical moments experienced so long ago and yet ever so close. Despite all the conflicts in

his life, when he was out there on stage with the bright light shining on him and his dance colleagues he was "in heaven", in absolute peace.

With each visit I was privileged to have with Ezekiel I learned more about being in the moment. I learned that with the tears there is laughter, with the joy there is sadness, with pleasure there is pain.

I know very little. This much I do know for certain: Ezekiel touched my life and as such my life journey will be influenced for the rest of my days most positively for being afforded this opportunity.

I am most grateful to God for bringing me this beautiful soul to minister to me. I know he touched the lives of countless souls as well, including his friends at Barrett House. For me Ezekiel lived a life so rich in soul that it could not possibly be measured.

In my last conversation with my friend over the phone he expressed his wish to die. "Enough already," he cried out, "all my friends are dead! I am so tired!" In his fatigue and pain he was willing to share my company. How awesome is that!

To quote from the Big Book, "Without help it is too much for us. But there is one who has all power – that One is God. May you find Him now!"



Get out your dancing shoes!

Recognizing our volunteers on November 5, 2010

Dust off your polyester best, and start practicing your disco dance moves. Get down and boogie to the sounds of disco at the annual Volunteer Appreciation event on November 5, 2010.

Invitations will be sent out in October. However, if you want to make sure you don't miss out, give Rebecca a call at 416-869-3619 ext. 262. Not a volunteer? Don't miss out on the fun! Call Rebecca, and become a volunteer NOW!

Sharing the Harvest Bounty Thanksgiving Food Drive



Share your blessings this Thanksgiving by remembering the homeless clients served by Good Shepherd Ministries.

Your gifts to our Thanksgiving Food Drive are urgently needed to help the Good Shepherd serve hot, nutritious meals 365 days of the year. We currently serve more than 1,000 meals each day.

You can help the growing numbers of hungry individuals in our community by dropping off any of the listed non-perishable food items at Good Shepherd Centre (412 Queen Street East) or at a participating parish. If you collect more boxes of food than you can fit in a car, please call Rebecca at ext. 229 to arrange for our truck to pick up your collection.



- Canned Soups and Stews
- Canned Vegetables
- Tea
- Cookies & Crackers
- Sugar
- Peanut Butter
- Jams
- Macaroni & Cheese
- Rice
- Pasta & Sauces
- Canned Fish
- Canned Meats
- Canned Fruit
- Breakfast Cereals
- Ground & Instant Coffee
- Powdered Fruit Juice
- Ketchup, Mayonnaise

Good Shepherd Program Needs

Medical Clinic

- nutritional supplements (ensure, boost)
- tylenol or advil
- neocitran
- vitamins (C, B, multi)
- cough syrup & lozenges
- chapstick
- foot powder
- emery boards
- nail clippers
- epsom salts
- baby oil
- small packages of Kleenex
- vaseline (small tubs)
- small tubes of moisturizing cream
- shoe insoles
- reading glasses

- pumice stones
- antacids

Dormitory

- toothpaste
- toothbrushes
- razors
- shaving cream
- men's deodorant
- kleenex
- bath towels
- fitted twin sheets
- blankets (preferably twin)

Clothing Room

- winter coats
- new underwear
- socks
- durable pants sizes

- sweatshirts
- t-shirts
- hooded sweatshirts
- running shoes

DARE Program

- art supplies
- soccer balls
- baseball gloves (adult size)
- recreational items e.g. tickets to games, movies
- educational videos
- relaxation tapes
- blank notebooks

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MANY THANKS

TO THE FOLLOWING ORGANIZATIONS FOR THEIR RECENT GIFTS

ShareLife Trust	\$75,000.00
RCEC - Archdiocese of Toronto/ShareLife/Catholic Charities	\$17,000.00
The Riley Family Foundation	\$5,000.00
Gregory T. Graham Foundation	\$3,000.00
Sacred Heart Church - King City, Ont.	\$1,174.00
St. Ambrose Church	\$973.56
Hydro One Employees' & Pensioners' Charity Trust	\$560.00
Cardinal Carter Catholic High School, Aurora	\$500.00
In Memory of Catherine & Richard Brady	
The Tymar Consulting Group	

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:

Tel: 416-869-3619, ext. 223

Fax: 416-869-0510

Website: www.goodshepherd.ca

Mail: Good Shepherd Ministries, 412 Queen Street East, Toronto, Ontario M5A 1T3