



# Good Shepherd JOURNAL

...serving the homeless and disadvantaged

Fall 2009

[www.goodshepherd.ca](http://www.goodshepherd.ca)

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## 'No such thing as a hopeless case'

Michael MacCurdy gives thanks for a life rescued from addiction, anger and despair



Still sober after 11 years: Mike MacCurdy today

**O**n March 29, 1998, I walked into the Good Shepherd for the first time – homeless, friendless, penniless. I was only 25 but I had already wrecked a promising life with a decade of hard drinking and drug use.

I had tried every method and treatment program to stop drinking. But nothing worked. I was to realise, slowly and over time, that my alcoholism was a symptom of a much worse spiritual illness.

I came with a bag of clothes and a 'baggage of issues'. Anger! At God, for cursing me with alcoholism until I shared a dining hall three times a day with the truly homeless, the mentally ill, the abused, the addicted, those whose lives were shattered, yet they still shuffled through each day.

Anger! At the Church for leading me astray as a young boy – until I met the Brothers, whose unconditional love of the people

whom the world has rejected showed me who Christ really is.

Anger! At 'the System' for being what it is – by the world, for the world – until it dawned on me that my alcoholism had been removed by the grace of Christ, and that true healing would come by following Him as He led me through life.

In my view, the ministry of Good Shepherd Centre is a ministry of maintenance: feed the hungry, clothe the naked, touch the untouchables. For many of these people, poverty and addiction and mental illness are the expected pattern of life.

Yet there is no such thing as a hopeless case. Some who are reached by this ministry are saved and able to turn their lives around. In my case, a middle-class white boy from the suburbs who was largely the author of his own misfortune got a first-hand look at the difference between 'lost' and 'found'.

Eleven years later, those who knew me then and now are astounded at the change. The story of my salvation began when, through his servants here, Jesus Himself gave His life so that I could have life more abundantly.

Hallelujah! Praise God!

Good Shepherd Centre's DARE (Drug and Alcohol Recovery Enrichment) Program helps homeless men both before and after treatment for addictions. Since 1998 (the year Mike was at the Centre and the year the Program started) DARE has helped 970 men enter treatment.



## Executive Director's Message

# "You did all this for us?"

Promoting dignity and respect in the dining room

**"You** did all this for us?" questioned one client when he stepped into the newly renovated dining room. He couldn't believe that such an effort would be made to create a more attractive, inviting and functional space for him and the hundreds of men, women and children who come to Good Shepherd Ministries to eat daily.

This is what our year has been about so far...making a positive change to meet the growing demand for services. Many people may be tired hearing the phrase economic downturn, but at Good Shepherd Ministries we are seeing it every day. Not only in the increased numbers of people seeking our help – we are now serving 1100 meals and snacks each day – that is 200 more every day than last year. Yes, we do still see a lot of the same faces, those riddled by ill health, addiction and social isolation. We are also seeing the new faces – people who cannot make ends meet because they have lost their jobs, or families who cannot make their dollar stretch and have to bring their entire family here to eat.

While our donations have decreased in direct correlation to the economy as many more people are feeling the pinch – including you, our generous supporters – we are thankful to all of you who have been able to continue to assist us. No matter how large or small your contribution may be – whether it is a monetary contribution or one of clothing, food, dormitory supplies or your invaluable time, your support makes a tremendous difference in the lives of so many.

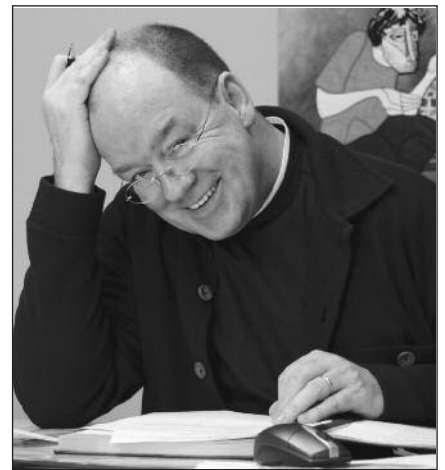
This year has been tough so far, regardless, we cannot ignore the real need to continue to provide high quality services in a dignified manner – to promote human dignity. We must continue to care for, respect and assist the most vulnerable in our society. By doing so, we are not only creating a caring community but we are also honouring God, for we are all created in his likeness. To love each other is to love Him.

We give thanks everyday for you, your kindness and for our Father's love which is demonstrated each day through our actions.

Your Little Brother in the Good Shepherd,



Brother David Lynch, BGS  
Executive Director



## COMMUNITY UPDATE

### A fond farewell

It has been a busy summer for the community. Br. Richard Moore is on retreat, which means Br. Tom and Br. John are doing double duty, covering off his responsibilities.

The Brothers also had a fire at their community house in Toronto—thank goodness no one was hurt and repairs are underway.

Finally, we had to say goodbye to Sr. Joan, Director of Pastoral Care, and on many days, chief bottle washer. She was elected Superior General of her community – Ursuline Sisters, and has moved back to Chatham. While we miss her terribly, we congratulate her on her new role, one she has held previously.



Sr. Joan is presented a Shepherd's Staff by Br. David and made a companion of the Little Brothers of the Good Shepherd.

### 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.

## Changing services to meet a dramatic increase in need



Being willing to change allows you to move from a point of view to a viewing point – a higher, more expansive place, from which you can see both sides.

*Thomas Crum*

**B**rother Tom Liss, Director of Ministry at Good Shepherd Centre, has witnessed many changes – the most recent being the renovation of the kitchen and dining hall at Good Shepherd Centre – renovations that have altered the lives of volunteers, staff and especially the clients we serve each day.

On Easter Sunday, the day before the dining room closed, the Centre served a total of 1,638 meals and snacks. Improving amenities while continuing to serve between 900 and 1,000 meals a day was going to be a test.

By May 1st, the date the dining room re-opened, 9,491 bagged meals containing sandwiches, fruit, drinks and cookies, had been made and distributed.

May 1st not only brought new equipment, floors and paint, our newly renovated open-concept kitchen and dining room opened with a new serving sched-

ule. Instead of two meals – 12:30-1:00pm and 3:30-4:30pm, the meal times were combined to one serving time from 2:00pm-4:00pm each day.

Why the change in serving time?

According to Br. Tom, over the years, the increased numbers of clients on both meals put pressure on everyone – the staff to cook more and faster, the volunteers to serve with little time for client interaction and the clients being pushed through the line and pressured to eat, leave and make room for more people. Additionally, the pace afterwards for the kitchen staff to prepare another meal from 4:30pm-5:30pm for our DARE clients followed by the 5:30 sign-in, put more strain on everyone involved.

The result of this change is that we've increased the serving by 30 minutes and are able to serve more people and serve them with more respect and dignity – by not pushing people through within a time frame that's not long enough.

The heavy lines are now met with less stress and strain and the result is noticeable. Clients are more relaxed and in better moods. They love the changes, including the newly painted dining area. One man even remarked, "You did all this for us?"

With all change comes a period of adjustment. Some of our serving groups who volunteered at Good Shepherd for close to 25 years have found the new 2:00pm-4:00pm schedule difficult and challenging and are unable to continue. Groups like the Knights of Columbus (many chapters), BMO, Yellow Pages, DePM Inc., RBC Global Markets, Shorinji Kempo, St. Louis de France, CIBC, and St. Margaret of Scotland Parish – all made an impact in the lives of thousands of people over thousands of meals. We thank you for all that you have done.

## Dedication and caring offered for 25 years



L to R : Joe Hall, Tom Letson, Margaret Hornberger, Greg Hornberger, David Bird, John Lynskey, Grace Downnie, Brenda McKay (Absent: Bill Borron, Larry Dupuis)



L to R: Joan Brady, Suzanne Sutherland, Kathleen Stanley, Theresa Gihlavsky, Eta Cooper, Patricia Murray (Absent: Tom Moclair)

Sitting with the meal servers from Our Lady of Sorrows, you can feel the excitement when they talk about the helping at Good Shepherd Centre – something they do monthly. “I’m a rookie,” quips Tom Letson, “it’s my first year.” When asked what he likes about serving at Good Shepherd, Tom says it’s the embodiment of Christianity, the camaraderie of the experience and the tone and attitude towards what we are doing – a feeling that is attributed to David Bird, the organizer for Group One.

Split into two serving groups – each covering one hour of the 2 hour afternoon meal service- one gets the feeling that these group members have a commitment to Good Shepherd that is a true calling. The group members have seen many changes over the years – different faces – more women and immigrants but all in need and served well by Good Shepherd volunteers and staff. All agreed it’s a wonderful thing and the clients are grateful. When the serving time is done, Greg Hornberger says what’s on everyone mind, “We’re tired when we’re done, but we feel good – it’s a good thing to do.”

Group 2, led by Patricia Murray, have been serving meals at Good Shepherd many years (some for 4 years, most for up to 25 years). When the Centre was under renovations years ago, the group served for a year in portables across the street. It was challenging but the clients were co-operative and understanding. “We’ve seen some of the same faces for 20 years,” says Kathleen Stanley, “but we see a lot more of the young people too.” The group nods in unison. “Years ago, there were more pick-up jobs, unloading trucks, that kind of thing – those jobs are gone now,” comments Pat Murray. The recent downturn in the economy has affected many people. Our clients know that they can stretch their income (for those who have one) by enjoying a well-balanced meal at Good Shepherd Centre.

When asked why they have been serving for so many years and continue to do so, Pat speaks for everyone “We would miss it – with so many things out there that aren’t worthwhile – this is real.”

### VIVA ITALIA!

Attenzione volunteers!!!!

We’re celebrating our volunteers on November 6, 2009. If you are a volunteer and have yet to receive an invitation, please contact Rebecca Ferguson at (416) 869-3619, ext. 262. We want you to be there!

If you’re not a volunteer, you still have a chance to be invited to the party of the year by becoming a volunteer today!



## 2009 – A YEAR OF CHANGE

**2009** is only half over but so far the theme at Good Shepherd Ministries appears to be changing to better meet client needs. This has translated into major renovations, not only of the dining room at the Centre but also at St. Joseph's Residence.

To accommodate the growing demand for supportive housing for seniors with a history of homelessness, but with limited space, St. Joseph's Residence is currently undergoing a renovation. This 7 person residence is expanding to accommodate one more individual and creating an office space for caregivers to better address the administrative needs of operating a residence.

Residents have been rallying around the noise, dust and inconvenience in support of this new transformation and we thank them, staff and volunteers – it will be over soon.



### HOW CAN YOU HELP?

Good Shepherd Ministries is always on the look out for talented individuals who would like to offer their time and expertise to help others. Currently, we have a few ongoing vacancies.

- ☺ **Clothing Room Attendant**, Wednesdays 9am to 11am
- ☺ **Drop-in Volunteer**, Weekdays 8:30am to 11am
- ☺ **Meal Servers – group of 8 people**, once a month or every 5th Thursday 1:45pm to 4pm

**Contact Rebecca at 416-869-3619 ext. 262**

### TEAM EFFORT

Not only does it take countless volunteers and benefactors to keep the wheels in motion, but it takes dedicated staff who work tirelessly to serve the homeless and promote the mission of Good Shepherd Ministries.



L to R: Monika, Health Care Coordinator; Elisa, Drop In Worker; Cindy, Fundraiser, Donor Relations

Every year, Good Shepherd Ministries acknowledges the efforts of our multi-talented staff, 70 in total which include full time, part time and relief staff covering Good Shepherd Centre, Barrett House and St. Joseph's Residence. The staff reflect our multicultural city and bring to our ministry a vast level of experience, understanding and skills.

On July 24, staff were treated to a buffet lunch and a short trip around the Toronto Islands. The day was topped off with a presentation of service certificates by Br. David Lynch. Those listed below achieved 10 years or more of service with Good Shepherd Ministries. We also congratulate the other 14 recipients who achieved between 5 and 10 years of service. Congratulations to all of our valued staff members.



Br. David Lynch, Executive Director presents Yacob Weldetsadik his 16 year service certificate.

**Yacob Weldetsadik** - Asst. Supervisor Housekeeping - 16 years

**Larry Giffin** - Care Provider - 15 years

**Adrienne Urquhart** - Director, Fundraising - 14 years

**Eileen Wong** - Executive Secretary - 14 years

**Mila Cabang** - Financial Controller - 13 years

**Peter La Breche** - Care Provider - 13 years

**Rosalina Torres** - Accounting Assistant - 12 years

**Paul Ford** - Night Support Worker - 11 years

**Dorothy Burton** - Care Provider - 10 years

**Boguslaw Gozdal** - Care Provider - 10 years

## Fore the homeless

One couldn't ask for a nicer day than Thursday, July 16, 2009 as the warm southern wind greeted 350 golfers at the Deer Creek Golf and Banquet Facility in Ajax, Ontario.

After a round of golf, which featured a hole-in-one, putting and driving contests, the golfers enjoyed a fabulous meal and silent & live auctions.

Our Special guest and Master of Ceremonies Bob Laine, who enjoyed a 50-year career with 1050 CHUM and is current Chairman of the Canadian Broadcast Museum Foundation, lent his radio voice to the evening's repertoire and helped raise over \$26,000 at the live auction.

The enthusiasm and generosity of golfers, sponsors, benefactors, and volunteers give us hope and show the kindness that is inherent to so many associated with Good Shepherd Ministries.

*Thanks to our sponsors: Urbacon, Bailey Metal Products, Builders' Supplies, CDS – Commercial Drywall, CGC Inc., Four Seasons Drywall Systems & Acoustics, Ontario Acoustic Supply (OAS), The International Union of Painters and Allied Trades (IUPAT), Rossco General Contractors and Prevedello and Mathews International Wine and Spirits. A special mention to Dorgel, Novopharm, Sluyter Company, Miller Tavern, Octagon Restaurant, McCarthy Tetrault LLP and Score Magazine.*



Chairman Vern Zapfe thanks the more than 300 golfers in attendance for their generous support.



The sunny day of golf enjoyed by these golfers helps support, among other services, the Centre's medical clinic and the DARE Program.



Your product or service could help serve the homeless - and help market your business. To contribute an item to the Live or Silent Auction at the Golf Tournament, call Adrienne Urquhart at (416) 869-3619, ext. 223.

Don't miss this popular event!  
The 15th annual Golf Tournament will be held at Deer Creek Golf Club on  
**July 15, 2010**

## Winners of the Good Shepherd Dream Lottery Draw



Winners of the Good Shepherd Dream Lottery Draw 2009

Licence No. 1792, held on July 16, 2009

|              |              |        |  |
|--------------|--------------|--------|--|
| Grand Prize: | \$100,000.00 | # 0343 | G. Vettoreto, Toronto, ON                                |
| 2nd Prize:   | \$ 10,000.00 | # 0248 | M. Thompson, Toronto, ON                                 |
| 3rd Prize:   | \$ 10,000.00 | # 0034 | G. Singh & D. Himelfarb, Toronto, ON                     |
| 4th Prize:   | \$ 5,000.00  | # 0051 | M. Chrobok, Richmond Hill, ON                            |
| 5th Prize:   | \$ 5,000.00  | # 0289 | Tickner & Associates/CMC, Richmond Hill, ON              |
| 6th Prize:   | \$ 5,000.00  | # 0046 | Dr. J. Dhillon, Toronto, ON                              |
| 7th Prize:   | \$ 5,000.00  | # 0313 | MacKenzie Financial Corporation, Toronto, ON             |
| 8th Prize:   | \$ 5,000.00  | # 0175 | MSI John Stewart, Ajax, ON                               |
| 9th Prize:   | \$ 5,000.00  | # 0015 | Morrison Williams Investment Management LLP, Toronto, ON |

Join us at the  
**Annual Good Shepherd Gala**  
**March 6, 2010**  
 Paramount Conference and Event Venue  
 (Woodbridge)

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

Tables of 10 \$2,500  
 Single tickets \$275

## Small things make a difference

### Clothing Room (Men's Only)

- ✓ underwear
- ✓ socks
- ✓ durable pants, i.e. jeans, work pants, sizes 28 - 44
- ✓ sweaters
- ✓ winter jackets
- ✓ winter boots
- ✓ mittens/gloves
- ✓ scarves
- ✓ toques
- ✓ t-shirts
- ✓ long johns

### Medical Clinic

- ✓ Tylenol or Advil
- ✓ Neocitran
- ✓ vitamins (C, B, multi)
- ✓ cough syrup & lozenges
- ✓ Chapstick
- ✓ foot powder
- ✓ Emery boards
- ✓ nail clippers
- ✓ Epsom salts
- ✓ baby oil/Alpha Keri oil
- ✓ small packages of Kleenex
- ✓ Vaseline (small tubs)
- ✓ small tubes of moisturizing cream

- ✓ nutritional supplements
- ✓ dandruff shampoo
- ✓ Tums or similar antacid
- ✓ shoe insoles
- ✓ Reading glasses
- ✓ Pumice stones
- ✓ antacids

### DARE Program

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

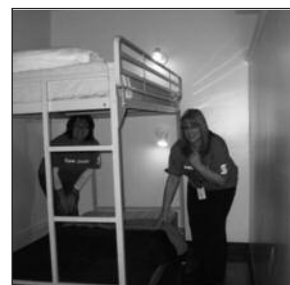
### Dormitory

- ✓ toothbrushes
- ✓ toothpaste
- ✓ razors (disposable)
- ✓ deodorant
- ✓ bath towels
- ✓ fitted twin sheets
- ✓ blankets (preferably twin)
- ✓ shaving cream
- ✓ Kleenex



## We Want You

Team Scotia rocked the house this spring. As part of their corporate commitment to the community, Team Scotia came to Good Shepherd Centre to work hard. They made beds, folded laundry, and sorted donations. Awesome job! If you and your community/corporate group are interested in volunteering for one day or making a longer term commitment, please contact Rebecca at 416-869-3619 ext. 262.



## With grateful thanks

Good Shepherd Ministries warmly thanks all its benefactors and volunteers for their continued support. We are grateful to the following organizations and groups for their recent gifts:

|   |             |
|---|-------------|
| ShareLife   | \$75,000.00 |
| Archdiocese of Toronto  | \$16,750.00 |
| Gregory T. Graham Foundation                                    | \$3,750.00  |
| Royal Canadian Legion Branch 13                                 | \$2,829.00  |
| Sisters of Service of Canada                                    | \$2,500.00  |
| Bell Canada—Employee Giving Program                             | \$1,028.00  |
| Ontario Power Generation Employees' & Pensioners' Charity Trust | \$835.11    |
| Knights of Columbus Council 11681—Blessed Trinity Council       | \$500.00    |
| St. Mary's Catholic Womens League                               | \$500.00    |



Cheque presentation by Royal Canadian Legion Branch 13

## Five fabulous food drive ideas for you to try

You can have fun and help Good Shepherd Centre serve more than 350,000 meals and snacks this year. There are so many ways to raise food ... here are five easy ways.

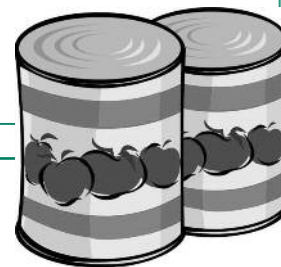
- 1 When you invite people to a party, ask them bring a tin or package of non-perishable food.
- 2 Put out a box and a sign in your place of business, and ask your colleagues and customers to help feed the hungry.
- 3 Ask your sports team to bring a tin or package to your next game.
- 4 Pick a non-perishable food mentioned in your latest book, and have everyone bring it to your next book club meeting!
- 5 Start up a challenge at work or school. Which department or grade can bring in the most non-perishable food?

However you choose to do it, you can big difference to the lives of vulnerable people by donating food to Good Shepherd Centre's meal program.

You can drop of food donation at Good Shepherd Centre, 412 Queen Street East (just east of Parliament Street). For pick ups of large donations, call (416) 869-3619 ext. 229, and leave a message.

### Urgently Needed Food Items

- ✓rice
- ✓tinned vegetable & fruit
- ✓instant and ground coffee
- ✓tea
- ✓soups and stews
- ✓powdered fruit juice
- ✓sugar
- ✓cookies
- ✓hot chocolate
- ✓powdered soup bases (chicken and beef)
- ✓pasta & pasta sauce
- ✓condiments (ketchup, etc.)
- ✓spices
- ✓breakfast cereals
- ✓peanut butter
- ✓jam/jelly
- ✓cooking oil
- ✓skim milk powder
- ✓canned fish
- ✓canned milk



## Sharing their blessings for 41 years



After the Markland Homes Association held its 41st Christmas Caravan, more than 200 boxes of food were loaded into Good Shepherd Centre's cube truck by this caring crew. The donated food helped the Centre to meet the growing need for meals.

Back Row ( left to right ): Ian Zellenrath, Bob Cooke, Rick Turosky, John Dimech, Mario Durado, Brad Canivet. Front Row ( left to right ) Martin Ross, Matthew Barrett, Wayne MacGregor, Greg Loates.

### 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:**

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

**Tel:** 416-869-3619, ext. 223 **Fax:** 416-869-0510

**Website:** [www.goodshepherd.ca](http://www.goodshepherd.ca)