



Good Shepherd JOURNAL

...serving the homeless and disadvantaged

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A Life in Passing

by Randy Blair

I guess I should start from June of 2005. My wife had been sick with cancer. Unfortunately, she succumbed to the disease. I seemed fine at first or as fine as you can be when you have lost your loved one after 26 years of marriage (25 years, 11 months, and 7 days). I woke one Sunday morning and put the coffee on and as I reached for my cup in the cupboard there was her coffee cup. It's like a wave of hurt rushed through me and I grabbed the cup and threw it as hard as I could. That is when my break down started. I started to cry and just could not stop. A few days later I decided home was not for me. There were just too many memories. We had an amazing life together. Almost story book in my eyes. She was beautiful inside and out. Amazing mother and wife...my best friend.

Anyways, I left small town Ontario and ventured to the big city. The first stop was Toronto. My first stay in a shelter was the Good Shepherd. Funny how things come around. Here I am 6 years later and I'm at the Good Shepherd again. I left Toronto back then and returned to Winnipeg then on to Edmonton down to Calgary then back to Edmonton then finally for a few years stayed in Vancouver.

Did I mention I had fallen into a bottle of Jack Daniels through all this and could not

get out? I went to the bottle and I went hard. A day never passed where at least one of those bottles evaporated daily. I met all kinds of people who thought they could help. Knowing it was only I who could make that decision. But I did not want to think about that, reality was too much to handle then.

I finally went back to Winnipeg last year and made a decision to stop with the drink. I now had a granddaughter and 2 kids who loved me. I had wasted those years for what, self pity. It seems we do live in a box and only let bad things in now and then. This was a bad that I could not deal with.

I am fine now. I can sit and have a beer with a buddy then go on my way. I asked my wife once how come all of our friends have divorced and we did not. I mean we had some tough times. She said all I ever wanted from you was to love me. It's not complicated hun she said. She then said life is not complicated, it's the people who complicate it. So, for those of you who are together and going through tough times. Turn to your loved one and say one thing. I LOVE YOU..... Just that simple. We were not meant to live alone.

I have something else to say to the people on the street. The Good Shepherd is a God



Randy with Akua, Housing Worker

send. There is a certain worker there that I am sure hides a set of wings. She is a credit to her job. I just want to say thanks to her and the Good Shepherd for being there for me.

P.S. I miss you and love you baby girl...forever and a day.

Randy recently secured housing through the Resettlement Program and is receiving aftercare support.

The Resettlement Program focuses upon providing crisis intervention counseling, and assisting clients to find and maintain safe and affordable housing.

In the first six months of 2011, the Resettlement Program has successfully housed 144 men.



Executive Director's Message

Giving thanks for our blessings

As we prepare to serve 1600 meals this Thanksgiving Monday, I give thanks for all the many blessings that have been bestowed upon our Ministry from you, our benefactors and volunteers. I count the many blessings that we have shared over the years and that I have personally experienced as a Brother and Executive Director of Good Shepherd Ministries.

These blessings include working with the homeless and disadvantaged. This may sound odd to some people, but to see a smile when someone is given something as basic as a cup of coffee is so rewarding. Greater joy yet when we are able to offer someone an alternative to living with drug and alcohol addiction, help them secure permanent housing or ensure they receive the medical care they need. Together, we are making a difference and every day when I look into the eyes of our homeless friends, I see His likeness and I am reminded 'There but for the Grace of God go I.'

As we sit down to offer thanks for all the many blessings in our lives – family, friends, employment, a home to call our own – I ask that we remember those individuals who are less fortunate

than ourselves. To offer a prayer for them and to give thanks that together we are striving to help them find their way, to seek the help they need and to continue on a road to recovery that is more stable, healthy, and happy.

This Thanksgiving I count YOU as one of our many blessings for your care, concern and generosity has made a tremendous difference in the lives of our homeless friends. I extend the Brother's continued prayers for you and your loved ones this season.

Your Little Brother in the Good Shepherd,



Brother David Lynch, BGS
Executive Director



COMMUNITY UPDATE



Container being prepared for Haiti.

Since the earthquake in Haiti, the Brothers have been working very hard to ensure that the orphanage and school were rebuilt. In June there was a cholera outbreak in Haiti and we were concerned and kept a vigilant watch on all the children as we had some children in hospital who were very sick.

In August, thanks to generous donors, a shipment of over 20,000 pounds of rice, beans, powdered milk and flour are on the way to Sheepfold of the Good Shepherd in Haiti.

In other news, the community held its General Assembly in June at the Canossian Spirituality Centre. The purpose of the General Assembly is to renew ideas and focus upon mission, vision and values.

The Little Brothers of the Good Shepherd also celebrated 50 years



General Assembly

of caring in Hamilton. It was in 1961 when Br. Mathias Barrett was invited by Bishop Joseph Ryan of Hamilton's Roman Catholic diocese to establish a men's hostel. The celebration was marked with a mass at Cathedral of Christ the King followed by a reception at the LIUNA ballroom.



50th celebratory mass in Hamilton

GOOD SHEPHERD CARES

Providing bed bug solutions while helping those in need

Since launching in September 2010, our new and creative social enterprise, Good Shepherd CARES (Compassion Acceptance Respect Experience Skills), has been showing steady progress in achieving its goals.

Participants for this program are recruited from among the clients housed by our Resettlement and DARE programs. Before assignment to a job, the program participants are provided with training in bed bug treatment preparation and basic maintenance work.

CARES provides inspection services to confirm a bed bug infestation as well as cleaning and prep services prior to chemical treatment. These services include, but are not limited to, thorough cleaning of a home which includes bagging of all items, removal of baseboards, faceplates and other necessary items, steam cleaning, caulking and sealing to prevent future infestations, laundry and re-inspection. The service is available for landlords, tenants, homeowners, offices, and community organizations.

CARES is addressing a real need within our City while providing clients with training and employment



opportunities within a supportive and flexible environment. They can now begin to establish a continuous work history and develop marketable skills.

In the months ahead, we anticipate more calls from those who want their units to be inspected for bed bug infestation as well as those who may require treatment.

For more information or to hire the services of CARES, please call 416-869-1034 or 647-444-0839.

Barrett House & St. Joseph's Residence Update



Residents of St. Joseph's enjoy the Maid of the Mist

This summer has been very busy at Barrett House and St. Joseph's Residence. We have had one new resident move in to Barrett House and landscaping has been completed which will enhance the garden next year when it will bloom with perennials. Plans are in the works this fall to continue with physical improvements to Barrett House.

The residents of St. Joseph's Residence have continued with their daily activities enjoying trips within the city and a day out to Niagara Falls which everyone thoroughly enjoyed.

We offer thanks to our wonderful benefactors and volunteers who continue to assist with the operation of our two supportive housing residences.

MISSION STATEMENT

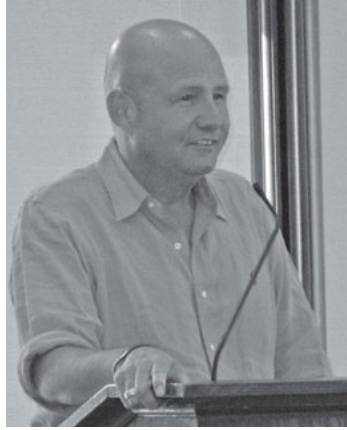
Challenged by our faith in the Gospel of Jesus Christ and committed to the ideals of hospitality, availability and respect for life, we, the Little Brothers of the Good Shepherd, Companions, Board of Directors, staff and volunteers of Good Shepherd Ministries in Toronto, join together to provide services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

Good Shepherd 16th annual Golf Tournament

A FOREmidable day!



Master of Ceremonies Mike Bullard

The 2011 tournament sponsored by Interior Systems Contractors Association was held on July 14 and a more beautiful day could not have been ordered! The weather was perfect as 360 golfers teed off to raise funds for Good Shepherd Centre.

As the sun shone, golfers enjoyed a day of best ball golf that included chances of luck, hole in one contests, followed by an awards dinner hosted by Mike Bullard, comedian, CFRB radio host, author, and all-around nice guy!

Mike had the guests in stitches and Br. David managed to get a few of his own jabs in with Mike. The evening included a live and silent auction, including some terrific items like dinner and golf with Steve Stamkos and Steve Downie of the Tampa Bay Lightning, a personal screening of Dolphin Tale and a trip to the Mexican Riviera.

The 2011 tournament and lottery was a tremendous success. Thank you to event sponsors, the organizing committee, golfers, donors and our volunteers.



Guests enjoying the evening's festivities

Presenting Sponsors



Dinner Sponsor



OZZ ELECTRIC INC.

Shirt Sponsor



Golfer Gift Sponsors

Bailey Metal Products Limited
Builders' Supplies Limited
CDS – Commercial Drywall Supply
CGC Inc.

Four Seasons Drywall Systems & Acoustics
Ontario Acoustic Supply

Photograph Sponsor

CGC Inc.

Power Cart Sponsor

International Union of Painters & Allied
Trades Local 1891

A special thank you to all of our other sponsors.

Winners of the Good Shepherd Dream Lottery

Licence No. 3802, held on July 14, 2011

Grand Prize:	\$100,000.00	# 0022	Morrison Williams Investment Management, Toronto, ON
2nd Prize:	\$ 10,000.00	# 0231	Interior Finishing Systems Training Fund, Woodbridge, ON
3rd Prize:	\$ 10,000.00	# 0289	R. Barone & L. Loyer, Toronto, ON
4th Prize:	\$ 5,000.00	# 0108	Interior Systems Contractors Association, Woodbridge, ON
5th Prize:	\$ 5,000.00	# 0286	B. Mocherniak, Aurora, ON
6th Prize:	\$ 5,000.00	# 0079	International Union of Painters & Allied Trades L1891, Toronto, ON
7th Prize:	\$ 5,000.00	# 0195	R. Campbell, Vaughan, ON
8th Prize:	\$ 5,000.00	# 0247	M. Yorke, Woodbridge, ON
9th Prize:	\$ 5,000.00	# 0294	R. Waschberg, Toronto, ON



Some of the lucky winners of the Good Shepherd Dream Lottery

Other Happenings @ Good Shepherd Ministries

Good Shepherd Ministries is toured by Minister of Veterans Affairs

Minister Stephen Blaney visited Good Shepherd Ministries on July 20 for a tour and a meet-and-greet with the Veterans Affairs and Good Shepherd Ministries' staff who are providing services on-site at Good Shepherd Centre as part of the 'Leave the Streets Behind' partnership between Veterans Affairs Canada, The Royal Canadian Legion & Good Shepherd Ministries. The Minister toured the facility, met with staff and volunteers, and had lunch with some of the homeless veterans that have been assisted by the program.



Left to Right: Dion MacArthur, Case Manager, Veterans Affairs Canada; Charlotte Bastien, Regional Director General, Ontario and Quebec Regions; Andre Paquette, President, Royal Canadian Legion, Ontario Provincial Command; Brother David Lynch, Executive Director, Good Shepherd Ministries; Veterans Affairs Canada, Minister Blaney; Dave Gordon, Executive Director, Royal Canadian Legion Ontario Provincial Command and Robyn Zettler, Assistant Executive Director, Royal Canadian Legion Ontario Provincial Command.
Photo Courtesy of Veterans Affairs Canada



Left to Right: Br. David Lynch, Elizabeth McLaughlin, Michael Steele, Jennifer Steele

Branching Out to those in Need...

This is the tag line for The Steele Family Foundation who are generous benefactors of Good Shepherd Ministries. The Steele Family Foundation this year kindly donated \$10,000 to assist with the DARE program.

In their own words...“We focus our support on local organizations that specialize in assisting persons in need, particularly those struggling with poverty and homelessness. Involvement in this type of work has been both emotionally and spiritually rewarding for our family and those who continue to support our foundation.”

We are truly blessed and give thanks for their family support. To learn more about the foundation please visit www.thesteelfamilyfoundation.com.

How you can make a difference!

Consider these possibilities:

- remember Good Shepherd Ministries in your will;
- donate a product or service for Silent or Live Auction at the Gala or Golf Tournament;
- online donate your HBC or Shoppers Optimum points (and if you do that, please accept our grateful thanks now as donations are anonymous);
- organize an event to benefit Good Shepherd Ministries -- a party, a concert, a bake sale; or
- 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 Cindy at 416-869-3619, ext. 277.

Love is in the air...a match made at Good Shepherd

by Maria Cappadocia...now Mrs. Prieto

The first time I met Jorge, it was in 2006 and I was at the Good Shepherd for the Thanksgiving meal as a volunteer. At that time I did not have a Turkey outfit (since then, I have volunteered at all 3 holiday meals greeting guests as a turkey, an elf and an Easter Bunny). Jorge's martial art school (Yorkville Shorinji Kempo) volunteered to help out on the same day, which is part of their organization's mandate-"give to others".



Jorge was there as well, and we talked, about nothing special. I informed him that I also am a Martial Artist. I am a Master in Tae Kwon Do. Sensei Lou invited me to train at his club and try it out. As I continued to train with Shorinji Kempo, I got to know Jorge more. As a martial art group we all continued to volunteer at the Good Shepherd once a month. In 2007, Jorge and I started dating, training, and volunteering more at the Good Shepherd.

If Jorge's group did not volunteer that day, and if I did not accept the invitation I would not be here writing this story and sharing my happiness. God works in good ways and helps us to see the light.

Here I am now getting ready for a wedding, and Jorge and I thank God everyday for his kindness and his gift of Love! It is interesting how things work out. We workout together, go to church together, volunteer together and are born in the same month, same year and 6 days apart from each other.



Maria and Jorge wed on August 27, 2011. We offer congratulations and blessings to them both as they begin their life together!

We need you!

We need your time, expertise and caring. Currently we are looking for volunteers for the following positions:

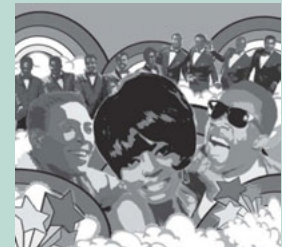
- Kitchen for Tuesdays 1- 4 p.m.
- Drop in Monday-Fridays 8:30-11 a.m.
- Beginning January 2012 for the first Saturday of every month a group of 6 volunteers to help in the Dormitory

Contact Rebecca at 416-869-3619 ext. 262 or by email to rebecca@goodshepherd.ca for more information or to apply for the listed vacancies.

Motown Magic

Psst...have you heard it through the Grapevine...November 4, 2011 Good Shepherd Ministries will present Motown Magic. Harken back to the heyday of Motor City and its soul vibe!

The annual volunteer recognition event is open to all of our volunteers. Invitations will be sent out in October. But, if you want to reserve your place so that you can boogie down to the sounds and sites of Motown, call Rebecca at 416-869-3619 ext. 262



HELPING HANDS

In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us. ~ Flora Edwards

In His Presence Ministry visits Toronto

In His Presence Ministry – based in Washington DC, South Carolina, and Maryland – each year travels to a different city or country. Their purpose is to give the group a chance to do hands-on mission work and provide service opportunities nationally and internationally. They have been doing this outreach service since 1999. This summer, the ministry came to Good Shepherd Centre. They helped by making beds, doing laundry, and serving the afternoon meal to hundreds of guests. We thank Pastor Willie and all of his colleagues who visited.



Br. David is presented a gift from Kelly Jackson, President of the Royal Canadian Legion Br. 001/042.



Direct Energy Gives Back

with a day of volunteering and a generous gift



Left to Right: Oscar Aguilar, Carlos Dias, Rebecca (Good Shepherd), Lisa Barroso, Br. Tom, Angela Mangano, Steve Butterfield, Olga Ratatsidis

Join us at the Good Shepherd Gala

February 25, 2012
Paramount Conference
and Event Venue
(Woodbridge)

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

Thanksgiving Food Drive

Good Shepherd Ministries serves upwards of 1200 meals and snacks each day. This feat is not possible without the kind contributions of individual donors, community groups, businesses and the food industry.

This Thanksgiving you can be a part of sharing our bounty with those less fortunate by organizing a food drive and collecting non-perishable food items for our meal program.

You can drop off any of the listed non-perishable food items at the Good Shepherd Centre (412 Queen Street East) . If your collection multiplies and you need our help to transport it to the Centre, please contact Rebecca at 416-869-3619 ext. 229.



- Canned Fish
- Canned Vegetables
- Canned Meats
- Canned Fruit
- Canned Soups & Stews
- Cookies & Crackers
- Breakfast Cereals
- Rice
- Pasta & Pasta Sauces
- Peanut Butter
- Jams
- Tea
- Coffee - ground or instant
- Sugar
- Powdered Fruit Juice
- Ketchup, Mustard, Relish
- Garlic Powder
- Paprika/Black Pepper

More Wishes...



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
- Tums or similar antacid
- shoe insoles
- Reading glasses
- Pumice stones

Dormitory

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

Clothing Room

- winter coats
- underwear
- socks
- durable pants sizes 28 - 44
- 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

MANY THANKS

TO THE FOLLOWING ORGANIZATIONS FOR THEIR RECENT GIFTS

Knights of Columbus Toronto Council 1388	\$6,000.00
Gregory T. Graham Foundation	\$4,500.00
Hydro One Employees' & Pensioners' Charity Trust	\$624.00
Royal Canadian Legion Br. 13	\$450.00
MMM Group Limited	

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: 416-869-3680

Website: www.goodshepherd.ca

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