



Good Shepherd JOURNAL

...serving the homeless and disadvantaged

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“Get your stuff, I’m bringing you to a place called the Good Shepherd.”

Mickey Bodnan says “Thank you” for the meals that help him survive on a disability pension and for the support he received when he came to Toronto 17 years ago

Back in the 1990s, I worked for the City of Winnipeg – 12 hour shifts in a sewage treatment plant. Now, I’m in recovery from my cocaine addiction, but back then I lost everything because of it.

A friend and I were in a van that was travelling across Canada selling goods, but that business folded when we got to Toronto, in January 1994.

I was separated from my friend. He got into Good Shepherd, but I was staying in another shelter. He came and found me and said, “Get your stuff. I’m bringing you to a place called the Good Shepherd.”

Well, after about two weeks at Good Shepherd, we started being the ones who brought up the donuts and coffee for the evening snack.

Back then, the Brothers gave you pyjamas. I was the one who gave them out. There was a rule that you had to take a shower, so I remember, and we gave out soap and shampoo and towels too. They took our clothes to wash them at night; they made sure we were fine. There was only one person per cubicle. It was a good place to stay.

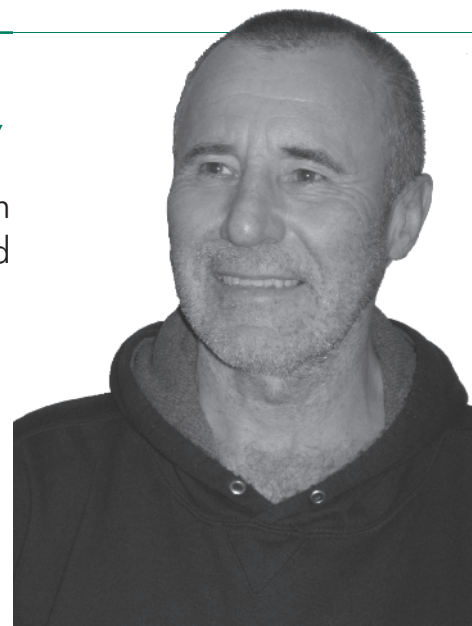
We were allowed to stay for three weeks, then you had to move on. But we were such good volunteers they let us stay a bit longer. I stayed until the middle of March, then I finally found a place.

I’ve been coming here for 17 years, on and off. But I’ve been coming here every day since I moved into the area this past June.

As a single guy on ODSP (Ontario Disability Support Program), \$464 is the maximum I get for rent. I pay \$470 for a 12 by 18 foot room, and anything over the maximum is coming out of my food allowance. Unless you find a room-mate and double up, you just can’t live in an apartment. Apartments are not cheap; they’re \$700 or \$800 a month. I can’t live with someone so I get a room.

I am here at the drop-in every morning, have my coffee, read the paper. I’m not allowed to cook in my room, so I come back for the meal. I come about six times a week.

I tell people, I have good days every day. It’s just some days are better than good. If I can make people laugh, that’s a good day.



I’m 59 and I’ve never seen another place that serves meals like Good Shepherd does, and the quality is pretty darn good in my opinion. And for the 17 years that I have come here, I have gone up to the volunteers after the meal to say “Thank you.”

In my opinion, I can be equalled in appreciation, but not beaten. Even if there are 800 people in the meal line, not one of them appreciates this place more than I do! I have nothing but great things to say about this place.

Your support helps Good Shepherd Centre serve more than 1,100 meals each and every day of the year. Your generosity makes it possible for Mickey, who lives in a room without access to a kitchen or food storage, to eat nutritious meals.



Executive Director's Message

Celebrating renewal

Your generosity helps us make connections that strengthen services for those in need

As Easter arrives, we celebrate with joy the Resurrection, our redemption and hope.

I invite you to celebrate other signs of hope: the new initiatives and new partnerships that your support has helped us to forge. For people living with the challenges of homelessness, mental illness and addictions, you are helping to bring new life.

- Inner City Health Associates, which visits the Centre's medical clinic every week, added three more hours of psychiatric service effective February 2011.
- A partnership with Toronto Art Therapy Institute, providing a weekly art therapy group for DARE clients, started in February. The mature students leading the group are strengthening the therapeutic value of the DARE's long-standing weekly art group.
- A weekly Cocaine Anonymous (CA) self-help group started in February – a valuable addition to the weekly AA meeting held at Good Shepherd Centre.
- A weekly anger management group for the DARE Program clients has restarted in partnership with the Toronto Bail Program.

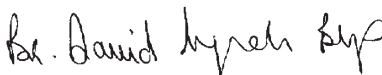
- A partnership agreement has been signed with Concurrent Disorders Support Services (CDSS). As a result, Good Shepherd clients now have priority access to services of the 25 member agencies.

- Good Shepherd CARES, our new social enterprise, has been providing bed bug preparation and treatment services to its first customers.

Your thoughtful generosity helps to keep Good Shepherd Ministries a place where desperate people can find food, shelter and services that will help them to heal.

I offer our prayers for you and your loved ones during this Holy Season of Easter and throughout the year. I remain,

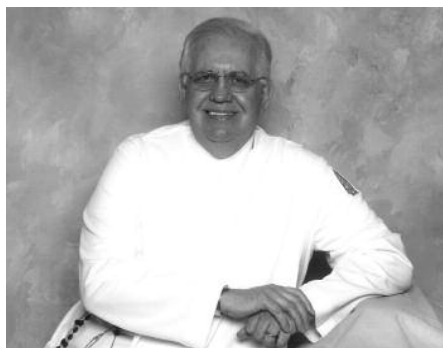
Your Little Brother in the Good Shepherd,



Br. David Lynch, BGS
Executive Director



COMMUNITY UPDATE



After a brief illness, Brother Majella Marchand was called home to heaven February 5, 2011.

Brother Majella entered the community on September 22, 1970 and celebrated 40 years of service in 2010. He served the needs of the homeless and disadvantaged in Miami, Florida, New Orleans, Louisiana, Albuquerque, New Mexico, and Toronto, Ontario, Canada. For many years he served in the ministry to persons with developmental disabilities in Mokence, Illinois.

Brother also served the community in a variety of appointed and elected offices, most recently as Secretary General from 2002 until 2007. He will be greatly missed.

Brother Anthony Daverese began serving as Director of Pastoral Care in Toronto on December 10, 2010. Brother Anthony transferred to Toronto from Mokence, where he had been serving at Good Shepherd Manor, a school and residence for persons with developmental disabilities.

The Little Brothers of the Good Shepherd celebrated their 60th anniversary on January 19, 2011. The congregation was founded by Br. Mathias Barrett to serve Jesus Christ in the person of the poor, destitute and anyone in need of help. That mission still inspires the work of the Little Brothers of the Good Shepherd today. For more information, visit www.lbgs.org.

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, 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.

"I tried to get up and I couldn't move"

How your support of Good Shepherd Centre helped Graham survive sickness and fire

The Good Shepherd has truly helped me to survive.

In 2008, I got a full-time job just down on Commissioner Street in a chicken slaughter house. I was there a few weeks, and then one day I went to work and I was sick. I started to pass out.

My boss told me to go home. I live in Scarborough. I got up to Queen Street and I was so sick I couldn't go on. I thought, I'm close to the Good Shepherd, so I went and lay down on the ramp to the dining room and just stayed there. And because I hadn't slept at the Centre for a long time, I got a bed that night. I thought to myself that I would feel better in the morning and I could go to work.

But in the morning I was worse.

When that illness hit me, oh man, I came down for breakfast, I couldn't get to work. Next thing you know, it's the end of breakfast, I'm still in the chair, one of the other guys is saying, "Come on, we've got to go."

I said, "I can't move." And I started to cry. And that's when they knew I was really sick.

So they called the ambulance and took me to St. Michael's Hospital. It turns out I had caught something from handling the dead chickens. I ended up in hospital for a good while, and I felt sick for a long time after. It was hard to move.

I'd only started working. I couldn't get long-term anything. If it wasn't for a place like this to eat, I don't know what I'd have done. It took me



"I'd only started working. I couldn't get long-term anything. If it wasn't for a place like this to eat, I don't know what I'd have done."

Graham Gaidy describes how the meal program at the Centre helped him survive the aftermath of a severe illness.

all of 2008 just to start being able to put my clothes on for myself.

Then in 2009, the building next to my apartment had a big fire. The smoke filled our place and they had to treat it for smoke damage.

I remember I came to the Centre on Saturday – the fire was on a Saturday morning – and I said to the Brothers, "I can't breathe in my place, will you please let me stay? I think they're going to take three weeks to fix it."

They said "You can have a

month." I ended up staying 22 days.

If I need socks or underwear or pants, I come here. One time I needed glasses, they gave me the gift of sight. You name it, Good Shepherd has done it for me. You guys have been unbelievable at keeping me going.

I'm big, I need a lot of food to keep going and that's why I love coming here to eat. But everybody loves coming here to eat. They come here to socialize. You come here, you'll find a friend. And if you don't find a friend, a friend will find you. The Brothers have made a real family out of this place.

You get a really nice feeling coming in here. You can walk in this door, it's like bam – that feeling that's been bugging you is gone, and you feel, "Yes, I can move on now." It's lovely, it's a blessing, it's a true blessing. Thank you.

Good Shepherd Centre 2010 Statistics

Number of meals served:400,551
Items of clothing distributed:26,438
Occupancy rate for 91 shelter beds:100%

Resettlement/Housing Program and DARE Program

Number of homeless men housed:232
Number of homeless men entering
treatment for addiction:121

Medical Clinic

Nursing care provided:3256 visits
Other (mental health, dental, vision):...358 visits
Urgent medical care:32 events

**Conservative Estimate of Number of
Individuals Served Each Year**5,045

**A hot meal. A good home.
A better life. Thanks to you.**

Threads of Hope

More than 1000 guests gather at the 14th annual Good Shepherd Gala to help raise hope for the homeless



City of Toronto Mayor Rob Ford presented a plaque recognizing Good Shepherd Ministries' contribution to serving the homeless in Toronto.



Guest speaker Randy Brown, graduate of the DARE Program at Good Shepherd Centre, spoke movingly of the support he received and of the atmosphere of compassion and love he felt at the Centre.

Vital programs like the DARE Program and the medical clinic are supported entirely through your donations and through fundraising events like the Gala, Golf Tournament and Dream Lottery.

Beautiful orchids were suspended from six-foot tall branches over the tables, as more than 1,000 people gathered at Paramount Conference and Event Venue on February 26, 2011 in support of the work of Good Shepherd Ministries.

Speaker Randy Brown, graduate of the DARE Program, spoke movingly of how he had, in the space of six short years, gone from owning a house not far from the Gala venue to living in a tent in a park – and how, with support from the services at Good Shepherd Ministries, he is now working, living independently and staying sober.

Master of Ceremonies and Auctioneer Matthew Penstone created a warm and lively atmosphere. Some of the dignitaries in attendance included Mayor Rob Ford, Deputy Mayor Doug Holyday, and Etobicoke Councillor Doug Ford.

Board President Vern Zapfe worked tirelessly to ensure the success of the Gala, his efforts backed up by the hard-working and dedicated Gala Committee.

Warm thanks to everyone who donated or attended – or did both! You helped to create a wonderful evening. Your support makes it possible, as Br. David Lynch, Executive Director, said at the Gala, to offer people a ‘hand up, not a hand out.’



Presenting Sponsors



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Entertainment Sponsor



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Print Sponsor

Designers, Typesetters and Printers



More than 1000 guests helped raise funds for Good Shepherd Ministries and had a great time! If you would like to buy a ticket for the next Good Shepherd Gala on February 25, 2012, or if you would like to donate an item for the Live or Silent Auction, please call Adrienne at (416) 869-3619, ext. 223.



Dream Lottery helps the homeless

If you buy a ticket for Good Shepherd Ministries' annual Dream Lottery, you help the homeless and you could win one of nine prizes totalling up to \$150,000.

The lottery will take place on Thursday, July 14, 2011 at Deer Creek Golf & Banquet Centre. Tickets are \$1,000 each, and only 350 tickets are printed.

To find out more, please call Adrienne at (416) 869-3619, ext. 223.

Lottery licence 3802.

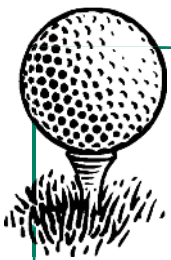


Every Monday, in the basement of St. Leo's Church, ten wonderful women gather to chat, make quilts and help others.

The St. Leo's Quilters have been making quilts and collecting supplies for Good Shepherd Ministries for a decade. But their roots go back to the Catholic Church Extension Society, now known as the Catholic Church in Canada.

This year, the Silent Auction at the Good Shepherd Gala featured a number of beautiful quilts, including a St. Leo's quilt.

Your craft can help the homeless. If you are a master at creating jewellery, paint beautiful paintings or any other handicrafts, please call Rebecca at 416-869-3619, ext. 262 to learn more about donating an item.



Golf Tournament Notice

The Good Shepherd Golf Tournament will take place

Thursday, July 14, 2011

Deer Creek Golf and Banquet Centre, Ajax, Ontario

This popular 'best ball' tournament is played over 5 courses with 90 foursomes.

Foursomes are \$2,800. This event sells out quickly, so book your foursome now!

If you cannot attend but are interested in participating in this worthwhile event and becoming a sponsor or auction donor, please contact:

Adrienne Urquhart
416-869-3619 ext. 223

We got to work as a team and someone else benefitted from our efforts and they will have a safe place to rest – something we take for granted. They are someone’s son, and they deserve our respect just because they are human beings with dignity, they were created by God, just like us. We had people to go back to and we could get our Valentine’s later. They didn’t really have anyone else but us.....if it wasn’t us who was it going to be?
Bryan

When you lose everything it is good to know that others actually care and we wanted them to know that. We wanted them to know that people are always with them and God is always with them. They are not alone.
Perry

I would do it again. It feels good to help someone else out. I would do it again as a choice-not as part of a religion class.
Sarah

I kind of realized that our problems that seem so enormous aren’t as big. We see another version of life, it puts things into a perspective.
Monique

It was fun...it felt good not only to help them out but to help an organization that helps everyone without bias is nice as well.
Larissa

It was an inspiring experience. To help meant the world to them and it was great for us.
Zara

We shouldn’t really be so proud. It is our duty to help, we are our brother’s keeper.
Michelle

It was a good experience that gave us an opportunity to help others.
Janelle

Student volunteers from St. Aloysius Gonzaga Secondary School reflect on their day at Good Shepherd Centre.

How students made Valentine’s Day brighter for the homeless

When students from St. Aloysius Gonzaga Secondary School in Mississauga came to help at Good Shepherd Centre, they took a tour, learned about homelessness, and then did hands-on work: making beds, making sandwiches, folding bed linens. More than 340 student groups (upwards of 5,000 students!) come to the Centre each year to help others. What made the St. Aloysius Gonzaga group stand out was that they came on Valentine’s Day – and left a Valentine’s card on each of the beds they made.

Thank to you to teacher Joe-Anne Boyle for sharing the students’ reflections on their experience at Good Shepherd Centre.



Celebrating more than 50,000 hours of volunteer service with a lively “Friday Night Dance Fever” 1970’s party for volunteers

On Friday, November 5, 2010, 250 volunteers boogied the evening away to music from the 1970’s. Chef Narie served up delectable 1970’s foods including Swedish meatballs and mini-quiche.

Br. David, Executive Director, spoke with gratitude of the amazing contribution (more than 50,000 hours of service in 2010) made by the more than 5,000 volunteers who serve at Good Shepherd Ministries each year.

Increase the joy (and the opportunities to dance!) in your life. Call Rebecca at 416-869-3619, ext. 262, to ask about volunteering.



Two volunteers from Couples for Christ Foundation for Family and Life enjoy the event. Volunteering as a part of a group is a fun and easy way to make a difference.

Finding acceptance and a place in the world

How your support offers dignity and community to isolated people at Barrett House & St. Joseph's Residence



Br. Anthony began work as Director of Pastoral Care in December 2010.

As the newly assigned Brother at Good Shepherd Ministries, it took a full week for me to keep myself from getting lost walking around the first floor of Good Shepherd Centre.

A tour of Good Shepherd Centre can be overwhelming.

The Centre is anything but standard, routine, or staged. It is by no means predictable.

What the place is all about, what gives it its energy, what makes it go, what makes it come alive, has to be felt more than seen. It has to be experienced more than described. More than anything it has to be touched more than discussed. And to complete your experience of the place, you have to let it touch you back.

The Centre is a place where healing happens. It's a place where pain is given a voice, dignity is given a name, and despair is rejuvenated into new life.

Barrett House

No tour of Good Shepherd Ministries is complete without a visit to Barrett House and St. Joseph's Residence.

It is at Barrett House and St. Joseph's Residence that our sacred responsibility to respond to the Gospel mandate of *caring for the stranger* comes alive in varied dimensions of human acceptance.

Both Barrett House and St. Joseph's Residence send the message that people matter, people have worth, people deserve dignity and are to be treated with respect that validates them as Children of God.

Aligned with a vision and mission to expand quality of life and independence for the disadvantaged, the Little Brothers of the Good Shepherd developed a program – Toronto's first supportive housing residence for people living with HIV and AIDS – that provides a dignified, caring and homelike environment.

Barrett House facilitates the delivery and coordination of the wide array of services necessary to assure a healthier tomorrow and enhance the quality of life of its residents.

St. Joseph's Residence

St. Joseph's Residence also helps address another problem concerning Canada's aged population.

Yearly, increasing numbers of frail seniors struggle to survive on the streets and in the shelters of Toronto. Many of these seniors suffer from mental illness and addictions.

Removing a homeless senior from the street and putting him in a social care setting addresses only one part of the problem. Many homeless seniors lack the skills to help them negotiate and manage amicable lives in a traditional senior's residence. What the aged person experiences is simply the trading of one isolated existence for another.

Both Barrett House and St. Joseph's Residence send the message that people matter, people have worth, people deserve dignity, and are to be treated with respect that validates them as Children of God.

I've finally learned how to manoeuvre my way around Good Shepherd Ministries with a minimal amount of back-tracking. I've found my place here.

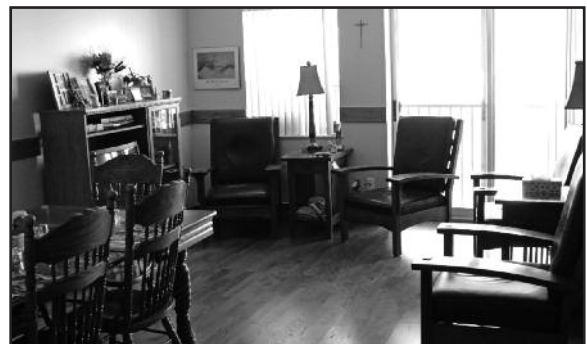
And thanks to your ongoing support, Barrett House and St. Joseph's Residence are continuing to help others find their rightful place in the world.

How will you be remembered?

Leaving a gift in your will to Good Shepherd Ministries is a chance to make sure that the homeless and disadvantaged have somewhere to turn for help, even after you are gone.

Your compassion will be remembered and celebrated in every hot meal, clean bed and act of kindness at Good Shepherd Ministries.

To learn how easy it is to leave a legacy gift to Good Shepherd Ministries, please contact Adrienne at 416-869-3619, ext. 223.



The sunny living room at St. Joseph's Residence provides a place for residents to relax and socialize.



Men's Clothing Urgently Needed

For most of us, changing clothes to suit the season is as easy as pulling a box from the back of a closet. But what if there is no closet? No box? No spring jacket? No rain boots?

Your gift of gently used men's clothing can help an impoverished person to stay warm and comfortable as he walks to and from appointments. Or you might help someone to stay presentable enough to keep finding the odd jobs he relies on to survive.

This year, because of the cost of gas, we're asking for an extra favour. Please deliver your donation to 412 Queen Street East, or arrange for clothing donations to be collected at a central location so that the truck makes one trip instead of many. Your planning will help to serve more people in need.

To arrange for large donations of clothing or food to be picked up, please contact Rebecca at 416-869-3619, ext. 262 or rebecca@goodshepherd.ca.

- men's socks
- durable men's pants (jeans etc.) especially sizes 30 - 38
- men's sweatshirts
- men's T-shirts
- men's running shoes (sizes 8 to 12)
- men's spring jackets
- men's rain wear
- knapsacks suitable for adult men
- NEW men's underwear (medium to large sizes most in demand)

Thank you!

Good Shepherd Ministries gratefully acknowledges these recent gifts:

F.K. Morrow Foundation	\$25,000.00
P. & P. Murray Foundation	\$10,000.00
Gregory T. Graham Foundation	\$8,250.00
Order of Malta (Ontario) Charitable Foundation	\$7,500.00
Lawpro	\$5,604.35
Bishopric of Public Ecumenical and Social Services	\$2,000.00
Brebeuf College	\$2,000.00
Toronto Star	\$1,000.00

The Muzzo Family
CWL, St. Anselm's
BMO Employee Charitable Foundation
Endoscopy Unit – St. Michael's Hospital

Three more ways you can help the homeless

Donate HBC/Zellers points to public ID no. 7993519.

Donate Shopper's Drug Mart Optimum points to Good Shepherd Ministries.

Purchase an item on the wish list with your Air Miles – or purchase an item to donate to the Golf Tournament.



WISH LIST

When you give a needed item, 100% of your gift goes to those in need

Kitchen

Vegetable Oil
Tea
Sugar
Rice
Powdered Fruit Juice
Peanut Butter & Jams
Pasta & Sauces
Paprika
Ketchup, mustard, relish
Ground and Instant Coffee
Garlic Powder
Cookies & Crackers
Canned Vegetables

Canned Soups and Stews

Canned Milk
Canned Meats
Canned Fruit
Canned Fish
Breakfast Cereals
Black pepper

Medical Clinic

Vitamins (multi, C, D, B)
Nutritional supplements (i.e. Boost, Ensure, Nutriment)
Non-alcoholic cough syrup
Cough lozenges
RubA535
Neocitran
Vicks Vapor Rub
Calamine lotion
Foot powder

Sunscreen

Aloe vera cream,
burn cream
Orajel
Polident
Epsom salts
Shoe insoles
Tylenol/Advil

Dormitory

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

DARE Program

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

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.

We welcome inquiries:

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