

# MISSION POSSIBLE

FALL 2019

Art by: Carole Laufer

## WHAT THE MISSION MEANS TO ME

My name is Richard. I am from the Outremont neighborhood bordering Mile End. I graduated from HEC. I owned a beautiful house in Outremont. I never thought one day I would find myself in a really precarious situation, but following a fire I found myself on the street, without a penny and with no knowledge of the resources available. The last three weeks I have been sleeping in a park.

One day, after three days without eating, a gem of a friend told me about the Mile End Mission. That morning especially, I was literally on the verge of suicide. So at 10 am I found myself at the Mission. At that precise moment I must humbly say that I believed in a miracle. First of all, I was greeted with respect and kindness. After those three days in the storm my ship finally arrived in a harbour with calm water. The people and members there made me feel that I was with family, and treated me with the greatest respect. That's why I wanted to tell my story. I would probably no longer be, without the Mission. The most extraordinary thing is the warmth of the staff, but two other words also come to mind: compassion and empathy. For that, I give an immeasurable thank you to the Mission. I will always lend a hand within my limits to this essential organization, because I now feel part of this BEAUTIFUL FAMILY.

## PROGRAM PARTICIPATION 2018-2019

The numbers  
We've been counting!

15,000

FREE HOT  
MEALS SERVED



6,000  
SNACKS

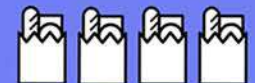
10,000  
GROCERY  
BAGS



3,500 Family  
MEALS



375 OUTING  
PARTICIPANTS



3,500  
SENIOR MEALS

You are cordially invited to take part in a wonderful evening where friends, both old and new, gather together in the spirit of Thanksgiving to help support the Mile End Mission. We hope you can join us!  
If you are unable to attend, your kind donation will help sponsor Mission members who would like to attend.

This year's venue will be Petros Taverna Laurier. 6pm. BYOB

save the date:

## Mile End Mission's 11th Annual Thanksgiving Benefit Dinner

Come celebrate with us & help support the work of the Mission!

October 17th, 2019



\$200 PER PERSON  
\$125 tax receipt included

FOR TICKETS: (514) 274-3401  
general@mileendmission.org  
www.mileendmission.org



### ... is feeling grateful!

It is only with the help of so many wonderful & caring friends within the Montreal Anglican Diocese community and beyond, that the Mission is able to offer such a wide range of vital programs & services to our members each year.

We thank each and every one of you...



J'aime Montréal pampering both young and old at the Mission with free haircuts, manicures & other special treatments.



Another amazing Hockey Helps the Homeless Fundraising tournament, aiding homeless & at risk people in so many communities - including ours!



McGill's wonderful Mobile Dental Clinic providing free & much needed dental care for our members.



This past February, to help support the work of the Mile End Mission, our dear friend, Dr. Robert Drummond, former Chairman of the Shriner's Hospital for Children and Emergency Physician at St. Mary's Hospital, rocked McKiernan's Luncheonette with his band the 'Daft Devils' and another band the 'Crosswinds'. A terrific time was had by all and the funds raised were so greatly appreciated!



The loving efforts of numerous elves in our community ensures that more than 350 Mission members and their families can enjoy a traditional Christmas dinner each year with gifts from Santa for all of the children & stockings for our most vulnerable friends!





As a group, we turned the soil and planted new flowers in front of the Mission in memory of our dear friend Zane who sadly passed away this year along with 3 other dear friends of the Mission. A gentle soul, Zane took great joy in nurturing and bringing plants back to life that others had forgotten about. This little garden commemorates Zane and all of our beloved members who once walked through our doors.



Savanna

Jimmy

Richard

Zane



*Life is short but beautiful, and while your journey on Earth is over, you will always be remembered.*

### OUR AMAZING LEADERSHIP TEAM

Did you know that the Mission's free hot meals program, our weekly Food Bank, our Community Art program and our Friperie Joyce are supported by 19 highly dedicated members who volunteer their time each week as part of our Leadership Team? Without this amazing group of people, the Mission just wouldn't be able to offer all of these programs to our community.

Our Leadership Team also helps make so many of our special events and activities possible, such as our annual Christmas dinner for over 350 people and the assembling of Christmas baskets for more than 150 individuals and families. There's also the constant work they do keeping the Mission clean, dealing with the garbage, recycling and composting!

We are truly grateful to each and every member of the Leadership Team for their commitment to helping improve the lives of our Mission community, and for helping to keep our community one that continues to be for the people, by the people.



Some of the Leadership Team members in a group hug.

### 'I MATTER'



This bi-weekly group discussion focuses on health and wellness and is extremely informative. It allows everyone to ask their questions and express concerns in a gathering that is non-judgemental. Thanks to Dr. Elizabeth Robinson, Dr. Manny Kolyvas and Teena Marie Johns (community nurse) many of our questions are addressed, ranging from high blood pressure to quitting smoking, etc. The discussions follow what people want to discuss - including a session on grief, allowing our members and staff to share feelings about recent losses, connect to each other and see that we are not alone.

'I Matter' has also helped participants find a family doctor and begin to feel like it's a right to have a medical professional follow your health, empowered with the knowledge that we matter too. At least 4 members in the group have found family doctors and are now able to have check-ups on a regular basis thanks to the help of this group.

### SNAPSHOTS



Lori and Rev. Roslyn enjoying some baked goods at our Annual Open House!



A day for our members at Yamaska Beach! Full of swimming, sandwiches and sun.

Want to get involved in some of our programming and upcoming events at the Mile End Mission?



Our donation bin on the corner of Bernard and St-Urbain.

### FRIPERIE JOYCE & BAZAARS

10am - 2pm  
Tuesdays, Wednesdays and Thursdays

One of the most affordable thrift shops in Montreal that gives back to the community in more ways than one! We appreciate donations from the community to help stock our shelves. We accept in-season, clean and gently used clothing. Winter jackets and boots are also collected year-round. The Mission also has bazaars regularly.

**Thank you so much for your support!**

### Mile End Mission Community Christmas Dinner

December 8th, 2019  
YMCA - 5550 Park Avenue

Please call Lou or Lori for more info  
(514) 274-3401

### WEEKLY YOGA: Movement & Breath

Thanks to the Yoga Mala Foundation, the Mile End Mission hosts free yoga sessions every Monday morning at 8:45 am. Led by MJ and Kelly, these peaceful yoga sessions guide members and staff through breathing exercises, stretches and poses. All levels and beginners welcome!

### YOU ARE CORDIALLY INVITED TO A UNIQUE SOUND SESSION:

led by **Salil Subedi**, a Nepali healer and multi-disciplinary artist:

*"Celebrated across Nepal for his community development and education work, Salil's practise is steeped in creative expression, philosophy, story-telling and collective empowerment - all revolving around the didgeridoo."*

Tuesday October 22nd at 1:30pm at the Mission  
Please RSVP as space for this free event is limited.



By: Michael & Joanne

### Community Art Program

Wednesdays 10am - 11:45am, 1pm - 3pm  
Fridays 11am - 1pm

Everyone comes with a story. Sometimes we know it, sometimes we don't. Sometimes we share it, sometimes we don't. Into the art OASIS, we can let some of it go. We can start anew - with the Art Program we follow our own moods at our own rhythms. During these hours, we are living our story.



FREE LEGAL CLINIC  
**4 PM - 7 PM**  
WEDNESDAYS AT  
THE MISSION



A heartfelt thanks to our wonderful Mission Leadership team, community volunteers, board members and donors for helping us to be able to continue nourishing our community!

Interested in how you can be a part of our Mission?  
Please give us a call.

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general@mileendmission.org - www.mileendmission.org

