



Mission Possible

Fall 2023 Newsletter

Staff Spotlight: Carleen *By Jackie Lee*

If the Mission is a heart, it is the volunteers and staff who work tirelessly to make it beat. For over a decade, Carleen has been one such essential team member, though her role has shifted over the years. She first went to the Mission for its hot lunch, and soon began volunteering as a babysitter for Sunday church, and later for the lunch program itself. Now, as a manager for both the food bank and kitchen, she facilitates meals for hundreds of people multiple times a week. Always ready with advice or directions, she is both a leader and team player. But while her expertise is invaluable, perhaps even more important is her ability to connect and forge strong, authentic bonds with others. The warmth and sincerity—which to her are second nature—never fail to make people smile.

To Carleen, the founding premise of the Mission is one that closely aligns with her own: Don't turn away those you can help. Community here means more than proximity; it is family, acceptance, and unconditional welcome.

"That's what our goal has always been, and it's why I love being here," she says. "It's our heart."

GRANDBY ZOO TRIP, AUGUST 2023!



Art Everywhere: Tibor *By Sequoia Kim*

At the Mission's Open House, Tibor walked up donning a full-size flute around as a necklace. When asked if he played, he smiled and joked, "give me a few years!" To most, a flute is an object, a functional instrument, but for Tibor, it's more than that: it's art. A quick tour of his makeshift living room at a nearby bus shelter tells a similar story: Intricate designs, patterns, and colours adorn his space as he watches the world go by. No matter how dreary the world may seem, Tibor exemplifies how an appreciation for art and beauty flourishes wherever the creative soul graces it.

FOOD STATS
FROM THE MISSION
2023

1000+

FOOD BANK DELIVERIES
MADE TO OUR MOST
VULNERABLE MEMBERS

3700+

MEALS SERVED TO
SENIORS IN NEED

200+

INDIVIDUALS AND
FAMILIES RELY ON OUR
FREE FOOD PROGRAM





Celebrating the power of art *By Sequoia Kim*

Multiple times a week, creativity and art abound at the Mission. Huddled around a table as the sun streams through the windows, the artists can be seen picking through magazines to make collages, making little booklets, painting, drawing, and chatting. Now a mainstay of the Mission, the art circle had humble beginnings: In 2004, Joanne took the initiative to make little papier-mâché stars for events. At first, she didn't think it would continue—but now, looking back, she's very pleased that it has lived on for so many years. Over the years, the group has done many different projects, including up-cycling old dolls, creating a big totem pole out of recycled materials, hosting an exhibit, and exploring using puppets to cope with loss.

For Joanne, art brings emotions back to life. As the facilitator of the art circle, she makes an effort to welcome anyone who wants to join—and that gentle encouragement can go a long way. She emphasized the importance of inward reflection, noting that art can help people process things.

For Lynda and Mary, regular participants in the art circle, the key is to let go of any fear or judgement, abandon any rules and restraints, and create organically. Both of them spoke of having a kind of 'flow,' and Mary raised a point about how we can use art to re-write our own narratives. Ever since they both joined, Lynda and Mary have created art prolifically. But what is most important is the community that the art group has fostered, and the warm company that the artists provide each other every week—creating, laughing, and healing, one little drawing at a time.



Enjoying a sunny morning outside.

My week at Quebec Lodge Outdoor Centre Summer of July 2023 *By: Devon Rana Lavigne*



Camp 2023!

This summer I went to Quebec Lodge Outdoor Centre for one week, I had a great time. Every day they would provide us with breakfast, lunch, and dinner. All the staff there are very helpful and kind. They will help you with any problems that you come across. Every week there is a different theme. I had a space theme on the week I was there and the activities coincided with that. Some of the theme activities I did during my week were we launched small bottle rockets and drew our own planets. There are also activities that we do every day like, going to the beach for two hours, playing card games in the morning, playing archery and ax throwing, making fires at night, and roasting marshmallows. Once a week we go canoeing with a 30 min hike. I would recommend any kid at Quebec Lodge Outdoor Centre, I had so much fun and I am so grateful to have had this opportunity. I can't wait for the next time I get to go.



Inspired paths for our kids *By Lou Hachey*

In this crazy fast-paced world filled with harsh realities, constant changes and challenges...you just have to wonder how the children are processing the images of reality they are coming across! So, with this in the back of our minds, we were thrilled that more Mile End Mission kids got to have a break this past summer to experience a fun-filled and peaceful week within the beautiful arms of nature at the Quebec Lodge Outdoor Centre on Lake Massawippi in Hatley, Québec.

Once again, this camp experience was made possible through the Anglican Foundation of Canada's annual 'Say Yes! to Kids' fundraising initiative and generous donors in our community.

For a second year, another one of our campers, Devon, loved the experience so much that he now wants to become a camp counsellor. Paige, who went to camp with the Mission kids last year was hired this past summer as a camp counsellor in the Laurentians! More than ever, our kids need to experience the wonders of nature, be shown new paths and be inspired.



Chris, Adrian, Julian, Moriah and Devon: Road trip to camp!

A Year in Photos



Gordy making art at the Open House

Bottom: Helen, Indie, and Sequoia running the bake sale at Open House

Hamburgers and hotdogs galore at the open house BBQ



A beautiful beach trip to St. Zotique



Joanne's weekly art initiative



Summer students Indie, Jackie & Sequoia



Summer student Jackie with Eleni



Hanging out on the much-loved outdoor terrace!



Thank you to the Young Adult Group from the Sign of Theotokos church for hosting "Soup Saturday"!



A big thank you to Wilensky's for their donation to the Mission, generated through customer tips!



Thank you to Maison Montreal for hosting block party fundraiser for the Mission!



One of three of Ann Gillard's big cakes for the Open House!



Summer student Indigo with balloons!

FREE HOT BREAKFAST
MONDAYS @ 9 AM

FREE DINE-IN AND TAKE OUT LUNCHES
TUESDAYS, WEDNESDAYS & FRIDAYS @ 12 PM

FOOD BANK
THURSDAYS @ 1:00 PM

PLEASE CALL US FOR MORE INFORMATION

OFFICE: 514-274-3401

LUNCH ROOM: 514-274-3510

ADDRESS: 99 BERNARD WEST, ON THE CORNER OF ST. URBAIN

METRO: BEAUBIEN

BUS: 160, 80, 55

MILE END MISSION

BAZ AAR

Affordable Clothes, Household Items, & Toys

Find us at 99 Bernard O., on the corner of St. Urbain.

All proceeds will help run our programs.

OPEN TO EVERYONE!

For info on upcoming Bazaars at Freriprie Joyce, please look for posters on the Mission's windows or posts on our Facebook page.

Mile End

The Legal Co=ective

Inform — Guide — Empower

The Mile End Legal Clinic has changed their name and logo! (514) 507-3054

SAVE THE DATE!
THE MILE END MISSION'S 15TH ANNUAL

Thanksgiving Benefit Dinner

DINNER | RAFFLE | AUCTION

October 17, 6 pm

\$200 per ticket

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

THANK YOU!

This Mission would not be able to run day-to-day were it not for the fierce leadership team, staff, the board of directors, and the general community.

And a sincere thank you to the many generous individuals & families whose donations make our Mission possible.

Thank you for your contributions to what we do, and thank you for being you!