



# CAPITAL CITY MISSION NEWS

*A place to find help A place to find friendship*

153 Chapel Street, Ottawa, ON K1N 1H5

[www.capitalcitymission.com](http://www.capitalcitymission.com)

Phone 613-241-2407

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## **What a simple thing a bench is.**

A place to sit and rest, in the busy world we live in, with all its concerns, yes even worries. How often we forget or take for granted what a place of rest is - a bench or a chair. Capital City Mission offers benches out side our door, and chairs to sit inside for the lonely, and for those who are tired, to rest.

It wouldn't seem like much, to many people, who have a home, a car, a couch, an office.

I wonder if we ever counted on any given day how many times we sit, we rest, and how many options we have.

The poor have few options for places to rest during the day.

To come to a drop-in that's safe to sit and be quite, to read a paper, to laugh, to visit within community.

To have some-one recognize you by name, and to be able to do that on a daily routine, that's a big blessing.

I think when Jesus talked about "**doing unto the least of these**", he was concerned about the **BIG BLESSINGS**, the little things that we all can so easily over look.

A place of **REST**, for a stranger, the sick, the prisoner, the lonely, even the shut-in when they don't come around and they receive a friend seeking them out.

The winter is always difficult for the poor; it's not easy sitting on park benches.

Each day we open our doors we touch a little need that makes a big difference as Jesus visits Us.

**Please have a Seat, and we will Serve You!**

Common words spoken every day at CCM.

Thank You for having a Seat and reading the CCM News.

We hope **YOU FIND REST IN HIM.**

## Pastor's corner

**What am I doing here?** – That is probably the question we ask the most without telling anyone. Probably because we don't want people to see us as unstable or lacking the ability to handle it.

Handle what? You know – “everything”. When “everything” becomes too much, that's what we do. We ask, ‘what am I doing here?’ Sometimes we ask with language a little more colourful and with more expression.

The truth is – the very thing we want, we may already have. We just don't see it right away because we have somehow accepted that it should look or feel different than the way we are experiencing it. Perhaps we want it in a different location, a little bigger, a little smaller, a lot less noise, more whatever? But often, where we are is exactly where we need to be – to learn the greater lesson or to feel the pain or to finally grow up.

There we are – we don't want to be, but there we are anyway. Maybe God wants us there. The question we really need to ask is – do we want to be where God wants us to be?

I already know the answer. Yes... and no, or maybe no... and yes. That's why we ask the first question, hoping we may have some control over our decisions and the guts to change something from the “everything” that has become too much!

Well then – **‘Why am I here?’**

Now we're getting somewhere – asking why is answered by **what happens to US in community**, at Capital City Mission or wherever you happen to be. As we share our stories we learn more about the Storyteller who has us exactly where we are so we can see who is really writing the Script.

Reverend Matthew Della Forresta

1 Kings 19:9

There he went into a cave and spent the night. [The *LORD Appears to Elijah*] And the word of the LORD came to him: “What are you doing here, Elijah?”

## Guest interview

It is going on five years that I am spending time at capital city mission, serving coffee, sandwiches and anything else that has to be done. However I must confess that when I started, I believed that homeless people were lazy and unwilling to work to get themselves out of the mess they were in and they are only looking for a handout.

After being here a while I learned that this was not the case. I met educators who traveled the world and still have a healthy mind, a Professor from Dawson College in Montreal, a youth Pastor, high tech workers, and people from many other walks of life. Some of these people would love to go back to their families who abandoned them and others who will not have anything to do with their families. For some reason or other they have fallen into depression or other forms of mental illness. I also learned that God loves them all and they are very nice people when you get to know them.

They show concern when I fail to come in some days. They also ask how my doctor visits went. They love to talk about hockey in the winter time; they love to talk about the government, and other things that are happening around the city and the world. I have learned to appreciate them and they have taught me some important things, that the homeless are not useless. Those in need also have a lot to give, everyone has a personal value.

This drop in center is a practical expression of love to people who don't connect Christianity with love. It gives us one more way to demonstrate God's love. I have been blessed to see first hand how God works to meet the needs of people in this very needy city.

This drop in center in our city is vital in helping these people to feel at home.

Nick Greco-----Thursday Team servant

Proverbs 29-27

He that giveth unto the poor shall not lack, but he that hideth his eyes shall have many a curse.

## CCM maintenance

How Does Capital City Mission maintain its Physical Mission.

We have a number of Community Folks that Serve as CCM helpers.

Recently Stephan who has times of trials in his life spent weekends painting the Drop-in. He is a great painter and gets jobs painting often, but when he saw we needed a paint lift, he was there and painted the whole centre (the paint was donated by Randall's on bank St.)

Mike takes care of Our Computers, upgrading them.

Pascal Takes care of our website ([www.capitalcitymission.com](http://www.capitalcitymission.com)).

Rick takes care of our van at Spofford's automotive.

Marc just changed one of our toilets.

Warren does Dishes 2 days a week and others help on other days.

Heartwood House and Beth Shalom take care of many of our on going building needs.

Donor's resources are faithful. Support monthly from Individuals, businesses, and Churches.

Weekly the Ottawa Food Bank gives us on average \$2000.00 worth of food.

Right now we are putting a new compressor into one of our fridges. Coldair refrigeration is doing the job.

It all happens because God cares for the poor and he uses the gifts of each one who gives to show His Grace to US, His Community.



The cold weather and shortage of busses, due to the labour dispute did not prevent some of our more determined and needy guests from being creative and finding ways to get to the mission.-God bless them.

## About Us

Capital City Mission (CCM) is a drop-in centre in downtown Ottawa that ministers to the inner city's poor and homeless. It is a centre where Christ's love can be expressed to people on their own terms. The goal of Capital City Mission is to meet both practical and spiritual needs in our community.

**A Place To Find Help A Place To Find Friendship.**

## Get Involved

There are many ways to get involved at Capital City Mission. Because our focus is on building community, the best way to get involved is to come and visit us when we are open. If you plan on joining us during our open hours, feel free to call us, our # is (613-241-2407) Another way to get involved is to support us financially or with donation of goods. We believe that God calls all people to live in community. In community we discover that everyone has God given resources to meet each other's needs; the gifts of the individual become gifts to the whole group.

Because of this, we invite people to join the CCM community by entering into partnership with us.

### WINTER HOURS – WINTER NEEDS!

November 2008- March 2009

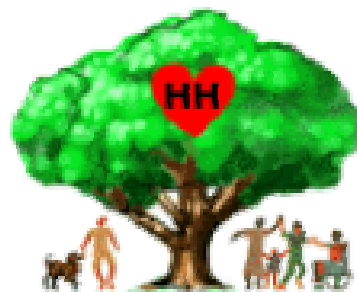
Warm Socks	Sweaters
Glove/ mitts	Coats
Warm underwear	Sleeping bags
Back packs	Toiletries



When you no longer need your computer or monitor, bring it to Heartwood House at 153 Chapel Street for Re-Cycling.

[everybodywins@heartwoodhouse.ca](mailto:everybodywins@heartwoodhouse.ca)

Heartwood House collects computer towers, harddrives, desktops, laptops, modems, cables, CD/DVD roms, speakers, keyboards, mice, printers, LCD monitors, vhs players and televisions. A recycling fee of \$20 will apply to CRT (traditional style) computer monitors and \$30 for TVs. The fees offset the cost to remove chemicals from monitors and TVs prior to recycling. Money raised through this partnership supports the vital work of Heartwood's community of non-profit organizations. And the Ottawa community wins by ensuring that used electronic equipment does not harm the environment by ending up in a landfill.



**Heartwood House  
Up-coming events**

### OC TRANSPO

**Lost & Found - non-réclamés**

153 Chapel St. – 613-241-5937

Heartwood Gallery

February show features artist  
Tammy Campbell

February 5th to February 27th