

Us

Rev. Timothy Meisenheimer

When seasons change, we adjust ourselves. In the lower town community, seasons change in relationships. All of life is represented. Children are looking forward to summer. Youth are less focused on staying in school. Adults face moves, evictions and challenges with neighbors. On the positive side, the season of spring and summer is a time when folks get more fresh air and move around outside a lot more. While the cycles of life change, the seasons of maturity in relationship grow at CCM.

More accountability with addictions and repetitive problems.

More trust to open up discussions about past and present hurt.

More transparency about powerlessness.

More vulnerability to ask each other for help.

As we enter the 6th summer of offering God's love no strings attached, the things that warm

my heart the most are accountability, trust, transparency, vulnerability growing in our relationships at CCM.

For a mercy ministry to measure its effectiveness, these are the greatest measurements to look at. Less walls and becoming more accepting of each other makes *Us* community. Building a community of love takes time. It certainly has little to do with events, trends and programs. A community has everything to do with longevity and consistency of presence. When seasons change in a maturity of a loving community, we grow stronger because we answer the question, "When did we see you in need?" The answer comes whenever we respond with respect, with love together. *Us*.

In the rain of spring. In the heat of summer, the darkness of fall or the cold of winter, we continue being *Us*. With accountability, trust, transparency and vulnerability.

As each one of *Us* grows we see changes.

Most importantly we see God's love change *Us*.

Us the Community

About Us

Capital City Mission (CCM) is a drop-in centre in downtown Ottawa that ministers to the inner city's poor and homeless people. It is a centre where Christ's love can be expressed to people on their own terms. The goal of the Capital City Mission is to meet both practical and spiritual needs in its community. With its current volunteers and staff, Capital City Mission offers services such as free haircuts, laundry facilities, computer workstations where people can work on resumes as well as learn important and marketable job skills, counseling, foot care, networking help, visitations (street - home - hospital - prison), food bank, clothing bank and we offer help in finding affordable apartments. We offer free coffee, lunch and snacks. We also offer an alternative to spending the day on the street. Capital City Mission is a place to socialize, talk, read the newspaper, play cards, play games on the computer, etc.

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 to let us know of your plans so that we can be prepared to welcome and show you around. 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. As we discover and empower each other's gifts and acknowledge our own needs, we become stronger and more mature, both individually and communally. Because of this, we invite people to join the CCM community by entering into partnership with us as volunteers.

Our mission statement: To reach the people in the inner city of Ottawa with Christ's love, through a mercy ministry and being socially active as advocates for the inner city person.



Capital City Mission

A MINISTRY UPDATE OF CAPITAL CITY MISSION | JUNE-JULY 2005

CCM: Matthew, can you explain briefly how you came to CCM?

Matthew: After approximately six years of doing pastoral work, I felt strongly that it was time to pursue my passion for serving the poor and broken through artistic expression in a more direct way. So I left the church I was in, took some time to think and pray and eventually got a job with Christian Horizons in Ottawa which is an excellent organization serving people with developmental disabilities and psychiatric behaviours. My time with Christian-Horizons was a great opportunity to serve and care for the vulnerable and helped make an easy transition to CCM. When I heard that Timothy was starting a mission I knew there had to be a connection there. At some point we spoke, shared vision and I started to volunteer once a week. The need for Timothy to have an assistant was apparent very quickly and I was asked some time later to come on staff.

CCM: What do you most enjoy about your work/ministry here?

Matthew: Singing silly songs with my guitar to our guests when they least expect it, being there for people in times of crisis, helping the truly vulnerable.

CCM: Music plays an important part in your life. Tell us about that. How do you see your gifts/calling as a musician meshing with your ministry at CCM?

Matthew: Aside from ambushing our guests with silly songs, every so often I get a song that is meant to bring hope and healing. To see people that are under the stress of their reality respond to one of my songs and experience some relief encourages me to keep writing music and develop different ways people can be helped through the arts. That's why Common Factor Media and Arts exists. It's been a long time dream to help those who wouldn't otherwise have the sponsorship and opportunity to discover and realize their dreams. We've started

with The Just Guitars Workshop (a teacher/student group method designed to develop and inspire any player). We also run Joy Jam Festival for the Inner-City which is basically a huge party for our community that takes place Saturday July 16th (see ad). As well this November 22th we are presenting "A Christmas Story" a concert that will be held at St. Joe's. Our aim is that whatever project we create will help the poor and broken one way or another and find its place in the big picture of ministry to our city and beyond. CCM leadership supports these efforts and I just want to say thank you for helping us get started and providing a home with you.

CCM: How can we pray for you?

Matthew: For God to give our family (Carolyn, Micah, Gabriel and Jeremiah) and ministry everything we need to do His will at the right time and place.

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Seeing into God's Heart at CCM

Melissa Cummins, who wrote this article, worked weekends this winter at CCM, one of two students hired after we received a grant from the Community Foundation of Ottawa

I don't know how many of you have been to university before. It's a great experience – meeting new people, learning new things. But often, the best lessons you get are the ones that are learned outside of the classroom. I just finished a degree at Carleton University. While I was there I joined various clubs and groups on campus. But this past winter I decided to do something a little different. I got the opportunity to work in downtown Ottawa at Capital City Mission.

I stepped out of my suburban university world and into a world that was totally different to me. One where people actually have dirt underneath their fingernails. One where there are things more important to worry about than appearance. One where people aren't afraid to be real with you.

You wouldn't think that pouring coffee, handing out sandwiches, and talking to people for only a couple days each week could really impact you. But it was at CCM that I learned some of life's best lessons. The funny thing is I didn't learn these lessons from the work that I was doing. I learned them from the people I was serving. These were wonderful people who, in spite of the dirt under their fingernails, had a lot to share.

One man taught me that you should always give your best effort when you're serving people. He had a heart for serving and would give you his best every time. If you're just there to fill time, then why are you there at all? Make the most of every opportunity to serve. You could be impacting more people than you realize. One of the ladies taught me

that one of the best ways to show people that you care is not by giving them things, but by spending time with them. She came more for the friendship than the food. People need more than coffee and sandwiches to get by – they need someone to take the time to sit down and have a conversation with them; someone to be a friend. Another man taught me that a good joke can brighten up a room. He always had a new joke ready. I learned that laughter is one of the best things to help a downcast soul.

I don't mean to glamorize my experience – it's not like I was being enlightened every minute. There were days when I didn't feel as if I was doing anything other than simply pouring coffee. But overall those people influenced me, and taught me some of the most important lessons of life. I believe that God can use any situation to teach us those important lessons that He wants us to learn. But more often than not, He will speak to us through the people, places, and events that we would least expect to learn from. So I guess the lesson in that is not to judge people by their appearance, but by their heart. I believe God showed me a little bit of his heart through the people at CCM.

It's often hard to leave the comfortable bubble of life that we have established around ourselves. But I have found that when we do, God can use that to show us things that we wouldn't have learned any other way. For those of you reading this, let me encourage you today to step outside of your comfort zone and let God take you on an adventure. You never know what great lessons He has for you to learn.

Festival for the Inner-City

Joy Jam

Live music all day!

Kid's area with inflatable rides!

Great food including evening BBQ!

Saturday July 16, 2005
12noon-8pm

At Macdonald Gardens Park
(Rideau St. and Cobourg in Lowertown)

Supporting CCM

To each of our supporters, we say thank you for your encouragement, whether through prayer, volunteering or finances.

If you are considering contributing to CCM, be assured that every donation is vital to our daily operation.

So that we can continue to be a place of comfort safety and ministry to may guests, we are seeking supporters who can commit to a monthly donation throughout 2005/2006. You may choose one of two ways of doing this:

- By mailing 12 post-dated cheques to Capital City Mission, 390 Rideau St., Box 20183, Ottawa, ON K1N 9P4
- Through our website, using VISA or Mastercard. Your donation will be processed by CanadaHelps.org, a not-for-profit organization that facilitates on-line donations through a secure site. Access our site at www.capitalcitymission.com and click on Donations.

Everyone is welcome!

Summer events:

All taking place at Macdonald Gardens (Rideau Street and Cobourg Street in lowertown)

Monday, June 20th, 5-8

Our first summer barbecue!



Saturday July 16th, 12-8pm

Joy Jam - music, fun and food! A festival for the church to bring a gift to the inner city.



Thursday August 18th
A fun summer barbecue!

Do something really nice!

This summer we are looking for people to make a **special donation** to give a person the gift of a good pair of shoes for the cost of only **\$20**.



If you are interested in donating to this specific need please use the return envelope and mark 'Shoes' on the memo of your \$20 check.

We need 100 pairs immediately!

The Prayer Corner

"I pray that out of his glorious riches he may strengthen you with power through his spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God."

– Ephesians 4:16 - 19

Many of our guests have a sad and distorted understanding of the word "love", but some have experienced God's grace, and are seeking "Kings love". Please pray with us, as we seek to teach them, and show them the glorious love of Christ.

Thanks Giving

God's provision through His people; We have been blessed this spring to be able to provide food, daytime shelter, emergency food bags and much more.

Thursday evening gathering at CCM continues to bless all who come. We average between 35 and 45 worshipers from the community. Thank you Lord for this wonderful opportunity to share the Word with those you draw.

May's Guitar workshop was well received, and helped build relationships and encourage the gifts of all who attended.

New volunteers.

Wonderful and dedicated prayer warriors who lift this ministry to the throne of grace each day.

Thank you Lord for your faithfulness!

Intercession

Please pray the Lord would continue to go before us in all that we do, and

pray that all who serve at CCM would be humble in their reliance upon Him.

Pray for protection and peace at CCM.

There are many of our guests who need better housing arrangements. Two men lost apartments in fires in our community this spring. Many seniors who visit despair because of ongoing violence and crime in their buildings. There are some who have no place to call "home".

Please pray for those who have challenges mentally and physically. Father...bring healing we pray.

Richard, a long time friend and guest at CCM, continues to struggle with a diabetic infection in his foot. Please pray for healing and comfort.

Pray too for Rachel, Richard's wife, that the Lord would strengthen her as she supports and cares for Richard through this difficult time.

Lord...we praise you for the mighty work you do every day through us and in us. Help us to remain humble. Gird us with strength, physically and spiritually. Help us be a means of your peace. Bless us with wisdom, patience, provision and understanding as we look for a larger home for Capital City Mission.