



# CAPITAL CITY MISSION NEWSLETTER

DROP-IN: 505 Rideau Street, PHONE: 613-241-2407 - EMAIL: [capitalcitymission@sympatico.ca](mailto:capitalcitymission@sympatico.ca)  
Mail: 390 Rideau Street Box 20183 Ottawa, On K1N 9P4 - Director: Rev. Timothy Meisenheimer

## Give Us This Day...

As a CCM volunteer, twice a week for the past two years, I've come to know many of our regular guests, and to care about them. It's a privilege to gain their confidence and to share their struggles and their stories, to walk alongside others who, like me, are broken people seeking grace.

Ibrahim is one of my friends, as he is to many at CCM. He's pleasant—always—soft-spoken and polite, a quiet smile in keeping with his slow, relaxed mannerisms.

Since the breakdown of his marriage seven years ago, he has lived in an Ottawa Housing complex in the inner city where, despite his own struggles, he helps his neighbours file their Income Tax returns and organise their budgets. He spends many more hours volunteering for a well-known charitable organisation and, last spring, was shortlisted for a salaried accounting position. When it didn't materialise, Ibrahim seemed to accept the disappointment philosophically, and hoped for another opportunity.

So, it was a surprise for me to learn that he struggles with addiction and depression.

A few weeks ago, however, a desperate Ibrahim called CCM. For several days, he'd been hiding away in his apartment and was feeling suicidal. Planning to write a note, he was looking through his wallet for a piece of paper and noticed his CCM foodbank ID card. He decided instead to call us.

CCM Assistant Director Matthew Dellaforesta went immediately to the apartment. There, Ibrahim—frightened and ashamed—told his story. He has a gambling addiction and was facing an ultimatum to pay a debt or suffer the consequences.

As a Muslim, Ibrahim believes that God loves him. Though he knows that Matthew is a Christian, he wanted to pray with him, and did. Matthew also encouraged him to seek help and put him in touch with an addictions counsellor. Later that week, with the support of the counsellor, he called the loan holder and they worked out a reasonable repayment schedule.

Now, Ibrahim sees his counsellor weekly and is learning to deal with his addiction one day

at a time. He no longer feels helpless. Last week, he came in to CCM with very good news: He is earning a stipend by tutoring three students in science and math.

As is true of every life, Ibrahim's story is in progress. He has no illusions that his struggle is over but he hopes that he will be able to meet its demands by living a day at a time. And he knows that there are people at CCM who are praying for him.

That hope touches me. Sometimes. I wonder how Jesus could really have meant his admonishment to "take no thought for tomorrow". I find it, usually, just too hard *not* to think beyond today. Yet in responding to Ibrahim's struggles, I understand how important it is to be present to him a day at a time, to focus on what is possible today, as God gives us strength, and to encourage him to do the same. It is an act of love to do so. That's what Jesus wants me to understand, for Ibrahim's sake and my own.

Heather Brophy, editor

## SUPPORTING CCM

To each of our supporters, we say thank you for your encouragement, whether through prayer 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 guests such as Ibrahim, and many others, we are seeking supporters who can commit to a monthly donation throughout 2004. You may choose one of two ways to do this:

- ◆ **By mailing 12 post-dated cheques to Capital City Mission, 390 Rideau St., Box 20183, Ottawa, ON K1N9P4**
- ◆ **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](http://www.capitalcitymission.com) and click on *Donations*.

## CCM EVENTS

### *Thanksgiving Dinner*

Thanks to the generous hearts and hands at Centre de Vie, 175 guests enjoyed a turkey dinner on Thanksgiving Day. We held two settings, at 5:00 and 6:30, and all who attended were thankful, indeed, for the food and the fellowship.

### *Benefit Concert with LORI DORTONO*

We are happy to invite all our supporters and your friends to enjoy the music ministry of recording artist **Lori Dortono**, appearing in concert on **November 21<sup>st</sup>**, at **7:30 p.m.**, **Woodvale Church, 305 Greenbank Rd., Nepean**. Also performing will be our Assistant Director, **Matthew Dellaforesta**. During the evening, you will have an opportunity to contribute to a freewill offering in support of CCM. Following the concert, please stay to enjoy refreshments and conversation.

### *Christmas Dinners*

Again this year, CCM will be hosting Christmas dinner. We plan to have two festive evenings between December 5<sup>th</sup> and 25<sup>th</sup>.

This event has become a yearly highlight for many of our guests. During the evening, each guest will receive the gift of a backpack filled with useful items.



**To give this gift, we rely on donations, from groups and individuals, of the following items:**

- ◆ Durable backpacks
- ◆ Warm gloves
- ◆ Heavy socks
- ◆ Toques
- ◆ Toiletries – toothpaste, soap, shampoo, razors, shaving cream, deodorant
- ◆ candies

If you would like to make a donation of any of these items, or know of a group who would be interested, please contact Timothy or Matthew at **241-2407**.

## SPECIAL NEEDS

### *Winter Clothing*

With cold weather setting in, we are receiving requests for warm jackets and boots. We welcome donations of these items so long as they are in very good condition and are practical for people who spend most of their time outside. If you prefer to donate towards the purchase of new boots or jackets, please include a note with your cheque.

### **Sightings**

Jesus, someone said he saw You  
On a dark and dirty street  
Said you were gently washing  
An alcoholic's feet.

They saw You in a nursing home  
With those who need your care,  
Caressing trembling wrinkled hands,  
Brushing tangled snow-white hair.

You found the frightened runaway who  
bristled at Your touch.  
You didn't offer her advice, instead you  
shared Your lunch.  
You were crouching in a doorway beside a  
homeless man.  
You wrapped him in a blanket, spoon-fed  
him from a can.

You were spotted doing dishes at a mission  
for the poor.  
You slipped money to a blind man, helped a  
wino through the door.  
They saw You at the ballpark. You were  
cheering, standing tall,  
When the boy who had no dad tore the  
cover off the ball.

Someone saw You in the prison,  
With the man who killed his wife.  
Your heads were bowed in prayer,  
You spoke to him of life.

Someone said he saw you  
But it really wasn't true  
It must have been Your Church at work,  
Doing just what You would do.

**Sharon Cavers**  
**(As printed in The Testimony)**

## CHRISTMAS GREETINGS

As this will be our last newsletter of the year, Tim, Matthew and all the volunteers at CCM extend to you our best wishes for a blessed Christmas season. May the Lord bless you with joy and may you know His glory and share His love.