



Portraits of **The Ottawa Mission**

A collaboration between artist Karen Bailey,
The Ottawa Mission, and the Ottawa Art Gallery



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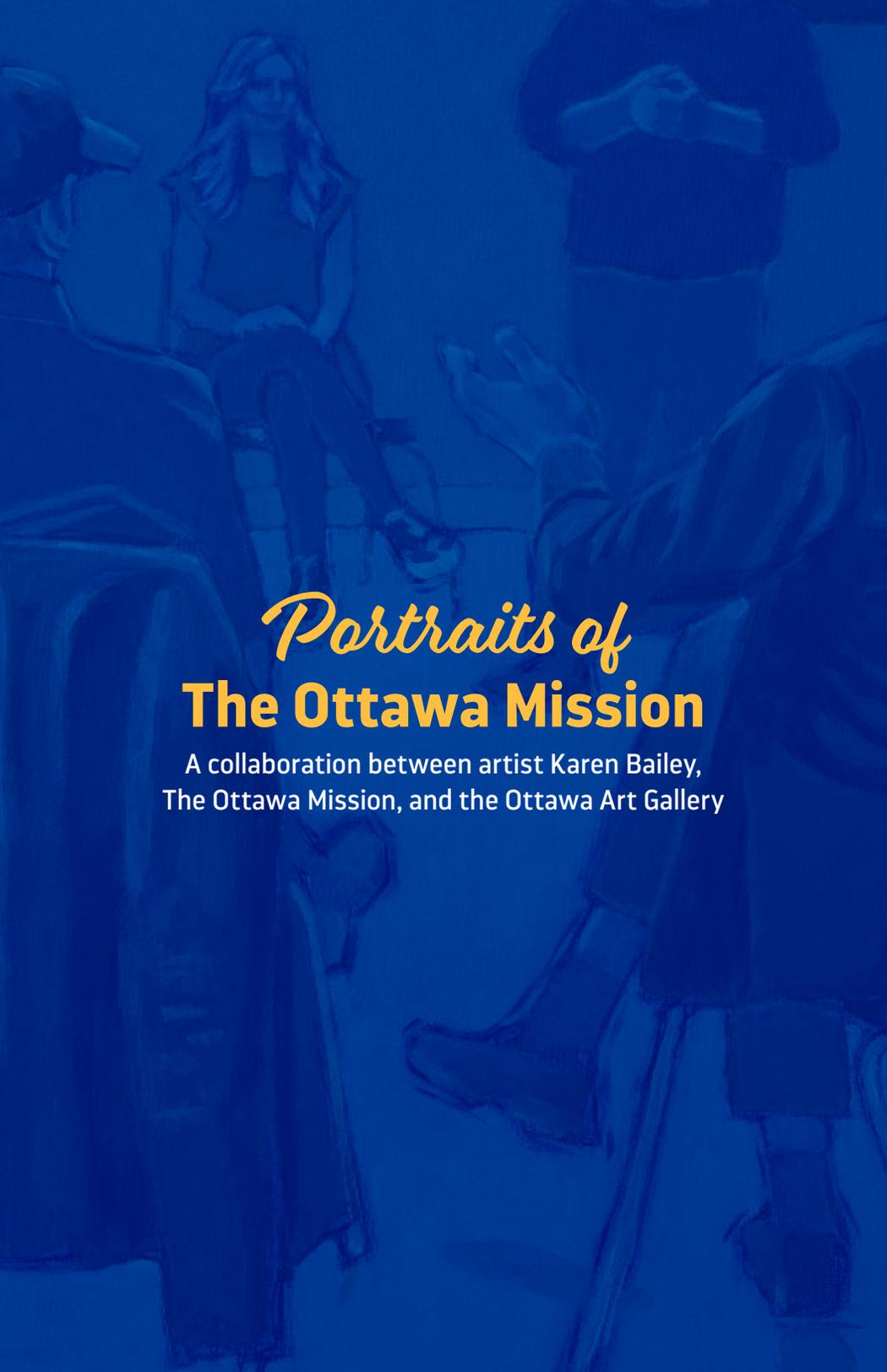
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#1 FOOD TRUCK MEAL LINE

Acrylic on canvas, 40 x 40 in | 2022

Although a prosperous city, Ottawa has deep pockets of hunger, something made much worse by the pandemic and inflation.

In September 2020, The Ottawa Mission started our food truck program. Beginning with one truck, five stops and 500 meals per week, it now has **two trucks, 32 stops and 7,000 meals per week.**

This is a poignant illustration of the need for food in Ottawa. In the words of one client, ***“I don’t have to go hungry today.”***

Food truck meals are prepared at *Chef Ric’s*, The Mission’s new social enterprise at the former *Rideau Bakery*.

Every day people line up to receive the meals they need. People who previously never worried about feeding themselves and their families now come to our trucks to survive.

Community support means the difference between being fed and going hungry for so many. On behalf of those who depend on us, thank you.



#2 FRONTLINE

Acrylic on canvas, 24 x 12 in | 2022

At The Mission, our frontline services are open **24 hours a day, 365 days a year** so people experiencing poverty and homelessness have access to healthy meals, a clean and warm place to sleep, and clean clothes.

Our Frontline team members are the first point of contact for people who have nowhere else to turn to for help. They respond to the needs of our clients and ensure our guests are provided with comfortable shelter at night.

Frontline staff are trained in non-violent crisis intervention and First Aid to deal with many situations. They ensure everyone at The Mission is protected, and they provide access to basic emergency supports, such as food, toiletries, clean and warm clothing appropriate for job interviews and other occasions, and connections to longer-term supports to help shelter guests rebuild their lives. **Our team ensures that those who stay at our shelter are safe and secure.**



#3 WELCOME HOME FRANK AND COREY

Acrylic on canvas, 20 x 20 in | 2022

Frank and Corey work in The Mission’s Housing Department, which reflects our commitment to a home for everyone as a fundamental human right.

Corey began in Frontline and transitioned to Housing to support shelter guests to move into their own apartments. More recently he moved to support the needs of Mission clients transitioning to independence. ***“It’s tremendously rewarding to see people’s lives change from their first days here to their last”*** when they move into their new homes.

Frank began in Client Services and moved to Housing to support veterans who are homeless or precariously housed. Veterans are about twice as likely to experience homelessness compared to non-veterans. Many veterans suffer from physical or mental health conditions, disabilities, or addictions; 35% self-identify as Indigenous. ***“No matter what a person has experienced, I strive to provide them the understanding, respect and assistance to help them reach whatever goals they’ve set.”***



#4 LUC HOSPICE CLIENT

Acrylic on canvas, 20 x 40 in | 2021

The Ottawa Mission’s *Diane Morrison Hospice* is a special place where homeless men and women receive palliative care with compassion and dignity.

While many patients at the Hospice die within months, others do not. One of these is Luc, whose love for hockey took him to play for the Central Canada and Québec Major Junior Hockey Leagues in the 1980s. He provided for his family by playing professional hockey and also coaching the game he loves.

Tragically, after his son died, Luc spiraled into addiction and divorce. Sometimes he stayed in our shelter and visited Chaplain Timothy and our drop-in addictions program. After bypass surgery, he recovered at our Hospice. Staff also arranged for him to receive dialysis.

“I wasn’t expecting to come, but I’m glad I did. I enjoy talking to Timothy. It helps me make sense of my life.”

Luc now has his own apartment in supportive housing.



#5

PETER OTTAWA MISSION CEO

Acrylic on canvas, 20 x 20 in | 2022



Peter Tilley joined The Ottawa Mission in 2013. Working with The Mission’s board of directors and senior management team, he has overseen the implementation of several ambitious strategic initiatives that have significantly expanded the range of services that The Mission provides to shelter guests and vulnerable community members. Prior to this, Peter was the Executive Director of the *Ottawa Food Bank* for 14 years. **His experiences have strengthened his resolve to combat both homelessness and hunger.**

A man of deep faith, Peter knows the struggles of many shelter guests personally as he is open about his own journey to recovery, recently marking 14 years of sobriety. He takes the time to speak to shelter guests, lending them a friendly ear and calling them by their first names.

In addition to leading The Mission, Peter volunteers on community boards, including *Ottawa Public Health*, *Ottawa Inner City Health* and *Soldiers Helping Soldiers*.

#6

INTERIOR OF CLIENT SERVICES

Acrylic on canvas, 20 x 20 in | 2022



Client Services were incorporated into The Mission in 2001 given the vital importance of providing employment and education support to shelter guests and community clients to end and prevent homelessness. Until 2019, it also included Housing support services to guests and community clients. (Housing became a separate department in that year to augment The Mission’s efforts to become a housing-focused shelter.)

Client Services’ supports include client-centred case management, crisis intervention, system navigation, referrals and practical supports. **Clients may receive support to work on self-identified goals related to housing, employment, education, substance use and mental health.**

Client Services are located within a former residence attached to the shelter. It provides a home for The Mission’s *Stepping Stones Learning Centre* and its *Discovery University* program, as well as an employment and education worker, case management and crisis intervention services, service referrals and system navigation, and access to phones and computers.

#7

DAY/HOPE PROGRAM

Acrylic on canvas, 40 x 30 in | 2022



Addiction and trauma are often linked. At The Mission, recovery comes through integrated drop-in and live-in treatment programs, gradually moving towards wellness.

Day Program is a drop-in group focused on peer support and education while *Hope Program* is a live-in treatment program focused on harm reduction. During the pandemic, the Day Program has been limited to clients booked into the Hope Program to minimize the risk of infection.

Nives and Robert guide clients through group meetings and provide individual counselling. **“I’m very grateful to be working through a harm reduction model. By offering a non-judgmental space for clients to explore the underlying reasons for their behaviours, we often see them gain confidence and skills to better their own lives,”** Nives notes. Robert is also grateful to his clients. **“Many clients are overwhelmed with gratitude to receive support, and in turn they support me in my work.”**

#8

JOAN MCRAE

Acrylic on canvas, 16 x 16 in | 2022



Joan McRae was born in England in 1916. After graduation, she stayed in London during WW II doing important war work.

There she met George McRae, a Canadian officer and married in 1944. As a war bride and mother Joan came to Canada to start a new life.

After receiving a small inheritance, Joan became interested in investing and, according to her children Paul and Caroline, was good at it. Joan retired to Ottawa in the 1980s, and her association with The Mission began.

“Our mother had a strong social conscience and was committed to giving back. The Mission was one of her favourite charities,” notes Paul. Joan’s generosity provided hope for countless individuals, including those within our *LifeHouse*, the middle-tier of our Addiction and Trauma program. After Joan died in 2020, Paul made a gift from her estate to The Mission on behalf of the McRae family.

Thank you Joan, Paul and Caroline for your generous and steadfast support.

#9

EMMA IN STABILIZATION

Acrylic on canvas, 20 x 40 in | 2022

Emma is the Coordinator of *Stabilization*, the middle-tier of The Mission's Addiction and Trauma Services suite of programs, which moves clients who choose to do so toward abstinence.

Stabilization is unique among addiction programs since it accepts clients who have outstanding criminal charges, prescriptions involving opioids, or other barriers to care. Addiction and involvement in the justice system are often connected. Emma assesses clients who come from custody to understand their needs and dissipate their fears. Some clients stay for two months. Others stay for a shorter time to deal with active substance use, while others address a risk of relapse.

"It can be easy to become homeless because something has gone wrong. It's not easy for clients to ask for help. I feel humbled and lucky to be part of their stories. Everyone has a story and I'm blessed to create an environment for them to do that."



#10

"FROM DESPAIR TO HOPE" SHELAGH AND DAVID WILLIAMS

Acrylic on canvas, 24 x 12 in | 2022

Shelagh and David supported The Mission over decades and their incredible generosity touched almost every Mission program, including the *David and Shelagh Williams Group Counselling Room* at The Mission's LifeHouse live-in addiction treatment program.

Shelagh and David met at Queens University while studying sciences at the graduate level. David went on a career with *Health Canada*, while Shelagh taught science in high school before switching to library sciences.

In addition to their passion for helping Ottawa's most vulnerable, David and Shelagh shared a love of travel and the arts, attending operas, plays and classical music events in North America and internationally.

Sadly, Shelagh passed away from cancer in 2020. David has established a fund at The Mission in her honour. As he notes, ***"The Mission's programs change people's lives from despair to hope."***

On behalf of those who depend on The Mission, thank you for your kindness Shelagh and David.



#11

DORM ROOM

Acrylic on canvas, 24 x 24 in | 2022

As Ottawa's oldest and largest emergency shelter, The Mission has grown from 12 dorm beds in January 1907 to 177 dorm beds today. Frontline staff book guests in and ensure they are settled in their respective dorms.

After a devastating fire on Christmas Day, 1992, the shelter underwent renovations to expand its dorm capacity to serve more people in need. Major changes were made to brighten dorm rooms. Other measures enhanced cleanliness, including vinyl mattress coverings and stainless steel bathrooms.

As homelessness worsened in Ottawa leading to the declaration of a homelessness emergency in 2020, dorm capacity routinely exceeded 100%. Mats were placed on the chapel floor to augment capacity.

When the pandemic was declared in March 2020, 60 dorm beds closed and shelter guests were diverted to overflow shelters to support social distancing. As the pandemic was brought under control, these beds were gradually reintroduced into the shelter.



#12

ANDREW AND JESSE IN THE LAUNDRY

Acrylic on canvas, 40 x 40 in | 2022

Andrew and Jesse are committed to providing a clean environment for shelter guests. Jesse, Manager of Housekeeping, has been with The Mission for 20 years, and Andrew, Assistant Manager, has been with the shelter for 39 years.

Housekeeping cleans the shelter and Mission properties daily, including washing all bedding and towels to ensure the comfort of shelter guests.

"Dignity begins with a spotless environment. When shelter guests are in well maintained surroundings, it encourages them to try to rebuild their lives," Jesse notes.

And as Andrew says, "As in Luke 6:48, 'They are like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house, but could not shake it, because it was well built.' ***When we provide excellence to our clients through a clean environment, it shows them we care about them.***"



#13

BEN IN THE SHOP

Acrylic on canvas, 20 x 20 in | 2022



Ben has worked in The Mission's Maintenance Department for over six years. Maintenance ensures that all buildings and systems are in working condition through regular preventative and corrective procedures, as well as planning and upgrading systems to reduce the need for costly and time-consuming emergency repairs.

Maintenance is also responsible for renovations and expansion projects. In his time at The Mission, Ben has helped bring several projects to life, including: LifeHouse; second stage housing for LifeHouse graduates on their way to independent living; expansion of the primary care clinic to provide desperately needed healthcare services to people who are homeless and street involved; and the transformation of the former Rideau Bakery into Chef Ric's.

Trained in construction and general contracting, **for Ben, working at The Mission is his way of giving back.** "I like the opportunity to help people in need," he says.

#14

CLOTHING ROOM

Acrylic on canvas, 20 x 20 in | 2022



Clean, warm and respectable clothing provides dignity, self-respect and confidence to people who are homeless and in need.

It also provides them with protection from the elements, particularly during the winter months. Having access to appropriate clothing means that residents and community members can access appropriate, seasonal clothing for job interviews, new jobs, weddings, funerals, family gatherings, and other functions.

The Mission's Clothing room is stocked with new and gently-used items donated by caring individuals, local retailers, or are collected through workplace clothing drives throughout the year.

Donations had to be suspended during the pandemic as one of many measures to minimize the possibility of infection to keep shelter guests, staff, volunteers and partners safe. Prior to the onset of the pandemic, thousands of shelter guests and community members in need visited the room. The shelter is slowly opening up again to donations.

#15

KATHY AND PETER IN THE CLASSROOM

Acrylic on canvas, 40 x 30 in | 2022



Kathy is the teacher at Stepping Stones Learning Centre. "It's the first job I've ever stayed in so long. I really do love it here." The classroom helps shelter guests and clients attain their educational goals, including enhanced literacy, obtaining a high school diploma, completing postsecondary education, or learning a trade. As Kathy says, **"It's a small classroom with a big impact."**

Peter spent several years at The Mission in areas such as Frontline, the Housing Department, and finally Discovery University which, in partnership with education and community partners, provides free, non-credit university courses to vulnerable students who would otherwise not have access to post-secondary courses.

At The Mission, education is about more than jobs. It's also about instilling self-confidence, initiative and drive in vulnerable people through removing barriers and nurturing students. **Our education programs bring dignity and hope to students who have previously doubted themselves.**

#16

WENDY OTTAWA INNER CITY HEALTH CEO & HOSPICE FOUNDER

Acrylic on canvas, 16 x 16 in | 2021



Wendy Muckle is a registered nurse, healthcare manager and a co-founder of Ottawa Inner City Health (OICH) with Dr. Jeffrey Turnbull. OICH was created in the late 1990s to improve access to healthcare for people who are chronically homeless. Wendy has been its CEO since the beginning.

For those who are homeless, health is often compromised by lack of housing, family support and care. OICH has healthcare units located within Ottawa's shelters, including The Mission, to provide care safely. This model is well accepted by homeless clients and supports health outcomes comparable to the Canadian standard.

A federal grant enabled OICH and The Mission to establish the Hospice as AIDS was devastating Ottawa's homeless community. By bringing care to those experiencing homelessness directly, the project showed that this model of care is more accessible, appropriate and cost-effective, and improves clinical outcomes.

OICH also partners with The Mission to operate our primary care clinic.

#17

**DIANE
FORMER OTTAWA MISSION
EXECUTIVE DIRECTOR**

Acrylic on canvas, 16 x 16 in | 2021

Diane Morrison is fondly remembered as The Mission's first female Executive Director, a position she held from 1992–2012. **During her time as Mission leader, she brought forward many innovations to expand the supports available to help shelter guests and vulnerable community members rebuild their lives**, including employment and education services within Client Services, expanding Addiction and Trauma Services, launching the *Food Services Training Program*, the primary care and dental clinics, and Holland Properties Association to provide accessible housing to Mission clients directly.

Diane's most poignant legacy is the Diane Morrison Hospice, which opened its doors in 2001. A collaboration between The Mission and OICH, the Hospice was inspired by the experience of Tim, a long-term shelter client dying of AIDS whose last wish was to avoid hospitalization. Mission staff cared for him and he spent his final days at the shelter.



#18

**ANTHONY
BOARD MEMBER**

Acrylic on canvas, 20 x 20 in | 2022

Anthony actively lives his deep faith through many channels. He is the Lead Minister at *Parkdale United Church*, a position he has held since 1999. The congregation is known for its spiritual vitality, community outreach, advocacy and justice work.

Originally from Barbados, Anthony has lived in various parts of Canada and the world. With a background in social work, international community development, ministry and university teaching, Anthony brings experience and commitment to advocating for vulnerable people. He also serves on the Board of the *Parkdale Food Centre*, is the Spiritual Advisor for *Urban Christian Outreach* and works with schools, churches and agencies around issues of racial reconciliation, diversity and intercultural competence.

Married with four children, **Anthony has served on The Mission's Board for decades. He loves supporting the work and ministry of The Mission, and prays that God will inspire more people in Ottawa to support its work.**



#19

**MARIAM
HOSPICE PERSONAL SUPPORT WORKER**

Acrylic on canvas, 20 x 40 in | 2021

Mariam is a personal support worker who has worked faithfully to care for clients in The Mission's Hospice since it opened in 2001. Personal support workers are a critical part of the Hospice team and provide essential physical and psycho-social support to Hospice patients through assistance with activities of daily living such as feeding, personal care, as well as listening to patients and being present with them to provide companionship and solace.

Providing care to her clients is extremely important to Mariam. ***"My passion is to help the needy and dying by assisting in daily living by giving care and providing clients quality care so they can die with dignity. By assisting I get satisfaction."***

Mariam provided care to Luc over the several months that he stayed in the Hospice. Her steadfast support enabled him to gain the strength he needed to transition to supportive living in the community.



#20

**DR. T
OTTAWA INNER CITY HEALTH
MEDICAL DIRECTOR & HOSPICE FOUNDER**

Acrylic on canvas, 16 x 16 in | 2021

Dr. Jeffrey Turnbull, or "Dr. T" as he is known, is a cofounder of OICH with Wendy Muckle. After senior positions in medicine, Dr. Turnbull retired in 2017 to be OICH's Medical Director. He and Wendy approached Diane to form The Mission's Hospice to provide palliative care to homeless people directly.

"Diane Morrison was very receptive, and in The Mission we found a willing partner to improve end-of-life care for people who were homeless," Dr. T remembers.

Dr. T notes the Hospice's profound importance to him. ***"Aside from the professional gratification I receive as a physician, I also feel part of this community and extended family. Working with my colleagues in the Hospice, I know that they share my values and my goal to provide the best possible care. Over the course of my career, this has been the most rewarding and meaningful work I have done."***



#21

LESLEY NURSE PRACTITIONER, OTTAWA MISSION HEALTH CLINIC

Acrylic on canvas, 20 x 20 in | 2022

Lesley is a nurse practitioner (NP) and has worked in the Mission's health clinic for the past six years. Staffed by NPs from OICH and colleagues from The Mission, she also confers with healthcare providers external to the shelter. She is also responsible for ordering tests, lab work, and patient follow-up.

Lesley has learned much about homelessness and the barriers to care facing vulnerable people. "Clients often have mental health issues or addictions that make health and social services system navigation difficult for them. OICH and The Mission have peer support workers to take patients to appointments, which is very helpful."

"We try to keep vulnerable community members healthy and support them as much as possible. It's an honour for me to be part of this team, and very meaningful to provide these services. It's a caring environment — staff really care about people within the shelter and the community."



#22

DR. TOM, BIG JOHN AND SHANNON OTTAWA MISSION DENTAL CLINIC

Acrylic on canvas, 40 x 40 in | 2022

Dr. Tom Harle spent 15 years offering dental care overseas when he realized that he was needed at home by people who are homeless and precariously housed. In 2007, he established The Mission's dental clinic, which offers a full range of care thanks to over 100 volunteers and 14 dental labs.

The clinic has a huge impact on those who are in pain, cannot eat properly, and have no access to dental care. It also builds their self-esteem.

In 2022, Big John visited Dr. Tom — his first dental care visit in over 30 years. He left the session delighted with the care he received, and will return for follow-up visits. Shannon, the clinic's dental hygienist, supports all dental care sessions.

As Dr. Harle says, *"We're humbled by the gratitude of those who come to us for help. Giving people back their smiles is very satisfying."*



#23

FOOD SERVICES TRAINING PROGRAM STUDENTS ON A BREAK

Acrylic on canvas, 20 x 20 in | 2022

Teach someone to cook, and they can feed themselves and support others. For men and women wanting to change their lives, the Food Services Training Program teaches them the theoretical and practical skills needed to work in a commercial kitchen. Program applicants must demonstrate only one qualification to be accepted into the program — a strong desire to change their lives for the better. Students pay no costs, and The Mission makes sure they have all the tools they need to succeed.

Students graduate with a credential that allows them to be self-supporting as well as having newfound confidence, pride and dignity. **Since 2004, over 200 students have graduated from the program, 90% of whom have secured positions in the food industry by the time of graduation.**

Here, FSTP students enjoy a well-deserved break from their training in the classroom at Chef Ric's.



#24

NEW BEGINNINGS WITH CHEF RIC'S

Acrylic on canvas, 40 x 40 in | 2022

Chef Ric's is The Mission's social enterprise and a community asset for people from all walks of life.

Located in the former Rideau Bakery at 384 Rideau Street, Chef Ric's embraces the vision of this beloved Bakery. Established by the Kardish Family in 1930, the Bakery provided warmth and inclusion to the people of Ottawa for almost 90 years. Chef Ric's embraces this vision through: 1) A **storefront** where people can purchase healthy and affordable prepared foods for themselves and their families 2) An **expanded Food Services Training Program** (FSTP) to train more students so they can continue their journey toward employment and independence 3) An **expanded catering service** with proceeds directed back to the FSTP.

Chef Ric's opened in September 2021 and is one busy place. We are honoured to continue the legacy of kindness of the Kardish family and welcome everyone in our community to our new home.



#25

MERCY

Acrylic on canvas, 16 x 16 in | 2022

Originally a nurse from Ghana, Mercy fled her home in 2019 because she was about to be forced into a marriage not of her choice. Arriving in Canada, she had difficulty securing the support she needed to feel safe, included and valued — until she enrolled in the Food Services Training Program.

“Getting into this program was one of the best decisions I’ve ever made. I felt accepted; I saw that everyone wants me. This program gave me hope — I saw it not only as an opportunity, but also a career. Cooking for the community, I finally saw myself fulfilled. Waking up every morning and having this responsibility, it gave me joy, it gave me happiness.”

Mercy graduated in 2021 and worked at Chef Ric’s in the baking department and also the storefront with Monique. “This increased my confidence and self-esteem. I’m so grateful to The Mission.”



#26

MONIQUE

Acrylic on canvas, 16 x 16 in | 2022

Monique started drinking at age 11. “It was something we did in my family.” She lived with addiction for many years, even as she worked and raised a family. Eventually it caught up with her. “I got up one morning and said, ‘Enough’s enough.’”

A colleague recommended the Food Services Training Program, which she began in 2016. It gave her the support she needed to stay sober and the skills to land a good job. But that was just the beginning. ***“The Mission gave me a reason to get up in the morning.”*** She started work at 6am, preparing meals for shelter guest. ***“I graduated from the program. That made me proud, and I also got motivation and self-esteem.”***

Monique works at Chef Ric’s at the storefront counter serving customers healthy prepared foods. “I love working with food. You don’t see the hours go by.”



#27

ALL WILL BE FED

Acrylic on canvas, 20 x 20 in | 2022

In its first year of operation in 1906–1907, The Mission served 13,440 meals. By 2018–2019, that total had climbed to 495,360. **By 2021–2022 and more than two years into the pandemic, that total had risen to 938,218.**

To meet this need, we require significant storage capacity for daily and special meals. The Easter 2022 meal was the first holiday meal after the food truck program was expanded. Preparations began weeks in advance to ensure that everyone who turned to The Mission would be fed.

Before the pandemic, about 2,500 meals were served during holiday meals. During Easter 2022, we served 10,084 meals, including 4,500 pounds of turkey, 1,500 pounds of beef, 100 pans of stuffing, 3,000 pounds of potatoes, 1,000 pounds of carrots, 150 gallons of gravy, and 900 vegetarian quiches.

Here, a kitchen staffperson prepares to enter the walk-in freezer at The Mission to transport needed food upstairs.



#28

CHEF RIC

Acrylic on canvas, 40 x 40 in | 2022

Executive Chef Ric Allen-Watson is The Mission’s Director of Food Services and founder of our successful Food Services Training Program for vulnerable community members. He has worked for The Mission for 20 years.

As a survivor of homelessness himself, Chef Ric understands paying it forward. ***“When I was young, a co-worker took me under his wing. That’s why this program exists. He showed me how to change your life through food. So that’s how I support students to change their lives. This program comes from my experience and my heart. It’s incredibly empowering when you’re supported unconditionally to change your life.”*** Chef Ric went on to earn his Red Seal, the highest certification a chef can attain.

In 2020, Chef Ric started The Mission’s food truck program in response to deepening hunger in Ottawa brought on by the pandemic. The program now serves 7,000 meals per week. In 2021, The Mission’s Rideau Street social enterprise was named *Chef Ric’s* in his honour.



#29

LULU, DOROTHY AND SILVIA IN THE KITCHEN

Acrylic on canvas, 20 x 20 in | 2022

Lulu, Dorothy and Silvia work hard to cook and serve shelter guests breakfast, lunch and dinner every day. They also prepare meals for people receiving live-in treatment in Addiction and Trauma Services and the Hospice.



Feeding vulnerable people brings them a collective joy. **“It’s a privilege to help the community,”** notes Silvia, who has worked at The Mission for 19 months. “It makes me feel good to do something I love.”

For Lulu, who has worked at The Mission for nine years, the opportunity to help is just as critical. “Before I came here I didn’t know about The Mission or its programs. **It’s important to me to help people,** especially new immigrants having difficulty.”

For Dorothy, who has worked at The Mission for 12 years, service to others is paramount. **“I take pleasure in working here at The Mission. Serving my community makes me fulfill my dreams.”**

#30

JACK BOARD MEMBER & KITCHEN VOLUNTEER

Acrylic on canvas, 20 x 40 in | 2022

Jack has a long history with The Ottawa Mission. He has served on the Board of The Mission for decades, including as Chair and past-Chair, as well as the Board of its Foundation. Jack also served as The Mission’s Executive Director and Chaplin.

Jack also volunteers in the kitchen weekly serving meals to shelter guests alongside Lulu, Dorothy and Silvia. “It keeps me honest,” he says smiling.

Jack spent 18 years in federal politics, including four years in Cabinet. He and his wife Lyn have three grown children.

A man of deep faith, Jack also coordinates the *National Parliamentary Prayer Breakfast*, a non-partisan group of MPs, Senators, Ambassadors, business and community leaders. He also leads and teaches meditation and contemplation groups at *Saint Patrick’s Basilica* and The Mission, and is the National Coordinator for *Christian Meditation in Canada*.

Jack’s kindness extends to Mission clients personally: he drives Big John home from church at Saint Patrick’s every week.



#31

JEAN KITCHEN VOLUNTEER

Acrylic on canvas, 16 x 16 in | 2022

After 40 years as a counsellor and social worker, Jean began volunteering in the kitchen at The Ottawa Mission, helping to prepare and serve meals, which she has done for the past several years. She works alongside Jack, Lulu, Dorothy and Silvia.



Serving people in need holds a special place in Jean’s heart. **“At first, many clients are reluctant to even make eye contact with volunteers and staff. Over time, they come to trust you. Sharing a smile with someone who likely doesn’t get a lot of people smiling at them is an uplifting experience. I’m very grateful.”**

One time as Jean was returning home from the shelter, still wearing her Mission Volunteer t-shirt, she was approached by a young man, who told her that he had been a client at The Mission, and his life had turned around, working full-time and with his own place. He wanted Jean to know that her volunteer work matters.

**Through these portraits,
we show our community that
we are all worthy.**



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