

The Team

- Mary-Martha Hale - Executive Director
- Stasha - Administrative Assistant to the Executive Director

Phone number for
Mary-Martha & Stasha
613-688-3322

- Andrew, Dave - Managers
- Sue - Program Administrator
- Angela, Larry, Liz, Natasha - Social Service Workers
- Cheryl, Lindsay - ODSP Application Support Workers
- Elizabeth - Volunteer Program Coordinator
- Rev. Gregor Sneddon - Chaplain
- Rosemary - Weekend Program Coordinator
- Arwen, Cheryl, Christina, Grafton, Jamie, Jason F, Jason M, Katie, Kimberly, Monika, Tricia, Wendy - Relief/Weekend Staff

The rest of us
remain at
613-235-4351

Centre 454 is on the move!

Almost twelve years ago I wrote these same words as we began our journey to 216 Murray Street. And now, twelve years later we are beginning the journey back home to St. Alban's.

Centre 454 is a haven for the many people who walk through our doors every day. Our community is made up of people from all walks of life – people born in Canada and those who were born in far-away lands; men and women and their children; Christians, Jews, Muslims and those with no religious affiliation; straight, gay, transgendered; poor and rich; healthy and unwell. We all choose to be here because Centre 454 is a place where miracles can happen within us and within those around us.

I recently received a letter from an employee from the 80's when the Centre was at St. Alban's. She wrote:

"I witnessed so many little (and some not so little) miracles in my four years at Centre 454. I saw men who were consumed with anger and grief find peace. I saw young mothers learn the skills of parenting. I saw young people not yet diagnosed get connected to appropriate mental health and addiction services. I saw those overcome by shame find pride. I saw families find housing and make it through the worst times in their lives with dignity. I saw those who were lost find themselves, their gifts and their hope."

After many years away, this writer can still capture the essence of Centre 454.

With the move back to St. Alban's, the Centre will be able to offer respite and sanctuary to those who enter. Being situated within a church building has been missed by staff, volunteers and participants alike and the beautiful garden space will provide a welcome respite from the street for all of us. As well, it is hoped that the Centre's relationship with the renewed parish of St. Alban's will enhance both ministries.

We have much to do to get from here to there! Please read the insert in this newsletter about the move and check out our website at <http://www.centre454.ca/our-move.html> for updates over the summer and fall!

I invite you to join us in our journey back home!

Mary-Martha Hale
Executive Director

Centre 454 Spring Cleaning the Capital!

Each year in the spring and fall, Centre 454 joins with many other groups across the City of Ottawa to "Clean the Capital"!

Ever since the program started by the City, a small team of staff and participants have gone out to clean

up all the garbage and garden waste in the neighbourhood around the Centre.

This year, we spent two mornings and cleaned the areas surrounding Murray Street and surrounding St. Alban's. Thanks to everyone who helped!



Darcy, Andrew, Liz and Angela



News from ODSP

A City of Ottawa funded Program



Did you know...

Did you know?

- That over 339 people have received ODSP benefits through this program and that this doubled their income and helped them secure stable housing and basic needs?
- That Centre 454's ODSP Application Support Program has a success rate of 86.7%?
- That through partnerships with community health centres (Sandy Hill CHC, Centretown CHC, Somerset West CHC, and the Mission Clinic staffed by Ottawa Inner City Health) clients without a family doctor are able to meet with a nurse practitioner to fill out the ODSP forms?

I have been helping people apply for Ontario Disability Support benefits for almost three years now. In that time I have witnessed first-hand the struggles that people experience in accessing medical help to complete the application. In the past, this process has taken many months and sometimes years. Now it can take only a few months! I have also had the pleasure of assisting many individuals who had to go through the appeal process and attend the Social Benefits Tribunal. The high success rate of disabled individuals being granted benefits after waiting between one and two years is cause to celebrate!

*Cheryl
ODSP Application Support Worker*



I have really been enjoying my work as an ODSP Application Support Worker. The people I encounter have many amazing and inspiring stories of survival, strength and perseverance. Hearing the beautiful stories of others enriches my own life story, as I gain insight and knowledge from those I learn from. However, it also evokes within me feelings of unfairness, sadness, anger and despair for the future. How can we exclude our fellow person with such ease and frequency? People come to me claiming that they are discriminated against by employers and let go from various jobs because of their disability, thus resulting in them having no alternative but to apply for ODSP. People are not able to access supports in the community because they are not "poor" enough yet, and so instead of preventing them from going into extreme poverty, the lack of services results in them having no other alternative but to lose what little they have. Families are broken up as a result of this. People are broken themselves and no longer believe in their capabilities. However, this position has also instilled hope within me, and I am beyond grateful for that. People who have, and always have had nothing but challenges, trauma, poverty and disappointments, are still able to find the compassion and energy to say 'thank you' to me for my small, paid efforts. This alone gives me great hope for the future of humanity.

*Lindsay
ODSP Application Support Worker*

New volunteers welcomed in 2010-2011

Volunteers are active in many areas in Centre 454: at reception, in the office, in social recreation, in the kitchen and, from November to March, in the week-end program.

More volunteers are in place at the Centre now. To encourage this greater participation, we have held regular monthly information sessions, done more publicity and have participated in community volunteer fairs. In January 2011, volunteers contributed 215 hours on-site and in February 2011, 222.75 hours were contributed. These numbers do not include the many hours that our supporters throughout the Diocese assist the centre off-site by collecting toiletries, underwear and socks for us.

Our volunteer team is diverse: men and women, older and younger, and individuals from Africa, Egypt, Ireland and Iran. Students at Algonquin College in the community services program have made a positive impact on the Centre this year and we look forward to working with Algonquin College and their students in the future. The students from the University of Ottawa come from Law, and the Health Sciences and Criminology programs. St. Paul University provides students who are discerning their future role in ministry.

The week-end program benefitted from a wonderful group of volunteers, many of whom work during the regular work week

and really appreciated being able to be part of the Centre 454 program.

During ***National Volunteer Week***, April 10 to 16, we held a volunteer recognition event at the Centre featuring Rev Gregor Sneddon, our chaplain, who spoke on the theme, ***From Compassion to Action***.

Last fall, I collaborated with the staff responsible for volunteers at The Well and Cornerstone, two other community ministries of the Diocese of Ottawa. Together we held a training session for volunteers in November with over 30 people in attendance. Volunteers enjoyed the opportunity to learn more about working with participants, how to maintain good personal boundaries and were offered suggestions on how to engage more successfully with people who come to our ministries.

Four community ministries serving the homeless in the Diocese hosted a ***Volunteer Fair*** on ***Saturday, April 30*** at ***All Saints Sandy Hill*** from ***10am to 12 noon***.

If you would like to learn more about volunteering, please contact me at 613-235-4351 x 229 or Elizabeth.tyrwhitt@ottawa.anglican.ca



Annual Summer Picnic

At the Centre 454 monthly Community meeting for March, just before we closed, I asked if there were any other questions. Someone at the back asked, "When is the picnic this year?" Are you kidding me?? It is a cold, rainy day in March! But, I did have the answer to his question. The picnic this year will be on **Thursday, July 21st**. Once again, this year we are going to go to Parent Beach at Lac Philippe.

When the weather cooperates, and even if it does not, it is always a great day. We have a lot of fun and fellowship, but more importantly there is 'community building'. We all share some cherished memories and bragging rights about volleyball games.

Our reality at Centre 454 is that the cost of this event has increased so much over the last few years, mostly due to fuel and transportation fees. In responding to these increases, I am asking parishes, groups and individuals to think about sponsoring parts of the event. We need support with the cost of three buses, barbeque rental plus supplies, a van, and items on the menu. If you are interested in helping in any way, please call Andrew (613-235-4351x225) at the Centre or email me at AndrewCheam@ottawa.anglican.ca.

Last summer we received enough support to cover the cost of the buses plus a little more, and I have faith that with the support and generosity of the 'Friends of Centre 454' that we will be able to continue our tradition of a summer picnic. In whatever way you choose to support the Centre 454 Community, we thank you and hope you have a wonderful summer.

Andrew Cheam
Manager of Operations



Never fear shadows. They simply mean there's a light shining somewhere nearby.
— Ruth E. Renkel



Until We Meet Again

The Winter Weekend Program wrapped up on March 27th. It was a winter full of good weather; great participants; wonderful staff and volunteers; and some really magnificent surprises. Musicians performed pop music, Christmas carols and classical music. Two musicians even facilitated a drumming circle, complete with Indonesian drums. New activities included X-box gaming, card tournaments and First Nations / Inuit beading. Special thanks goes to Ted Jacobsen and Harvey Slipicoff for their very generous donations of money for prizes, actual prizes, and food, which made our "Pocket Carnival" a huge success. Our new Volunteer Coordinator, Elizabeth Tyrwhitt, deserves recognition for finding some of Ottawa's best community volunteers for our Weekend Program. And finally, a big thanks goes to Bill and Jean-Marc Sorrel for making and donating the awesome cakes to celebrate our 2010-2011 season.

Rosemary



Program funded in part by United Way Ottawa



In the words of Frederick Buechner:

But the proclamation of Easter Day is that all is well. And as a Christian, I say this not with the easy optimism of one who has never known a time when all was not well but as one who has faced the cross in all its obscenity as well as in all its glory, who has known one way or another what it is like to live separated from God. In the end, his will, not ours, is done. Love is the victor. Death is not the end. The end is life. His life and our lives through him, in him. Existence has greater depths of beauty, mystery, and benediction than the wildest visionary has ever dared to dream. Christ our Lord has risen.

He is risen, indeed.
Gregor+



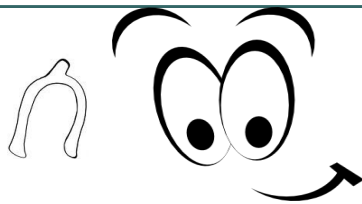


WISH LIST

- Razors & Shaving Foam
- Deodorant
- Socks, Underwear
- Mugs
- Shampoo & Conditioner
- Hotel-size soap bars
- Pens & Pencils
- Combs & Brushes
- Hair elastics
- Laundry Soap
- Stamps
- Bus Tickets
- Lip Balm
- Pocket-sized Kleenex
- Ball caps
- Individual Sunscreen

NO OTHER CLOTHING, PLEASE

Thank you!



Check out our website for some important dates!

Centre454.ca

*Do you need proof of God?
Does one light a torch to see the Sun?
Japanese proverb*

To assist us with communications during the next phase of our move, the Centre 454 newsletter is now available electronically. If you wish to receive the newsletter by email, please send your email address to centre454@ottawa.anglican.ca.



Thank you!

*What sunshine is to flowers,
smiles are to humanity.
— Addison*



Thank you for your continued support and generosity.

Your gift is changing lives!!



Yes! I want to help Centre 454



\$100 \$75 \$50 \$25 \$ _____

Please send tax receipt to:

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Memorial and Honorary Donations are welcome and will be acknowledged to those honoured.

Name of Honouree _____
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Mail your donation to:
Anglican Social Services—Centre 454
71 Bronson Avenue
Ottawa, ON K1R 6G6

Centre 454 does not publicize or share our mailing list with other organizations.

Thank you for your continued support and generosity.

Charitable registration number: 10808-4658RR0030



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Our mailing list is not shared, sold, publicized or traded with any other organization or individual.

If at any time you would like to have your name deleted from our mailing list, please let us know.