

THE ANAWIM COMPANIONS SOCIETY



Daniel Wallace Editor

alance. A condition in which different elements are equal or in the correct proportions. It's a lifelong quest – and for some, a portion of this journey is spent at Anawim House.

For almost a quarter century Anawim has been caring for the homeless and other people-in-need, six days a week. This home not only seeks to nourish the body,

but also the mind and the spirit, because that's what it takes to achieve true balance.

It is a unique model and has

no exact equal in the city. Anawim combines a Residential Program and a Drop-In Guest Program that both operate at maximum capacity all year long. These programs fully intersect with each other daily in mutual assistance, mutual respect and mutual support.

First and foremost, Anawim is, at its core, a clean and sober house. This doesn't make us better than other facilities – it just makes us different. It is our own particular niche in the homeless and recovery community.

While substance-abuse is not necessarily the direct cause of poverty and

homelessness, it is often part of the picture and can make it much more difficult to exit the poverty cycle.

Our guiding principle is: Empowered People Embracing Life. Through a commitment to leading a sober life, the program participants are primed to do just that – to achieve a personal balance, a desire for something better and the personal growth to go out and achieve it.

In these pages you'll read about three "Profiles in Recovery" – courageous stories of personal redemption under the most challenging of circumstances.

It is not easy for anyone to share the stories of the darkness of their lives. It takes fortitude, backbone and an abundance of self-awareness. To share openly is a benevolent gift to others, who may have doubts in their own lives, or in the lives of their loved ones. We'd like to thank Cheryl, Beth and Ted for their contributions to this year's newsletter.

Understanding a benchmark for failure

permits an improved definition of success. At Anawim, "past failures" are seen as just that...*past*.

Everything here is about the present moment and the future opportunities that flow from the "now". If we

can get the "now" right, we can build on that.

We recognize that everyone differs in their background, their skills and their aspirations.

Backgrounds can't be changed, but through regular counselling, our residents learn to change the way they see the past.

Skills can be enhanced through our Drop-In Reading, Writing, and Art Therapy Programs. They can be developed further through educational opportunities that we offer to those with specific goals. As a result, our aspirations for the future can change. Once we shed our limiting beliefs from the past and develop new skills for the future, we can and should aspire for more.

The centre-spread (Pg 6&7) shows Anawim at work in the community. Our support of other organizations is the way we give back for all the blessings we receive. When you support Anawim, you support many others as well.

In this issue we have featured Anawim's community outings as photo essays. Our residents and guests find that participating in fun and play helps bring greater balance to their lives and enriches their relationships with Anawim and with the community at large.

The necessities of life are still paramount, but the joy of life becomes a tangible reality and strengthens the bonds among us as we celebrate our lives and opportunities. It is that balance that is our life's quest and the uniqueness of the Anawim model.



Downtown Hotels Association for their year-long supply of toiletries.

Starbucks Fairfield for providing baked goods every week.

Thrifty Foods Fairfield for their weekly donations of bread, produce and desserts.

Saanich Rotary Club for funding the computers in our expanded computer lab.

End Of The Roll Carpets for great pricing and great service in the supply & installation of our new floors.



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PROFILES IN RECOVERY - "BETH"



Beth Cormier - Drop-In Guest

grew up in a middle-class family in Oakville and Barrie, Ontario. Life was good there but I wanted to seek some new adventures in my life, so I moved to Victoria in my early 20's. At the time, I was secure in a ten-year long relationship, but it ended suddenly, badly and abusively.

I found myself homeless, penniless and suffering deep emotional scars. I had no previous association with "street life" and I was scared – really scared.

I began suffering from severe mental health issues, and my resulting behaviours got me banned from all local shelters. I was even "Red-Zoned", which is a ban from specific areas of town. My ban included the areas that contained shelters, food programs and the Ministry of Social Development (welfare). In other words I was banned from everything that I needed to survive.

My only option was to sleep alone in parks, putting myself at great risk. My family didn't understand the gravity of my situation (as many families don't) and felt there was no point in flying out to see me as they didn't believe I would fly home with them.

About 5 years ago, I came across a pamphlet describing Anawim's services. It was actually a real home. I had spent 11 years struggling in this city and had no idea that such a place existed.

By now all my possessions had been stolen, including my clothing. Anawim served me breakfast, gave me clothes from their clothing room and I got to spend a whole day NOT surrounded by people who were intoxicated.

I started coming to Anawim every day. Unfortunately I still had to sleep in unsavoury and dangerous places at night until I found temporary housing for women in recovery from mental health and addiction.

Then, in September of '09, I sat down with Terry, the House Director at Anawim, and told him my story. I became more involved in the daily operations of the house, including helping with the cooking and some of the chores. The other staff took an interest in me. I was making sober friends, and can honestly say that things were starting to fall into place for the first time in my adult life.

Terry personally helped me move - twice. Other coordinators and their relatives donated furniture and a TV and kitchen accessories, many of which I still have today.

I was able to gain employment at a local coffee shop, but back problems and debilitating fibromyalgia ended my career early. This time, instead of giving up or using substances, I decided to focus on my health.

I joined an amazing program at Bridges for Women, and was able to put the wrongs of the past into the correct perspective. This emotional healing has been a true blessing. I have now been in the same apartment for five years and I'm engaged to a wonderful soul-mate whose companionship I have enjoyed for the last two years.

I don't necessarily believe that things happen for a reason; but I do believe they unfold as they should.

Thank-you, Anawim, for the leg up!







Cheryl - Drop-In Guest ve always been independent. Even though I'm only 21, I feel like I have been taking care of myself for a long time. My mother had substance abuse problems, and I was an only child. When I was young, I often lived with my grandparents. By the time I was 14, I was living in foster care, where I stayed until I was eighteen. After that, I lived in different group homes, but it wasn't a great way to live. There was always a lot of drugs and violence. Eventually, I ended up homeless. I was living on the street and sleeping in a park or sometimes in the run-down hostels downtown.

A friend told me about Anawim House, and I thought it sounded like a place where I could get some help. The first thing I noticed was how welcoming and accepting everyone was. After my first visit in December 2013. I started visiting the house every day. Often I came for meals. I also got a chance to have a shower and do my laundry. It was such a relief to find a place where I felt safe and accepted, and where I could get a meal and stay warm. People forget that Victoria can be really cold in the winter. The staff and residents in the house encouraged me to keep coming back and to make Anawim a part of my life. As the winter went by, I felt better and better about finding this peaceful, warm haven where I felt like a member of a family. Instead of spending

my days wandering on the streets, I felt like I finally had a home.

The Anawim staff really made a difference in my life. They helped me apply for a monthly disability supplement, which meant that for the first time. I had a regular source of income. I found a room to rent, and one of these days I hope to get my own apartment. I don't think this could have happened if the staff and residents at Anawim hadn't kept me on track. It is so easy to lose sight of what you want, especially when you are worrying about how to live from day to day. But everyone at Anawim encouraged me to take these first steps. I feel so grateful to Anawim for seeing my potential and treating me like someone who deserves to have a decent life.

Sometimes the rules and the way people act towards each other at Anawim can be hard to get used to, especially after living around people who are used to chaos and drugs. But it's the house rules that make Anawim House different from other places that help homeless people.



At Anawim, I know that I won't encounter drugs, alcohol, or violence. What I find instead is a calm place where everyone who comes through the door is treated with respect. I feel like people know and care who I am. I like the attitude at Anawim that everyone has value. It gives me a feeling of dignity, and I am able to act the same way to others that I meet. I would not have been able to move forward in my life toward the things I want, like living in my own place and having plans for my life, without the support I get at Anawim House.

Anawim feels like home now. I love cooking, and I love to help prepare

dinner on Wednesdays and Fridays. I'm hoping to add some new salad and soup dishes to Anawim's regular menu. One of the greatest moments for me at Anawim was this past spring when I was invited to share Easter dinner with the residents.

Right now, I am starting to think about what I want to do with my life. I'm hoping to learn to follow a budget so that I can stretch the money I get each month to cover my expenses. I dream of finding an apartment so that I can have more privacy. I am still getting used to feeling safe and having some stability in my life after being homeless. When you live on the street, life is hard, and it's easy to make mistakes that you can't undo. Now I feel that someone cares about me and wants me to succeed in life. The people I've met at Anawim have helped me believe in myself, and believe that things can change for me.

I would like to see some of my friends from the street come to Anawim. I know they would be welcomed and accepted, and could start to move forward in their

> lives. Anawim is the place where they can begin this journey. I've developed good and close relationships with so many people at Anawim House—staff, residents, volunteers, and regular clients. One of the volunteers says that I have come full circle—last year I came to Anawim needing help and friendship, and now I can give back by encouraging others to start their own journey towards hope and independence.

My greatest dream is to make something of my talents. Because of the instability in my life, I haven't been able to get a high school diploma. When I was a child, I spent ten years learning to sing and dance with Pace Musical Theatre. I took part in a lot of different performances. and even did solos. As I got better, I also liked helping younger students. Maybe now I can complete high school and even study in the performing arts. In less than a year, my life has turned around. I have come so far with Anawim's support. I believe now that I have a chance to do so much more with my life. Thank you, Anawim House.





Ted Laver - Guest Chef

got sober a little over four years ago. Before that, I was a chef who was burning bridges faster than I could build them; and in a small town, there are few bridges to burn. I got to the point where I had only two left. The first was the real bridge I crossed on my bike every night, the one that crosses the Lillooet River, the one I stopped on every night trying to work up the courage to throw myself off. The other was the metaphorical bridge to my family, which, even though I had scorched it badly, was still standing, connecting me to them.

Obviously, I chose not to kill myself - one of the better decisions I've made in my life. I asked my parents for help, and they came through, paying for me to go to a drug treatment facility.

This was no summer camp for screw-ups. I faced truths about myself that I had hidden from for years. I didn't like it there and I didn't want to go back. I did everything I was told to do so that I wouldn't have to. That included moving to a city I had always hated. Later, when I found that the city wasn't so bad, I realized that it wasn't so much that the city had changed but that I had changed.

I made some great friends there and started doing service work and volunteering. I began attending church again and rediscovered my faith. I helped at parish events and fundraisers, and took an adoration shift every Wednesday morning. I spent thirty hours a week volunteering for several organizations that helped feed the community: the 9-10 Club, the Salvation Army and a nonprofit called FoodShare, which, among other things, provided hundreds of lunches for underprivileged school children, a community garden, and a gleaning brigade.

During this time, I rekindled an old friendship with a young man I had known in my teen years. After being clean for a few years, and moving back to Victoria, he had taken a job helping to prepare dinners for around thirty people. He would call each week to run his dinner ideas past me. When I moved back to Victoria, I started showing up to help him on Wednesdays. Eventually he went back to school and found other employment, and I started coming to Anawim on Fridays.

When I went to Mass here in Victoria, I didn't feel the same connection as I had previously, so I stopped going. Of course,

EAVING

I felt guilty about this, and one day I mentioned it to Sister Joyce, Anawim's Board Liaison, who told me that there are many ways to do God's work. I know there is a place for me in Victoria's 12step community, but I needed something outside of that. I am blessed to have a loving and supportive family, but I needed more. I needed a place where I

can give back and share my experience, strengths and hope; and I found it at Anawim House.

I once worked in some of the best restaurants in Canada, under some verv talented chefs. I used to feed rich people. Now I feed the poor. In this way I can serve God by using the talents he has given me to feed the hungry and teach the willing.

Every restaurant ends up with all sorts of meat trimmings and vegetable scraps that are good food, but cannot be served to customers. They can, however, be made into something delicious for the restaurant staff. The cook whose task is to give life to these ingredients uses his knowledge and technique to honour the food and those who produced it. When I was an apprentice, cooking the staff meal scared me. Cooks and servers know what good food is, and we can be very judgmental. After years of practice, I learned to love taking scraps and trimmings and turning them into good food.

Cooking at Anawim is essentially like

making the staff meal. except that the people we feed are always grateful. I prepare and share dinner every Friday evening with those who are struggling with addictions, the homeless and the destitute. I love coming in

and not knowing what is going to be in the walk-in fridge. It is an adventure that I am happy to share. I cannot go back to cooking as a career. It just isn't safe for me. Anawim gives me an outlet for my passion and a place to use my craft to help others. It is something I am blessed to be able to share. Thank you to everyone who is a part of this wonderful Anawim family.

Planned giving is not something we think about our broader family - our fellow about everyday, but how we will be remembered after we're gone is worth thinking about. What will become of the homeless and the working poor of Victoria when our lives are over?.

This is an important question that can be a part of a good family discussion

citizens, and the community in which we live.

A "legacy gift" to Anawim ensures that its work continues and that its future is securely funded for the thousands of homeless people who have not yet been born.

Whether it's a bequest in a will, stocks or mutual funds, life insurance or RRSPs; Planned Giving is a way for your charitable work to continue after your lifetime.

Anawim's "Legacy Arch" is planned to recognize those who have told us of their future gift intentions. Please call us.



EGACY

FALL AND WINTER 2014

ach spring the Anawim **Companions Society comes** together to review, analyze and celebrate another year of serving the homeless and the working poor.

Thanks to a strong Board of Directors, a caring management and dedicated staff and volunteers; Anawim House continues to fulfill its mission for a 23rd consecutive year.

Mark Lemay, President and Terry Edison-Brown, House Director reported on Anawim's past, present and future. Robin MacLeod, Treasurer, presented the financial statements.

Tony Joe, Fundraising Chair, discussed new revenue plans for the coming fiscal year to ensure that Anawim remains fundamentally healthy and ready to tackle the ever-increasing demand for its services.

A Lasting Gift

Suzanne Heron, a gifted local artist, presented a framed original work - a digital rendering of our iconic Anawim House to Mark and Tony. Limited editions of this work will be available for sale to our members and supporters to keep Anawim top-of-mind and as a keepsake to remember the importance of the work that is done here.



(I-r) Mark Lemay, Anawim President Suzanne Heron, Artist Tony Joe, Board Member



One of the great challenges faced by our ages, and those needs must be met non-profit is "deferred maintenance; making the decision to forego certain projects in order to meet the needs of the people who are central to our mission.

As discussed on Pg. 9, our list of imperatives is growing as our house urgently. However the fence around the Anawim property is not in good repair and is beyond salvaging. Inasmuch as our perimeter fence is not a security issue, the subject of its replacement has always found its way to the back burner.

SITTING ON THE FENCE

We are proud of our contribution to the

North Park neighbourhood and our mission and would like to continue to put on a good face.

So, this is a Call-Out to all Victorians for their help to replace our fence at no cost. We welcome donations, labour, supplies, materials & expertise in this community initiative. Thank-you!

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Park Neighbourhood Assn.

Coalition To End Homelessness

were made for Lifecycles Society in the Anawim Shop

Tony, Denise & Alan.

Community Awareness Anawim House Project Connect 2014 Anawim's Amy, Dan, Brian & Bernice help United Way Campaign Kickoff 2014 Julia Roe (C) from the Greater Victoria Anawim Board Members Terry,

4. Team-Buildin Staff & Reside important par growth.

ANAWIM

EMPOWERED PEOPL

5. Helping other the message important par advocacy for 6. Providing a h organizations their costs of

PAGE 6

LP OUR ORGANIZATION - YOU ARE HELPING MANY OTHERS AS WELL.

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HOUSE E EMBRACING LIFE



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agencies get out is an t of our those with less and to other helps reduce new initiatives.



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HOUSE DIRECTOR'S REPORT



Terry Edison-Brown House Director

he Anawim Companions Society was formed 27 years ago, and Anawim House has been in operation for 23 years. At that time, we were one of the only organizations that helped feed, bathe and provide comfort to the poor and homeless. The number of people in need of our services has grown over the last two decades, but along the way many other organizations have been created or have changed their mandates and are now helping the homeless. So how does Anawim continue to be needed? How do we continue to be relevant to our guests' lives? What makes us different?

The answer to these questions is quite simple. We are here to help those that want to be helped. This never changes. The issue is not just about new legislation, the housing crisis, or mental health and addiction. At Anawim it has never been about where people have come from. It is about where people are today and how can we help them.

Everyone is in need of companionship regardless of how they came to Anawim or what their specific struggles may be. Anawim is a sanctuary for our guests and residents: we are a home where people are clean from drugs and alcohol and where we are safe from violence in any form. We put a great emphasis on listening to people and then do our best to identify their needs and connect them to services that can help them. One of the keys to Anawim's success is that we do a follow up with them after they have accessed a service and find out what worked and what didn't.

This is a crucial part of the Anawim approach. We know that there is no "one way" to help someone change their lives. Making lasting changes takes effort and the willingness to try many different things. That means that there will be both failures and successes along the way. At Anawim we provide support and comfort through the whole process, knowing that it's not always going to be straight-forward or quick. The process of making positive changes takes longer for some people than for others. We know this, and that is why we do not put time limits on how long people can stay with us or use our

facilities. Rather, we meet people where they are at and respect their individuality as they discover for themselves what it is

they need to do to improve their situations. This approach is why we are still needed and are a huge resource to our community.



Every year we have the task of going to the public to ask for funds to help with the "Anawim" of Victoria. This can be a daunting task. We are not a big organization with resources to publicize who we are or to write grants to funders. We are a small, dedicated group – a family – that believes in the Anawim model of "empowered people embracing life". We are so grateful for the many donors who support us.

We give thanks to the foundations that sponsor us yearly: The United Way, Victoria Foundation, Esther's Dream Foundation and The Catholic Foundation. Thank-you to the many service clubs that donate for special projects, like the

> Saanich Rotary who donated funds for our computer room. Thankyou to all the Faith-based organizations that have helped us from the start, and a very special thanks to the individual donors

that faithfully give to us year after year.

On behalf of all of us at Anawim, thank you and God bless.



Terry Edison-Brown shares Thanksgiving 2014 with Stephen & Joseph Day. "One of the great thrills of my career has been to watch two brothers successfully graduate from the Anawim program at different times and who have moved on to pursue healthy and productive lives."



hen the new Anawim House was opened in 1994, everything was shiny and new. That was 20 years ago. Our once brand new house is now getting older and with age comes breakdown. We have over 15,000 visitors to Anawim each year, and that makes for a lot of wear and tear.

Over the last few years, we have replaced the roof, updated our hot water system, replaced an aging kitchen, and the list goes on.

This year, due to a potential problem with bed bugs, we are in the process of removing all carpets and replacing them with durable, low maintenance vinyl flooring. This work has already been done in the Drop-In Guest areas of the main floor and, in the near future, the same will have to be done to the residential portion of the house.

Furthermore, due to the increasing demand for showers and laundry services,



Before...

we envision the need to expand those services on the lower level of the house to increase capacity by another 50%.

Anawim is able to raise enough funds to meet its day-to-day operations but has been falling behind in its ability to generate sufficient funds for capital expenditures.

Our estimate is that we will have to raise an extra \$50,000 over and above our current operating budget to meet our needs for the work described.

During...



After. ...a beautiful, worry-free surface!



VOLUNTEERS AT WORK

Drop-In Guest Program Volunteer Opportunities

- Greet Guests at the Door
- Help with Meal Preparation
- Organize Used-Clothing Room
- Gardening and Landscaping

Board Committee Volunteer Opportunities

- Fundraising
- Finance
- Website Development
- Volunteer Coordinator

Afternoon Workshops Volunteer Opportunities

- Creative Writing
- Stained Glass
- Carving
- Computer Knowledge
- Baking Bread
- Drawing/Painting





Shelley - Crafts Simone & Dasha - Baking Stephanie & Katisse -Meal Prep Brian - Social Media Fred - Coordinator Leslie - Meal Prep

Clockwise from Top









n the "helping" field there are too many good-hearted workers to count. A very few will get awards and citations, but most do their work quietly, without recognition, and often for no pay.

This August at Anawim, we lost a great friend - a true unsung hero of the helping community. He had participated in the Anawim Program for over 19 years.

He ate here, he slept here, he patrolled the grounds at night, and he attended

SPECIAL



Dylan turns the soil. most Board Meetings (in his unofficial capacity).

He was a touchstone for over 250,000 drop-in guests and hundreds of residents. He was even-tempered, alwaysaccessible and never complained about his unending workload.

AYING GOODBYE

It won't be the same here without his presence and

although each day will be just a little bit empty, we can learn from the recovery skills he has modeled over the years.

Eat a balanced diet. Get regular advice from a doctor. Rest when tired.

THANKS

Dan delivers eulogy.

Treat everyone with Len & Lynne respect. Always be there for those who are hurting, or who just need a little extra love in their lives.

So it is with gratitude, and love, and great sadness that we say goodbye to our good friend Pepper. May you always rest in peace.



Pepper's imprint is with us always

For over a decade Tess and the Aegean Café have been donating delicious homemade Deli Soups for the Anawim meal program. It means that every day we are able to round out our noon meals with nutritious, hearty soups from one of the best delis in town. Tess has recently relocated her restaurant to 799 Fort St. at the corner of Blanshard.

We not only highly recommend the food, but encourage you to support a business who so graciously supports the poor.



The new Aegean Cafe



...food we'll miss

All of us at Anawim would like to take this Both supermarket chains will rebate 5% opportunity to thank Leaven Bakery's Mark Theobold & family. Over the last year their Cook Street bakery has donated huge quantities of artisan breads and pastries to our cause.

Although Mark has closed his business and returned to his original career as a high school teacher, his generosity and spirit will remain with us always. We wish the Theobold Family all the best in their new endeavours.

Non-profits like Anawim rely heavily on the support of local businesses.

Equally important are the partnerships we enjoy with

larger firms whose interest and support in our mission is invaluable.

ТО



Thrifty Foods and Fairway Markets have provided us with "Customer Cards", which are available in limited supply from the Anawim office.

of the value of your purchases to Anawim. It costs the shopper nothing to participate but each purchase contributes valuable funds to Anawim.



Thank-you to Fairway's Jennifer Loo & to the folks at Thrifty Foods for all they do.



This newsletter was designed and edited at Anawim House and was produced with the support of Flynn Printing.

S! I WOULD LIKE TO HELP THE ANAWIM COMPANIONS SOCIETY CONTINUE ITS MISSION

Single Gift Amount \$_		
Cash		
Cheque		

ANAWIM HOUSE



Monthly Pledge Amount \$_____ Post-Dated Cheques Enclosed Pre-Authorized Debit (PAD)

Anawim now accepts Pre-Authorized Debit (PAD). If you have selected the PAD option, please fill out the Contact Information below. The appropriate forms will be sent to you. Charitable Tax Receipts will be mailed annually.

MR. MRS. MS.	PHONE	()	
ADDRESS	PROV		POST CODE

EMAIL

If you would like to receive the Anawim Newsletter via E-Mail, please enter your e-mail address above







E-Mail: anawimhouse@shaw.ca Phone: 250-382-0283 Registered Charity No. 119212256 RR0001



very year for over 25 years, Anawim has been selling Christmas Trees to raise funds for its special programs. Each Anawim resident donates an extra 40 hours of his time during December to make this fundraising opportunity a success.

Our trees are Island-Grown, cultured Douglas Fir Trees, an important renewable resource from the Lake Cowichan region. We use the same supplier year-after-year and are justifiably proud of the quality of our product. Anawim Christmas Trees come in sizes from 3-ft to 8-ft tall.

Please come and see us during the holiday season. Meet the guys and maybe join us for a coffee. Your purchase of a tree helps us continue to do what we do all year round - helping the homeless and the working poor in your community.

973 Caledonia @ Vancouver in Victoria 250.382.0283



