



The

LIGHTHOUSE

Helping People | Changing Lives

1008 Bathurst Street • Toronto • ON M5R 3G7

416-535-6262

Winter 2019

A Summary of a Summer Student's Research

Jelle Koersen



From June to August 2018, I had the opportunity to conduct a research project for The Lighthouse. With a focus on the Scarborough North Riding, I was mandated to research potential ministry opportunities in which The Lighthouse can engage in.

To do this I sought to take an asset-based approach looking for strengths within a community in order to build off of them and to discover what people loved or appreciated most about their neighbourhoods or communities. In terms of justice, there is the underlying assumption that the Spirit of God is already at work, making people and communities ready to understand the good news that The Lighthouse stands upon.

During my three months I was able to read and analyze statistics and

previous reports, compose in-person interviews, and run a neighbourhood survey. It was also a time where I was able to grow personally, not only through doing research, but wrestling with deep questions regarding how faith impacts social services.

Through my research I found that the three areas which needed more addressing from social services are food security, housing, and outreach to immigrants and international students. Answers to these needs may be: establishing a new food bank or community garden; advocating for updated civil shared housing policies; continuing to support churches in running outreach services – especially answering the needs of newcomers; and lastly relocating Christian women and men to disadvantaged communities in order to gain understanding, compassion and support for these communities whom society has had a hard time giving an ear to. Considering the findings of this report, the services of The Lighthouse may be pushed either into new directions, which may be learning curves for the board and other stakeholders. The Lighthouse may be able to say they want to continue serving in way they have done so far, build on them, and strengthen them.

It is my prayer The Lighthouse would be a leader in effective charity work that is faithful to God and His love, and that The Lighthouse continues to show respect and consideration to the many different people, from varying upbringings and cultures, who look for help from The Lighthouse.

Starting each day the right way in the New Year

Try to view each day as an adventure, carefully planned out by your Guide. Instead of staring into the day that is ahead of you, attempting to program it according to your will, be attentive to Me and to all I have prepared for you. Thank Me for this day of life, recognizing that it is a precious, unrepeatable gift. Trust that I am with you each moment, whether you sense My presence or not. A thankful, trusting attitude helps you to see events in your life from My perspective.

A life lived close to Me will never be dull or predictable. Expect each day to contain surprises! Resist your tendency to search for the easiest route through the day. Be willing to follow wherever I lead. No matter how steep or treacherous the path before you, the safest place to be is by My side. - *Jesus Calling*



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**Third Annual Will Clinic
Toronto District Christian High and The Lighthouse**



Thursday February 29th 2019 at 7pm

Join us to learn how to plan or update your Will, protect your family and understand various tax effective options, for today and future!

Draw for 1 FREE Power of attorney Package available (value \$150)!



Become a Lighthouse Keeper!

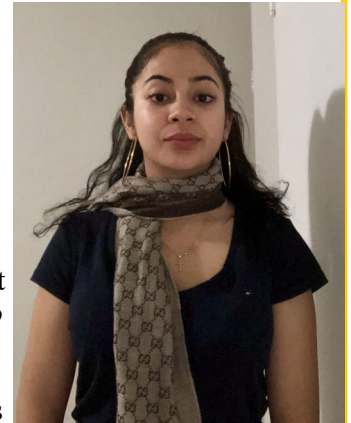
A Lighthouse Keeper is someone who is interested in the work of The Lighthouse, shares in our passion of helping others, and would love to represent The Lighthouse to their church, family, and friends. Lighthouse Keepers receive exclusive monthly updates to share and keep your church family in the loop about all the exciting things happening at The Lighthouse.

For more information about being a Lighthouse Keeper, or know someone who would be perfect to represent The Lighthouse to your church, please contact Tabitha at 416-535-6262 or tabitha@lighthousecentre.ca

Meet Our Team of Placement Students

Tania Cisneros

I am presently studying Social Service work at Humber College. I chose to do my placement at The Lighthouse because I wanted to gain experience on how to ethically interact with different cultures and different lifestyles. I got connected to The Lighthouse through my mother as she has done volunteer work for many years and for many different programs at The Lighthouse. I'm leaning towards the possibility of becoming a case worker with Ontario Works. With the experience I gain from my placement and from the knowledge I gain from my program I hope to work with those that are struggling econom-



Priscilla Leung

I am currently finishing up my graduate certificate in Victimology at Durham College. I was drawn by The Lighthouse's goal in striving to meet the needs of its clients at the physical, social, emotional and spiritual level. With my time here, I hope to gain perspective on prevalent issues within the community.



Ria Pierre

I am currently studying Social Service Work in Immigration & Refugee work at Seneca at York. I was drawn by The Lighthouse's mission statement and its holistic approach to Christian outreach as a community center. I hope to gain experience working with diverse individuals in need and hope my studies will allow me to make a difference in people's lives.





In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness. Mental illness affects people of all ages, education, income levels and culture. One of the biggest hurdles for anyone suffering from mental illness is overcoming the stigma that comes with it. It is the number one reason why two-thirds of those living with mental illness do not seek help.



On January 30th, people all over Canada came together to participate in Bell Let's Talk. It is an annual event created by Bell to continue conversations to end the stigma around mental health.

Struggles with mental health are prevalent in the community of people that come through The Lighthouse. Present trauma that vulnerable populations experience in crisis and stressful circumstances can compound an impact on their mental health. At The Lighthouse, we strive to meet the community's needs in a holistic way knowing that all aspects of well-being affect one other.

When we actively bring attention and involve the aspect of mental health in conversations regarding well-being, we acknowledge its importance, and help those directly impacted by it by providing hope that there is support. It begins with educating ourselves, listening and asking, talking about it and being kind.

Easter Food Drive

The Lighthouse food bank serves approximately 70 households each week, who face serious challenges to feed themselves and their families. Over the past year The Lighthouse along with other food banks in the GTA have seen an increase in usage.

We are reaching out to churches and communities to consider hosting a food drive for The Lighthouse Food Bank as we seek to meet the rise in clients. Below are some non perishable items we are in need of:

Canned pasta sauce or tomatoes

Canned meat

Canned soups or stews

Snacks

Feminine hygiene products

Condiments (honey, peanut butter)

Drinks (juice boxes)

Personal hygiene products (soap, shampoo, toothpaste, toothbrushes)



Seeking Volunteers for upcoming Income Tax Clinic

The Lighthouse has a long history of completing tax returns for low-income individuals and families. The income tax clinics started in 1983, and since then a whole host of volunteers have been involved over the almost 30 years.

This year, we are looking to add a few more volunteers to our team. We will be hosting the clinic during select Monday evenings and Thursday mornings in March and April. If you are interested in volunteering and would like more information please contact Tabitha Eastman at 416-535-6261 or Tabitha@lighthosuecentre.ca



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From Rob's Desk

As the New Year starts many of us reflect on the past year and look forward to the future. For some this can be very stressful especially when we think about all the things left undone and then what needs to be accomplished in the coming year.



Today I want to begin by reflecting on the past year. First, The Lighthouse celebrated 50 years by hosting several events such as the Celebration Service, a BBQ for the Neighbourhood and the Annual Dinner Celebration. At each event, individuals connected to The Lighthouse, shared their stories.

Second, The Lighthouse has served many individuals through the various programs. Hearing the many different stories of the individuals seeking assistance helps us understand that the work we do at The Lighthouse can be life changing and vital to God's calling of service. Many tell us how thankful they are for the help they received from The Lighthouse. Hearing these words encourages us to continue this work.

Looking forward to 2019, I see many challenges. One challenge is the increase of individuals seeking assistance from the foodbank. Each week we see more individuals and families who need help to put food on their table. Another challenge is having to put people on waiting lists because staff only have a certain amount of time. Another challenge centers on having enough resources for all the programs offered at The Lighthouse. Even with all these challenges, I am looking forward to 2019. These challenges will help us strengthen the community and continue to share the mercy and love of Christ.

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Thank you for being partners with us in this ministry.



Yes, I would like to help with a donation of \$ _____

☐ Cheque enclosed

☐ Visa/MasterCard # _____

Expiry Date _____

Name _____

Address _____

City _____ Postal Code _____

Other Ways to Help-Contact us for details

- ☐ PAR (PreAuthorized Remittance)
- ☐ Monthly Visa or MasterCard donation - makes it easy for you and for us
- ☐ Canada Helps on line at www.canadahelps.org
- ☐ Giving through Christian Stewardship Service
- ☐ United Way Payroll Deduction - just provide our CRA # and address
- ☐ Matched Corporate Giving - many companies match employee donations

Please mail your contribution to:

The Lighthouse
1008 Bathurst Street
Toronto ON M5R 3G7

Receipts will be issued in the New Year. Canada Revenue Agency #13036 3740 RR0001



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