



The

LIGHTHOUSE

Helping People | Changing Lives

1008 Bathurst Street • Toronto • ON M5R 3G7

416-535-6262

Spring 2024

Meet Our Newest Staff Member: Nicolette Bryan



Greetings to everyone! My name is **Nicolette Bryan** and I have joined The Lighthouse in the role of Administration & Communications Coordinator. I have graduated from the University of Toronto Scarborough with an Honours Bachelor of Arts and my goal is to assist The Lighthouse with its mission statement of “demonstrating God’s love by offering unconditional hospitality, by sharing our resources, and by helping people in need”.

When I first heard about the Lighthouse, I was drawn by the fact that The Lighthouse offers “an atmosphere of respect, dignity, and security in order to address spiritual, emotional, and physical needs, all in the name of our Lord Jesus Christ”. So far, I have been encouraged by witnessing this so visibly through our Food Bank Program. Within one day alone, I was able to see individuals from more than 50 households receive complimentary food items varying from fruits, vegetables, meat, and dairy, all in an effort to curb the need for essential food items. These interactions remind me of Acts 2:46 (NLT), wherein the fellowship of believers would meet daily to break bread from house to house and share meals with gladness and sincerity of heart.

I enjoy reflecting on scriptures to guide me through life. Currently, I have grown quite fond of Philippians 4:6-7 (NLT), which reads, “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

To me, this scripture serves as a reminder to not become overwhelmed by the challenges and difficulties that life might bring, but to instead focus on bringing these matters before the Lord in prayer and, with a thankful heart, trust in Him to see us through. I’m able to come to this conclusion by drawing on Proverbs 3:5-6 (NLT), which reads “Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.”

The Lord has led me in many different ways and the key to ensuring that I was on the right path was to not focus purely on the circumstances that I could see, but to remain mindful of the Lord’s promises ensuring the well-being of His children. Psalms 32:8 is a great example of this, wherein the Lord says “I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.”

I always find that it can be encouraging to remember that despite how much we try to control and dictate exactly how things will take place within our lives, the Lord’s plan is the one that ultimately prevails, and it seeks to provide us with a life that is abundant. I look forward to seeing what the Lord’s plan is for me within my role at The Lighthouse and how I can contribute to the welcoming environment that The Lighthouse provides.



www.lighthousecentre.ca



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The Lighthouse is holding a family-friendly fundraising walk on **Saturday April 6, 2024**: a walk which will impact the programs at The Lighthouse which you can do in your own neighbourhood!

Here's how you can get involved:

- ◆ Register to walk for The Lighthouse on **Saturday April 6, 2024**
 - ◆ Invite friends to join you on the walk
- ◆ Invite family & friends to support your walk with a financial donation
- ◆ If you're not walking, support a walker by donating to their walk
- ◆ Share with others & encourage them to register and walk for The Lighthouse.

Will you play a part in making The Lighthouse's Walk Anywhere Walk a success? You can register for the walk by contacting The Lighthouse at info@lighthousecentre.ca or call 416-535-6262 or through CanadaHelps here: <https://t.ly/APeri>

The Lighthouse
Helping People | Toronto, Ontario

WALKATHON
Step Up, Give Back: Fundraiser
Walkathon for a Cause!

Saturday
April 06 2024

5k or 10k
ANYWHERE!

Register or donate here: <https://t.ly/APeri>
Contact us at: (416) 535-6262

Scan here for more information

Interview with Anita – Hispanic Seniors Group Participant

How long have you been a part of the Hispanic Group here at The Lighthouse and how did you hear about it?

I have been visiting for at least 25 years (maybe more!). I heard about this group through the newspaper and saw an announcement that a Hispanic Group would be taking place at The Lighthouse. I've been coming ever since!

What are some of your favorite experiences since you've participated in the Hispanic Group?

Being able to share with people from different countries that speak the same language. I also have a lot of experience cooking healthy food and teaching other seniors to help with their independence, as well as sewing, and arts & crafts. I didn't know that I have the ability to learn and teach how to do these things, but over time I was able to share the things I've come across. Another favorite experience of mine has been getting to know Samia. Samia has been a blessing for me because I find her to be very knowledgeable and full of wisdom.

Would you recommend this group to other people?

I highly recommend this group to everyone I come across and I don't hesitate to advertise the benefits of this group to people that I interact with.

Would you say that you've made a lot of positive interactions here?

Yes, and I have made a lot of good friends over the years.

Tell me about a favorite memory that you've had with the group this year.

My birthday on January 1st! When they cut the cake for me here at The Lighthouse, there were people who sang for me and it made me very happy because they were taking the time to appreciate who I am.

What would you say to someone who is thinking of joining the group?

I would give them a warm welcome and let them know that they will feel as though they are going to be joining a family.



The Lighthouse's Student Placement Program

The Student Placement Program allows for The Lighthouse to engage in a partnership with schools such as George Brown College which allows their students to help with the day to day operations of The Lighthouse. We are appreciative of their presence as it makes an significant impact on the programs that we are able to run, an important one of which is our Food Bank Program (pictured below). Alexa, Vivian, and Maryam are our three latest George Brown placement students and have taken the time to introduce themselves.



(Left to Right) Vivian, Alexa and Maryam



(Left to Right) Alexa, Maryam and Vivian

Alexa: I am in my final year of the Social Service Worker program at George Brown College. I plan to get my degree in social work after graduating from George Brown. Eventually with years of experience in the field, I want to get my masters in social work. I plan to work in the hospital and have my own private practice where I help people with their mental health and those that experience violence. A little bit about myself: I am a person who loves to help people who are in need and advocate for change; especially for those that don't have a voice in society. I love being that person for someone to talk to about their problems or when they need help. I love to be there to listen, understand, and support them. I have chosen my placement at The Lighthouse Centre and I am looking forward to helping the clients and advocating for their needs.

Vivian: I am currently a hairdresser with a strong commitment to mental well-being. I am also a placement student at the food bank, where I am actively pursuing a career in social service work. Combining my passion for supporting mental health and aiding those in need, I strive to make a meaningful difference in my community. I envision establishing my own practice and seamlessly blending the art of hairstyling with compassionate counselling. I call this "therapy for the hair and mind", allowing individuals to not only look at their best but also to find healing in their inner selves.

Maryam: I am a George Brown student in my second year, also my final year. I am studying to be a social service worker and have chosen The Lighthouse as my placement. I look forward to working with everyone and getting to know everyone as well. A little about myself: I love hiking and am a fall enthusiast, I find joy in exploring nature's wonders while surrounded by the vibrant hues of autumn leaves. I am driven by desire to make a difference in the lives of others, whether it's through lending a helping hand to those in need, advocating for environmental causes, or sharing the knowledge and skills I've gained, I am committed to creating a brighter, more compassionate future for all.



From Rob's Desk

As I reflect on 2023, I note that the past year brought along a number of challenges for the Lighthouse, the staff and our community.

One of these challenges involved staffing, starting with Tabitha Eastman, a key member of the Lighthouse Team, moving to the United States early in the year. We were also challenged to assess our capacity, especially in light of the increased demand for support we see all across the city and the challenges that our community members face every day.

We know that the Lord is with us through challenges of all types and the Lord has provided through our fifty-five year history! While these challenges brought some hardship and trial, they also surfaced an opportunity to reassess and provide increased clarity across the Lighthouse.

In October of 2023, the Board of Directors gathered with senior staff to leverage this opportunity and spend a day together working towards clarity: clarity of roles, clarity on services and programs that meet both our capacity and the communities needs, clarity of mission and vision as The Lighthouse.

This day spent together re-energized the staff and board, even in light of the challenges, as we focused on our many blessings and how to be great stewards of the resources the Lord has provided. Now, we are moving through 2024 with clarity and excitement for the future.

Your continued support of the Lighthouse is also a source of energy to the staff, the board, and our community knowing that we are helping people & changing lives to the glory of the Lord in community with you. We look forward to your continued support in 2024 as we continue to support all those who come through our doors here at the Lighthouse.



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Helping People / Changing Lives
Thank you for being partners with us in this ministry.

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

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Other Ways to Support

- 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
- E-transfer sent to info@lighthousecentre.ca



Please mail your contribution to:

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