

Communauté Nazareth Community Inc.

Nazareth & Anne's House

Newsletter

"From our House to Yours"

Fall/Winter 2016 Edition



Take a look at what Nazareth Community has been up to:



Pharmaprix: Tree of Life Campaign



Montreal Walk for Mental Health



Checking in on our Busy Bees!



Camp Kinkora: Anne's House



La Ronde outing Nazareth House



Nazareth Community honey is being sold this year at *le Richmond* in Griffintown, and *Maître Boucher* on Monkland. Thank you all who support our awareness campaign on destigmatizing stereotypes surrounding mental health issues and homelessness.

"My internship has been rich with learning opportunities. I enjoy the possibility to work one on one and in a group settings at Anne's House." Samantha Jones, Dawson Social Services.

Fitness Matters



It's been a pleasure and honor for my team to spend time with the men of Nazareth House over the past 5 years. As president of THT I spent 2 years training the men of Nazareth House, my time has helped me to live my passion for helping others to get fit. The experience for me has been priceless.

I walked into Nazareth House last week to start of the fall fitness program and I was delighted to see one of the men on the treadmill getting some exercise. The men gathered around for their quarterly weigh in and waist girth measurements. I could feel their excitement and how proud they were of their successes, whether it was weight loss, quitting smoking or how many pushups they could do.

Sandra the chef tells me that she has increased their water intake and reduced coffee consumption and their plates also include a lot more vegetables and salad, what a feeling! Sheila the director walks down the stairs and pulls me aside to discuss individual cases, concerns and direction for the fall program, Nick the trainer begins the 30 minute walk with the men followed by strength exercise and flexibility before the men return for lunch. It takes teamwork and help from everyone, trainers, chefs, donors and priests to provide the many great benefits of exercise.

The experience leaves me feeling grateful and wondering if these men can find time to get exercise with all the obstacles they face, well if they can do it anyone can.

Sam Maniatis
President Total Home Training

What's new with our Outreach Program: Helping Handbags

Helping Handbags, an outreach initiative that was started in Mid-May by Nazareth Community to help women who are struggling with homelessness. This project involves offering purses filled with items that meet basic needs, in addition to a list of resources in Montreal that help counteract homelessness.

With the help of our generous donors, we accumulated over 150 handbags ready to distribute to the women on the street.

Amanda Harris, a caseworker and Dennys Melendez, an intervention worker from Nazareth Community, have spent the summer months conducting research in order to make Helping Handbags a success. Every Tuesday they explored the city of Montreal, by experimenting with going out at different times and by looking at different locations in order to see when and where these vulnerable women were located.

In addition to this, Amanda and Dennys have met with different organizations who provide outreach work with the hopes of collaborating with them and also to gain insight and advice with implementing outreach work. Some of these include PRISM, Cactus, Spectre de Rue, TRAC, Chez Stella, CSSS Faubourg and St. Michael's Mission.

September proved to be a productive time for Helping Handbags. It was the first month in which Amanda and Dennys established first contact with the women on the street. Through collaboration with CSSS Faubourg's clinical outreach nurse Nancy Keays and outreach intervention worker, Lisa-Marie Scolack from Saint Michael's mission, they were able to provide these handbags to 12 different ladies in September alone.

We're hoping that as time goes on, the word will spread about our initiative and that soon we will be able to establish set locations in which the women will know where to find us, rather than going to them. By creating that first contact it is the first stage in potentially forming relationships with these women, so that we can ideally refer them to resources which may help them move on from the streets.

A Word from Fr. John Walsh...

THE JOY OF LEARNING ABOUT WOMEN

We live in a culture where everything is disposable. It is cheaper to throw things away than to have them fixed. Appliances have a time limit to their use; most are good for eight to ten years. People change companies four to five times in a lifetime; many change their professions. We are mobile so a change of city is not a big deal anymore. There is little permanence to our lives. What is an unbelievable gift that we have as human beings to learn throughout our lives, right up to our last breath. Our colloquial expression reminds us that we can learn something new every day. We learn through our experience when we take the time to think about what our experience is trying to teach us. Our experience is the “stuff” from we take the greatest lessons for ourselves and these lessons become so important we want to pass them along to others. We are constantly writing and rewriting our lives. To those who are courageous the permanence of our lives is change. Our willingness to change is the foundation of a happy life. What is the difference between a rut and a grave? One is filled in!

Life is open-ended and the more open we are to change the more we want to learn. Life is more than a google search. A walk in the woods is a revelation. No two trees are the same, no two plants are the same, and no two rocks are the same. In the wilderness, the very word itself tells us that everything grows wild. To grow wild is to discover the millions of secrets yet to be discovered in creation. To be wild as a human being is to be willing to retrieve that powerful force within, filled with good instincts, passionate creativity and ageless knowing.

I recall a seminal book I read about women by Dr. Clarissa Pinkola Estés entitled, *Women Who Run With The Wolves – Myths and Stories of the Wild Woman Archetype*. It is a knowing of the soul that reveals the instinctual nature of women, one of magic and medicine. It is glorious to be daring, to be caring, to be intuitive and to be woman. Women know the road map of all the pitfalls, those familiar and those horrifically unexpected, that a woman encounters on the way back to her instinctual self.

Today women throughout the world are struggling to communicate their contributions to the world and the UN report *Making Progress/Stories of Women* offers not only hope for women but progress and success. Women are shaping a revolution that is emerging from their maltreatment, oppression, and poverty. Women cannot be forever cut off from their intuitive nature.

Anne's House is a home for women who were denied their intuitive nature and as they grow to see deep within themselves they are teaching all of us the joy of learning about woman. It is only when we are willing to learn about ourselves that the “ego” loses its power and then the “true self” emerges with a strength that tames the past hurts, enlivens the present and looks to a future where no woman should be deprived of knowing what it means to be phenomenally woman. Maya Angelou knew full well what it is to be that woman.

Father John Walsh, President of the Board
of Nazareth Community

Community Gardening at Anne's House

Thank you for a wonderful experience helping out with the gardening at Anne's House this summer. It was a pleasure to share my knowledge and passion for gardening and all things green and growing with the Wise Women of Anne's Clan. [THE WISE WOMEN'S HERBS GARDEN](#) as it has come to be known by some of its participants was a collaborative effort of many hands and smiles and watering, watering, watering (Special thanks to Penny for her dedication in this area), weeding and harvesting the fruits that came as a result of good care taking. The abundant harvest was shared with all who desired to enjoy the many fruits of all the hard working women. Speaking of fruits...there are still some Cherry tomatoes ripening and a couple more Lebanese cucumbers on the vines to water and harvest. This year The Wise Women's Herbs Garden has enjoyed an abundance of Chinese Mustard greens, Blue Russian Kale earlier in the season and fresh herbs such as Parsley, Basil, Mint, Lemon balm and Chives throughout the summer. Baby Carrots and Radishes and Swiss chard and Beats were all planted (some from seed and others from seedlings) and enjoyed. Thanks to all the participants for your warm welcome and thoughtful consideration. It is all your hard works and glowing faces as you listen, learn and share your knowledge, wisdom and love of green growing naturally; that brings joy to my heart and soul. With much love and affection, Lynn Bee Brown

Many Thanks to our Supporters!

-Nazareth Community Board of Directors

-Our supporters throughout the year with donations of monetary and material goods.

-Special thanks to the "Greater Foundation of Montreal" for helping us provide meditation, yoga, self defense, customized exercise programs and group meal activities for the women at Anne's House.

-A big welcome back to our educational partners in a variety of helping fields:

*McGill (Dentistry, CHAP, Nursing, Social Work), Concordia Art,
Dawson College Social Services,
Loyola, and Villa Maria*

Wish list:

Coffee (decaf)

Toiletries

Non-perishables

Socks and underwear

Boots (Men and Women)

Sweat pants and sweatshirts

Jeans & Belts

Art supplies

Bus tickets

Gift cards