

Nazareth Community's by and  
for residents newsletter



## THE CAMP FIRE

Spring 2020 Issue

Authors: Nick M., James

### Resilience is Here!

As a response to the COVID pandemic different organizations have stepped up –with sparse government support- to aid the cause for some of Montreal's more vulnerable and at risk populations. Resilience is one of these organizations, and has urgently established an outdoor shelter in Cabot Square which provides: food, shelter, resting space, and hope to Montreal's homeless population and more specifically, the Indigenous communities. Resilience Co-Director and Nazareth Community's Executive Director, Sheila Woodhouse, explained that the original need for establishment of Resilience happened after the shelter, Open

Door shut down due to cuts in government funding (an organization offering housing and food to the homeless communities in and around Atwater metro). This shut down lead to the deaths of 14 people and many people left without housing. Out of this devastation sprung a need for hope, and this call was met by the founders of Resilience. Two different organizations stepped up to form co-directorships, these being Nakuset from Native Women's Shelter and Sheila Woodhouse from Nazareth Community who established Resilience in order to provide a daily support for people living on the streets. People with varying backgrounds are there to support the community and staff like Jessie Kennedy share a dual

role of managing responsibilities such as volunteer coordinating, social media, and other administrative tasks for both organizations. According to Sheila Woodhouse, 75% of public community members responded positively to the functions and establishments of the organization while the other 25% continue to hold stigmatizing opinions of homeless communities. Sheila Woodhouse considers the 25% as an opportunity to engage in awareness building. She says, "Our goal is always to educate people." During this pandemic and beyond, the homeless communities can be comforted knowing that they have a place to go, a community to go to for support and a place to heal

### BITS & BYTES ABOUT NAZARETH STAFF

**I enjoy my job because...** I get to share my positivity energy with everyone here. (Daniella)

**How has your job changed over time?** It has changed in a very pleasant way where there is no day that is the same (Dennys)

## Welcoming You to Nazareth House: To the new residents

**If ever you need help...** the workers are collaborative and friendly about this stuff.

**The feeling we have at Nazareth is....** A feeling of home and brotherly love.

**Something to look forward to while being at Nazareth House...**is movie night, beating Daniella in crazy eights, good food, haircuts with Dennys

**The area were in is great for....** Going for walks, close by to Alexis Nihon and other shopping centers, catching a movie at the Pepsi forum, one bus away from Mount Royal Mountain.

**If you need a place to enjoy here are a few of our favorite spots...** John's favorite spot (down peel park or on hope street watching construction), Denny's favorite spot (behind the Canadian Center for Architecture), Nick's favorite spot (picking up a 24 hour newspaper on Atwater & Saint Catherine), Jame's favorite spot (Le Foubourg).

### *Celebrating Resident Achievements*

- **John's Success in ERS:**

"I am proud of...Showing up for all the classes, learning a bit more in French, starting to learn a lot in computers."

"I care a lot about what I was succeeding in and I learnt a lot from them & the patience they had with us.

"I am very proud of myself, I knew French [...] and I knew nothing about computers and now I'm not computer illiterate which feels like you are never too old to learn."

- **Nick's Success in the Social Programs:**

"I succeeded at the life skills group and social skills group, these things are very difficult to adapt to and succeed in but I have improved."

"I am not a wiz at the computer but I am doing better."

"I feel better about myself, I am still not at the point where I am happy with it but I am satisfied with myself."

## SUMMARY OF HOPE<sup>2</sup>

Author: Nick M.

In this modern period of history, namely the 21<sup>st</sup> century, philosophies concentrate on assets and abilities as opposed to weaknesses and disabilities. Treatments aid people to continue their dreams with minute interference. Hard work and social worker aid, like from peers, contribute to helping them (the service users) lead better lives and produce more as members of society that have meaning. Modern progressive practitioners are altering the dialogue from the absence of illness to the presence of wellness in mental health. The core values of people incorporated... a local peer run organization believes that healing in mental health issues or problems and trauma is more than possible it is expected!!! Treatment programs must view recovery as a specific process for persons mature. Endeavoring to guide a recipient by a practitioner who cares and stands by the person through problems. Thus providing hope as a common denominator.

May the focus on patient needs continually be emphasized for professionals in the field and hospitals.

Citation: Carrol, A. (N.A.). *The Power of Hope in Mental Health Treatment*.

## Meditation As a Tool For Managing Negative Emotions

*Author: James P.*

According to a study in February 2016 in the *Consciousness and Cognition Journal*, meditation may help people cope with anger, in just one session. People had a quicker recovery in the emotional response in their brains. Meditation can control worries and help people place their attention as well as help people get what they want out of life.

A study published in the journal of *Psychiatry Research* found that people with generalized Anxiety Disorder who took a course in Mindfulness-based stress had lower stress-related hormonal and inflammatory levels than people who did not practice mindfulness.

Even a brief meditation session can make a difference in managing stress- and it can help rather quickly.

Uncontrollable stress can increase the risk of chronic health problems, like heart disease, high blood pressure, obesity and diabetes

Citation: Laube J., Welch A. (2019). *How Meditation Can Improve Your Mental Health*. Everyday Health

**TRY THIS:** Gratitude is a form of mindfulness. What are 3 things you are grateful for today?

LET EASY WAY FLY. SHA YAN

Let easy way fly  
Spin, click it may  
Easy will draw an end  
Hard to deter, coming by

Let easy way fly  
Softer, softer  
Humans take it easy  
Mango juice I say, straight .

Let easy way fly  
I cannot lift the sky  
But I may try, it is easy  
A nice song to listen draws an end.

BLOOMING SPRINGS. KARL

You see the sun and the sky  
You see the cloud in the sky  
The sun that gives you tan skin  
You see the rain pouring  
In the street you see the plants  
Growing and blooming the leaves  
Growing the rains that's dripping  
You feel the fresh air breezing  
Feel the wind blowing in your body  
Take a deep breath outside and feel the cold wind.



Spring has sprung the grass will rise

I wonder where the birdy is.

-John M

