



OUR WEST SIDE STORY

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Ottawa West End Community Chaplaincy

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Upcoming points of interest:

- * Poverty and Spirituality Luncheon—CCBC, March 23rd
- * Visit to Bethany Baptist Church—March 20th
- * Visit to Knox United Church—March 27th
- * Seder Supper—April 21st
- * Spiritual Retreat—April 29th, 30th, May 1st
- * Presentation to Harmer House—May 2nd
- * Visit to Britannia United Church—May 29th
- * Cooperative Family Camp—July 11th-15th

OWECC Spiritual Retreat

Living in Community and Understanding the Importance of Boundaries; yours, mine and others.



This year's Spiritual Retreat is from **Friday, April 29th to Sunday, May 1st, 2011** at the Marguerite Centre in Pembroke, ON.

Rita Myres will be our Facilitator once again this year. Rita is a Group Facilitator and Social Worker and we are so



pleased that she has agreed to facilitate this Spiritual Retreat for OWECC.

Folk from the neighbourhoods and our supporting churches are invited to attend along with OWECC staff and interested volunteers.

In the Marguerite Centre you will have your own bedroom equipped with a sink. There are main bathrooms and showers in the same corridor not far away. Towels and bedding are provided. There are also lounges with comfy chairs and couches available to relax in.

All meals are provided buffet style in the

cafeteria and are eaten together at specified times. You are asked to bring a bag lunch for your arrival on Friday evening.



The cost to attend this retreat is \$155 per person. Subsidies are available. Please speak to Rob or Elizabeth to inquire about these subsidies. If you are interested in attending please call Elizabeth at 613 726-1418.

Availability is limited to 25 people and we will be accepting registrations on a first come, first serve basis.

OWECC Staff Changes

One of the new challenges for OWECC has been Rob's decision to retire at end of 2011/early 2012. We are saddened by this decision, but realize that Rob believes his time has come to step aside. He is now working a four day week instead of five. A Search Committee under the leadership of Tony Myres has been formed to resolve the issue of a successor as Senior Chaplain.

Neighbourhood News (excerpts from Chaplains' AGM reports)

In **Foster Farm**, we have a consistent presence on the House Board Committee and in the Food Bank thanks to Clarke Topp, Ivy Williams, Frank Stoyles and Alayne Crossman. As the Community House undergoes expansion, there will be opportunity for innovative, life enhancing programmes. The newest project is the planned and hoped for Community Gardens in the summer of 2011 under the influence of Gord Richardson. There is a slow and convoluted process that may result in cooperation with Just Food of Ottawa that seeks to encourage community gardens and the sharing of produce. The first step is to get the approval of the neighbours and then OCH may make land available. The key is scouting for community residents who are committed to growing vegetables together.

The community atmosphere at Foster Farm is very positive. However, the women's support group has not taken off as desired. It is hoped that once FF expands into a second house, there will be more space to hold a support group for women and increased privacy whereby men are not walking through the group. There were a few formalized drop-ins for FF women (where used clothing donations were offered) but generally speaking, the encounters are more casual. Ivy Williams has been supportive in her connection to the women at FF as well as the regular pastries from Starbucks that she is responsible for bringing to the house.

Morrison Gardens is the home of the Good Food Box which was made available to over 85 households in 5 neighbourhoods on a monthly basis

during 2010. Fresh fruits and vegetable orders were subsidized by local churches to improve nutritious foods available to adults and youth. This programme concluded in Dec. but in Foster Farm it has been revived and expanded for the past two months by resident Mike Strickland with help from OWECC volunteers. Now some 20 households in Foster Farm are receiving subsidized Good Food Boxes thanks to several churches that support the Food Bank in that neighbourhood. It is a model of cooperation that could be expanded to other neighbourhoods where churches are supporting Food Bank Outlets

Regina Towers: Core Group on Tuesday morning, social drop-in on Thursday afternoon and Monday night suppers by Verne Bruce were consistent OWECC programmes throughout the year. A number of folk from the Core Group went to Elizabeth Wiggins' lovely cottage in June for a special core group experience and BBQ. And we were also graced in the past year with Anglican Bishop John Chapman's presence for another special core group.

Special celebrations, Maundy Thursday remembrance, Thanksgiving and Christmas continued. Video programmes have been made available with minimum interest forthcoming. Keith Yach has consistently been present on Thursdays for "Painting with Keith" and several OWECC volunteers help serve the low cost Monday evening meals. The Good Food Box flourished here during 2010 with 25 monthly orders. With the end of this programme it is hoped others will come forward to facilitate it in 2011.

What is new is the knitting and cro-

cheting group on Thursday afternoons with Terry Edwards Frampton, making usable articles for others, including plastic bed mats for Haiti. This new opportunity has been well received.

Pinecrest Terrace: Friday Soup Lunch by Alayne was made available to everyone following the teaching video series showing the archaeological evidence for "The Roots of Religion". A small group gathered each week including staff members of the Community House. Core Group characteristics are beginning to be found in this struggling initiative. In 2011 we are continuing this group on Wednesday mornings with a video lecture series on "The Historical Jesus" by Bart Erhman.

The Food Bank outlet here has been efficiently managed and staffed by Elaine Clark and numerous church volunteers.

OWECC hosted two special lunches in 2010 at Pinecrest Terrace, Thanksgiving and Christmas. There were approximately 20 people in attendance at each. And, a community member, originally from Vietnam, generously hosted a Chinese New Year lunch celebration for the community on February 4th.

One of the bright spots in 2010 was the creation and growth of a community garden, helped along by Margaret Meyer, an OWECC volunteer. It is hoped this project will continue in the summer of 2011.

"The noblest question in the world is, What good may I do in it?"

Ben Franklin

Help Someone Experience Transformation

Once a year the Ottawa West End Community Chaplaincy conducts a "Spiritual Retreat" at the Marguerite Center in Pembroke ON. For many years the Grey Sisters have provided a substantial subsidy to enable the friends from our low-income neighbourhoods to attend. The Grey Sisters have traditionally expressed concern for the marginalized and they partnered with us to enable folk to attend who cannot provide the full registration. This shared concern has now ended as the Grey Sisters can no longer extend this generous assistance to groups like OWECC. With the loss of the subsidy all participants have to provide the full registration costs.

Last year 8 people required a subsidy in order to attend. They were able to

contribute to their own cost but not the full registration amount. This year the cost for one person to attend is now \$155 for two nights and three days. We retreat from Friday April 29 at 7 pm to Sunday May 1 after lunch. We are able to accommodate up to 25 people and this event will feature Rita Myres who will help us think through personal boundaries as we develop community in this ecumenical outreach. Boundaries are a difficult issue for many people who have often found their personal space and needs

*"What we do for
ourselves dies with us.
What we do for others
and the world remains,
and is, immortal"
Albert Pines*

ignored or transgressed in abusive homes or relationships. Trust is often limited and damaged and very difficult to embrace when it has been violated by those who should protect your growth and development.

Our primary audience for this retreat is people who live in our neighbourhoods but there is limited room for those who wish to join our ministry. If you would like to attend call Elizabeth at 613 726-1418 for more details. More importantly if you would like to help someone else to attend by providing a subsidy please speak to Rob Campbell or Elizabeth at the above number at your earliest opportunity. Thank you for prayerfully considering how your financial gift may enable spiritual transformation in someone's life.

2011 Summer Programming

YOUTH AT RISK CANOE CAMPING TRIP: In the summer of 2010, 9 youth accompanied by 3 adult and well qualified leaders enjoyed the opportunities that Canoe Tripping affords. Support for this programme has been encouraging. The youth completed the first level of Paddle Canada training, Lake Canoe Skills Introduction – Tandem Basic Canoe Skills, thanks to Instructor Lynette Chubb. It is hoped to be able to offer similar instruction for the summer of 2011. Also in 2010 we had the expertise of Sarah Hooper on a Churchill Fellowship from England, seeking Canadian experience. Her background working with troubled youth in the Lake District was a valuable asset. At the end of 2010 there was \$1590 to start this year's fund for Canoe Tripping. Total disbursements for last year totalled \$2289. The biggest single donation comes via the Y Canoe Camping Club (YCCC) in the form of lightweight canoes, paddles and water safety equipment for the trip. To date we have two returning adult leaders and one leader in training who has completed her first year of university. We anticipate that we will be able to share this great experience with another nine teens from our neighbourhoods. The Canoe Trip dates for this summer are August 29th-September 1st. Your support for this programme is encouraged.

COOPERATIVE FAMILY CAMP: Again over 60 people of various ages enjoyed family camp in the summer of 2010. The real value of this week at Camp Bitobi, north of Gracefield, QC is seen in the ongoing desire of many to return the following year. It is an inexpensive family holiday at a wonderful old church camp that enables families to share time together in the out-of-doors. The dates for Camp this year are July 11th-15th and meals will again be provided by Don Guenther. Everyone shares in the clean-up. The camp is owned and operated by the Ottawa Presbytery of the United Church of Canada, the Ottawa Association of Baptists and the Ottawa Presbytery-Presbyterian Church in Canada. Martha Greatrex, Joyce Douglas, Bonnie Hunter and Clarke Topp were volunteer staff again last summer. With a good waterfront director, the beach is a well used asset. A family with children under 12 years of age is able to attend for \$75. One family maximum cost is \$110.

2011 ADULT CAMP: *New this year!!!* August 29th—September 1st, 2011 an Adult Camp for 3 days is being planned in conjunction with Pinecrest-Queensway Community Health Centre and neighbourhood House Coordinators. This will be a new venture that will focus on several themes including positive self-esteem, building positive relationships, conflict resolution skills, how to be part of the greater community, good citizenship, water-safety and story-telling. This camp is designed to be more like a retreat in the great out-of-doors without children. The hope is that for \$50 per person, many adults will join us at Camp Bitobi for this adult only experience.

Effects of Teen Depression *Rob Campbell*

The negative effects of teenage depression go far beyond a melancholy mood. Many rebellious and unhealthy behaviours or attitudes in teenagers are actually indications of depression. See the table below for some of the ways in which teens “act out” or “act in” in an attempt to cope with their emotional pain:

Untreated Depression Can Lead to...

Problems at school	Depression can cause low energy and concentration difficulties. At school, this may lead to poor attendance, a drop in grades, or frustration with schoolwork in a formerly good student.
Running away	Many depressed teens run away from home or talk about running away. Such attempts are usually a cry for help
Substance abuse	Teens may use alcohol or drugs in an attempt to “self-medicate” their depression. Unfortunately, substance abuse only makes things worse.
Low self-esteem	Depression can trigger and intensify feelings of ugliness, shame, failure, and unworthiness.
Eating disorders	Anorexia, bulimia, binge eating, and yo-yo dieting are often signs of unrecognized depression
Internet addiction	Teens may go online to escape from their problems. But excessive computer use only increases their isolation and makes them more depressed.
Self-injury	Cutting, burning, and other kinds of self-mutilation are almost always associated with depression.
Reckless behaviour	Depressed teens may engage in dangerous or high-risk behaviours, such as reckless driving, out-of-control drinking, and unsafe sex.
Violence	Some depressed teens (usually boys who are the victims of bullying) become violent. Self-hatred and a wish to die can erupt into violence and homicidal rage.
Suicide	Teens who are seriously depressed often think, speak, or make "attention-getting" attempts at suicide. Suicidal thoughts or behaviours should always be taken very seriously.

Ecumenical Breakfast



The Rev'd Robert Campbell, OWECC Chaplain and Bev Wilcox of Bell's Corners United Church, Convenor of the Ecumenical Breakfast for 2011.

The Ecumenical Breakfast sponsored by Bell's Corners United Church, Christ Church Bell's Corners Anglican and St. Martin de Porres Roman Catholic Church was held on Saturday, January 29th. This event realized \$1500 which was donated to OWECC for the Youth at Risk Canoe Trip scheduled this year for Aug. 29th—Sept. 1st. We are very grateful for this thoughtful donation which allows us to take approximately 9 youth (ages 13-17) into the wilderness for a four-day canoe tripping experience with three qualified adult leaders.

Poverty and Spirituality Luncheon

The Ottawa West End Community Chaplaincy is having a Poverty and Spirituality Luncheon at Christ Church Bell's Corners Anglican (CCBC), 3861 Richmond Rd., on Wednesday, March 23rd beginning at 12 noon. This event will be hosted by CCBC and the Rector, The Rev'd Peter John Hobbs will give an interactive presentation on the theme of Poverty and Spirituality. Please call Elizabeth at 613 726-1418 if you would like to attend. There will be a free-will offering basket.

"It's not the load that breaks you down. It's the way you carry it."
Lena Horne