



# INNsights

CONNECTING PEOPLE AND BUILDING RESILIENT COMMUNITY: **It's a two-way street**

Christmas 2013

Friends, love, faith and joy and Welcome Inn



## Holiday Events

Penny Sale

Dec 3rd 1-6pm

Penny sale, toys, door prizes and handmade goods. Come out and support Welcome Inn while doing a little Christmas shopping!

Christmas Open House - Dec 15 2-5pm  
Holiday fun with crafts, food, music, family photo & Christmas movie

Christmas Soul Food Dinner - Dec 21  
12-2pm

*Dear Friends,*

At this time of year, we honour the gifts of family, friends, love, faith, and joy in our lives. Here at Welcome Inn, we are grateful for the many ways we are connected to each other: sharing our stories, building new friendships, supporting each other in good and hard times, and having fun together.

A time for celebration, this season can also be a difficult one of loneliness and isolation for many people in our community for whom Welcome Inn becomes "home" and "family." Each Christmas, we host special events to bring people together to share good food, stories, and laughter as well as providing extra supports to people for the season, both in time and resources.

As you reflect on the gifts in your life and the gifts you share with others this Christmas season, please consider a financial gift to Welcome Inn. Know that it will provide essential supports for kids, families, adults and seniors who live in poverty in our community. It will connect kids and youth to caring mentors, provide opportunities for seniors to build friendships over a home cooked meal, support people to start a small business to increase their family income, provide job placements for people looking to get back into the workforce, supply food to individuals and families to help make ends meet, and much more. A tax receipt will be issued for all gifts over \$10.

Gifts of time and in-kind donations are also invaluable. Food drives, collecting art and school supplies and donations of clothing and household items are needed year round. And Welcome Inn would not be possible without the generous gift of time from our many dedicated volunteers.

Thank you for your generous gifts this season— gifts that ripple outward, allowing others to receive and to discover and share their gifts. Gifts that help us to build capacity in people and resilience in our community. Thank you for being part of our extended family here at Welcome Inn.

May your Christmas and New Year be filled with joy and many blessings.

*Peace, Carly*



Carly Gaylor  
Executive Director

# Roli Carr Finds Love and Happiness at Welcome Inn



Roli came to Welcome Inn at a very difficult time in his life. Volunteering was new for him, but we never would have known as he quickly became a central part of our weekly Seniors Diners Club. He got kitchen volunteers, staff, and seniors laughing and joking together, and would whip up simple ingredients into a culinary masterpiece. Roli has returned to school and is studying to

become a chef. He came back to Welcome Inn to share the impact of his time here: "Welcome Inn saved my life. Being here allowed me to not think about myself, to have something positive in my life, where I could come and play and value myself and others. It was wonderful therapy and really good for me spiritually. I didn't know anyone or have friends, and I bonded with people every Tuesday. I got all this wonderful love and happiness here and stopped beating myself up so much. Being here helped me begin a life."

Roli also wants to thank the Hamilton Police and St. Joe's Ambulance Services, as well as the social workers at Alcohol, Drugs and Gambling Services (ADGS) through the City of Hamilton for helping him to get back on his feet. Each Tuesday, Roli went from volunteering at Welcome Inn to the CBT program at ADGS and found that the time here in the morning helped him to do the work he needed to do in the afternoon, and to have the confidence and feeling of self-worth to

make positive changes in his life. Roli will be back cooking a Christmas Meal in December and we look forward to sharing the day and season with him!

*\*Name has been changed to protect privacy*

*"I got all this wonderful love and happiness here and stopped beating myself up so much. Being here helped me begin a life" ~ Roli*

*"Welcome Inn saved my life...It was wonderful therapy and really good for me spiritually."*

*~ Roli*



**Celebrating Advent!** This year Hamilton Mennonite Church has chosen to sponsor the **Adventures in Art program in Advent!** Adventures in Art is designed to assist kids in grades 5-9 in developing a positive self-image along with excellent works of visual art. 30 kids participate in the program that runs from October to April every year. Facilitated by an art therapist, and assisted by Community Volunteer Action volunteers from McMaster University, students learn art techniques while expressing themselves creatively. They are hoping to share their works with Hamilton Mennonite Church at an upcoming show!



## We are all a part of building healthy community.

We value our relationships with one another and strive to connect people and inspire community. We support one another in times of joy and in times of struggle and challenge. We strive to reduce barriers between us by reconciling one to another. We value dealing with conflict in healthy and open ways. We commit to being a safe, healing, and welcoming place for everyone.

### Congratulations Rebecca!

Rebecca has volunteered at New Horizons for one year. Her work with us has been invaluable. She has been responsible for sorting and pricing donations, cleaning up the store, assisting customers and providing leadership on the cash register. Rebecca always has a smile on her face, and a kind word for everyone. Rebecca stopped volunteering this month because she got a job in retail. We are thrilled for her. Congratulations Rebecca! You will do great. We are cheering for you....and we miss you.

Rebecca's new job is going well and says that "if it wasn't for the work I was able to do at New Horizons, I know I wouldn't have this job."

Rebecca's story is just one example of Community being a two way street at Welcome Inn. Her work at New Horizons was so helpful for our neighbourhood. She added amazing strength to our volunteer team, and at the same time we are grateful that her experience at the store enabled her to become employed.

**"if it wasn't for the work I was able to do at New Horizons, I know I wouldn't have this job." ~ Rebecca**

### Nadia's Story

We are so proud of Nadia! She had a goal and has pursued it patiently—with success! With determination she set her sights on what she wanted—a career that helps to protect and give back to her community. Nadia has accepted a position with Hamilton Police as a cadet and we couldn't be prouder! We will miss Nadia's efficient, calm presence at the Food Bank on Mondays. We are bursting with pride for Nadia and join with her in celebrating this achievement. Congratulations!!



Join us for our  
Christmas Open House  
Sunday Dec 15 2-5 pm

Holiday fun with games, food, music, Christmas movie and family photo! Bring the whole family for some fun as we celebrate together. Enjoy building memories with a free photo per family.



Rebecca and her daughter enjoying the New Horizons Christmas Party

We work together for peace and justice.

Chickens! This year's chicken sale was a huge success thanks to the generosity of Robert Musselmann. 120 chickens were given to Welcome Inn—many destined for the Christmas table. Growling stomachs and visions of delicious roasted dinners greeted the fresh, free-range birds as they were distributed on Nov. 22nd. YUM!

Thank you to all of our Volunteers who help to build a safe, welcoming community for all. May you have a blessed Christmas season!



# A Message from the Board

**Best wishes for a Merry Christmas and a Happy New Year to all of our friends and family at Welcome Inn Community Centre. May your holidays be filled with hope, wonder and joy as we celebrate together.**

## Board of Directors 2013

Bob Charko - Chair, Teresa Bendo - Treasurer & Vice-Chair, Gale Payne - Secretary, Art Heidebrecht - Past Chair, Tim Epp, Margaret Kneulman, Eva Jackson, Theresa Picone, Sarah Lawson, Leah Schwenger

Get to know our board members and read their bios at [WelcomeInn.ca](http://WelcomeInn.ca)

## New Horizons Thrift Store

Mon-Sat 10—5pm

**It's shoe time at New Horizons! Buy one pair of shoes or boots and get one free while supplies last. Need some holiday decorations or gifts ideas? Check out New Horizons this holiday season! Have someone who is hard to buy for? A gift certificate for the thrift store is a perfect idea. Our volunteer team would be happy to serve you. We have amazing deals on a huge selection of unique items!**

***Please drop off donations during store hours.***

[www.newhorizons.welcomeinn.ca](http://www.newhorizons.welcomeinn.ca)



We have a new logo! Welcome Inn hosted an online contest and invited participants from all over the world to help create an image that helps to reflect our values. Carla from Rio de Janeiro won the contest and developed our tree of hands logo. She wanted to

express the growth and reciprocity of community that happens at Welcome Inn. We are thrilled! Thanks to the Allegra Foot Print fund, we have new banners! So keep an eye out at upcoming Art Crawls!



## *How can I make a donation?*

Donations can be made by returning the enclosed self-addressed envelope with a cheque to Welcome Inn, or online at [www.canadahelps.org](http://www.canadahelps.org) - Thank You!!

Join the conversation! @WelcomeInnCC.ca



## VISION

We envision a Hamilton where people from all walks of life work together to end poverty.

## MISSION

Achieving our vision, we:

*Offer programs to children, adults and seniors that support basic needs, enhance potential, and nurture spiritual life.*

*Empower people to develop skills & share their strengths.*

Together, we build capacity in individuals and resilience in our community.

## Thank You!

B and T Steel	St. Timothy School
Robert Musselman	Cranksgiving Food Drive
McMaster University	Hamilton Food Share
Picone's Fine Foods	Adventure Attic
St. Jacobs	Allegra Foot Print Fund
Mennonite Church Hamilton	David Miller Shoes
Mennonite Church	



McMaster's management team volunteers at Welcome Inn. Check out the next newsletter for the story

of how McMaster's management team and their ongoing support of Welcome Inn.

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