

Inside this issue:

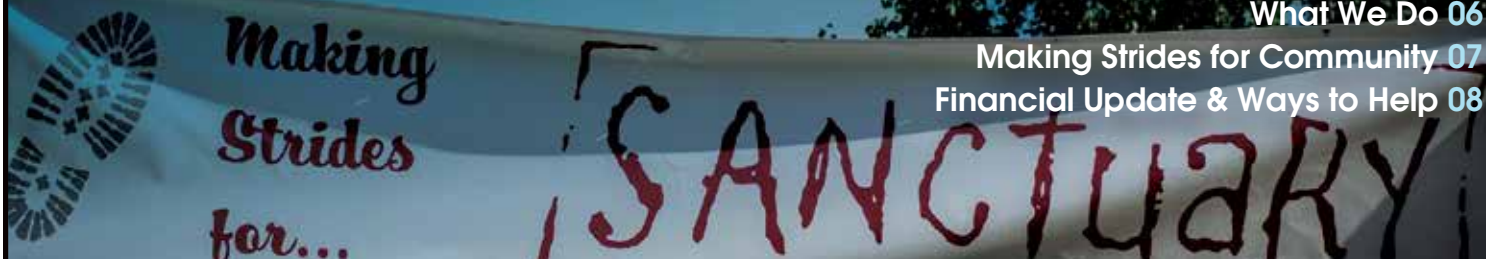
Walking Together 02

Making Strides Through the Years 04

What We Do 06

Making Strides for Community 07

Financial Update & Ways to Help 08



CITY OF REFUGE

Join Us!

Register online at
tinyurl.com/sancstrides2021

Help us meet our fundraising
goal of \$120,000!

Events:

5k walk/roll, 5k Run, 10k Run

When:

Between September 13th at 9:00am
and September 18th at 11:00am.

You can also start at 10:00am on
September 18th with our live
streamed countdown!

We will host a Grand Finale live
stream at 11:00am on September
18th to announce the winners and
share our fundraising results!

Where: Anywhere you like!



MAKING STRIDES FOR SANCTUARY

For almost 30 years, Sanctuary has been making strides for justice and community. We see every meal shared, wound tended, home found, and friend visited in hospitals, jails, or alleyways, as a stride towards the kind of world we long for.

For 12 years now, we've also been taking literal strides at our annual run/walk/roll to raise funds to support our work and community life. It's a chance to engage our extended community of friends, family, and supporters in our vision of justice and home for all. It is also a ton of fun!

This will be the second year in a row that we're hosting the event virtually. Instead of gathering together at the Leslie Spit, we'll be running, walking, and rolling individually or (regulations permitting) in small groups across the city and around the globe. While we don't get to enjoy the awesome energy of all gathering at the same starting line, there is something really special in knowing that there are steps being taken in so many different places for Sanctuary's mission.

One of the best ways to support this event is by signing up to run, walk, or roll, and collecting pledges. Just as the Sanctuary community supports each other day to day, we'll also make sure you feel connected and supported as you make strides with us! We'll send you custom curated playlists to inspire you along your route, share photos and videos from other runners/walkers/rollers, and give you everything you need to spread the word about the Sanctuary community to your friends, neighbours, co-workers, knitting club, and laser-tag team!

We really hope you'll join us between September 13th and 18th, as we stride together in support of a community that strives to live out the Gospel by being a healthy, welcoming home in which folks who are poor and excluded are particularly valued.

Walking Together

By: Lorraine Lam

I have a confession: slow walkers really test my patience. I like to walk fast, getting from point A to B and then C, D, and E in as little time as possible. Slow walkers need to stay to the right and out of my way. I have places to be and tasks to complete: no time to slow down and smell the flowers. If my heart is pumping, I'm doing it right. Then I showed up at Sanctuary.

An errand from our building to the local grocery store should take five minutes, but can often take up to an hour. Walking with a friend to the closest subway station from Sanctuary should take two minutes, but often can take quadruple, or quintuple that time. Getting from A to B means making stops at A-1, A-2, A-3, A-4... all around the neighbourhood, before getting to B.

One year, we took our women's group to the movies, and what could have taken us 15 minutes to get to the theatre, took us close to 1.5 hours. People walked at different paces. Everyone wanted to make a different pit-stops. Every single window display was a reason to share reminiscences. The journey to the theatre was the adventure itself; forget the movie!



Relationships and presence are not efficient. There is no quick and instant way to build the lasting and transformative friendships that we have here. Our yearly run/walk/roll always reminds me of that.

A few years ago, I promised our beloved Froggie that I would walk the 5K with her. We were at the starting line, and at the sound of "GO!" everyone around us took off. I was excited to start walking but to my bewilderment, Froggie turned the opposite direction and said, "I thought I saw a snake back there!" We spent the rest of the morning walking about 500m, as she stopped to look at every flower that lined the Leslie Spit and sniff them, look for animals, and take it all in.

continued on Page 3

Walking Together

(Sorry to my supporters that year who supported me to run 5km because I didn't complete it!)

Needless to say, this is not my preferred pace of existence.

I have learned in my time at Sanctuary that to walk well alongside our friends means accepting non-linear and non-speedy paths. We walk at the pace that our friends require; we make stops and detours that we might not prefer. Walking alongside our friends is one of the most important things we can do, and the yearly 5K is a tangible reminder of that.



I asked some friends - new and old - what it meant for them to walk alongside and together in this community.

Froggie, "I like it. It is fun. I like the animals and the scenery. Walking together means I get exercise and be with friends to talk to so I'm not alone. I don't feel alone when I'm around [Sanctuary]."

Lila, "The walk means I have someone else to walk with. Sometimes literally walking somewhere, and sometimes just knowing someone is there for you all the time. It also reminds me to just keep walking. Even if it's hard."

Tim, "Walking the 5K means a good time with good people, and to raise money for a good place. It symbolizes progress. It's so good to spend time here with people who want to see us do better. This is a community - a place where we can focus on the good things that have come from walking together."

Aimee, "This is a colourful, crazy, happy family; a big family in a big team uniting together. When Tim [my husband] and I take walks, we end up communicating more - and communicating is what builds and deepens relationships. The 5K is that for everyone connected to Sanctuary."

Rob "Walking together means to be together - just the way we are. It's being with other people who appreciate what the other person needs. It's difficult to be alone and walking with others in this community reminds me that we are in this together - actually. It's brotherhood, sisterhood; no judgment."

Making strides in this community is not about speed, record-breaking finish times, or accomplishing long lists of to-dos. Instead, we strive to be present in the best way we know how, and some days those strides are slow.

The strides will look different for each person, and that is okay. Even if my friends are slow striders.

Making Strides

Check out some snapshots from run/walk/rolls past!



Through The YEARS



*“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. **And let us run with perseverance the race marked out for us.**”*

-Hebrews 12:1

WHAT WE DO

By: Kathleen Smith

When we invite folks to support Sanctuary through the run/walk/roll, especially folks who haven't heard of us before, they often want to know what Sanctuary does. Pretty reasonable! But it can actually be a tricky question for us to answer. At Sanctuary, we try hard to focus much more on "being" than "doing." Instead of swooping in with programs and projects to "fix" people, we feel that our most important "work" is to simply be present, accompanying each other through the ups and downs of life.

That being said, any of us, if we saw that a loved one wasn't getting the support they needed, would do what we could to help. Our society hasn't been set up to provide our friends on the street with the resources they (and all of us) need to survive and flourish. We try to step into that gap where we can, and that is the inspiration behind much of the work we do in our community. This work includes:

- Walking the streets to connect with people on their own turf, and offering water, snacks, socks, and other supplies. This past year we've also done a lot of outreach specifically to the growing encampments across the city, offering tents and sleeping bags, advocating for the rights of people in encampments, and supporting fire safety initiatives.
- Offering accessible healthcare through our clinic staffed by three registered nurses and a nurse practitioner, as well as visiting doctors. This includes everything from foot care to pre-natal care. We also support and advocate for our community when they are receiving treatment in hospitals and from specialists.
- Helping people to navigate the many complex systems and bureaucracies that people living in poverty are forced to contend with, particularly income support and housing programs. Supporting people in working towards their goals, from finding and maintaining housing, to accessing treatment for chronic mental and physical illness.
- Offering therapeutic and empowering arts and drama activities.
- Sharing family-style meals. Obviously COVID has really disrupted this, forcing us to serve everything in take-out containers with strict social distancing. We cannot wait until we can get back to the usual raucous and warm atmosphere of our meals, but we are really grateful to our kitchen for helping to fight food insecurity in our neighborhood by serving over 700 (!!!) meals a week throughout the pandemic.
- Offering shower facilities, toiletries, and clothing.
- Providing supported, affordable housing at our community house.
- Facilitating dignified work at a living wage for folks from the street community through our past social enterprises and, currently, by employing folks from our community to support the increased cleaning and meal prep workload during the pandemic.
- Celebrating life together. Pre-COVID this looked like community concerts, moving people into new apartments, going to the movies, our weekly church service, birthday parties, baby showers, and more. These days it's tougher, but we still manage to squeeze in some joy and celebration with our online church service, impromptu dance parties at our weekly meals, and chats with friends in parks, on sidewalk corners, and in subway stations.

Making Strides for Community

By: Tanja Futter



I recently returned to Sanctuary after being on maternity leave and since I've been back, I've observed how much the pandemic has changed how Sanctuary operates. It's been a challenging adjustment to go from eating together indoors at a table, to having meals served outside in takeout containers. At times the changes have been uncomfortable, and I often miss the moments of connection, sitting on a couch, talking about our farm or my kids, with people who have been our friends for many years.

But I realized, after the initial shock of seeing the change, that the community aspect of Sanctuary isn't gone. It's true, it's changed, but it's still there.

It's standing outside, distanced, talking about an art project someone is working on. It's seeing a friend and talking for a few minutes in the cold about how they are coping with isolation in the pandemic. It's connecting across the street with "the crew" about their journey to housing. It's being teased about being pregnant (again!) and how our life will be overrun with kids, but at least we'll have plenty of workers for the farm! It's remembering people who have died, with others who have loved them.

So, when I look back at the last four months, I realize that the community is there. It looks different, but honestly, a global pandemic means everything looks different! It's comforting to know that the core, the community that makes Sanctuary so special, is not lost.

When I think about what we are making strides for at this year's run/walk/roll, I'd say we're making strides for community, for connection, and for real relationships, all of which are very special. And in a year when the pandemic has kept us away from community with so many, I realize what a special gift it is to have these relationships in my life.

Financial Update

By: Alan Beattie,
Executive Director

As you have read in this newsletter, we are still plenty busy responding to the needs of our community at this time. We are grateful that we have been able to continue to offer warm and nutritious meals three times each week. We are grateful to be still able to employ members of our community to do incredible work assisting with meal preparation and building cleaning. We are grateful that we have been able to host COVID testing and vaccine clinics. We are grateful that we can continue to offer tents, sleeping bags, and many other supplies to so many people who need them. And we are grateful for your continued generosity that makes this all possible!

Through these first months of the year, we continue to be on the receiving end of incredible financial support which has made it possible to do all of these things for those in our city who are so often overlooked and left on the margins. Thank you for your care of our community through your financial gifts. As we move into the Summer and Fall, there will undoubtedly continue to be unusual demands on our finances and so we remain reliant on our Creator's provision through friends like you. Thank you, in advance, for your continued support of our Sanctuary community!

Ways to Help *Pray, pray, pray!*

Board Members

Alison Marthinsen

Pamela Thomson

Janice Towndrow

Cindy Quinton

Joanna Moon

Michael Blair

Simon Beck

Sylvia Keesmaat

DONATE

By credit card: donate.sanctuarytoronto.ca

By automatic monthly debit: complete the form at tinyurl.com/sanctuaryPAG

*By cheque or money order payable to Sanctuary Ministries of Toronto
Mail to 25 Charles Street East, Toronto, ON M4Y 1R9*

For US Donors, by cheque or money order payable to First Church of the Nazarene
Mail to Sanctuary c/o Radical Mission, 150 Richview Road, Clarksville, TN 37043
Attn: Leighanne Guthrie

Donate A Car Canada! Sanctuary can benefit from your donation of any kind of vehicle (cars, trucks, vans, SUVs, motorcycles, boats, RVs) to be recycled in an environmentally friendly manner! Not only that, but if you have a newer or estate vehicle that you would like to donate, they have selling agents to assist in maximizing your donation. Simply go to www.donatecar.ca or call them at 1-877-250-4904.

Tax receipts for all eligible gifts will be sent at year end (charitable# 89037 9340 RR 0001).

Other Ideas

Raise awareness by showing this newsletter to your friends and family.

Commemorate special people and occasions by donating to Sanctuary 'in honour of...'

Invite Sanctuary to speak at your church, school or group meeting.

Follow us online and share our posts with your friends and family.

Facebook: @sanctuarytoronto

Instagram: @sanctuaryto

Twitter: @SanctuaryTO

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[SANCTUARY]

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