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# CITY OF REFUGE

## *You're Invited to Making Strides for Sanctuary 2019!*

**Help us meet our fundraising  
goal of \$150,000!**

**When:** September 14th, 2019

**Where:** Tommy Thompson Park  
(a.k.a The Leslie Spit), Toronto

**What:** Join us for a 5k walk/roll,  
a 5k run, or a 10k run

**Visit [tinyurl.com/sancstrides19](http://tinyurl.com/sancstrides19)  
to get registered, start  
fundraising, and find more  
information about Making  
Strides for Sanctuary!**

**"I loved it! You get to meet new people.  
You get to socialize with your friends.  
You get to walk at your own pace, or go  
in your wheelchair, or jog...[Sanctuary]  
accepts whatever you can do."**



## MAKING STRIDES FOR SANCTUARY



We are very excited to invite you to be a part of Making Strides for Sanctuary on September 14th 2019! Making Strides is our annual fundraising run/walk/roll where our community gathers to get some exercise and support Sanctuary's work and mission. Last year, thanks to the generosity and enthusiasm of all our supporters, we were able to raise over \$125,000, and this year our goal is \$150,000. The money we raise through Making Strides makes up a big chunk of our operating budget, and these funds give us the financial security to go the extra mile for our community without worrying about how to keep the lights on.

I recently sat down with Amanda Tolley, who has been part of the Sanctuary community for over a decade, to ask what Making Strides for Sanctuary means to her. When asked about last year's event, she told me "I loved it! You get to meet new people. You get to socialize with your friends. You get to walk at your own pace, or go in your wheelchair, or jog—whatever you can do...[Sanctuary] accepts whatever you can do."

Amanda also wanted to share how meaningful the Sanctuary community has been for her. "You get to meet new people. All the staff are friendly. It makes me really happy, being with my friends."

When I asked Amanda to reflect on her favorite experiences at Sanctuary, she paused for a moment, then a big grin spread across her face. "When Dallas [a Sanctuary friend] was feeling down one time, I made him laugh. How I got him to be happy again is, I said: "Are you farting away?" He smiled, and he said: "Yes, I'm farting rainbows!"

Amanda is well known to our community as a great encourager with a big heart, and even though it was silly, the moment she described profoundly captures the spirit of the Sanctuary community. We strive to be hopeful in the face of the great injustices experienced by members of our community who are homeless and living in poverty, and we all care for each other, across economic and social boundaries. We also make space, amidst many challenges, to laugh and celebrate together.

That's what we'll be Making Strides for on September 14th. Of course, the money we raise will support the many forms of practical care we offer, from our healthcare clinic, to sleeping bags, to advocacy, to weekly meals. But more fundamentally, it will be supporting our community: a place where friends like Amanda can be with people they care about and who care about them. I'll give her the last word on why you should join us this year: "You get your exercise, you get to meet new people...[and] it's a good cause."



# The View From Here

***“How beautiful upon the mountains are the feet of him who brings good news,” the prophet says.***  
*(Isaiah 52:7.)*

After having run Sanctuary’s 5K a couple of years ago wearing wool socks and a pair of broken-down old walking shoes, I say, “How comfortable upon the path are the feet of him who wears good shoes.” Yes, I went out and bought some proper running footwear before last year’s run and was amazed at the difference it made. I ran (if you can call an erratic gait somewhere between a shuffle and a lope that) the whole thing without stopping. My feet didn’t ache; my thigh and calf muscles didn’t feel like rubber bands that had been wound up until they threatened to snap at any sudden move. I didn’t seize up completely two days later and was able to walk more or less like a normal human being through the entire week that followed.

When the subject comes up in our household, as it tends to once in a while since we have a small front hall closet, I generally feel a little smug about having only a modest store of footwear. When I consider the matter objectively, though, I have to concede that this may be true only by comparison with the others with whom I share said closet. After all, I have winter boots, hiking boots, cowboy boots, engineer’s boots and rubber boots. I still have those broken-down walking shoes and the new running shoes (barely worn). A pair of sandals. Five pairs of boat shoes! (It’s true I’ve only bought two of those pairs myself; one pair is so old I used them only for painting and so on, but still.) In reality, it’s an embarrassment of riches. Oh, I have a pair of dress shoes too – but I avoid wearing them if I can.

One day in the middle of this past winter, I bought winter boots for a friend of mine who was wearing a pair of second hand basketball shoes. To get him to take and wear the boots, I had to agree to store the shoes beneath my desk – they were the only footwear he had, and despite their worn condition, they were the best he’d had in quite a while. Those shoes reside in a box, inside a bag; every once in a while I kick it by accident and a faint cheesy waft reminds me of my friend, who has gone north to visit family for a month or two.

I’m reminded also of how much I take for granted. When I wanted new shoes I just went out and bought them. When he needed boots, I just went out and bought them. I have shoes for every circumstance; for every circumstance he has the one pair of boots. Someone watching me “run” a couple of years ago in my old shoes might have chided me for my lack of effort when I stopped or walked; they might have commented on how out of shape I was as I hobbled around during the week following. But new, appropriate footwear, not my effort or conditioning, made a huge difference to my performance last year. For him...

The shoes, of course, are a simple metaphor for the many other disparities in our lives and experiences. I have almost always had the good, comfortable support in almost every fashion that my friend has rarely if ever had.

According to the prophet, what makes the feet of the good news bearer so beautiful is that the one who runs on them is coming to announce shalom – the Hebrew word that means peace, wholeness, vitality and justice: in short, having everything you need for a good life. This good news runner comes to proclaim salvation: deliverance from oppression of every sort, whether spiritual, mental, emotional or material. Such a fabulous message that is proclaimed only in words becomes so weak as to be almost meaningless. It demands action. A pair of boots given mid-winter is the merest whisper of the news that is so good it deserves to be broadcast at high volume by every means possible. That’s our continuing goal at Sanctuary.

We’ll “run” through the summer, delivering that good news joyfully every chance we get, in word, action and material. Come September, we’ll literally put soles to pavement, running for the good news that goes beyond words, running to help provide the shoes and the shalom our people need to be set free.

We hope you’ll run with us.



# Making Strides for Community Arts

On May 10th we celebrated our spring Arts Extravaganza. It was a beautiful night where community members shared works of visual art, poetry, dance, performance, and music. In addition to the opportunity to exchange ideas and share creative works, participants from our weekly arts Studio drop-in also had the opportunity to sell their paintings and art cards.

At Sanctuary, we believe that art can heal, that safe opportunities for expression and creativity are balm for the soul, and that all voices should be heard, especially those that are so often silenced by the world. Although meeting immediate material and physical needs is essential, we believe that we all need opportunities to feed our souls through creative expression in order to truly flourish. After all, we are creative creatures made in the image of a creative creator!



Take a look at some of the highlights from our latest Extravaganza. We'll be hosting another similar event this fall and we hope you can join us!





# Making Strides (and building rides!) for Dignified Work

At Sanctuary, we meet many people who are striving to build healthier, more stable lives for themselves. At the same time, many of them face huge obstacles that make change feel unachievable. One area where we see this most starkly is the world of work. The job market is competitive, and poverty and homelessness can create barriers to employment, like long resume gaps, a lack of credentials, or not having professional clothes. As a result, many of our friends are left in the position of being trapped in poverty or having to accept unsafe or unregulated work that leaves them vulnerable to all kinds of abuses.

We believe that dignified work can be an amazing source of self-esteem, and an important key to economic stability, and we want this kind of work to be accessible to our friends. So, for over 15 years Sanctuary has operated social enterprises that offer stable, dignified jobs to members of the Sanctuary community who have barriers to employment. A social enterprise is a business, just like any other, but instead of focusing exclusively on profit and growth, social enterprises are committed to doing business in a way that benefits their community and the environment, often while fulfilling a social purpose.

Since 2013, Sanctuary has operated a full-service bike shop called Switchback Cyclery, located at 651 Queen Street East in Toronto's Riverside neighbourhood. Switchback's employees are provided with training and extensive workplace supports. This includes courses and certifications from the Winterborne Cycling Institute, as well as training and supervision from our management team. All employees also have their own mentor from the Sanctuary community who helps to support them with both professional and personal development.

On a recent visit to the shop, I had a chance to speak with Dan, a bike technician who has been part of the Switchback team since 2013. Dan explains that he is a mechanic, but his primary role at the moment is washing bikes. As we chatted, Dan moved energetically around his work station, selecting tools from his table and keeping a thoughtful eye on the heavy white bicycle that he was steadily stripping of mud and grease. Dan is obviously excited to rise to challenges in the shop. He tells me "I came in gung-ho. I was really working hard right from the start." In an ordinary day, he'll wash 3-4 bikes and then get to work on some smaller repair jobs, like working on a bottom bracket repair. "I've recently started working on more major repairs...[which] really makes me feel like a mechanic."

Dan especially appreciates the leadership opportunities he gets to take part in through his work at the shop, such as a recent event where he spoken to around 60 prospective University of Toronto students about leadership. He also loves visiting trade shows and learning about the cycling industry. "It's great to feel like part of the industry," Dan told me. "It's totally exciting and totally fulfilling."

I asked Dan what he thinks is the most important thing for people to know about Switchback. He replied, "People at Sanctuary have really gone to bat for me and shown me that work doesn't have to be torture. They've shown me that its ok to go back to work, and you don't have to feel shame. It can be a good thing."



**On September 28th 2019, Switchback is hosting our annual Harvest Ride fundraiser! Join us for a 15k, 25k, or 60k ride through beautiful Northumberland County. For more information, or to register or donate, please visit: <https://tinyurl.com/harvestride19>**



# FAREWELL MEL

After over a decade of leading creative and therapeutic arts endeavours at Sanctuary, our dear Mel Ng is hanging up her hat as Artist in Residence. Mel remains a valued member of our community, and continues to join us for drop-ins and special events. However, in her work life, she will be pursuing her passion for ecology and the environment, starting with an internship at an organic farm near Lindsay, Ontario this spring and summer.

Mel leaves an immense and powerful legacy in the arts program, and in the whole community at Sanctuary. Mel has a gift for cultivating peaceful spaces where people feel safe, acknowledged, and appreciated. She is a talented artist and was able to mentor and support many Sanctuary community members to express themselves, develop their artistic skills, and to pursue greater wellness and personal flourishing.



We will miss Mel's grace, her peaceful and deeply caring nature, her profound insight and spirituality, her enthusiasm, and her great sense of humour.

We hope you will join us in sending your prayers and best wishes to Mel for her new adventures.



## SOME NEW FACES

***We are pleased to introduce Alejandra Adarve and Natasha Sudenis who have both recently joined our team as community arts facilitators!***

### **Alejandra Adarve**

**1. What did you do before coming to Sanctuary?**

*I was a writer and worked for a cultural magazine. I also facilitated community art workshops with organizations that work with victims of violence for the peaceful coexistence of marginalized communities in Cali, Colombia.*

**2. Who is your favourite artist?**

*I love many, but maybe my top five are Vincent Van Gogh, Pablo Picasso, Gustav Klimt, Henri Matisse and Jean-Michel Basquiat.*

**3. What excites you most about being at Sanctuary?**

*I have always been very passionate about social justice and finding ways to fight oppression, I love making human connections and I love art. So Sanctuary is everything I love in a nutshell. I feel blessed and grateful to be able to work here.*

**4. Tell us a fun fact about yourself!**

*My husband, my daughter, and I have very small parts in a low budget Canadian movie and we went to Locarno Film Festival in Switzerland. For some reason people thought we were famous actors and treated us like movie stars, asking for our autograph and taking their picture with us. It was like being Cinderella for a weekend.*

### **Natasha Sudenis**

**1. What did you do before coming to Sanctuary?**

*I was pursuing a Master in Expressive Arts Therapy and facilitating therapeutic arts-based workshops across the GTA.*

**2. Who is your favourite artist?**

*I will always have a soft spot for the early Abstraction era- Paul Klee, Kandinsky etc. because of the way they experimented with the intersection of visual arts, sound, and music. The layering of various art forms and sensory experiences has always been fascinating to me, and has probably played a large part in why I was drawn to Expressive Arts Therapy in the first place.*

**3. What excites you most about being at Sanctuary?**

*Having the privilege and opportunity to really get to know individual members of the community and, of course... Community Arts! The creative process is important to me because it begins with personal and collective agency, making it an accessible way in which we can live, imagine, understand, and create change in our lives as well as the wider social community. I've already met so many talented artists and I'm really looking forward to seeing what unfolds next!*

**4. Tell us a fun fact about yourself!**

*I love weight-lifting !*



## Ways to Help *Pray, pray, pray!*

### Board Members

Alison Marthinsen  
Shamus Slaunwhite  
Janice Towndrow  
Cindy Quinton  
Joanna Moon  
Michael Blair  
Simon Beck  
Sylvia Keesmaat

### DONATE

*By credit card: [donate.sanctuarytoronto.ca/](http://donate.sanctuarytoronto.ca/)*

*Monthly by electronic funds transfer use the form at [www.sanctuarytoronto.ca/forms/PAGform.pdf](http://www.sanctuarytoronto.ca/forms/PAGform.pdf)*

*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

Tax receipts will be issued at year end. Funds given in excess of an approved or discontinued program will be applied at the discretion of the Board.  
Charitable #89037 9340 RR 0001

**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 also, 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](http://www.donatecar.ca) or call them at 1-877-250-4904.

**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...'  
**Sign-up** to receive newsletters and invitations via email by contacting [info@sanctuarytoronto.ca](mailto:info@sanctuarytoronto.ca)  
**Invite** Sanctuary to speak at your church, school or group meeting.

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