

SEED NEWS

SUMMER 2019

Our Mission

To build hope and wellbeing for our most vulnerable citizens through Jesus' love.

"It's time to heal, because I need a lot of healing in my life."

— Randy



THE
MUSTARD
SEED

POVERTY DOESN'T TAKE A VACATION



"AND LET US NOT GROW
WEARY WHILE DOING
GOOD, FOR IN DUE
SEASON WE SHALL REAP,
IF WE DO NOT LOSE
HEART."

— GALATIANS 6:9

Summertime is here again. After such a cold and snowy winter, we can hardly wait to put out the proverbial "gone fishin'" sign and head for the great outdoors. It's a season when we often put our responsibilities on the back burner, unless something urgent comes up. However, "urgent" is an interesting word.

Non-profit organizations often send urgent pleas asking donors to respond to or prevent crisis situations. Sometimes we find ourselves wondering whether these requests are truly rooted in urgent need. The reality is that poverty doesn't take a vacation. Our community's most vulnerable have real and urgent needs every season of the year, and summer is no exception.

Your generosity is inspiring, and I encourage you to continue the good work you have started.

In this newsletter, you will read some amazing stories about Randy, Lee, Cori, and Danny, and the impact that your gifts have on those who turn to us in their time of need. Thank you for remembering The Mustard Seed, and the men and women we serve this summer.

Blessings,

Stephen Wile, CEO
The Mustard Seed



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The Mustard Seed is a registered Canadian Charity in Alberta

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ACTIONS SPEAK LOUDER THAN WORDS

RED DEER 

Cori has served with The Mustard Seed for over two years. She currently works as the Food Services Team Lead in Red Deer. Each day, Cori and her team provide more than 120 guests with a warm, homemade meal, and a generous helping of hospitality.

Cori brings a unique perspective to her role that enables her to see the world through a different lens than most; this is because Cori is deaf.

"I see God move through the non-verbal, through facial expression, posture, physical touch, and many other non-verbal actions. Each day I attempt to attest what St. Francis of Assisi said so eloquently, 'Preach the Gospel at all times and, if necessary, use words.'"

CORI'S FAITH ALLOWS HER TO SERVE GOD AT WORK

Cori's faith inspires her work. She recognizes that we are called to serve, and help one another, and that God has a divine purpose for all of us.

"We are here on earth to be the salt and light to the world, and we at The Mustard Seed are here to be the salt and light for those that come to us for refuge."

For Cori, it's about even more than meeting the basic need for food. She greets every volunteer, donor, and guest who comes through The Mustard Seed with a big smile, determined to show them God's love and acceptance.

"I know that God has been using my smile, my actions, and my body language. And as I do that, I hope they feel God's love, God's smile, God's acceptance, and God's hugs for them."

Cori has found her purpose at The Mustard Seed. With every meal, she reminds our guests how much God loves them.



Cori is all smiles as she helps prepare meals for those in need.

"For those who can hear, be there with open ears. For those who can talk, use words of wisdom to encourage others. For those with feet, walk over and check-in with people to see if they are okay," she says. "Remember to always show the joy we have within us through our smile, as our smiles can uplift so many people in so many different situations, which even in the smallest ways, will impact the Kingdom of God."

22,300

hot meals were served to
individuals experiencing
homelessness and poverty
last year at The Mustard Seed
Red Deer location.



THE  SEED

A HIGHER CALLING

HOW RANDY'S JOURNEY
WITH CHRIST INSPIRES HIM
TO GIVE BACK

Randy reflects on his journey with The Mustard Seed as he waits for a bible study session at Eastside City Church.

**"THE BIGGEST THING I'VE
LEARNED THIS PAST YEAR IS
PUT YOUR FOCUS ON CHRIST
– THAT'S ALL THAT MATTERS."**

After sustaining an injury that prevented him from working and experiencing a devastating breakup from his girlfriend, Randy found himself homeless.

"Somebody mentioned The Mustard Seed," he recalls. "They're there to provide basic needs and put a roof over your head."

Randy stayed at The Mustard Seed's Foothills Shelter for about two months. He says the time he spent there really opened his eyes not only to the world of homelessness, but also to the world of God. For this, Randy credits a small bible study group.

RANDY FINDS GOD AT THE MUSTARD SEED

A group from the Eastside City Church visits the Foothills Shelter multiple times a week for the purpose of sharing God's word with guests through the shelter's Spiritual Care program.

"My heart was hard, and these three guys came up to me and tell me to come to bible study. The next day, I went to church. Within 15 seconds, I knew that was where I was supposed to be," Randy says. "It's time to heal because I need a lot of healing in my life."

Now a regular member of the Eastside City Church, Randy is on fire for God. He is sharing the Gospel and trusting God to use him as His instrument. He continues to pray for guests at The Mustard Seed shelter and now also shares God's Word with his co-workers at his new place of employment.

Randy is the kind of guy who knows how to give back. Once a guest at The Mustard Seed's Foothills Shelter in Calgary, he is now on a mission to help those who find themselves in a difficult situation. This past Christmas, he and eight other members of Calgary's Eastside City Church, prepared and handed out 75 hot turkey dinners to individuals experiencing homelessness.

"The biggest thing I've learned this past year is to put your focus on Christ - that's all that matters."

1,443

Bibles were distributed to the community last year.



SEND A KID TO CAMP

Visit TheSeed.ca/camp to learn how you can help.



Lee enjoys a cup of coffee
at The Mustard Seed
Mosaic Centre.

LEE'S BUS RIDE OF HOPE

Living outdoors in Edmonton's river valley for eight years had taken a toll on Lee. He could no longer bear the extreme cold weather, and his bad back and arthritis were only getting worse with age. He knew it was time to reach out for help.

"You know, I was just tired of it, worn out. I just wanted my life back," Lee says. "I've been homeless off and on for 15 years.

When you're homeless and wearing a backpack you're told to move along a hundred times a day. I went through a divorce and bankruptcy and so forth, and I just never pulled out of the depression and the mental part of it all." Trying to stay away from rougher crowds in the downtown core, Lee decided to leave his camp and seek help at The Mustard Seed Mosaic Centre, located on the north side of Edmonton.

"The Mosaic Centre helped me out with a bus pass every month. Before that I was hiking or pirating the train. This bus pass gave me freedom to move around and get my appointments done."

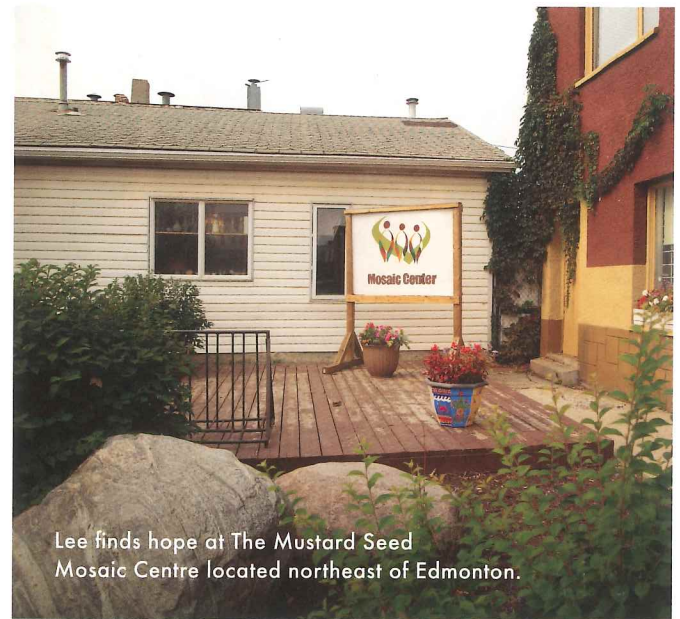
The bus pass also provided Lee with a way to get to The Mustard Seed emergency shelter located on the south side of Edmonton. Although the commute from The Mosaic Centre to the emergency winter shelter is long, Lee says the daily trip is worth it.

"The staff here are great. They hooked me up with Homeward Trust and now I am on a list to see if I can get into permanent housing. A Wellness Advocate here helped me, and I finally got approved."

LEE LOOKS AHEAD TO A FUTURE OF POSSIBILITIES

Lee is hopeful that he will soon find suitable employment and permanent housing. In the meantime, he will continue volunteering and giving back whenever he can.

"At Mosaic Centre, they've taken me in and made me feel great, and the same with the Neighbour Centre," Lee says. "I am hoping I could go back to work, but I know it might be awhile. I just want to get off the street."



Lee finds hope at The Mustard Seed Mosaic Centre located northeast of Edmonton.

55

bus passes are distributed to clients every month at The Mustard Seed Mosaic Centre to help individuals access much needed resources around the city.



"THE MOSAIC CENTRE HELPED ME OUT WITH A BUS PASS EVERY MONTH. BEFORE THAT I WAS HIKING OR PIRATING THE TRAIN."

DANNY'S TALENTS GO BEYOND THE MUSTARD SEED

When he isn't in the Outreach Centre kitchen, you can find Danny busy with his many hobbies. Danny is a well-accomplished athlete having won medals at all the Special Olympics in both snowshoeing and curling. He also volunteers with Habitat for Humanity, donates blood regularly to the Red Cross, and is in a music group where he plays the chimes.

"I enjoy volunteering," says Danny. "In the kitchen, I like to be around people and make food for our guests. My favourite thing to make is soup – and we make all kinds. It makes me feel good to give back to my community, and I have fun working with my friends."

SERVICE WITH A SMILE

Group photo (LtoR): Dieter, Danny, and Nick of our Outreach Centre Kitchen Team.

The first thing you notice about Danny when you walk into The Mustard Seed Kamloops, is his huge smile. For the last seven years, this has been where Danny finds his meaning – volunteering in the kitchen and making meals for those in the community who are hungry, homeless, or hurting.

Danny is autistic, but this by no means defines him or his role at the Outreach Centre. To the kitchen staff, he's just another member of the team who works hard and contributes so much.

"Danny is an incredible asset to our kitchen team," says Dieter, The Mustard Seed Head Chef in Kamloops. "He not only offers incredible help, but we know that this experience enriches his life too, which is excellent. We always enjoy when he's here."

"He is an all-around nice person," says Nick, a fellow kitchen volunteer. "Danny works hard and is so nice. I just love working with the guy."

**"IT MAKES ME
FEEL GOOD TO
GIVE BACK TO
MY COMMUNITY,
AND I HAVE FUN
WORKING WITH
MY FRIENDS."**

CALGARY

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102 11 Ave SE, Calgary, AB
p. 403.269.1319 | e. Info@theseed.ca

Calgary Shelter
7025 44 St SE, Calgary, AB
p. 403.723.9422 | e. Info@theseed.ca

Neighbour Centre
#24 6060 Memorial Dr NE, Calgary, AB

EDMONTON

Community Support Centre
10568 114 St, Edmonton, AB
p. 780.426.5600 | e. InfoEdmonton@theseed.ca

96th Street Building
10635 96 Street, Edmonton, AB

Neighbour Centre
10050 81 Ave NW, Edmonton, AB

Mosaic Centre
12758 Fort Road, Edmonton, AB

RED DEER

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6002 54 Ave, Red Deer, AB
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