



No matter who you are, No matter where you have been

No matter what you have done

WELCOME!

A WORD FROM THE "CHAIR"

2019 was an eventful year. The current Board Members were elected in June and accepted the responsibilities of becoming a working board, taking on responsibilities to ensure that The Rock would continue to work and flourish. I'm proud to say all the members have stepped forward and are making a difference.

The response to Monday Night Kids (MNK) has been amazing. See more later in this Newsletter.

The Men's Group continues to meet weekly and is having a positive impact on those who attend.

The generous gifts we receive from you, our donors, are so appreciated. We are very blessed and grateful for your financial support as well as the support of your gifts of food and warmth (toques, scarves, gloves and socks).

We look forward to 2020 with great anticipation, as we continue to provide breakfasts, spiritual care and warmth for our guests.

Thank you so much for being with us in this ministry.



God's Blessing
Harold N.
Chair

WORDS FROM OUR GUESTS

"Thank you God for another meal"

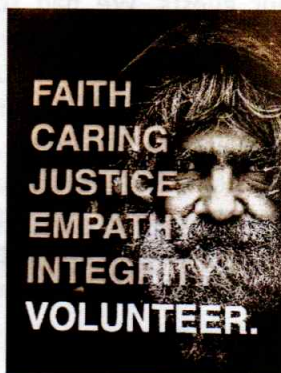
These words were quietly spoken by one of our guests before he started eating the breakfast he had been served.

"It's easy to say *How are you.*

But to say, How are you and sit down and listen makes a difference. Thank you "

"I went for breakfast at The Rock and felt really good when I left".

I appreciate the good work you are doing. My son is homeless again and told me this one day, he has schizophrenia and rarely have I heard him say anything so positive!



Artwork By: Anna K.
Edited to fit

THOUGHTS FROM A "NEWBIE"

I began volunteering at The Rock this past September. 5 am is a bit early, so having a fun and loving team keeping positive vibes flowing is a real plus. I have been learning lots from my fellow Tuesday morning comrades who have been volunteers for many years. They are adapt at turning out breakfast for the multitudes and accomplish it quickly and efficiently. Our breakfast guests are also teachers and give me thoughts to ponder. I will share a couple of instances that come to mind.

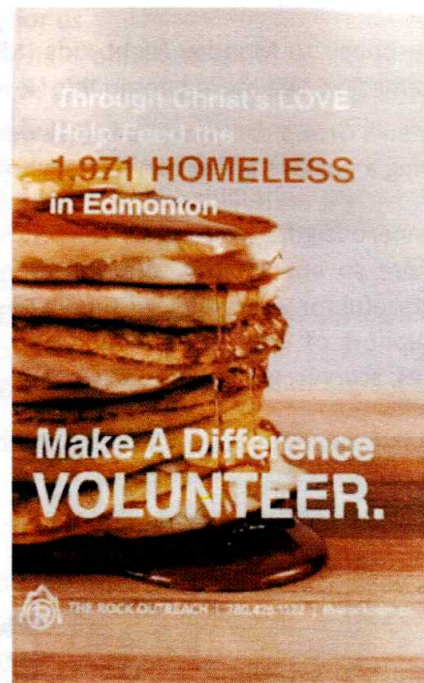
One morning I was serving porridge beside another volunteer who was serving pancakes. She greeted one of the guests by name and he was so surprised that she knew his name and even queried how she did. She said with a smile that she had been coming a long time and that he had too. After he finished his breakfast, he passed by the serving line once again to express his amazement. I tucked that away to reflect on later or I would have shed tears in the porridge. It is such a human longing to be known and called by name. God knows that and says to each of us, "Fear not, for I have redeemed you; I have called you by name; you are mine." (Isaiah 43:1)

Another instance is a difficult reminder to me of how little understanding I truly have of the circumstances of our guests. We had some pancakes left over at closing time which we bagged and then offered until they ran out. I, without thinking, asked one gentleman if he would like some pancakes to take home and he said "I don't have a home." All I could come up with was a sincere "I'm sorry" but with a mental note to offer "pancakes to go" instead next time. My slip of wording and his comment still hurts my heart.

Recently, there was a brief lull in the serving line that allowed time to gaze from the kitchen across the guests eating breakfast at the tables in the dining area. My eyes rested on a gentleman whose profile was a younger version of our son in facial similarity and he captured my attention. The realizations that with different life situations that could be my son sitting there and also that he was indeed someone's son, made a wave of tenderness and compassion flow over me for our guests.

I am asking God to help me follow the perfect example of Jesus in loving and serving others and to forgive my shortcomings. I am grateful and humbled by this new opportunity to learn and grow at the Rock.

Becky Z.



Artwork By: Anna K.

Edited to fit

Christmas Breakfast

On December 12th our annual Christmas breakfast was served. 453 plates of ham, eggs, hash-browns and toast were thoroughly enjoyed by our guests. The dining hall was nicely decorated and live Christmas music was provided by the Klann family band.



A women's fellowship group from a supporting church donated purses filled with women's toiletries. These gifts were very well received by our female guests and we encourage more women's groups from supporting churches to participate in this project in the coming year. Gloves, along with donated hats, socks, candy canes and oranges were also given to our guests.

Thank you so much to everyone who answered our appeals for special items. It enabled us to provide our guests with some of the basics. Thank you to all our dedicated volunteers who worked to make this Christmas celebration possible.

FACILITIES

Greetings,

We have been weathering this winter in good form. God has blessed this ministry as the issues we have been having are relatively small and we are in good shape.

If you are handy with wood work or are interested in doing landscape work this spring/summer, let me know as we are beginning to plan for the spring clean-up.

Best Regards,
Harald W.

RESPONSE FORM

Please send information on:

Contact me about **volunteering**:

☐ For The Rock Outreach

Monthly Donor - I will support The Rock on a monthly basis. Enclosed are:

☐ Post dated cheques or

☐ By credit card

\$ _____ Monthly



↓ Please fill in card number etc.

YES, I WANT TO MAKE A DIFFERENCE

in the lives of people in the inner city.

I am sending a one time gift of \$ _____

☐ My cheque payable to *The Rock Outreach* is enclosed

☐ I would prefer to pay by  ☐ 

Credit Card

Expiry Date

Name

Signature Required For Credit Cards

Address

City Province

Postal Code

Telephone or Email

The Rock Lutheran Inner City Society is a Registered Charity #89097 0148 RR0001 (Canada Revenue Agency - www.canada.ca/charities-giving). We respect your Privacy and do not rent or sell our mailing lists. All donations will be used for Board approved programs. Gifts will be acknowledged with an Annual official tax receipt.

THE ROCK OUTREACH MONDAY NIGHT KIDS

The Monday Nights kids ministry restarted this past fall under the guidance of Laurent L. and his wife Dionne, members of the Millwoods Alliance Church. They have a group of about 11 volunteers, all young people, who work with the 18 children that attend. We also have Patricia's and Donna's groups that take turns providing and serving the meals. →



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THE ROCK OUTREACH

Our MNK families and volunteers had a wonderful time at the Christmas party. We enjoyed a beautiful traditional Christmas meal together. The children heard the Christmas message of our Saviour's birth. We made crafts and played Christmas-themed games.

Each child received a gift that our volunteers chose especially for them as well as some LEGO. The LEGO came from the Faculty of Rehabilitation Medicine at the University of Alberta. Also each family was given a Christmas hamper filled with non-perishable Christmas dinner items in addition to a gift card for the purchase of a turkey.

Children chose donated handmade hats and slipper socks on their way out the door. Their joy was contagious and I know it was the highlight of our volunteers' Christmases!

A very sincere Thank you goes to;

- Laurent and Dionne for stepping up to run this ministry for us.
- To Patricia, Donna and their teams for the commitment in providing the nutritious meals.
- To the Young group of volunteers for spending their Monday nights with the Kids.
- To the Faculty of Rehabilitation Medicine at the University of Alberta for the gifts of LEGO.

God's Blessing to you and your volunteers.

God does work in many different ways and we are so thankful for the support we receive in running Monday Night Kids.



The Lord is my rock, my fortress and my deliverer. My God is my rock in whom I take refuge.

Psalm 18:2