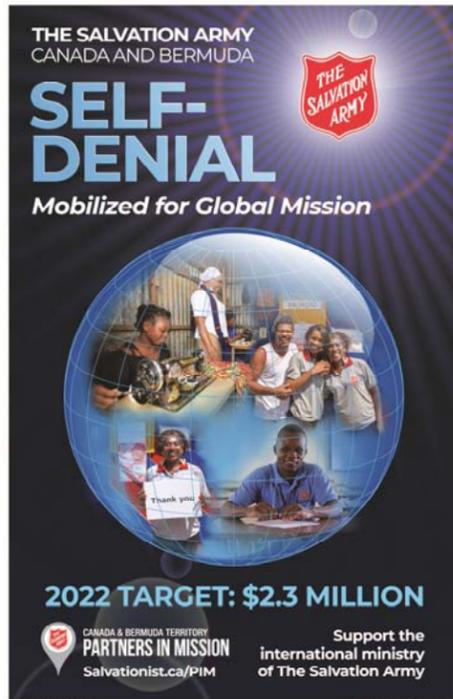


SPIRITUAL LIFE

Salvationists around the world have come together to raise money in support of the international Salvation Army through the Self-Denial Campaign, also referred to as Partners in Mission. According to the Oxford Dictionary, self-denial is “the denial of one’s own interests and needs; self-sacrifice.” Every territory, command and region participate in this campaign, but self-denial is different for everyone.

The Salvation Army founder William Booth started Self-Denial /Partners In Mission in 1886. He and his son Bramwell were sitting having a cup of tea discussing how they were going to get more funds/money so that they could increase the work they were doing - God’s work through The Salvation Army. An idea came to William’s mind when he heard off another officer’s decision to give up eating dessert for a year and save the money he would have spent on this dessert. So, William Booth said, “If all our people would be willing to deny themselves of something and saved the money, we’d be able to do more.” They started a Self-Denial Week and raised around \$2000.00 dollars.

“Matthew 25:40: “The king will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’”



This year the territorial Partners in Mission goal is \$2.3 million, and in light of the ongoing challenges of the global pandemic, the international Salvation Army needs our help more than ever. While travel restrictions prevented our international development team from capturing in-person stories from around the world this year, we are pleased to highlight Army ministries visited during their pre-pandemic trips. <https://salvationist.ca/international-development/partners-in-mission-2022/ministry-resources/>

For me, self-denial “Partners In Mission” means thinking about others—it’s a time to stop thinking about yourself, and to realize the importance of everyone else. When I think of this, I am reminded of the

words of Jesus in Matthew 25:40: “The king will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’”

Here at ECOH we are holding a **Silent Auction March 16th & 17th**, posters and information are in the staff rooms. Please support this worldwide campaign by donating or buying something in the auction. Also, remember “Friday Jean Day”. If you wear jeans, please put \$2.00 in the donation box, all money collected on “Jean Day” goes towards our Partners In Mission fund.

Thank you, and God Bless You All. Chaplain Isobel



The Salvation Army
Edmonton Centre of Hope

Transitional Housing
9611 102 Avenue

Stepping Stones
9304 103A Avenue

Community Support Services
1434 120 Street

Cornerstone
11838 82 Street

Grace Manor
12510 140 Avenue

Keystone
11830 85 Street

For submissions contact:
Executive Assistant

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Edmonton
Centre of Hope



Edmonton
Centre of Hope

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The ECOH Connection

LETTER FROM THE DESK OF THE ASSISTANT EXECUTIVE DIRECTOR

Greetings ECOH-tonians!

It is Tuesday March 8 as I write this little blurb and I have been back to work from vacation for only 2 days. As I’m sure you can all relate ... was I even on vacation?... as the reality of real life hits quick.

While I was away I also spent 3 days on a personal retreat. I went away alone, taking some intentional time to reflect on my role as a leader with ECOH and what that means for me and my team this year. I spent some time allowing my body to recover with a massage (I tried cupping-still have the bruises), walks, yoga and extra sleep. During that time I also started to read the book “The Body Keeps the Score”. As we know, trauma affects more than those who went to war. Chances are, not only our clients, but you and I have experienced trauma or a traumatic event in our own lives. Whether you realize it or not these do affect us. This book teaches some techniques on dealing with tragic memories/events and how they impact your life, mind and body. For those of you who know me I am an advocate for self-reflection and inner growth work. The job we do here, the people we serve, and our work in human services is a powerful calling and our need to “deal” with our “stuff” is really in my opinion, non-optional.

Bessel A. van der Kolk the author of the book says, “One day he told me that he’d spent his adulthood trying to let go of his past, and he remarked how ironic it was that he had to get closer to it in order to let it go.” Are we dealing with our stuff? How are we managing our workplace “triggers”, because we have them. My desire for all of you, and myself is that we come to work each day, showing up our best self so that we can serve in our roles as our best self. What do you need to do that? Maybe it’s using some vacation time, seeing a counsellor (we have an EAP program), opening up to a trusted friend or colleague, seeing your doctor, reading a book like the one mentioned above, or tending to your relationship with God or your higher power? Whatever you need to do, do it, work thru the hard stuff. YOUR mind and body health is so important to this work. YOU are so important to this work.

With a reflective and hopeful heart, Vanessa Sim

THE SALVATION ARMY IN EUROPE

Across Eastern Europe, The Salvation Army is providing assistance to those impacted by the conflict in Ukraine. In response to the crisis, The Salvation Army in Canada is accepting donations to support humanitarian aid in Europe. Donations will provide immediate and long-term humanitarian aid for displaced people and those impacted by the crisis in Ukraine and bordering countries in central Europe. Emergency food and housing, counselling, transportation and more are provided through our existing Salvation Army locations in Europe.

At this time, donations for “Humanitarian Aid in Europe” may be made through **1-800-SAL-ARMY** or online at [SalvationArmy.ca/HelpEurope](https://donate.salvationarmy.ca/page/63177/donate/1). The full URL is: <https://donate.salvationarmy.ca/page/63177/donate/1>



STORY OF HOPE AT STEPPING STONE RESIDENCE

David moved in to the Stepping Stone Residence almost one year ago on February 17, 2021. He told me he really likes it here because it is his home, and that the staff are all kind, and help him. Before living here, he was staying with his nephew, but it did not feel like home. He also let me know that since moving here he has not drank any alcohol and he is very proud of this accomplishment.

We often find David joining in recreation activities and making other residents laugh with his jokes, and great sense of humor.

- submitted by Rachel Wells



If you have a story of hope that you would like to share in our next staff newsletter, please email: joanne.diletzoy@salvationarmy.ca

GRACE VILLAGE UPDATE

In the day to day of work here at ECoH there is more than enough to keep me busy. I have known of course that Grace Village is under construction, but haven't really thought too much about it. I haven't seen a single picture and had not been over to Grace Manor either since there were stakes in the grass outlining the building's foot print. Last week my travels brought me down 127th street so I turned left onto 140th ave to have a look.

Wow! The cars parked on both sides of the street were a signal that something is going on. As I drove closer the walls on the south side loomed over me. I turned in and drove by the front, then looped around at Grace Manor and back out. Workers were busy on the ground. One fellow was using a leaf blower to blow snow off the roof before the next layer of roofing material could be applied. The skeleton for what looks like an elevator shaft stood in the centre of the two wings. So much has been done, and there is so much more work to be done.

Part of the story the Bible tells of the Jewish people and their experience is that there was a time when they were living as displaced refugees. The prophet tells them to 'prepare a way, a highway' for God to travel as God comes to meet with the people. God's coming is a promise of hope. The work of highway building, the work of building a centre for ministry is an act of faith. In both projects all of the effort, the fundraising, the budgeting, the zoning approvals, the long meetings, and then the actual work itself, all of it, is done trusting that God is coming. It is all done trusting that along that new road, or, in our case, in this new facility, people will experience that their lives and their stories matter, that what has happened to them, may in the space we offer, be met with compassion, kindness, wisdom and grace.

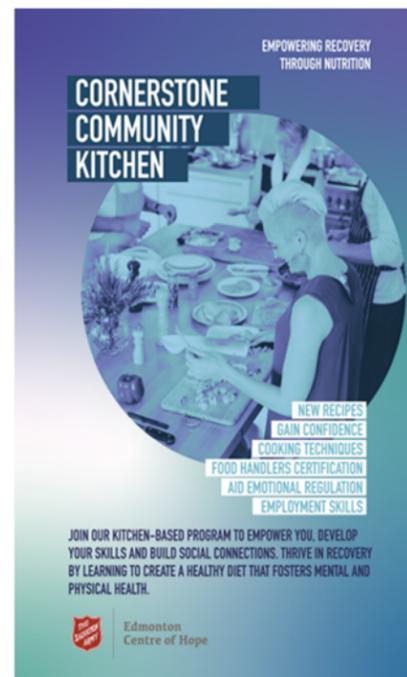
May that vision of life renewed by hope give us all the energy to **keep taking one step at a time until we all get there**, and Grace Village comes to life, and offers life to all.

Peace,
Chaplain John Luth



CORNERSTONE UPDATE

Cornerstone Community Kitchen had its Launch day on Feb 24, 2022! The event was a success as we had multiple participants from Keystone and Cornerstone attend. All participants that desired to be part of the programs filled out application forms and received goodie bag with future treats that they might make. Groups are in the process of being created to ensure the participant start date of March 3, 2022 is reached. This event helped generate excitement for the different foods and education that will be achievable throughout this course. The ambition is that this course enhances the skills that participants come to the kitchen with and encourages future health in Recovery and possible employment. All Participants will finish the course with a food handler's certificate.



In addition, the Wings program is running at high capacity. Over the last few months we have had an average of 50 to 60 percent participation. This means that this coming month 4 women will receive completion certificates for their minimal requirements, and others for extra completed modules. The women share that they "appreciate having simple things like defining emotions to help them relate to their social circles" as well as "having a safe places to share daily challenges" and "receive supports to problem solve or reframe experiences to identify their strengths". As staff it is a privilege to witness the women's self-esteem grow, and see them gaining confidence in using skills to resolve their situations with positive emotional management.

- submitted by Naema Maier

EDMONTON CENTRE OF HOPE IN THE COMMUNITY



Community Support Services Christmas distribution 2021 at the DoubleTree Hilton Hotel.

Maj. Ben Lippers deployed with Community Resource Services to assist in Merrit BC Food relief.



2021 Core Value Awards

In November 2021, we announced the launch of our 2nd Core Value Awards. Staff were provided with the Core Values T-shirts. We hope you like them.

Due to receiving minimal submissions by the original deadline, the campaign date has been extended. Submissions will now be accepted until March 31, 2022.

We strongly encourage staff to participate in recognizing your co-workers who exemplifies TSA Core Values of Hope, Service, Dignity and Stewardship.

HURRY UP and nominate.

Nomination forms are available at the staff room or HR office.