

Chaplaincy Happenings - Covid-19 Edition (May 2020)

1 message

Carlington Community Chaplaincy <programcoordinator@carlingtonchaplaincy.com>
Reply-To: Carlington Community Chaplaincy <programcoordinator@carlingtonchaplaincy.com>
To: programcoordinator@carlingtonchaplaincy.com

Tue, May 5, 2020 at 11:08 AM

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It has been a transformative and unprecedented time in our community. We have seen an outpouring of support from our church and community partners, individual supporters, and community members. Here are just a few thank yous that we wanted to share with you: A huge thank you to our very own frontline heroes, our team of volunteers who are packaging and serving take-away breakfast each weekday morning, as well as the church volunteers who have prepared brown bag lunches to replace our monthly brunch program. Thank you to the Carlington Community Association for their generous donation of a \$1000 community grant to

support the work we are doing. And a big thank you to everyone for your kind words, acts, and thoughts. It means a lot to us!

Our New Take-Out Breakfast Program is Going Strong!

Did you know that we are now serving double, sometimes triple, the number of community members with a healthy take-away breakfast in lieu of running our usual weekday drop-in program?

We're partnering with our local food bank, the Caldwell Family Centre, to receive food donations and we're buying other items in bulk, including compostable coffee cups.

Since March, we've served about 2200 breakfasts and even more cups of coffee and tea!



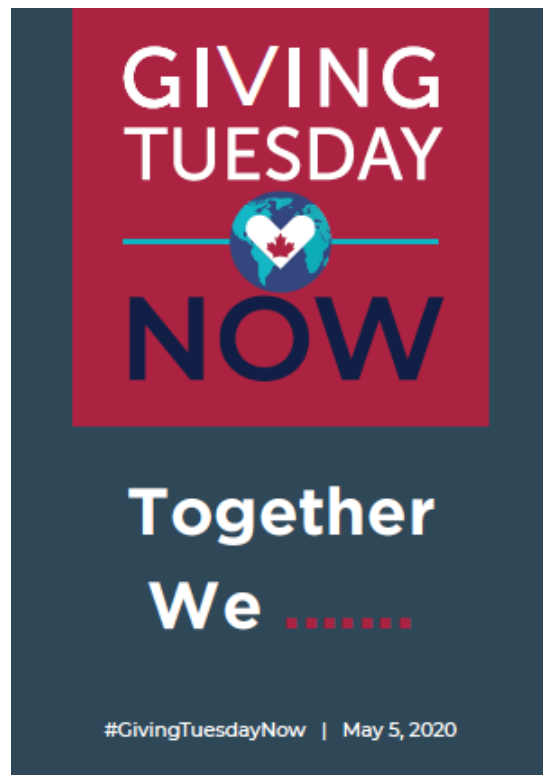
Check out our fridge these days! Eggs, eggs, and more eggs, yogurt cups, cheese cubes, and fresh muffins (donated to us by our local food bank)! We continue to serve our standard healthy snack in take-away bags.



Each bag includes a hard-boiled egg, yogurt, cheese and crackers, and fresh fruit. We include homemade baked goods when we receive donations to change up the menu. We are also serving coffee and tea to go.



This week, thanks to a generous donation from members of St Basil's Catholic Church, we are also giving out soap to individuals and families in our community. Thank you to everyone who has provided extra support!



Join us TODAY for #GivingTuesdayNow!

Help us to spread the word about all of the wonderful things that are happening for the Carlington community as a result of your generosity!

The global theme for #GivingTuesdayNow is "Together We..." Please help us to share words of appreciation for the impact of the Carlington Community Chaplaincy and gratitude for our supporters -- or whatever other acts of giving are inspiring you in this moment.

[Download one of our ready-to-print posters and write your favourite "Together we" message.](#) Post in a window and on social media with a short explanation of what you're doing to help your community on May 5th. This will show others how to give together even when we're apart.

You can also pin your story or act of generosity on the global giving map – [click here](#).

Together We Stand.

Together we have prepared 2200 healthy breakfasts.

Together we have offered two monthly take-away brown bag lunches.

Together we have donated crockpots and children's toys to people living in emergency shelter at the Travelodge on Carling Avenue.

Together we have stayed connected while physically distancing.

If you've been thinking about making a financial contribution to support us, you can do so here:

<https://givingtuesday.ca/partners/carlington-community-chaplaincy>

It's a big week... It's also CMHA Mental Health Week:

Don't just get loud, #GetReal



We say we're fine, even when the truth is we're ecstatic, exhausted, grateful. Or even freaking out. Every time we just go through the motions, we miss out on the chance to connect for real. In times of crisis we need each other more than ever.

**Connecting doesn't just feel good—
it's good for our mental health.**

CMHA

Mental Health Week

May 4-10, 2020



mentalhealthweek.ca

We're sharing this message with many of our community members -- and with you!! -- hoping that we can continue to have honest dialogues and genuine connection with one another, especially at this time, when our day to day responsibilities and challenges can feel particularly big. Don't hesitate to reach out if you'd like some added connection at this time. We would be happy to link you with someone who would also like the same!

Thinking about becoming a donor?

As little as \$10 a month will make a big difference in the lives of those we support.

To become a monthly donor, click the button below and choose Donate Monthly.

Donate Now!



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Our mailing address is:

Carlington Community Chaplaincy
102-1465 Caldwell Ave
Ottawa, ON K1Z8L9
Canada

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