

From: Future Hope futurehopewpg@gmail.com
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FUTURE HOPE

building productive lives away from prison

Quarterly Winter Newsletter
December 2022



Happy New Year
It's your turn to SHINE SHINE SHINE

Message from Kim, Next Step Coordinator



The nights are darker, and it isn't until December 21st that our days will again start to get longer. It reminds me that we need light, sunlight, starlight, even light from the snow! It improves our moods and our general demeanor. When we are lacking light outdoors, it is imperative we keep each other in our lights. Checking in on friends and relatives, asking how people are doing, picking up the phone or meeting for a coffee. Winter and specifically Christmas can be a challenging time for people and we, as a community, continue to keep each other in our care and compassion and each other's light. For this I am grateful.

Next Step group continues to meet weekly in person and have a wonderful time together as a peer support group. We are so thankful for our 6 volunteers who attend weekly to provide care and a listening ear to the men in our group. It continues to be an honour that the group has a trust in what is shared when we get together. We recently held a brainstorming night to ask our group members what topics they wanted to learn about, why they attended group since its not mandated for them to attend and if there were additional smaller group specific topics some might be interested in. The wonderful and spirited



We are pleased that escorted passes from the institution will be starting in January so we will once again welcome men from the minimum to our Next Step group on Thursday nights! I have personally taken the non escort driver class so drive and support the men to and from Stony Mountain. As well, I now meet with 2 men who live in the provincial jail system and more upcoming as the interest builds in Future Hope support services.

Quixote House continues to be a place of joy and kindness and a safe and sober space for men to live. Presently there are 9 men residing at Quixote and 1 who stays on weekends. As Quixote graduates either move to independent housing at Massie or elsewhere in the community, Scott our manager continues to welcome new residents to a home of stability, care, and fellowship. Friday Community night pizza suppers give many a chance to mingle and connect, with more people stopping by. Decorated for Christmas, Quixote House looks beautifully festive. As we have done this fall with special community belonging outings such as a night out at Rumours Comedy Club, watching geese fly at Fort Whyte, we intend to host a Christmas brunch, a bowling activity and maybe a movies night out!

We continue to be blessed with some very

feedback will all be taking into consideration when planning into the new year. This year topics have included Enneagram, Truth and Reconciliation, Grief, Heartfulness, 3 Money sessions with volunteer Lenny, Kindness, Restorative justice, and Dave from one88 Princess. Some of our group participants live in our transitional housing either at Quixote House or Massie Apartments and others, in other halfway houses throughout the city. It is a great to be part of such a welcoming and belonging community!

Going out to Story Mountain to visit and meet with the men is always a special treat for me. There are currently 28 men who live mostly in the minimum, a few in the medium who look forward to joining our Next Step group in 2023.

generous donors: in October, November and December, the Sisters of the Holy Names of Jesus and Mary, St. Paul the Apostle Parish, St. Joseph Church, and St. Joachim Parish. Thank you for your trust and support! A special mention to the St. John Cantius Woman's League – your donation is much appreciated!

We remain so grateful giving thanks for the year 2022, wishing you much Hope, Peace, Love and Joy during this Christmas season and in the New 2023 Year! We look forward to the future and all it will bring.

Kim
Kim McIntyre-Leighton, Next Step Coordinator

So Blessed

Happy 2023

Executive Director's Message

I have had the privilege of being the Executive Director of Future Hope Inc for 3 months now. As 2022 draws to a close, I want to offer my holiday wishes and gratitude.

Our Future Hope family encompasses so many: Our clients who let us walk through their doors every day and allow us to contribute to their journey and well-being; Our employees Scott and Kim who provide care while forming deep personal bonds; Our CBP team, Pauline and Angele; Our volunteers who choose to serve their community through Future Hope Inc. and our donors whose support enables us to carry out Future Hope's mission.

I have been fortunate to witness the total commitment of our Future Hope family and the difference you make in the lives of so many. I am truly grateful.

Wishing you and yours a wonderful holiday season.

Jonathan
Jonathan Dionne



Community Building Events



After a tour of Quixote House on November 8, elected officials Leah Gazan, Federal New Democrat MP representing Winnipeg Centre and Uzoma Asagwara, Provincial MLA for Union Station and assistant, Wendy Carriere, had a sit-down supper and discussion with Quixote House residents, Future Hope Board members and staff.



For the first time Future Hope collaborated in a community awareness media campaign on Restorative Justice from Nov 20 to Nov 26.

The interviews with CHVN 91.5fm and Mix 96.7fm during Restorative Justice Week featured:

- Definition and elements of Restorative Justice
- A personal story of grief, forgiveness and restoration
- Ramifications of incarceration on a family
- A story of re-envisioning and creating a new life after prison
- Future Hope programs and a Call to Action

Articles can be found [here](#). Thank You to all those who were part of the first time community awareness campaign during Canada's Restorative Justice Week.

Quixote House

More ...

Next Step Annual Christmas Celebration, Dec 15th





We were thrilled to gather for a Christmas Celebration on Thursday December 15, 2022. Over 55 people came together after the pandemic hiatus since 2019: Future Hope Board and Committee members, fellows from Next Step, Quixote House and Massie House as well as volunteers, staff, and alumni.

What a beautiful evening to meet new people as well as reconnect with those we had not seen in a while.

We were blessed with music by Campbell McIntyre, a lovely sing along, a reading from

Chapter 2 of Luke's Gospel, delicious food, and a special visit from the Merriest Santa Claus ever!

It is a fabulous reminder that we are all connected to each other and to the communities we connect with in so many essential ways. To be able to be who we are, a feeling of deep relatedness and acceptance is key to our sense of belonging.

Our Future Hope community is filled with love, connection, care, and compassion! Oh, what fun it is!, as you can tell by the photos above ...

Special thanks

to Santa!

Goodbye to our Capacity Building Team - 2019 to 2022



Goodbye and Thank you ...

2023 promises to bring hope and prosperity to the guys we support at Future Hope but we begin the year saying goodbye to our Capacity Building Team.

To Angele Bernardin our Marketing Coordinator, Roland Marcoux our Resource Coordinator, and Pauline Hince our Capacity Building Manager.

Capacity Building is not a warm or fuzzy word but an evolution that organizations must embrace to be successful in who they are and what they do.

This team lead by Pauline over the past three years has positioned this organization for success in the future. From transitioning to a board governance model, preparing a case study, planning strategically, applying and reporting to our grantors, holding a successful first raffle, responding or connecting to a donor, creating manuals and procedures, focusing on our fiduciary responsibilities, increasing our social media, running a multitude of errands, or just a cold call to a business or individual this list is just a snapshot of the work they have done for us.

This team is truly sound in believing in our mission and values and positioning us to continue on a solid footing going forward. We can't thank them enough and wish them all the best in their future endeavors with health and happiness.

Thank you Compassion Network for your support and funding for this incredible team.



Christmas at Quixote SPONSORS:

RA Hughes Insurance, McDonald's (Portage ave.), Cindy's Burgers (Portage ave.), Manitoba Museum, Chicken Chef (Marion St.), Shoppers Drug Mart (Steinbach), SNJM, Norwood Dental, Lakewood Dental, Winters Collision Repair, Mike, Louis, Bo, Heather & Shayla & Dale, Rosalinda, Sr. Marilyn, Father John, Nelson, Larry, Joanne, John, Prashant, Jonathan, Janine



Stockings were given to 16 men for Christmas, we thank all who supported our Christmas at Quixote Campaign! We are truly grateful and the guys were very happy to receive very practical gifts. It was so wonderful to see smiling faces and comradery amongst the guys.

Once again thank you for the warmth and kindness shown to

Jeannette & Paul, Anne & Jean-Marc, Lucille & Gilles, Pauline & Roland, Marc & Gisele, Angele & Rudy, Rachel and other anonymous donors.

support our participants.

Christmas at Quixote Campaign

Thank you!



Reconciliation and Me

Last month, four representatives from Future Hope were invited to participate in a Truth and Reconciliation retreat organized by Réseau Compassion Network. The meeting room at St-Boniface Cathedral was filled with familiar organizations all aligned in our mission of serving others in need.

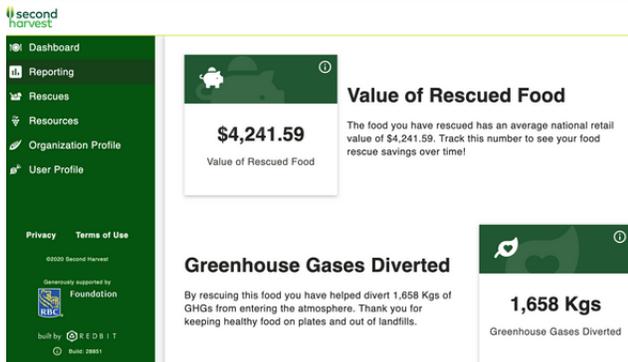
It was a powerful and thought-provoking day. The presenter from the Returning To Spirit program, Lisa Raven's main message was that we have this idea of Truth and Reconciliation all backwards. The process of Truth and Reconciliation cannot begin with us and the Indigenous community or any community for that matter, if we have not been truthful and reconciled within ourselves, first. It simply does not work.

Lisa brought to life, in a clear and meaningful way, how we all have stories made up of mistaken beliefs about ourselves. Our daily interactions with our family, friends and colleagues operate from this place where we believe a limiting belief about ourselves, "I am not worthy...", "I am not needed...", "I am not enough..." and so many others. When we operate from that place, love is not possible. She spoke about clearing that space, not attaching to those beliefs. The space we give those limiting beliefs comes between any relationship we have because we bring it with us. Until we have reconciled those gaps and broken parts with us and unified them, reconciling our own spirit, we can't bring a spirit of reconciliation to others.

Thank you to Lisa for this powerful and much needed message! Thank you to the Compassion Network for including Jonathan, Scott, Kim and myself on this very pivotal day on our own personal journeys so that we may better serve ourselves, and others in the community in a sincere and meaningful way.

Rosalinda Amato
Board member, Succession Committee member and Next Step Program Volunteer

Second Harvest Rescues



Since August 2022, Future Hope has been rescuing food from generous restaurants and bakeries in Winnipeg. We are happy to say this generosity has saved Future Hope over \$4,000 in food expenses.

Thank you [Second Harvest](#), what a great organization and excellent service to the human services community!



Thank you to our 2022 Donors ... It is because of you that men can Stand Tall Again after incarceration. On behalf of the Future Hope Team, we are sincerely grateful for your ongoing support! There is no way we could manage this alone, so from our hearts to yours please receive a big bouquet of gratitude.



Our annual general meeting will be held on
January 31st, 2023 @ 7:00pm.



Soup-ology: The Science of Soup's Appeal from
Psychology Today

Taking stock of what makes soup so soothing and
satisfying.

Save the Date

More ...



2023 looks like a promising year, and there are many ways for you to give to Future Hope: volunteer on a committee, [give monthly](#), give with Bing, sponsor an event such as our 50/50 raffle, or create a Facebook Fundraising Birthday or Anniversary Campaign. We are open to any good suggestions so pass them along at contact@futurehope.ca. Thank you for being part of our Community of Hope. YOU make all the difference in our participants lives!

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