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We are on the Web  
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How Will You Help?



**Our Mission**  
"To be a bridge between  
those that have, and those  
that have not"



If you guessed the sandwich, you're right. Our programs have been providing the basics to needy people since 1988. As many as 200 people will line up for a sandwich, soup, clothes or someone to talk to.

As the number of "recently homeless" individuals living in poor conditions in communities continues to grow, we are there to help. There exists a critical need for outreach programs and services offering a beacon of hope and care to those individuals who are drowning in depression, despair and poverty. Through our preventative programs we hope to help eradicate homelessness. Lifeline's Urban Outreach Department specifically focuses on serving the needs of these people who are down on the streets of Abbotsford and Aldergrove with the Blue Bus. If you are aware of an unmet need for the homeless, please contact us.

Due to the mobile and street-based nature of Lifeline's Urban programs, staff and volunteers interact directly with the disadvantaged in their own environment. This provides a level of familiarity, comfort and credibility with those being served and often leads to relationships based upon trust. This is a key factor in addressing the complex issues behind poverty, homelessness, unemployment, and substance abuse. These relationships that are built open doors for people in need to enter one of our prevention programs to help them take the final steps to changing their lives. As a reputable and benevolent organization, Lifeline Outreach Society is able to offer individuals hope, despite current circumstances; a hope that is desperately needed in our community.

### Purposes of the Society

- to witness and share hope, faith, love, and the Gospel of Jesus Christ.
- to operate our programs with good ethics and professionalism, always glorifying God.
- to train and equip men and women to be disciples of Jesus Christ in caring for those who need our help.
- to help the disadvantaged in a tangible way meeting their physical, emotional, and spiritual needs.
- to maintain and uphold biblical principles, our goals, our mission, and our Statement of Faith.

### Ways you can help

- Send in a donation, checks payable to "Lifeline Outreach Society"
- Volunteer your time, we need:
  - Help do food pick-ups, Pantry and Clothing Workers, Cooks and preparation help, Outreach Workers, Marketers, Promotional and Spokes Personnel
  - Prayer warriors and more...

Please call Dave Poulette if you wish to help or need more info.

604-728-7551

"To be a bridge between those that have, and those that have not"



"And if you give yourself to the hungry and satisfy the desire of the afflicted, then your light will rise in darkness, your darkness will become like midday"

Isaiah 58:10

# Lifeline Newsletter

SERVING SINCE 1988

VOLUME 3, ISSUE 1

JANUARY 2011

## Lifeline Serves Abbotsford and Aldergrove

Since May 2007, Lifeline has been reaching out to the disenfranchised in Abbotsford BC at Montvue and McDougall area (behind the community centre) with a hot meal, groceries, clothing and friendship. The line ups have fluctuated between 50 to 180 men, women and children depending on when the welfare cheques are handed out. This service has been greatly valued by the recipients and on numerous occasions, we have heard the statement "This helps us to make it to the next cheque" Not everyone in the line up is on welfare. Some have jobs but the pay does not cover all of the basics such as rent, hydro, gas. Many have to sacrifice their food in order to pay the bills so when they find out about Lifeline's services, it gives them hope and a way to make it literally to the next pay cheque.

very high percentage of individuals who are marginal or directly affected by homelessness as well. So after many meetings, on June of 2010 the desire to reach out to the Aldergrove's homeless was fulfilled by dividing up the times of services between Abbotsford and Aldergrove.

people at the Montvue and McDougall area in Abbotsford. Then the next Sunday we serve Aldergrove at 272 Street in the Field's parking lot where up to approximately 70 people come to join us for dinner.



It is such an awesome privilege to serve God in this way and to see what a little "Fruit of the Spirit" can do for a person who has seen more of the harsh side of life than the good.

Now we meet on scheduled Sunday afternoons from 12:00 to 3:00 at County Line Christian Fellowship 26460 52<sup>nd</sup> Ave, Aldergrove BC to prepare the food and supplies that will be given out. The bus arrives at around 3:30 at the designated locations to begin the distribution of items and finishes at around 5:00 pm. at which time we return to the church for clean up and prayer. One week we serve approximately 200

There are up to 100 homeless people right here in Aldergrove

We wish to thank and acknowledge the GPE branch of the Ministry of Housing and Social Development for their generous contributions of \$17,000.00 for 2010 and \$18,700.00 for 2011. This has improved our ability to serve the homeless exponentially and has allowed us to expand to two locations thus helping more people with the outreach of hope, provisions, love and friendships.

Janice Poulette

## Why Would There Be Homelessness in Canada?

In a country so rich with resources and economics, it is perplexing to say the least when we see individuals scrounging for food out of garbage bins or panhandling to get a buck for something to eat. Many responses are of disgust or indignation towards those who are not working or looking for gainful employment and can easily dismissed them as lazy, uneducated or a drug/alcohol

addicted parasite or drain on society.

But is this true of everyone on the streets? According to a survey conducted by Homeless Voices 2010, 216 individuals with no fixed address ranging in age from 19 to 70 were interviewed to find out why they were homeless.

12% was a result of additions.

30% was the result of eviction or dispute with their landlord.

10% death of a spouse/parent/child/

significant other or the break-up of a relationship.

5% result of incarceration / release from prison.

2% result of fleeing an abusive relationship.

3% disallowed or cut-off welfare

2% personal choice

It is the lack of decent affordable housing that is at the core of homelessness. The \$375 shelter allowance that the BC income assis-

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### 2011 SPECIAL POINTS OF INTEREST:

- Lifeline celebrates its 23rd year of service with the BLUE BUS.
- Lifeline serves the Valley to meet the needs of the homeless in Abbotsford and Aldergrove.
- Lifeline reaches out to those in the Philippines
- Local churches continue to take a greater interest in serving the homeless population.
- "Fruit of the Spirit" is demonstrated in practical and tangible ways.

Thank you to the GPE branch of the Ministry of Housing and Social Development for their generosity and support of the blue bus feeding program

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## Introducing Doris Vaillancourt

Week after week, God has put it on the hearts of many wonderful people who come and help this ministry be effective on the streets. They give of themselves sacrificially with steadfastness, even when the job at hand is not pleasant. It is our pleasure and desire to acknowledge and thank them for their wonderful contributions.

### Doris Vaillancourt



Serving God lavishly with many different talents

is committed to helping people who are hurting no matter where she goes by showing them the love of Christ through her life, compassion and talents. As Lifeline's bookkeeper, Doris is instrumental in keeping all accounts and financials up to date and functioning smoothly and basically to keep Dave and I organized, which is

no easy task I might add. You will also find Doris preparing grocery bags, sandwiches and clean up as well as handing out the prepared hot meal and groceries to those on the streets of Abbotsford and Aldergrove. She gives of herself lavishly and is a joy to be around as you truly feel the love of Christ in her smile. Thank you so much Doris. We really can't do it all without you.

**Lifeline's awesome bookkeeper and office assistant**

**Birthdate** September 12, 1972  
**Born:** Tupi S. Coabato, Philippines as the youngest of 8 siblings

**Married to:** Lucien (Tiny) Vaillancourt  
**Children:** Charles Henry Vaillancourt One year old

**Hobbies:** Running after her beloved busy son, playing guitar, keyboard in the church worship group and playing guitar and singing with Janice. Camping and taking long road trips to see our beautiful country

**Favorite Color:** Blue

### We have a place for you.

**Abbotsford and Aldergrove alternate outreaches** Sunday afternoon from 1:00 to 3:00 at CLCF is food prep, loading of the bus. 3:30 is the distribution of the food and clothing on Montvue and MacDougal one week and 272 Field parking lot the next week., with the clean up at around 5:30 back at the church. We need your help at any point of the day. Call us and see how your talents can fit into God's plans through Lifeline. 604-728-7551

## Lifeline Inspires An Outreach in the Philippines

When Doris bravely moved to Aldergrove on July 27, 2007 to be with her new Canadian husband Lucien (Tiny) Vaillancourt, she left behind her large secure circle of family and friends in the Philippines to come to a foreign culture where she did not know anyone or what her future would hold. As a devout Christian she knew that it was imperative to find a church that held her values in order

**We are so blessed to be the inspiration and courage for Doris to help out her fellow kinsman in the Philippines**

to find friends and to share her talents in music and service . . . so on November of 2007 she and Tiny walked into County Line Christian Fellowship where they were welcomed in with open arms. Once there, Lifeline's feeding program which serves the homeless tugged at her heart and she quickly joined to become an invaluable member of our team. After serving for a year, she went back home to the Philippines September 2008 to visit for two months and

while there Lifeline inspired Doris to start a similar feeding program that now helps 30 to 50 people each feeding. Since April 2010 Lifeline has been sponsoring this program and she has been able to expand out further by helping to feed more people in four different locations. We are so blessed to be the inspiration and courage for Doris to help out her fellow kinsman in the Philippines and pray that we can inspire more people to help those around them in such tangible, caring ways. ❤️

## Why Would There Be Homelessness in Canada? Continued

tance provides is insufficient compared to the \$800.00 at least per month rental for bachelor suites. Even if two people bunked together in a one bedroom rental, it does not cover the rent let alone the food, hydro etc. Some of the single room occupancy hotels are so infested with bed bugs, cockroaches and rodents coupled with the filthy shower and washroom facilities along with the many needles left behind, that residents refuse to live in them. It also appears that more individuals are ending up homeless as the result of illness and injury which inhibits them to work to pay the rent. Countless people suffer with pain, sicknesses such as dia-

betes, arthritis, mental illness, brain injuries, depression, work related physical damages just to count a few. Others find that they are getting laid off without enough hours to go on EI and jobs are getting more and more scarce or some are too old for employers to hire them. This only adds to the discouragement and depression that some are suffering with. Where do they sleep then? 80% use shelters when the weather is bad or outside facilities such as cars, RVs, bathrooms, schools, tents, squats, ATM lobby, church and even a cement mixer or if fortunate, other people's places. There are so many that are

forced out into brutal situations with no fault of their own and do not have anyone to turn to for help. They are trapped into the whirling wheel of homelessness with no hope or future. So when individuals like you do reach out with a helping hand, smiling face, warm food, clean clothing, bedding, friendship, God's love and the Word of Truth, it gives hope and strength to know that someone does care and are trying to make life a little more bearable for them. Never underestimate the smallest of gestures. God uses them all to bring heaven to earth. Janice Poulette

## A Survivor Speaks Out

Why are some people who seem 'out of place' living on the street? What happened? I am one that landed in a situation that I could never have predicted and learned a lot while I was surviving through my ordeal. I am 56 years old female and have spent the majority of my adult life working with disadvantaged youth in a variety of settings including education, group homes, street outreach, one to one counselling and therapeutic fostering. During an altercation with one of the youth I was working with I received a serious brain injury. This put me into a state of constant confusion, anxiety and an inability to function on any decision making basis. A few weeks later I was traveling in the states on the advice of doctors who suggested the rest and change could assist with my recovery.

Due to my inability to assess social situations because of the trauma to the cognitive/social area of my brain, I was robbed and assaulted. Although I was taken to hospital, I had no identification and was released after two days and left on my own. I recall leaving the hospital not knowing where I was or where my car was and I had no money, no phone or phone numbers. I walked for hours and by the grace of God found my way to my car the following day. The next six weeks I can only give God the glory for keeping me



safe as I could not figure out how to get home and had to sleep in my car, eating whatever I could find. I was literally living with the people on the street. Some of the old timers were quite kind but there were some dangerous people out there too. I went some days without food and finding washrooms to use was very difficult.

Due to my head injury and as I had been re-injured in the robbery, the constant state of confusion and anxiety increased. I knew I had money in the bank and a home but I did not know how to get to them. I tried to ask for help but I could not make myself understood. I was hyper sensitive to light and sound and found myself unable to communicate beyond simple conversation. I could not understand directions or instructions and would become anxious and cry when confused. Often I was mistakenly accused of being drunk or on drugs. I got lost a lot and spent many hours walking trying to find my way back to where ever I had been. Eventually I limited myself to a four block area as I had wandered into some pretty dangerous areas and situations. San Francisco can be a pretty rough city to get lost in when you are a woman alone. One day I found my brothers phone number in my car but it still took several days for me to figure out how to call him.

**I am one of the blessed ones that have family to turn to**  
**Otherwise ...**  
**I may still be out there.**

Eventually my sister had to fly down to where I was and drive me home.

Brain injury and trauma are often part of the struggle for those that don't manage well in the societal norm. They are coping with situations the best they know how. It may be from being in a war or some other form of violence or accident, or it may be organic causes. I met many while I was out there and as I saw how they were treated I was deeply saddened and moved. Beyond my own situation as I knew that mine would be temporary, many had been there for years and their hope was all but gone.

I am still recovering from my brain injury and it will take a while to heal from the trauma of living on the street as well. I am one of the blessed ones that have family to turn to otherwise I may still be out there.

So why some people are living on the street may surprise you. To meet me you would never have guessed I spent **six weeks** there. As the saying goes "But for the Grace of God there Go I".

I pray that you will look kindly on the next homeless person you meet and smile at him or her and take a minute to wonder what could have happened to lead their life to where the only place they have is a blanket and place on the sidewalk.

*Signed, Not homeless anymore*

## A POEM FROM THE HEART

**Thinking**  
What tears will wash  
away the stain  
That left their mark  
to hide the pain  
What hidden now  
cries to be seen  
Will dark be light

has never been ...  
What choice for life?  
How long the road?  
Endless starless  
backbreaking load  
Take one not two  
slow upward climb  
Stand still

**Rest**  
Now move once more ...  
\*\*\*\*\*