

# THE GATE

Oshawa's Outreach Centre

[www.gate316.com](http://www.gate316.com)

1990 — 2016

## From the President's Desk

Happy Belated Easter! I wrote this before Easter but you will be receiving it after. I think we need not forget even weeks past what Christ did for each of us and the whole world. This is the time of year that we Christians celebrate Jesus life and all the good He did as Good Friday depicts. Many times in order to bring about good, it means we have to sacrifice something. Christ sacrificed his life for us. Some people go through a week of Lent where they give up some special food or thing that is important to them. People were important

to Jesus. He was all about helping those who were sick, or poor, or being judged and condemned like the adulterous woman. This is what we do at the Gate. We welcome in those whom the world looks down on. We show them love by caring for their needs and teaching them about God's forgiveness. People are listening and asking questions when we teach them how to apply Jesus teachings to their everyday life. We handed out 10 Bibles just in January so far this year. We have seen the changes in people's attitudes and behaviours

over the years. It doesn't happen overnight, but it is happening. Lives are being changed by God's grace. If you are wondering what you could sacrifice to show Jesus and others your love, think of the people at Gate 3:16. They are your neighbours in Oshawa who are hurting. Will you be Jesus hands and feet this Year? The government hasn't promised to double or triple any donations to the Gate but God has promised to bless those who bless others. May God Bless you all as you bless others!  
*Betty Mann  
 President of Gate 3:16*



### OUR CUPBOARDS

Thank you for your support and for helping to keep our shelves filled!

#### WE ALWAYS APPRECIATE

Coffee, tea, sugar, whitener, powdered milk, ketchup, mayo, soup, Styrofoam plates, bowls and 7 oz cups, plastic forks, spoons & knives, paper towels, toilet paper, napkins, Kleenex, tin foil, dish and laundry soap and XL heavy duty garbage bags!

### OUR PROGRAMS

Please consider supporting our programs.

#### MEAL TICKET PROGRAM

St. Vincent's Kitchen offers dinner daily for \$1.50. Thanks to your support, we are able to provide our clients with up to 25-30 tickets a day.

#### TRANSPORTATION FUND

Your donations can help our clients attend job interviews, medical appointments and other obligations. A one way Durham Region bus fare is now \$3.75

## Client Story

Robert came to Oshawa about a year ago. He said he was in the military for 27 years, was shot in the shoulder and had to keep on fighting. He was shipwrecked 200 miles south of Alaska and managed to save 6 individuals. Due to the hardships of being in the Military he is divorced and has no connection with family. Since leaving the Military he has struggled with Post Traumatic Stress and suffers with flash backs every night. He said it takes four antidepressants to keep him calm. He also suffered from a heart attack less than a year ago. Robert heard about the Gate through word of mouth. He said he doesn't get much on his Veterans Pension so he walks everywhere. He said eating at the Gate really helps him get through the month financially. Besides the food, it is a place to come where he finds friendship as he has no one else in his life even after serving so many years for the Country. He said talking to our Counsellor and other workers really helps. He said he believes in Jesus and hopes to meet God someday. Robert, we will pray for you to have peace after such a traumatic life. Thanks for sharing.

## Board Members Needed

Gate 3:16 Outreach Centre is looking for a couple of new Board Members. If you are a Christian with time to spare and have some experience in financing, marketing, computers, planning events or if you would just like to be an active helper, please contact Betty Mann at 905-576-9236. Thank you for your support and prayerful consideration!

**Gate 3:16 Outreach Centre, helping Oshawa and Durham Region's less fortunate since 1990**

## CONTACT US

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## Upcoming Walk-a-Thon

It is Spring again and our 16th Annual Walk-a-thon will be held on Saturday May 7, 2016. Included in this newsletter is your sign up sheet. If you cannot walk, please sponsor a walker!

Meet us at the registration desk at 9:00 AM at St. Peter's Anglican Church, located on the corner of Cedar and Thomas Street.

We will be walking East on Thomas Street to the Oshawa Creek Trail to Lake Ontario. After walking to the harbour pier, we will return to the church where we can enjoy refreshments and fellowship.

Hope to see you there!

## Get Involved!

At The Gate, we rely on our family of volunteers to prepare and serve meals, answer phones, and help with our fundraising ventures. Contact The Gate if you are interested.

## Information Sessions

We would be honoured to give your organization, church or school a better idea about Gate 3:16. Contact Betty about arranging an information session or a guided tour of our agency.



Dr Ho and Nurse Marie

## Volunteer Appreciation Supper

There will be a Volunteer Appreciation Supper on Friday April 22nd from 5:00-7:00 PM. We hope all our volunteers can make it!

## Electronic Newsletter

To receive this newsletter by email, please email office@gate316.com. Please include your full name and address.

## Ride for Refuge

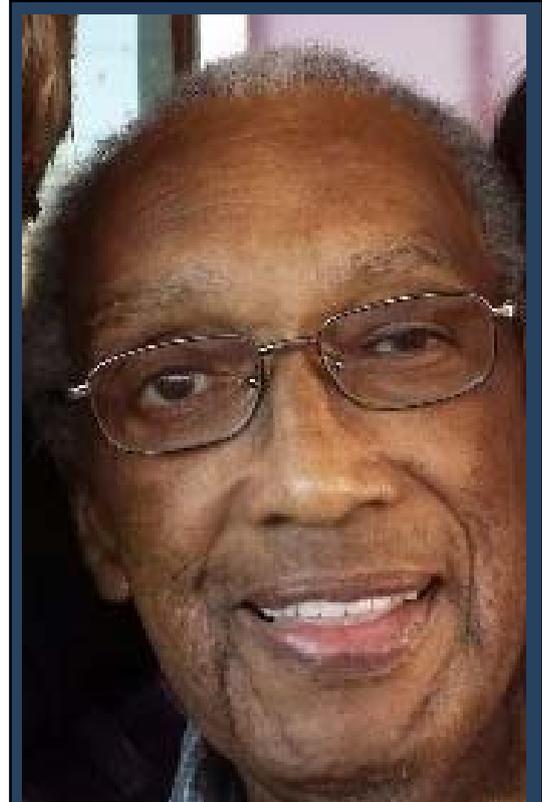
The Ride for Refuge will take place on October 1, 2016. We need volunteers, riders and walkers! Consider being a team captain and assembling a group to ride or walk. See last year's ride at <http://rideforrefuge.org/location/oshawa> or contact Charlie for details at 905-666-1442 or crolland@ca.inter.net

## Volunteers Needed

At the Gate we rely on our family of volunteers to prepare and serve meals, to do bicycle repairs and for our fund-raisers. Talk to our Coordinator, or go to <http://gate316.com/volunteers> if you are interested.

**"All who call on God in true faith, earnestly from the heart, will certainly be heard, and will receive what they have asked and desired."**

Martin Luther



## VOLUNTEER PROFILE

### Gerry Brown 1933-2016

The memorial service at Christ Memorial Anglican Church in Oshawa was a true celebration of Gerry's life. He was a child of God, we were singing one of Gerry's favourite songs: "We are marching in the Light of God"

For many years Gerry was a volunteer at Gate 3:16. A man with a warm heart for the homeless and the less fortunate in the Durham Region. One of the rules he lived by was: "Do not judge, you don't know their story"

At the memorial service we celebrated Communion. Gerry confessed that in life and death he belonged with body and soul to his faithful Saviour Jesus Christ. That was his life.

Our thoughts and prayers are with the family.

Thank you Gerry, you will be missed!

