



# CCSAC NEWSLETTER

CENTRETOWN CHURCHES SOCIAL  
ACTION COMMITTEE

March 2025

## Executive:

Chair: Kristine Burr  
Vice-Chair: Emmy Verdun  
Secretaries: Elizabeth Demaray &  
Mary Mussell  
Treasurer: Emmy Verdun  
Communications & Newsletter  
Editors: Mary Mussell &  
Lorna Kingston  
Facebook Coordinator: Anisha Eipe

## Member Churches:

Blessed Sacrament  
Canadian Martyrs  
Centretown United  
Christ Church Cathedral  
Church of the Ascension  
Dominion-Chalmers United  
Eglise unie St-Marc  
First Baptist  
Fourth Avenue Baptist  
Glebe-St. James United  
Knox Presbyterian  
Ottawa Quaker Meeting  
St. Andrew's Presbyterian  
St. Barnabas Anglican  
St. Giles Presbyterian  
St. John the Evangelist Anglican  
St. Matthew's Anglican  
St. Patrick's Basilica  
St. Peter's Lutheran  
St. Peter & St. Paul's Anglican  
St. Teresa's Roman Catholic  
Southminster United  
Trinity Anglican

## Our Mission:

To unite Christians of all  
denominations through joint  
participation in social projects and  
prayer.

## Get in Touch!

We would love to hear from you!  
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613-232-3059

[Contact@centretownchurches.org](mailto:Contact@centretownchurches.org)  
[www.centretownchurches.org](http://www.centretownchurches.org)

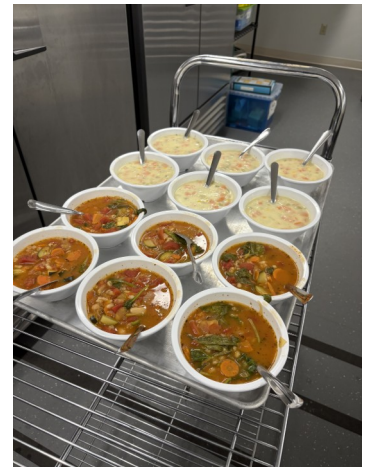
## A Place To Go On Friday Nights

By Barbara Fraught

This is the name of an outreach ministry of St. Peter & St. Paul Anglican Church that began about fifty years ago in the mid 1970's. For 46 weeks a year the church is open on Friday from 7:00 to 9:00 pm and on these winter Fridays we have been hosting seventy to eighty people each week. Most of the guests are regulars and mainly single, and a majority of them live in downtown Ottawa. Just as some of us have a favoured church pew, they too have their favourite tables and table mates.

At present, there is a roster of 26 individuals who serve the guests with seven required each Friday. In addition, there are sandwich and soup makers. We need fourteen to eighteen loaves of sandwiches and one huge or two large pots of soup.

The menu includes a glass of orange juice, fresh veggies and chips to start, followed by soup and sandwiches and ends with a piece of fruit and an ice cream sandwich. Coffee and tea is available all evening. It is a rare person who is satisfied with one sandwich, and when we have more soup we meet the requests for seconds.



We try to spend time chatting with our guests after the food is served while keeping an eye out for latecomers. Because most are regulars, we do come to know something about their individual stories. It is impressive how many have coped with the challenges they have faced and are still facing. Currently, two of our former guests are incarcerated. A retired rector of our church and the longtime director of a "Place To Go" regularly correspond with them.

Our guests show their gratitude in many ways. We hear lots of "Thank you's". One tiny elderly lady comes to the kitchen each week, gets a large cart and bins and collects the dirty dishes left on the tables. A few individuals stay behind every evening to fold the tables and stack the chairs. It is clear to those of us who volunteer with this ministry that our guests find St Peter and St Paul's A Good Place to Go on Friday Night.

# Church Kitchens, Put to Good Use

By Susan Palmai

Do you ever think about church kitchens sitting idle day after day? We at CCSAC do! The CCSAC Outreach Committee pondered the situation and took action.

CCSAC learned of newcomers to Canada living in transition in hotel rooms downtown without the ability to cook meals in their rooms. The Holiday Inn on Queen Street is home to 720 refugees in 120 rooms. The idea of Community Kitchens sprang up. Three churches, Glebe St. James, First Baptist and St. Andrew's Presbyterian, all CCSAC member churches, opened their kitchen doors to these newcomers to Canada. Some come and cook with a friend, some with a daughter, some alone and some with the whole family. All the pots and pans we have and all 8 stove burners are in full swing!

Our friends recently have included Jumoka and her daughter, Bisola (14 yrs), Lois, husband Stanley, and their three kids, Mirabel (9), Praise (6) and Greats (3). The children were supervised by a church volunteer and enjoyed using toys in the Lounge/Nursery while Mom and Dad cooked. Marc and friends regularly use the kitchen at First Baptist as life on the street does not provide any luxuries such as a warm meal.

Fortunately for the cooks but sad for us, some move on to more permanent housing. We say good-bye and wish them luck.



*Jumoka and Bisola enjoying the use of the kitchen*

While this program has been a bit under-utilized, we are hoping that the word will spread. We notice some interesting, unfamiliar aromas around the church and encourage our GSJ members to drop into the kitchen and extend a friendly greeting to our visiting cooks.

## Learning More About the YMCA



*Marianne Long*

Marianne Long, Manager of Philanthropy and Outreach for the YMCA of the National Capital Region, was a special guest at our CCSAC meeting on January 20. While the Y is a resource for health and fitness, it is also a charity. She described a variety of programs ranging from Childcare to Healthy Aging. The Y provides Employment Access Centres as well as Transitional and Supportive Housing which includes housing for youth. In 2023 there were 487 people living at the Y in bachelor apartments, sometimes sharing with a friend or family member. The residents have access to shared kitchens. In addition to adult programs, there are a variety of activities for children. Day, Overnight, School Breaks and Outdoor camps are offered throughout the year. For information about volunteer opportunities, see [Join Our Team | YMCA of the National Capital Region](#).

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*Since 1978, CCSAC's main project has been the Centretown Community Food Centre located at 370 Catherine Street.*