



## Urban Christian Outreach (Ottawa)

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Charitable Registration #13776 1938 RR0001

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Update #96

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**Dear Friends,**

*'Now faith is being sure of what we hope for, and certain of what we do not see...and without faith it is impossible to please God, because anyone who comes to him must believe that he exists, and that he rewards those who earnestly seek him.*

*Hebrews 11: 1, 6 NIV*

“Count your Blessings!” These were wise words given to me recently by a trusted and faithful Pastor, as I flip flopped from faith to that slippery slope of fear while awaiting medical test results. “Count your Blessings!” And I did, many times, over and over, each and every time that I started to worry. I thought to myself, “What if? What if I receive bad news? Certainly things did not look in my favour! In my waiting, I would call on Jesus, and declare my trust in him, and then an hour later I would be researching online, and fear would creep back in. Rather than entertain that, I would once again recall the Pastor’s words, “Count your Blessings”, and I would once again begin to Praise God for the many, many blessings in my life. Each time I did that, I felt his beautiful

wave of Peace fall over me, and my faith was once again restored. Perhaps you can relate! We all fall short of God's Glory, however, we serve a powerful God! Our Lord is right there for us when we 'seek him!' By the Grace of our Lord and Saviour Jesus Christ, I received good news, and was healed! This is the One whom we seek to introduce to the poor, to the homeless, to the marginalized in the city of Ottawa - the One whom we can place our trust and hope in – Jesus. In the midst of our hopelessness, in times of fear, Jesus shows up in powerful ways, and transforms the lives of those who seek him!

Paul, (not his real name) is struggling with health issues. Due to his mental illness, he is not able to navigate the medical system. We now book his appointments, and accompany him as well, always advocating for his rights, to ensure that Martin gets the care that he needs. He now has a doctor, a dentist, an optometrist, and a physiotherapist. Martin is so grateful, as his health has improved. We have begun to share the hope that we have in Jesus.

People matter to Jesus. He loves us so. In our ministry to the poor, he goes before us, and leads us to the ones he seeks to save, to the ones who have often already been calling out to him for help. How faithful is our Lord? We cry out to him in our time of need, and he sends us help. It is a mighty privilege to serve him and to be part of this ministry!

Please pray for Seera (not her real name) who is struggling with physical and emotional challenges. We are helping her to seek employment. Please pray for God's provision for her, and for reconciliation with her family.

I recently had the opportunity to attend an afternoon session on Elder Abuse, organized by Trinity Presbyterian Church, and Elder Abuse Prevention Ontario. It was very informative and allowed me to further my training in this area. UCO has helped seniors who have been victims of elder abuse in the past, and we are currently investigating another situation. You may know a senior who needs help.

Elder Abuse Prevention Ontario notes that ***“Elder abuse is defined by the World Health Organization as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.”***

Types of abuse include:

- \* Financial
- \* Neglect
- \* Psychological
- \* Sexual
- \* Physical

To seek support or to get more information, you can contact Elder Abuse Prevention Ontario at: 1-866-299-1011 or email them at [admin@eapon.ca](mailto:admin@eapon.ca). More information can be found on their website at [www.eapon.ca](http://www.eapon.ca)

You can also contact your local police community centre, or contact Urban Christian Outreach at 613-233-6633 for help.

To report abuse in a retirement home, call 1-855-275-7472

To report abuse in a longterm care home, call 1-866-434-0144



This Thanksgiving, may we count our blessings, and show tender care for one another, especially for our seniors. We thank our God for you, for the blessing that you are to UCO's ministry to the poor, the homeless, and the marginalized among us, and for partnering with us through your prayers, and financial offerings. We are currently in great need of your financial help, if you are able, and we are trusting our faithful Lord to provide. May our Lord bless you, and may we be found faithful, too.

***But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Matt: 6:33 KJV***

**We wish you a blessed Thanksgiving. Glory be to God!**

With Love and Gratitude, In Christ,  
Jill Wilson, E.D.



**How to Donate:**

1. **By e-transfer** to:  
[donate@urbanchristianoutreach.ca](mailto:donate@urbanchristianoutreach.ca)
2. **By mail**, send a cheque to:  
Urban Christian Outreach (Ottawa)  
P.O. Box 77033  
Ottawa, ON K1S 5N2
3. **By Credit Card**: follow the links on our website at [www.uco-ottawa.ca](http://www.uco-ottawa.ca)
4. **By Credit Card**: through **Canada Helps** at [www.canadahelps.ca](http://www.canadahelps.ca)
5. **Through the United Way payroll deductions program or one time offering**
6. **By leaving a gift in your Will**
7. **By post-dated cheques**

**UCO's Current Needs:**

1. Divine financial favour
  2. Winter coats, boots, gloves, hats
  3. Tim Horton's, A&W, and McDonald's gift cards
  4. Grocery store gift cards
  5. Socks, toothbrushes, deodorant, and hand-warmers
  6. Water bottles, and backpacks
- Thank you! Praise be to God!**

