



**105 GIBSON**

**Feature Article**

**True Meaning of Serving**

Lok-Ping Ng



Many Syrian refugees have arrived in Toronto in recent years, with a high percentage of them residing within walking distance of the 105 Gibson Centre. By serving them through the Food Bank, Lok-Ping reflects on the true meaning of serving.

We all have our comfort zones and a natural tendency to associate with people from similar cultural, religious and educational backgrounds. When we find ourselves in a position to serve others, we may easily perceive ourselves as givers and them as takers, which leads to an unbalanced relationship. Lok-Ping believes the essence of serving is to cultivate relationships and build friendships with those in need—talking with them, spending time together, and listening to their life stories.

Around 100 clients visit the food bank every month. 60-70% of them are former refugees living in our neighbourhood and they usually walk here. The Food bank is a great entry point to get to know them and build friendship with them. By having their physical needs met, they can feel our care and acceptance. Even though language and cultural differences may pose many challenges, prejudice and fear can be overcome through communication and mutual understanding.

In light of these needs, the Food Bank had initiated two new programs this summer. The ESL Café and Friendship Kitchen were meant to share the message of peace with our clients while continuing to build relationships. We encourage you to step out of your comfort zone and get to know someone from a different background. This is not an easy task and there will likely be some discomfort and fear in encountering strangers. However, as Christians, we have to love and serve others as Jesus Christ had loved us. -- *Written by 105 Gibson Reporter*

**105 Gibson Ministry : Community Needs**

proactively responds to the various needs in the community through our Food Bank, Thrift Store, Free Tax Clinic and Out of the Cold.

**Friendship Kitchen**

Ani Hjeir

Ani is a happy lady from Syria and always has a big smile on her face. She knows deeply that God has called her to serve in Canada and by combining her experience and passion, she had found the perfect opportunity and platform to serve Syrian women who are trying to integrate into the Canadian culture.

Ani had experienced joy from serving in the Bible Society in Damascus despite endless wars and living away from her family for five years. She later immigrated to Canada as a sponsored refugee. As she loves food and is passionate in cooking, she started a home-based catering business while continuing to explore a serving platform. She was later introduced to the 105 Gibson Centre and after much discussions, the idea of Friendship Kitchen took shape. Using the Centre's kitchenette

and connecting with other Syrian women through the food bank and also a few women from different churches, the Centre officially launched the Friendship Kitchen in July, a weekly cooking class aiming to build friendship and share our life and faith with the attendees.

Understanding the conservative culture from which these women came, Ani had tactfully used food as the common ground to build friendship and to encourage conversation.

During the seven weeks, she was able to share some bible stories which were also mentioned in the Quran and engage them in conversations. They had fun cooking and sharing dishes

from both the Arabic and Chinese cultures such as manti, mujadara, tabbouleh, baklava, wonton,

red bean paste and spring rolls. Over the course of seven weeks, the women have bonded closer as friends with a deeper understanding and appreciation of each other's cultures. Nothing is impossible with God and cultural divide can be brought closer through Him. -- *Written by 105 Gibson Reporter*



## MY experience with 105 Gibson

### Loving those whom we do not see

Yee Lee Hung

Being a mom of three young boys, I often need to find ways to teach them about sharing God's love with others. Through Lok Ping, my husband and I learned about how people use the Food Bank services at 105 Gibson Centre, and we shared these stories with our children.

When our eldest son Micah turned 7 years old, we suggested to him that in lieu of gifts, we could ask his family members and friends for food donations towards the food bank. We also requested certain foods so that the clients' specific diet needs would be met. We have kept this tradition for four years now, and people have become more generous over time.

Micah has always been a responsible person. But now, he places the focus not on himself but on others; and he has learned to give than to receive. He is also setting a good example for his two younger brothers, Timothy and Jesse. Now they all have food drives, as they understand that birthdays are not all about themselves. They are more than content just having presents-free birthday parties with family and friends.

We live such a privileged life in Canada and we can easily forget about what others have gone through in their home countries. I pray that my children will be able to involve themselves in more than just the food drive stage of the entire process. Perhaps by sorting food and actually meeting food bank clients

and listening to their stories, they can better understand poverty on a global scale and even more importantly, share God's love with those whom we do not see. -- Written by 105 Gibson Reporter



### How can you help?

The Food Bank is always in need of oil, rice, sugar, chickpeas, diapers in various sizes and baby wipes. Donations can be dropped off at the Food Bank bin at the Centre's north entrance. We also welcome individuals or groups to organize food drives throughout the year. For more information, you can email us at [fooddrive@105gibson.com](mailto:fooddrive@105gibson.com)

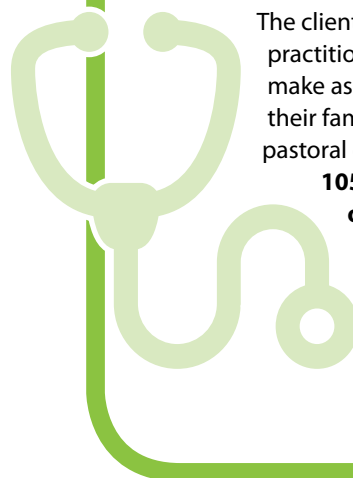


### The 105 Gibson Wellness Clinic

aims to serve the physical, emotional, and spiritual needs of Abundant Life Institute members.

The client will see a physician or nurse practitioner who will take time to listen, make assessment, communicate with their family doctor, offer prayers, refer to pastoral care, or connect to social services.

**105 Gibson Wellness Clinic opens on Tuesdays from 2 to 6 pm** and to schedule an appointment, please call 905-946-8787 ext.104 to leave a message and we will contact you to schedule an appointment time.



### 5th Anniversary Thanksgiving Dinner



Thanks be to God! We held our **5th Anniversary Thanksgiving Dinner** on September 23 with close to 380 guests attending. We shared stories of how each ministry has grown over the five years and Dr. Brian Stiller (Global Ambassador of World Evangelical Alliance) shared words of encouragement and reminded us to continue serving the community. Videos shown at the dinner are available at

<https://105gibson.com/whats-new/105-gibson-thanksgiving-dinner-2018/>

## 105 Gibson in Action



105 Gibson Walkathon on September 22



Doors Open Markham on September 22



105 Gibson Cultural Café concert on October 19



105 Gibson Abundant Life Institute Grand Birthday celebration on October 20

# Upcoming Events

Singing instructor June Tang and her students are hosting a fundraising concert on **Saturday Nov 24 from 2 to 6 pm**, singing songs from different TV shows. All proceeds support programs and services at 105 Gibson. Ticket is \$15 each and available at Centre reception.

**105 Gibson Cultural Cafe** will host **"Arts and Crafts Night Out"** on Fridays in November and December from 7:30 - 9:30 pm.



**November 9** - Miniature Christmas cakes

**November 23** - Acrylic painting of Cherry Blossom

**December 7** - Beading Night

Fee is \$35/person. Discount available when registering at least two people. Please sign up at Centre reception.

**105 Gibson Abundant Life Institute Christmas Lunch Thursday Dec 6, 12:15 - 2:30 pm**

Program includes lunch, brain beat dance, praise dance, tai chi sword performance, short drama, Christmas carols, Chinese opera and prize draws. Tickets are \$10 each and can be purchased at Centre before Dec 1.

**105 Gibson Community Christmas Celebration Saturday Dec 15, 5 - 8 pm**

Supporters, users and neighbours are welcome to join! Tickets: \$15 for adults; \$7 for children 4-12; free for children 4 and under. Buy your ticket at Centre reception before Dec 10.

**A Meal Together Christmas Celebration Thursday Dec 20, 3:30 - 9 pm**

Youth aged 14-22 are invited to join. Sport games begin in the gym at 3:30 pm. There will be games, music, karaoke and dinner at 6:45 pm. Free admission. Sign up at Centre reception.

## Supporting 105 Gibson

We welcome you to join our efforts in blessing the community through partnership, donations, and volunteering. Visit our website for more information.