

# STIRRED

into action



## Engaging our Volunteers!

### ANNOUNCING OUR NEW FUNDRAISING AND COMMUNICATIONS TEAMS

STIR Retreats is adapting the way it does ministry. Last summer, our beloved Executive Director Bill Hatch, who has steered much of the transition from an ISP affiliate to an independent Canadian charity, has shifted from a full time to part time position to allow him more time for his new business. We wish him all the best in this new endeavour!

Having a part time ED has created new opportunities for volunteers to participate in ways other than the retreats. Thus, two committees have been established to complement Bill's ongoing roles. The fundraising committee will explore new ways of inspiring donors to support the challenge of meeting the demand for more STIR retreats. A communications committee will keep supporters informed via the website and biennial newsletters.

Growing Strong!



26

retreats



245

retreatants



33

volunteers



# Montreal

## OUR FIRST EVER MEN'S RETREAT IN MONTREAL

The Montreal men's team hosted their first retreat last November 2023. The STIR experience, which focuses on deepening relationship with one's Higher Power, is unique in Quebec. For participants it fulfilled a longing to engage more spirituality in their recovery journey, in a way many felt but could not express before coming on retreat.

[READ MORE](#)



# Toronto

## CONTINUES TO GROW!

Word of the STIR retreats has spread far and wide and the interest in participating continues to grow.

[WATCH US GROW](#)



# Nova Scotia

## STIR RETREATS IS EXPANDING!

Our inaugural retreat/ training session will take place at the Tatamagouche Centre on the weekend of May 17-19, 2024.

[READ MORE](#)

# Sacred Stories

## MEET DUNCAN

"In 2014 I graduated from the Bridgeway Addiction Program and The North York General Addiction program. I started to put my life back together again and found a place to live at Broadview Homes and continue my journey of abstinence from alcohol.

In 2017 I met people from STIR and in February of that year went on a retreat in Guelph. This retreat opened my eyes to realize that I had found my solution to my problems. The retreat added a spiritual side to recovery that made abstinence stick. "

[READ MORE](#)



## STIR Reviews

### RETREATANTS LOVE STIR RETREATS!

*"I learned that I am very resilient and that change, and full acceptance is possible."*

*"God loves me no matter the pain I've caused in my life."*

*"That I am still teachable and have growth within me still."*

*"Reminded me that my higher power is always with me." "*



## Help Us Grow

### SUPPORT STIR RETREATS

STIR offers transformative spiritual retreats to people who are experiencing homelessness or living in transitional shelters and seeking recovery from addictions. We invite them to encounter God's love, hope and healing through spiritual companionship that reshapes lives and relationships.

[DONATE](#)

[learn more](#)

[WWW.STIRRETREATS.ORG](http://WWW.STIRRETREATS.ORG)