



Dear Members and Friends of L'Arche Avalon,
And so the journey continues! We have transitioned from Cornerstone Housing Society to L'Arche Avalon, a L'Arche project. We have been welcomed into the L'Arche Canada family with open arms. They have offered us advice and support in our endeavor. The new newsletter name and format are part of this transition. Through the newsletter we hope to share our news with our members and friends and with the wider community. We invite you to journey with us and to share your energy, your time, your skills, your resources and your prayers to help us create a L'Arche Avalon community in this province with homes and programs where adults with and without intellectual disabilities live and work together. It's a great time to come on board and get involved.

Lorraine Angelopoulos
Chair, Communications Committee, L'Arche Avalon

L'Arche Canada Fund Development Workshop held in Montreal, April 23 – 26, 2017

Attended by Lewis Andrews, Chair of the Board of Directors and Lorraine Angelopoulos, Board Secretary

Besides the really useful information on fund raising, this event afforded many valuable opportunities for networking with people from L'Arche communities from Cape Breton to Vancouver Island. Lewis and I were welcomed warmly as the newest members of the L'Arche Canada family. It was wonderful to meet, have discussions and share meals with Hollee Card, L'Arche Canada National Leader, Jenn Power, L'Arche Atlantic Leader and many other leaders in L'Arche communities across the country.

If I could summarize what I learnt in a sentence, it would be that the big thing about L'Arche Fundraising is that the fundraising is relationship-based. Relationship is at the heart of L'Arche. The



educating and cultivating of donors is a two-way street – they learn about L'Arche and we learn about them. And if I could add another sentence it would be the idea that fundraising is not an activity restricted to the Fundraising Committee. We are all fundraisers. We are all “influencers” in the local community actively helping to spread the word and fundraise. It's all part of the mission that we are on together.

A look back on life in L'Arche

Sarah King (McMeekin)

Scotland became a second home to me back in 2011. I left Canada on a very cold stormy day in January and arrived in Glasgow to spring like weather. What a knock to the system to be driving on the wrong side of the road and to travel north by train through all those fields and mountains. The countryside was exactly as I imagined it would be, dotted with sheep and cows with mountains and streams in the distance. Although it was exactly what I expected it didn't prepare me for my first few days in L'Arche. I was picked up at the train station in Inverness and brought directly to the workshop where I was bombarded with hugs, smiles and questions from core members and assistants. There were so many people! Mark and Jackie accompanied me to my new home "Mactalla" Mark ensured that I was introduced to everyone. Next Kevin and Barbara welcomed me with more excitement and smiles. I've never been more made to feel at home. Soon it was supper time and everyone sat down at a long table. This was only the beginning of a year and a half of love, tears and learning.

Soon I adjusted to the daily and weekly schedule of the house and each core member. With 10 people in one house there was always something going on and someone to spend time with. Thankfully the 'Rota' or schedule was created each week with everyone's input. Our weekly house meetings we each got to request something if we wanted for groceries or suggest what should change in the house. And of course visitors all the time from the community friends and family. The kettle never stopped boiling! It never felt like work though. It felt like family. Yes there was paperwork and specific requirements like training but I felt like this sharing of life was more the goal. We shared meals, car rides, space on the couch, vacations, nightly prayer, work, and phone calls (I think my mom talked more to everyone else sometimes when I called). Friends would ask 'Do you ever get a day off?' Of course but that just meant I had time to sightsee.

Jackie taught me how tea can change your life. A good cup of tea makes everything better. Barbara taught me how important it is to sit back and listen. Kevin showed me how a simple hello can break through all the dreariness someone is feeling. Mark showed me how to really appreciate music as we would sing on our way to the pool. And finally, Hayley taught me that even though our personalities clashed there was still an appreciation and love for each other. Each of these lessons was learned slowly over time and a few I didn't realize had been learned until years later.

I've been back to Inverness twice since coming home to Canada. Never have I felt such a peace of mind as when I walk up the road knowing that I'm going home. As I continue my work supporting individuals with disabilities I try to keep in mind the lessons of L'Arche...It is more than a job, it is creating relationships and homes with people so that they know they have a place to belong.



Please send your stories, your ideas for stories, pictures you'd like to share, poems, etc to office@larcheavalon.ca

Birthdays

Maureen M May 30
Corriene M June 29th
Sister Diane S July 6
Lewis A - July 16
Jacqueline R July 26
Mary Beth T Aug 2



Celebrating Maureen's 75th !!

Annual General Meeting and Election of Officers

June 11th

Salvation Army Citadel on Adams Avenue

Regular schedule

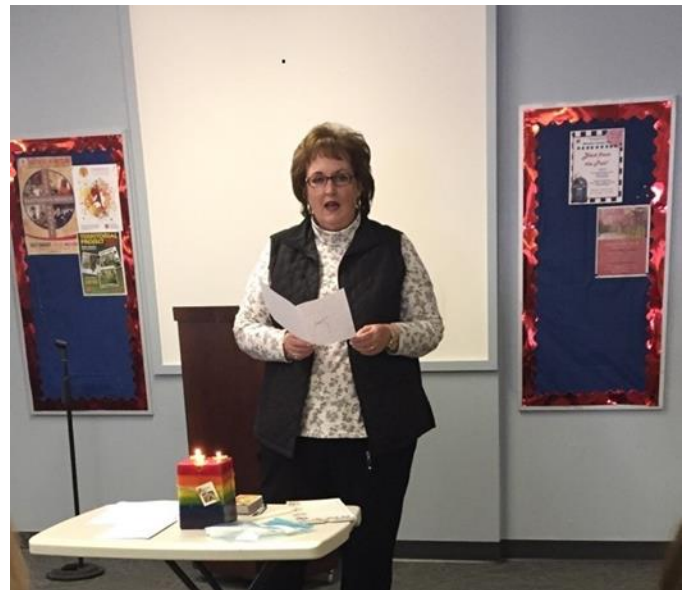
The second Saturday of the month we have our walk either around Kent's Pond in pleasant weather, or at The Works when the weather is not so pleasant. It is usually 2:00-4:00

On the third Sunday of the month, we have our monthly Gathering or Town Hall. If it is a Gathering with a meal, it is usually 4:00-7:00 at the Rotary Park on Thorburn Road. If we're having a Town Hall without a meal, we will usually have it at the Salvation Army Citadel on Adams Avenue 2:30-4:30.

And the fourth Saturday of the month is our Jam Circle from 2:00-4:00. We have a new location for this in the MMaP gallery in the north corner of the Arts and Culture Centre.



Maureen lighting the candle at our Town Hall April 30



Marilyn Andrews conducting our April Town Hall

Communications Committee
Chair: Lorraine Angelopoulos
Jennifer Adams
Julie Brocklehurst
Patti Bryant
Corriene Murphy
Sarah King