



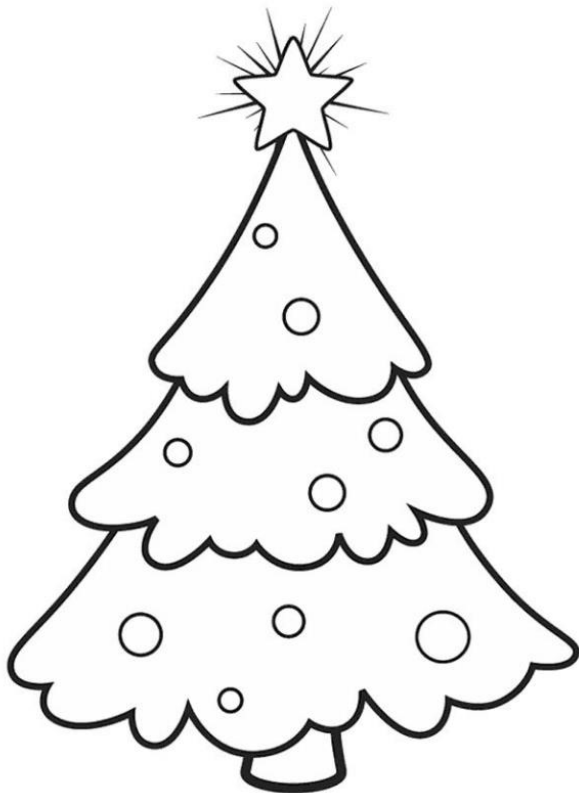
"One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals."

Jean Vanier, Founder of L'Arche

Dear Friends and Members of L'Arche Avalon,

It is hard to believe we are just about to the end of another calendar year! We are quickly approaching the festive season, complete with Christmas trees, outdoor decorations and snow, and before we know it, we will be into 2018.

2017 has been an exciting year for us. Following the granting of Project status by L'Arche Canada we changed our name from Cornerstone Housing Society to L'Arche Avalon. We also had a very successful and well attended Launch event in October where we celebrated the ongoing growth of our community as we continue our journey toward our goal of establishing a L'Arche home in the St. John's region.



We continue with our regular activities, including monthly gatherings, walks, lunches at the Avalon Mall, jam circles and, in the true L'Arche tradition, often share meals together. We invite each and every one of you to attend as many of these events as your time and schedule permits. Come and get to know our core members and others involved in building and strengthening our community. The Board of Directors of L'Arche Avalon continues to work toward our goal of opening a L'Arche home in this province. This includes building relationships with like-minded organizations and developing a strategy for engaging and partnering with government officials, at both the municipal and provincial levels, and also finding ways to raise money to assist us in achieving our goals. But there is still much work to be done.

As we move forward together we ask that you, our friends and supporters, consider L'Arche Avalon when making your yearend charitable donations. Your friendship and your financial support is important to us and very much welcomed. I wish each and every one of you a very blessed and happy holiday season and good health and happiness in 2018.

Warmest wishes
Lewis B. Andrews
Chair, Board of Directors
L'Arche Avalon

Information For Donating
Charitable Registration Number 810255042RR0001
And you can easily donate through Canada Helps at
<https://www.canadahelps.org/en/dn/19060>
Or send a cheque to
L'Arche Avalon, P.O. Box 1573, St. John's A1C 5P3

Henri Nouwen on Downward Mobility



"The compassionate life is the life of downward mobility! In a society in which upward mobility is the norm, downward mobility is not only discouraged but even considered unwise, unhealthy, or downright stupid. Who will freely choose a low-paying job

when a high-paying job is being offered? Who will choose poverty when wealth is within reach? Who will choose the hidden place when there is a place in the limelight? Who will choose to be with one person in great need when many people could be helped during the same time? Who will choose to withdraw to a place of solitude and prayer when there are so many urgent demands from all sides? My whole life I have been surrounded by well-meaning encouragement to go 'higher up,' and the most-used argument was : 'You can do so much good there, for so many people.' But these voices calling me to upward mobility are completely absent from the Gospel. Jesus says: 'Anyone who loves his life loses it; anyone who hates his life in this world will keep it for eternal life (John 12:25).



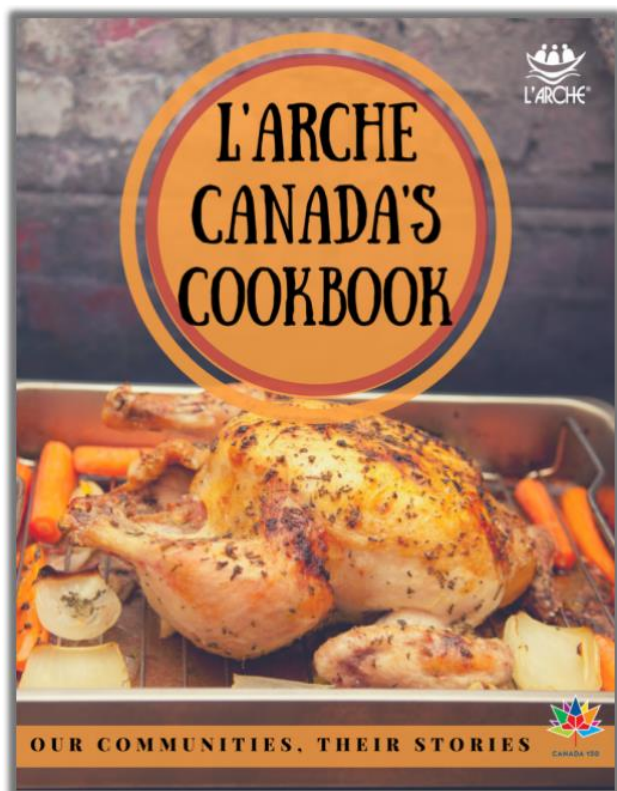
He also says: 'Unless you become like little children you will never enter the kingdom of heaven (Matthew 18:3). Finally he says: "You know that among the gentiles the rulers lord it over them, and great men make their authority felt; among you this is not to happen. No; anyone who wants to become great among you must be your servant, and anyone who wants to be first among you must be your slave, just as the Son of Man came, not to be served, but to serve, and to give his life as a ransom for many (Matthew 20:25-28).

This is the way of downward mobility, the descending way of Jesus. It is the way toward the poor, the suffering, the marginal, the prisoners, the refugees, the lonely, the hungry, the dying, the tortured, the homeless—toward all who ask for compassion. What do they have to offer? Not success, popularity, or power, but the joy and peace of the children of God."

From Here and Now pp. 138-139



Check out the L'Arche Canada Cookbook at <http://wp.larchefoundation.ca/index.php/larche-canada-cookbook-eng/>



As you may know, this year is extremely significant to our nation, as we celebrate Canada's 150th Anniversary. As a way to commemorate this celebration, L'Arche Canada is bringing to you a L'Arche Canada 150 project- an E-COOKBOOK, featuring recipes, stories and pictures from all 29 of our communities. This will help set the path for the 50th anniversary of L'Arche Daybreak in 2019, which signifies the beginning of the L'Arche movement here in Canada.

We in L'Arche value the time we get to spend together, gathered as a community around our dining tables enjoying meals together. It is wonderful to see so many pitch in to make the meals, share in the food and conversation, then clean up together. This may not sound very dramatic, but in today's on-the-move society, these daily type of gatherings are very rare. So what better way to represent culture is there than to share our most cherished meals with our communities. We in L'Arche have a great gift to give to our fellow Canadian citizens this year by sharing ourselves through an e-book to show them who we are and what we value.

Our entry is on pages 66-67

L'Arche Avalon



We are proud to be the newest L'Arche project in Canada, located in St. John's, Newfoundland and Labrador. As a community for 5 years, we have hosted several groups of visitors, and treated them to Newfoundland fare. Here are some of the recipes of our delicious traditional food.

Cod au Gratin



Ingredients

- 1 pound of cod fillets, cut in small pieces
- ½ cup butter
- ½ cup flour
- 1 ½ cup milk salt and pepper to taste
- ½ cup bread crumbs
- ½ cup grated cheese

- 1 Preheat oven to 175 °C (350 °F).
- 2 Place cod in greased baking dish.
- 3 In saucepan, melt butter, stir in flour until smooth, and remove from heat.
- 4 Stir in half of the milk.
- 5 Return to heat and beat until smooth and shiny.
- 6 Gradually add remaining milk, salt and pepper.
- 7 Cool. Stir until smooth and thick.
- 8 Spread sauce over fish, and sprinkle with breadcrumbs and cheese.
- 9 Bake 20-30 minutes until fish is cooked.



We appreciate any donation of recyclable beverage containers to our account. When you drop off recyclables for donation, you have to go to the drop-off section at the Depot, then key-in our account # **3680624** and select the number of bags you have - the same number of labels will be printed for you to stick on each bag. Follow this link to be sure what you can include in your bags.

<http://mmsb.nl.ca/waste-diversion-programs/beverage-containers/>

WALK

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.

If at the Field House, the cost is \$3.05 (people with attendant's passes are free). Please bring indoor shoes and you're welcome to bring a snack to share.



If you have pictures to share from any of our events please send them to sarah.king@larcheavalon.com

And always make sure your permission slip is signed if you'd like to be published in our newsletter or posted in our many other sites.

MEMBERSHIP REMINDER

Annual memberships are due to be renewed.

\$20 per family membership.

Forms are available on our site by going through <https://www.cornerstonehousingociety.ca/getinvolved/> Or <https://tinyurl.com/y72ts9tv> is the short version of the link right to the form.

You can send your completed form and a cheque for the renewal fee to

L'Arche Avalon, P.O. Box 1573, St. John's A1C 5P3



THE YEAR IN PICTURES...



