



## Building Healthy Communities Volunteer Award

L'Arche Avalon was selected as a recipient of the 2018 St. John's 'Building Healthy Communities Volunteer Award'.

Some of us represented our L'Arche community at the award ceremony with breakfast reception on April 4th at the Paul Reynolds Community Centre. We came 'dressed down' in L'Arche Avalon t-shirts and sat together for the breakfast.



first reacted with a little irritation at Anton hitting the table, as is his way sometimes when he expresses how much he likes the food he is served (3 croissants! with a bunch of melon slices on the side). But soon the faces relaxed when they realized that this is a group of persons with and without intellectual disabilities who look out for each other. At the end we saw smiles and special greetings for Maureen and Anton.



The president of MUN noticed us before the ceremony began and told us about his wife's brothers living as core members in a L'Arche home in Quebec! Some amongst the many reception attendees at



The mayor of St. John's arrived in the building at the same time as Anton, Sarah and Petra. He approached us to say hello and hearing our group's name he expressed he may have heard of L'Arche.



Later the mayor approached our table and was quite happy to have his photos taken with Maureen and others!

*Petra*



## Roundtable on Inclusion

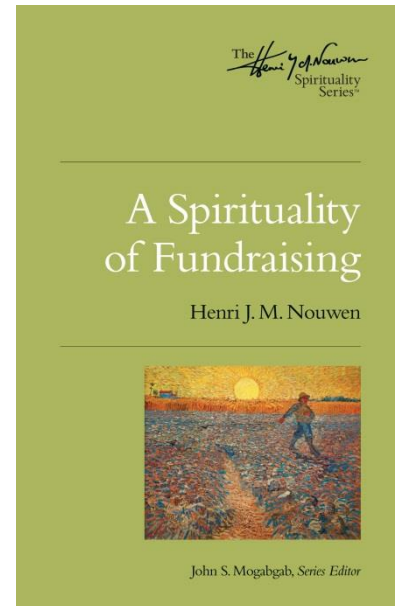
In April, the 2nd Roundtable on Inclusion event brought together community stakeholders, policymakers, corporate partners, and members of the academic community for a day of presentations, panels, and open discussions on outcomes from the recent National Conference on Disability and Work in Canada, facilitating disability inclusion in NL private and public sector workplaces, NL work disability policy in action, return-to-work processes for people with disabilities and pathways for future positive change. Employment for those with cognitive impairments was discussed a number of times.

*Patti*

“People have such a need for friendship and for community that fund-raising has to be community-building.”  
Henri Nouwen

from  
*A Spirituality of Fundraising*

<https://www.gcx.org/LynnFamily/files/2013/07/Spirituality-Of-Fundraising.pdf>



## Autism Panel Discussion

On May 2 the Autism Society of NL organized a panel discussion hosted by Anthony Germain of CBC to discuss residential options for those on the autism spectrum. I, as well as Petra and David, attended the panel discussion. The panelists included a mother, an aunt, a woman on the spectrum, an autism professional and a housing advocate.

The mother and aunt spoke about the difficulties experienced when a family member is diagnosed as being on the autism spectrum. This included identifying available medical services as well as options for appropriate living accommodations. The woman on the autism spectrum spoke about issues around diagnosis and the need for services to assist with daily living. The woman, who has a high intelligence quotient, indicated that those in similar circumstances often have a lower emotional or social quotient for which they need ongoing assistance. This would include issues such as financial management and transportation.

The housing advocate, Bruce Pearce of End Homelessness St. John's, talked about the housing options which are presently available as well as new options being considered going forward. The autism professional commented with conviction that, in addition to family members and government, the community as a whole has an obligation to become involved in the care of those on the autism spectrum, including those with intellectual disabilities.

The Autism Society indicated it intends to continue to engage government on behalf of those on the spectrum.

*Lewis*





### First outdoor walk of the year

Members were quite pleased the second Saturday of May when we could have our monthly walk outdoors

around Kent's Pond instead of indoors at the Works. It was a beautiful day and just cool enough to be comfortable.

### Spiritual Expressions

At our Spiritual Expressions session in April, we had a lively discussion around the differences and similarities of compassion and empathy.



### In the Paths of our Existence

In the paths of our existence, there are at times obstacles, rocks barring the road. If these obstacles appear too great or if we, through fatigue or other reasons, are deflated, then we sit and weep, unable to advance, unable to return. Some failure has damaged our élan. An unfaithful friend, failures in exams, in work, we no longer feel that blossoming dynamism. We carry our bodies like lumps of lead. We slumber into a world of disillusionment, apathetic, listless. But then comes change: winter changes to spring, we meet a friend, we rest, forces awoken in our bodies, life seems to surge once more, as the morning sun, calm, unswerving, certain, never faltering.

*Jean Vanier, Tears of Silence, p.17*



**Spiro A,**      **Maureen M,**      **Lois C,**  
**Sarah M,**      **Sister Diane S,**  
**Lewis A,**      **Mary Beth T,**      **Gail E**





that can also be downloaded, printed and hung in galleries in your towns and cities, will complement other anniversary celebrations. We know that our communities have embraced art as a means of sharing the diverse gifts of persons with intellectual disabilities. The L'Arche Canada On-line Art

### L'Arche Canada Online Art Exhibition

L'Arche Avalon's own Maureen M submitted her picture of Mummies to be included in the L'Arche Canada On-line Art Exhibition, celebrating the gift of L'Arche and the gifts of artists in our communities.

Vision of the L'Arche Canada On-line Art Exhibition Planning is ongoing for the celebration of the 50th anniversary of L'Arche in Canada to be celebrated September 2018 through October 2019. L'Arche Canada is moving ahead with a plan for a L'Arche Canada On-line Art Exhibition of work by artists with intellectual disabilities modelled on the L'Arche International 50th on-line art exhibition ([www.art.larche.org](http://www.art.larche.org)) that was a popular success. We are confident that this exhibition,

### First Ever Sensory Friendly Performance

On June 9th several members of L'Arche Avalon attended the first ever Sensory Friendly Performance featuring the Newfoundland Symphony Orchestra's Atlantic String Quartet in partnership with the School of Music of Memorial University and music therapist Renee White.

Exhibition and local gallery shows will create spaces for people to encounter the unique voice and creative expression of the artists.

Special thanks to Daybreak, in particular Jacquie Boughner and Warren Pot, for steering this project and to the communities who shared their experience hosting art exhibitions that shaped the How to Plan a L'Arche Art Exhibition document that will soon be available online.



We were treated to beautiful music such as Pachelbel's Canon in D, Rossini's William Tell Overture and Vivaldi's Spring for a concert of 45 minutes. For the most part core members sat quietly and listened intently. It was a welcome and generous act of inclusion that showed that our disabled family members can be involved in such a public event with a few simple accommodations.

