



Reflection on Our Needs as Humans

As human beings, we have certain needs. Maslow identified these in the 1940s and they remain unchanged in essence today. Food and water and, in our climate, shelter are obvious ones; but the others which are equally important are friends and companions, and something to occupy our minds and our time. These are the things which give us a sense of belonging, of security, and of self-worth. During this time of COVID-19, as members and friends of L'Arche Avalon we are very fortunate that we can keep in touch with each other in a virtual way. Nothing can replace that touch, that hug from a friend, but we have been able to show through Zoom meetings, Thursday Lunches, Waving Wednesdays and other Facebook posts that we are here for each other. We are not alone. We look forward to the day when we can gather again; until then, we can be grateful that technology has allowed us to stay connected as never before.

~Sheilah

Greetings from the Board Chair

I don't know if it is just me, but I certainly feel that our weather in the months of May and June has been better this year than in recent years. We have had very little rain, drizzle and fog and the temperatures have been relatively warm for the most part. This is one of the many things we can be thankful for in these unusual times.

And now that we have moved to Alert Level 2 on June 25, we are able to move about a little more and expand the size of our gatherings. Hopefully before long our mode of communication will not be



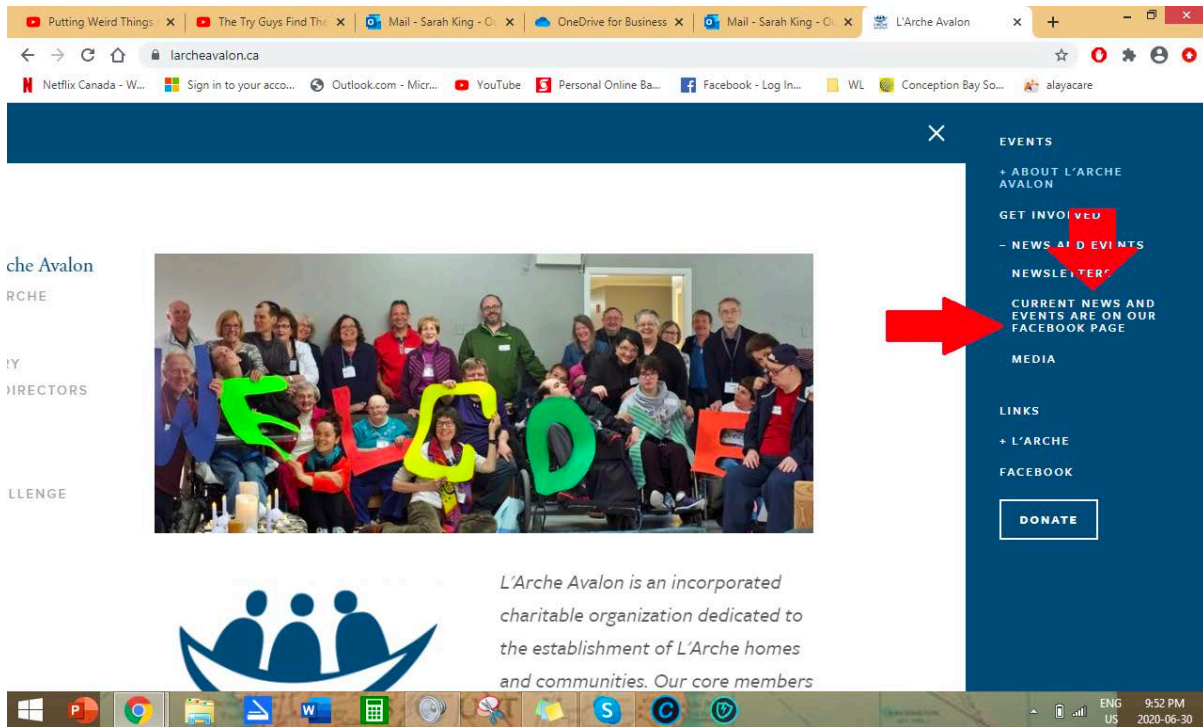
restricted to Zoom calls and we will have the opportunity, with social distancing, to meet in person.

While I look forward to being able to gather personally, I also recognize that there will be a "new normal" that will have to be in place for a long time, likely until a vaccine has been developed and is in wide distribution. We will understand more about this as time goes by.

In the meantime, everyone take care and stay safe!

~Lewis

Staying Connected



Hi Everyone! Our committees are still working hard to further our mission. If you would like to join a committee please go to www.larcheavalon.ca to find more information about each of them. It's especially hard these days not seeing each other but PLEASE stay connected with us by signing up for our emails by sending an email to office@larcheavalon.ca

We're trying to get creative with online and social distancing activities. Updates are sent out regularly by email. Our two Facebook initiatives to keep us connected are Waving Wednesday and the Community Connections Initiatives. Every Wednesday we post your waving photos. Community Connections is about sharing pictures, poems, rhymes, videos, or anything else you think is uplifting and may put a smile on someone else's face.

Just a note that you do not have to have a Facebook account in order to see what's going on. Just google L'arche Avalon Facebook or click on [News and Events](#) in the menu to find us.



Gail and Petra worked hard to create a few short videos to show the signs we have learned at Jam Circle. Contact us for instructions describing the hand and arm movements.

Hello, Welcome, Good, To see, You, here.

<https://www.youtube.com/watch?v=TbYmoUDZS4o>

Community, Gathering, Maybe, Because

<https://www.youtube.com/watch?v=hGVpx2ah9VA>

Sun, Rain, Snow, Cold

<https://www.youtube.com/watch?v=-raYnD01uiU>

Hungry, Snack, Cookie, Thank-you

<https://www.youtube.com/watch?v=Nrgx0anpeJ4>

How, Friend/Friendship, Stop

<https://www.youtube.com/watch?v=HMsxZNqsC4g>



Card Making

Making cards is an enjoyable way to pass the free time we now have available to us and a way to be productive as well. Handmade cards can be made from any type of paper you have at home, computer paper, construction paper, etc. Make the cards to fit any envelopes you have available or make them to fit the 5" by 7" envelopes I have. Use markers, crayons, paint, stencils, ink pads, thumb or fingerprints. We are all out of Birthday cards and are always in need of Thank You and Sympathy cards. Happy Card Making! See you all again real soon.

~Marilyn



My name is Yazan Jabr and I am a 4th year Commerce student transitioning into my final year. I am an international student from Jordan/Palestine. My favorite activities include cooking, watching my favorite soccer team and exploring new places. I admire the work that L'Arche Avalon has carried and I am so excited to be joining the team this summer in helping them execute their goals and vision. The work they do is heartwarming and essential in the beautiful

province of Newfoundland and Labrador. I look forward to spending the summer getting involved with L'Arche Avalon and leaving a positive impact.

~Yazan

Our Friends at L'Arche Joliette are Changing Their Name



At the AGM of our partner-community, L'Arche Joliette, the decision was made to change its name to L'Arche Lanaudiere. Joliette is a city of approximately 66,000 people in southwest Quebec about 50km northeast of Montreal on the L'Assomption River. The town is in the Lanaudiere Region which is in central Quebec between the St. Lawrence River

and the Laurentian Mountains. The population of the region, which is almost 500,000, is close to that of all of Newfoundland and Labrador.

Why change their name? Pierre Boute, coordinator at L'Arche Lanaudiere, explained that it was a strategic change to better reflect who they are and what they represent. He said that it is better to be identified with a region, rather than a single town as "we are not only giving to our city." Core members as well as assistants come from other communities to live in one of their two homes, and to take part in workshops which are divided into three parts: at Cégep de Lanaudière where 35 people work each week; ZOOM which is the artistic multimedia project; and La RUCHE which is the workshop serving the community. By taking the name of the *region* it indicated that they are much more inclusive.

L'Arche Avalon and L'Arche Lanaudiere have met once via zoom and we look forward to more meetings with them. It may even be possible for some people from each community to get together again as we did last year. Our friends who came here from Quebec really enjoyed their visit and would love to return.

Greetings from L'Arche Lanaudiere (Joliette)

During the pandemic time we had to be creative to keep the community together! Times to celebrate, to give each other news and to recharge our batteries!



Having a daily time to meet each other! Every morning before starting activities during the week we gather around the Zoom 8:50 am connection to say hello! Everyone is invited: families, friends and homes! At 9:00 am we start with a spiritual time, everyone brings their own colour! Taizé prayer, songs, texts from all walks of life or simply a round of sharing! The important thing is that everyone has this space to discuss. It is also the time to spot from a distance those

people who are a little more focused than usual or who show signs of weakness to take care of them later on!

People isolated at home; we wrote texts, songs from a distance with them!

Then the community meeting! Once a week on a one-hour format! (Usually every 2 weeks) Here we give each other the new health instructions and we tell each other how we are really doing! We've even been able to have community meetings with former assistants in France or even new friends from Avalon! Battle of music from one screen to another! It's a beautiful chaos but it's L'Arche!



Meet the assistants by zooming in and be patient of bad connections. The important thing is to keep the link and be available to each other! Celebrate birthdays by zooming and passing the candle from one window to another! Honour the person! The arrival of the beautiful days allows us to go outside and settle in the gardens and to visit from one balcony to another!

In short, nothing can replace real contact around a table, but in the meantime we are not alone!

~Pierre

Dougie Dunne, April 2nd, 1946 - June 12th, 2020

Dougie was a beautiful dancer. I actually saw him dance right out of his shoes once. He was also a painter, a gardener and an avid letter writer.

But most of all, he was a good friend.

Dougie touched the lives of countless people, leaving us all with the deep sense of joy that he radiated. He helped us care more for the people around us, because to Dougie, everyone was important. His greeting was often, "Do you know me?" And once he knew you, he never forgot you.

And there are many who knew Dougie and will never forget him: including his special and oldest friend Felix Martin, the staff and residents from the Hoyles Home and Pleasant View Towers, the congregations of St. Paul's Catholic Church and Cochrane Street United Church, and his friends from Empower, The Hub, the Cerebral Palsy Association and L'Arche Avalon.



Dougie rested at Barrett's Funeral Home. Unfortunately, due to COVID-19 restrictions, a public

visitation was not possible. However, his memorial service was live streamed at 2pm on Thursday, June 18th on the Barrett's Funeral Home website.

Flowers are welcome, but if you want to remember Dougie, try taking the time to volunteer, as he did. You just might change someone's life, as he did mine.

We love you Uncle Dougie. I miss you already.
Your good buddy,
Steve

Together



With someone by your side, the world is a much different place. Being taken into the heart of another, we discover that we are also in the heart of God. Values and goals take on a form not bound in the mind as abstraction; ideals become actual, as real and as easy to touch as a friend's hand.

Happy Birthday Maureen!

Maureen received more than 60 cards. From family and close friends, came lots of phone calls and even flowers. She was so grateful. She'd walk to the mailbox every day for almost a week and come back, grinning from ear to ear. "I've got mail." This is a concrete example of how our members and friends came together at a difficult time to make Maureen's birthday very special even when she couldn't welcome people to her home. Karl Barth said, "Joy is the simplest form of gratitude." Thank you to all who brought my sister, Maureen, such joy on her birthday.

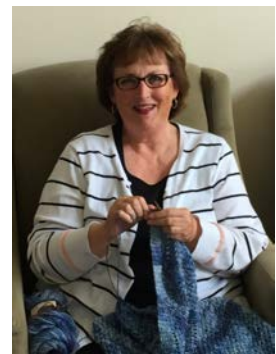
~Sheilah



What Helped me During the Pandemic

One hobby/activity that has helped me cope with all the stressful times in my lifetime including the COVID-19 pandemic is knitting. For many people the pandemic has fueled an interest in crafting, especially knitting. There are well documented health benefits associated with knitting. This activity lowers your blood pressure, reduces anxiety and depression and is a distraction from chronic pain.... to name a few.

I got my love of knitting from my mother. As I was growing up she would spend a few minutes every day relaxing while knitting. She taught me to knit as a teenager and we still spend time together knitting and sharing patterns and ideas. Knitting is a peaceful and quiet activity. My thoughts slow down, my muscles relax. I can let my mind wander, make to do lists in my head, plan my day or problem solve. The rhythmic repetitive motion and relaxation has the same benefits to your mind and body as a meditation session. For me knitting brings calm and reduces stress. It sparks my creativity. I get excited about starting new projects.



Knitting makes me happy!

~Marilyn



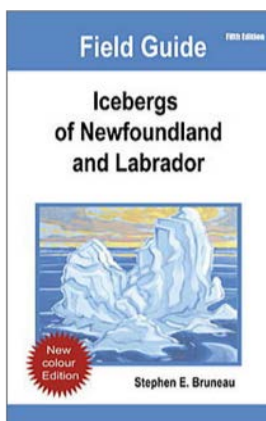
One easy way to help L'arche Avalon is by dropping your recyclables to the Green Depot using Account Number 3680624



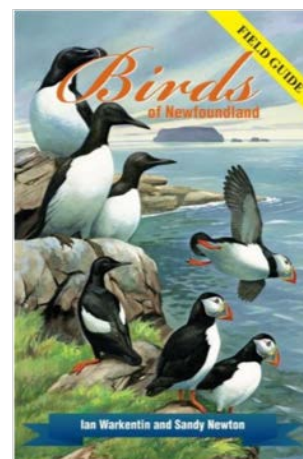
Summer Reading List

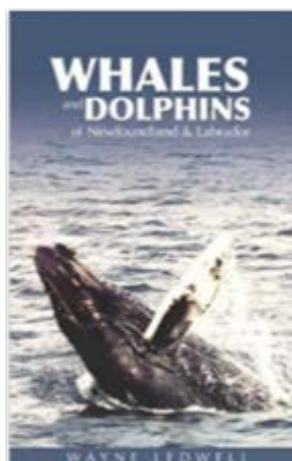
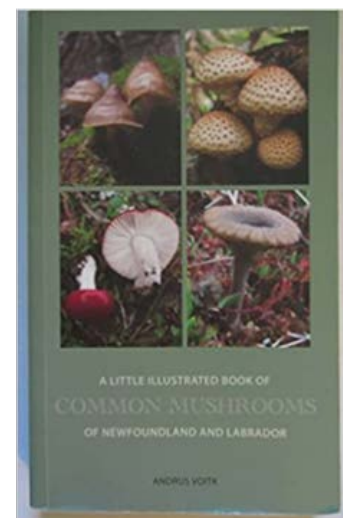
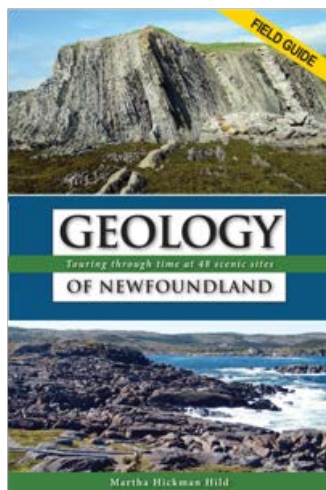
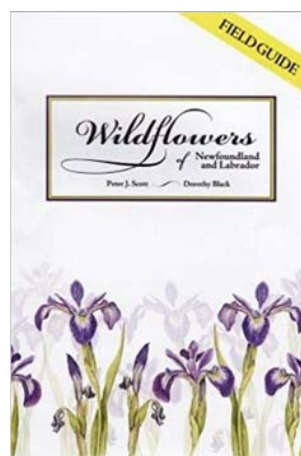
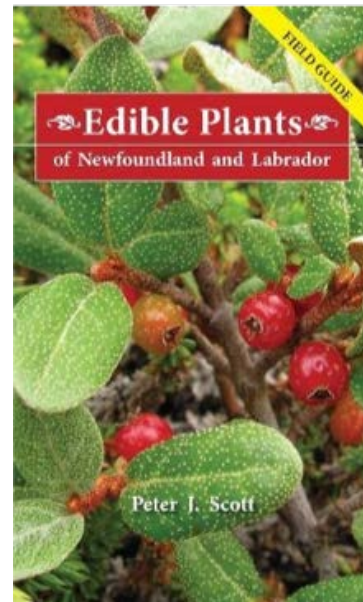
If you are planning day trips or staycations during this summer, then this reading list might just be of interest to you.

Please note that although Coles and Chapters have most of the books listed they are in very limited supply.

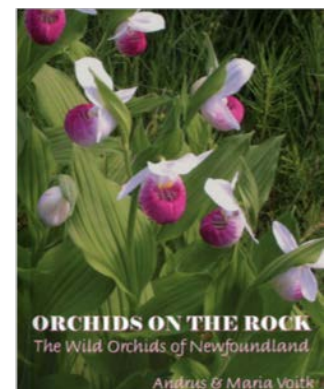


It may be a little late for bergs but there are often some around into July - even August. Check it out or study up for next season.





Canada has 70 species of orchids and although people may not think of our province as a place to look for orchids, Newfoundland has 43 species and 4 varieties making it the third largest in the country behind Ontario which has about 60 and Quebec about 50.



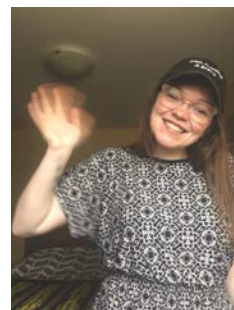
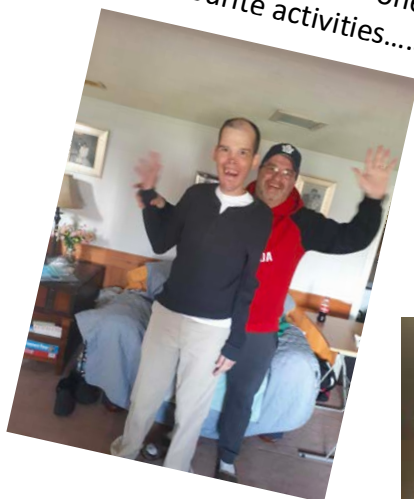
Mark and Alex ready for one of Mark's favourite activities....a drive!



Paul and Norm Hanging out



Kierran



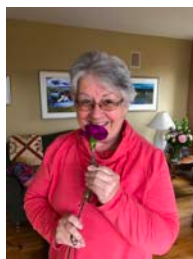
Kelsey

Whadda y'at??

Paul hanging out in the garage



Lorraine



Maureen out for a walk



Anton and Alex



Anne Marie

Petra and Gail



Ken

Marilyn



Bernadette



Hannah