

Bubbles and Ducks



When Mary Beth has so many bad nights, leading to rough days, it is truly inspiring to see how much fun she has with her bubbles and ducks in a tub full of water.



She has seizures that steal her skills, and I am always in awe of how strong she is and how much she can put up with, and still carry on with a smile on her face. When you see how much fun Mary Beth has with her bubbles and ducks, it truly teaches you to enjoy the little things - and to appreciate that maybe they are not so little.



- Patti

September Gathering

On Saturday September 12th, seventeen L'Arche members and friends spent the afternoon at the home of Ann Marie Lane who had graciously offered to host our picnic. It was a scenic drive on a beautiful fall day to Oliver's Pond just outside the city limits. We gathered on and near the dock taking in the peaceful surroundings as we fed the ducks and ate our picnic lunch. Later in the afternoon we followed the warmth of the sun and sat in a circle in the garden. There we listened to music as we laughed, chatted, and shared a wonderful time of fellowship. A great time was had by all who attended. Thank you again to Ann Marie.



Greetings from the Board Chair



As we move well into the fall season and approach winter we unfortunately continue to experience significant limitations in our activities of daily living because of the ongoing concerns relating to COVID 19. We are required to wear a mask when entering places such as grocery stores and restaurants and we are still advised to maintain social distancing, even when we are among our friends.

Notwithstanding these limitations and concerns, we have much around us to appreciate and to be thankful for. In a funny sort of way, we can be thankful for no longer having to mow the lawn every three or four days. Now instead, we can look forward to shoveling or snow-blowing snow from our steps and driveways. We can also look forward to bundling up to go outside to go for a walk (or build a snowman) and otherwise enjoy what nature has to offer.

The limitation in our activities and our normal interactions also allows us time to reach out to or reconnect with people who are important to us. In addition to regularly checking on how our family members are doing, we are able to reach out to old friends to ensure all is well with them, and to provide support where needed.

Finally, we can be thankful for the hope and expectation that before too long COVID 19 will be under control and we will be able to return to a new normal way of interacting, whatever that “new normal” will be. Hopefully it will include the ability to provide a hug as a show of affection or of comfort.

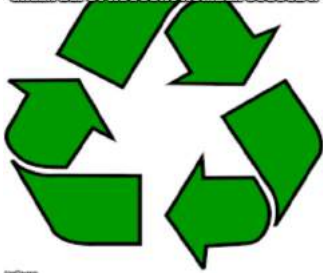
I wish each and every one of you a wonderful fall season and I hope that by Christmas you will be able to enjoy a turkey dinner with at least some of your family and friends.

Take care and stay safe.

Lewis

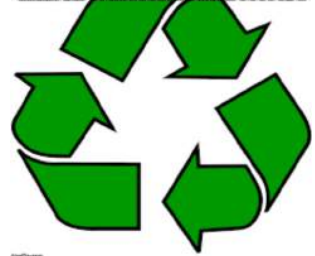


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Our New Students!

Hello Everyone!

My name is Ankit, and I am from India. I am studying business at Memorial University and would be graduating in December. I like cooking and watching informational videos on YouTube. I admire the vision of L'Arche Avalon and am very excited about being a part of their team and helping them in working towards their vision. The contribution they make to the community is critical for the upliftment of society as a whole.

I look forward to making a positive impact through my work at L'Arche Avalon this fall.



Modeline Nicholas Longjohn is a PhD candidate in the department of Biochemistry, Memorial University. She is working on understanding the role of nanoparticles called extracellular vesicles in the development of antibody producing B cells. She holds a bachelor's degree in Genetics from the University of Liverpool and a master's degree in Cancer Biology from the Nottingham Trent University both in the United Kingdom. She has previously published a novel – *Orange Butterfly* and a standalone Amazon short story under the pseudonym Lily-Anne Longjohn. She is the recipient of several grants and awards including first runner up, Memorial University 3 Minutes Thesis (3MT), 2018. She recently started a company that is developing an app to help people in underdeveloped countries locate hospitals promptly.

Opening Up with Music by the Cultural Ambassadors

L'Arche Avalon opened up again with in-person gatherings, while practicing social distancing. This transition in July was helped by assistance from two MUN Music Students, Maddy Moulton and Jamie Moran, both second year students. We were introduced to Maddy and Jamie by Eric West of Soundbone Traditional Arts Foundation. The foundation received funding from government to support having the two students, known as the Cultural Ambassadors, perform and facilitate music programs for various audiences during the summer.





Maddy played the guitar and sang for the Spiritual Expressions on July 5th and August 2nd. Peter facilitated the program focusing first on the theme of “fear” and second on the theme of “sunshine.” The format for both of these sessions was to have Maddy sing and play songs focused on the theme for the day. This was followed by a time of sharing regarding the significance of the song in relation to the theme. The L’Arche Avalon members enjoyed Maddy’s wonderful singing, and appreciated sharing their valuable insights related to the meaning of the song in relation to the theme.

Jamie plays percussion and guitar which helped him fit in with L’Arche Avalon, as so many of our members enjoy the various drums. He attended the Jam Circle on July 25th and he entered into the Jam Circle program and provided music that was appreciated by L’Arche Avalon members.

A token of our appreciation was presented to Maddy and Jamie, as well as an expression of our gratitude to Soundbone Traditional Arts Foundation for these timely and valuable resources.

News from Away

Our partner community L’Arche Lanaudiere (previously Joliette) purchased a new home recently. It replaces one of the two homes the community has, and has space for not only 6-7 core members and assistants, but also an office and space to offer workshops. As you can see in the photos - it surely does look like a spacious home, and also one with flair and character.



They are all very excited about the move that was mid-September. From afar we are wishing them happy moving, and happy settling-in.



Annual General Meeting Of L’arche Avalon

The community’s AGM was held on August 23, 2020 at The Lantern on Barnes Road. Lewis Andrews, Chair of the Board welcomed those present and called the meeting to order. Peter Barnes did a short reflection using a butterfly as a symbol of transition and new life as he focused on the community’s transition into the next phase: a residential community. Following that was the presentation of annual committee reports which detailed the activities and initiatives of the Board and the community over the past fourteen months. Lorraine Angelopoulos completed her duties as Chair of the Nomination Committee by announcing the three candidates who offered to serve on the new Board: Sheilah Mackinnon Drover, Peter Barnes and Jan Buley. Each candidate said a few words on why he/she wanted to serve, or continue to serve, on the Board. As there were no nominations from the floor, those candidates were elected by acclamation. Sheilah Mackinnon

Drover gave the closing remarks. She said that we are a small group with big plans and noted that at times we may be discouraged in our efforts to be a catalyst for change; but she asserted that with focus and hard work, we will stay the course. She reminded us that we are a team of ordinary people trying to achieve extraordinary results: homes that celebrate and support people with disabilities.

At the first meeting of the new Board on September 10, 2020, there was an election of table officers. The decision on the treasurer position has been deferred. In addition, Chairs of Standing Committees were decided and remaining board members affirmed their commitment to L'Arche Avalon.

Meet our Board and Chairs



Hello-I'm Jan Buley and I'm the newest member to the L'Arche Avalon Board. Singing, hiking, gardening, storytelling and helping to make the world a better place--that's me!



I'm Sheilah Mackinnon Drover. It is an honour to be a member of the Board of Directors of L'Arche Avalon and its Vice-Chair. It is my hope that during my term we fulfill our goal of providing homes for members of our L'Arche family.



Hi, I'm Lorraine Angelopoulos, Board Secretary. Mother of four fine sons, one of whom, Paul, is a L'Arche Avalon core member.



My name is Lewis Andrews and I am the Chair of the Board of Directors of L'Arche Avalon as well as Chair of the Fundraising Committee.



Patti, Chair of our Communications Committee, has three lovely children, one of whom is a core member of L'Arche Avalon. She is quite excited and hopeful that the community will soon have a structure to call home.



Hi my name is Gail Eldridge and I came to Newfoundland as a new speech-language pathologist and practiced for thirty years. Now I have started a new chapter by becoming a member of the L'Arche community and the Liaison Committee Chair.



I'm Sarah King the Outreach and Education committee Chair. I've been in NL for six years now and am so glad to have all my L'Arche Avalon family in my life.



I'm Peter Barnes. I have been interested in L'Arche Communities since 1976. It's my pleasure to serve on the Board of L'Arche Avalon since the first Board of Cornerstone Housing Society, prior to L'Arche Avalon's Project Status. I have been the chair of the Community Building Committee since its formation. I value my membership and appreciate the L'Arche Avalon Community fellowship.



In 2018 I became involved with L'Arche Avalon where I found a community of friends, acceptance, and a place where Mitchell can enjoy life's "little things". Deep down I have always been concerned with what Mitchell's life would look like without me. Should he be so lucky to find a home with L'Arche Avalon my concerns will all be allayed, as it would be a dream come true.

#GIVING TUESDAY™

December 1 2020

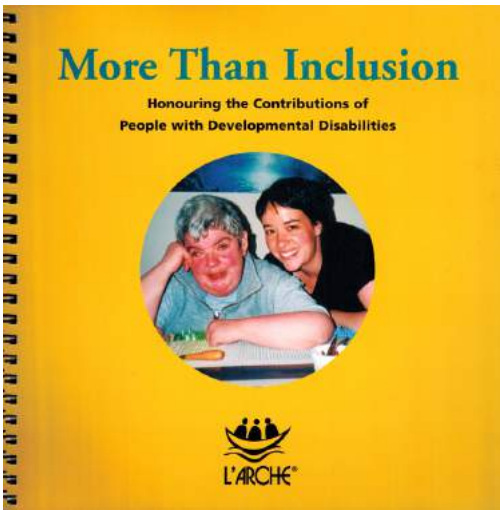
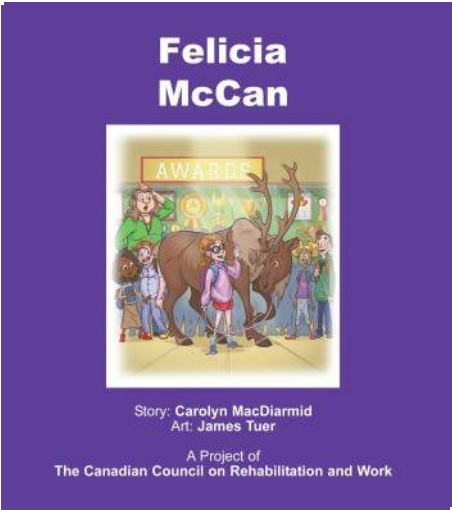
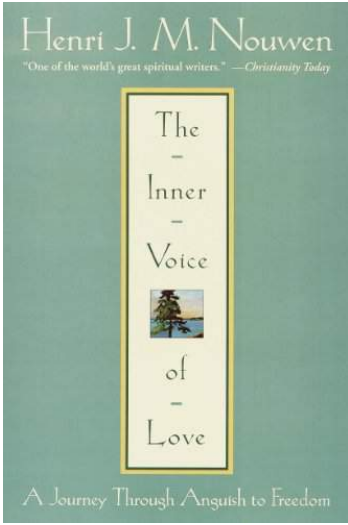
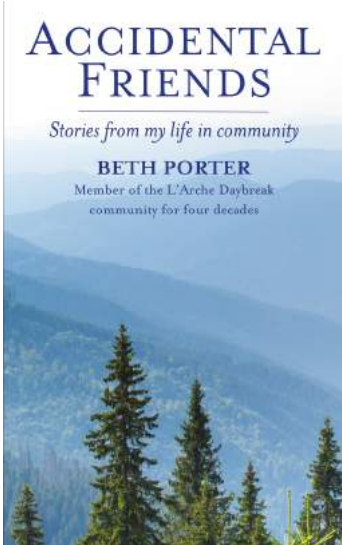
The easiest way to donate to L'Arche Avalon is to go to <https://www.canadahelps.org/en/dn/19060>

Due to COVID 19, it has been impossible to hold any of our fundraising events for the past 10 months. We are not all about money, but you know nothing happens without it. Please consider making a year-end donation today.





Please contact sarah.king@larcheavalon.ca if you would like to borrow one of the many books in our library. Sarah is happy to arrange drop off and pick up of books. If you have read one of these, the committee wants to start writing a review or book report in each of our future newsletters.



Regular Monthly Activities



WEEKLY LUNCH

Every Thursday



JAM CIRCLE

IS THE 4TH SATURDAY OF THE MONTH



WALK

AROUND KENTS POND OR THE FIELD HOUSE ON THE SECOND SATURDAY OF THE MONTH



Spiritual Expressions

JOIN US ON THE FIRST SUNDAY OF THE MONTH.

FOR MORE INFORMATION

SIGN UP FOR EMAIL UPDATES
office@larcheavalon.ca OR
CHECK OUT OUR FACEBOOK

