

It's the Simple Pleasures

Anton appreciates the simple pleasures in life, particularly food and music. When I sing a song or make a sandwich for him, it brings a smile to his face. Engaging in these activities together brings him joy, and it's always a delight to see him so happy. However, he feels quite uncomfortable when the GoBus has to stop at a signal for a long time. For him, it's not about breaking the rules but rather about maintaining the flow of the journey. He often reminds us, "Don't stop until you're finished," because to him, "the show must go on."

Working with Anton has helped me better understand simplicity and inclusion. He has no fancy demands; even the smallest gestures can make him happy. When I came to Canada last year, I felt how crucial inclusion and acceptance are.

Coming from a South Asian country with brown skin, I was initially afraid of how people would accept me. I had my doubts: Would they? However, those doubts have been dispelled. St. John's welcomed me and gave me the love and respect I deserved. In society, people like Anton need this type of inclusion and acceptance.



I firmly believe that life is fundamentally one. The diversity of nature and the differences in our cultures, races, and beliefs make the universe beautiful. Though Anton can't speak—or perhaps we can't understand his language—his message is clear: like you and like me, Anton desires the acceptance he deserves. Not because of what he can do, but because everything has intrinsic value, a value that contributes to the completeness of the universe.

~Akash

Greetings from the Chair

Season's greetings friends,

As I bring you best wishes for the Christmas season from all our L'Arche members, I also bring a request at a time of year when our thoughts turn to giving gifts to family and friends.

L'Arche Avalon continues to work toward our goal of building two family-like L'Arche homes in the St. John's area that will provide inclusive and supportive homes for intellectually disabled members of our community. In the spirit of this giving time of year, we respectfully ask you to consider a donation at this time.



Giving is straightforward and can be completed online by accessing the L'Arche Avalon website. larcheavalon.ca

Thank you for your on-going support of all our activities, and may you enjoy a holiday season filled with peace and joy.

Sincerely,

Sheilah



Hot off the press!!

We have received word from Louis Pilotte, National Leader - Executive Director of L'Arche Canada, that the nomination committee has selected Coryn Stehouwer for the role of Regional Leader for the Atlantic region. She will replace Jenn Power who has been our much beloved Regional Leader and whom we shall miss very much.

We look forward to meeting and getting to know Coryn when she takes up her position on February 1, 2025.



Coryn Stehouwer is a trained psychotherapist. She came to L'Arche as an Assistant and then House Leader in L'Arche Toronto and served as Homes Coordinator in L'Arche Halifax. She is returning to L'Arche after several years working in restorative justice on the East Coast and a year abroad as a Regional Leader for an ecumenical organization in Northern England. Coryn hails from a small town in Ontario and has been living in Nova Scotia for the past 5 years. She looks forward to returning to L'Arche Canada and especially to join with this role in the Atlantic region.

Welcome Coryn!

Get Involved and Volunteer Expo



The Theme of this Year's Community Weekend was Weave

Welcome, Everybody and Every Body, Accessible, Values, Explore



Weaving is a method of textile production in which 2 distinct sets of yarn or threads are interlaced at right angles to form a fabric or cloth. Other methods are knitting, crocheting, felting, and braiding. Weaving is done on a loom, the lengthwise threads called the 'warp', the crossing threads are called 'weft'. The weaving of threads creates strong, beautiful pieces of fabric.

The L'Arche weekend had a theme of 'weaving'. As we 'wove' our way through the weekend everyone brought their thread and in perhaps not a straightforward way, it was woven into a pretty big blanket. The threads may have been words of wisdom, great food, good friends, family. We sometimes, but not always, intersected at 'right angles'. We also intersected at random points. We assembled our threads in a manner that I think is probably much stronger and very beautiful; a fabric that wraps us in the wonderful community that is L'Arche. At times, some of us may feel we are 'unravelling', that our threads are pretty thin, but if we can hang in and get to one of those 'intersections' and hold on to all the threads, we are then embraced by the fabric that is L'Arche and the unravelling stops because we know we are part of something good, something important, something that we can bring our individual threads to and make this place better for our core members, their families and friends.



I was happy to be part of this weekend and to share my limited music talents with everyone! I have had '**Weave Me the Sunshine**' along with other songs we did popping in and out of my mind since! I will take my thread and know it is part of the fabric that is L'Arche - a strong, beautiful community.

Thank you to each one of you for bringing your 'special thread' and intersecting them all...whether at right angles and/or random points. It is good to be a part of L'Arche.

~ Muggs

Music Circle and Music Education Student Partnership

In September of this year, L'Arche Avalon launched a new partnership with Music Education students in Dr. David Buley's class at Memorial University. Each month, five university students join the L'Arche Avalon Music Circle and offer new songs and wonderful fun to the group. In September, we welcomed Adrianna Lear, Reanne Chapleau, Johnny Kennedy, Claire Bates and Sarah O'Neill. In October, Zaynab Wilson, Brianna Gibbon, Taylor Donald and Johanna Lachenmeir joined us. The students bring a wide variety of songs with them, and they have also contributed to the song-sharing with intriguing instruments and props. Best of all, they have an opportunity to learn with and from our core members, who have so much to teach the world. Onward we go with our 2pm November 30th Music Circle with some more new friends! We meet on the third floor of the School of Education building. Just follow the signs and the laughter....you'll find us!

Jan Buley,
Music Circle Coordinator, L'Arche Avalon





Christmas Party!!!!

When: December 15, 2024

Time: 3pm - 5pm

Where: The Lantern on Barnes Road



Out and about
At our October gathering



Out and about



Lunch at the Mall



More from the Community Weekend



Stronger Together