

# THE WORD

*From Winnipeg*



**L'ARCHE**  
WINNIPEG  
*Newsletter #53*

## Get Ready For Lucky Number Seven – the 7<sup>th</sup> Annual Casera Credit Union's Walk With L'Arche is Around the Corner

by **Lara Beth Reimer**

*Fund Development & Communications*

The 7<sup>th</sup> Annual Casera Credit Union's Walk with L'Arche will take place on Sunday, May 1, 2011 and is shaping up to be another fun-filled family event. With prizes, free food and live entertainment, all in attendance are sure to enjoy themselves! Last year 400 participants braved the rain and took part in the 1 kilometer or 5 kilometer walk, and we hope they return and bring family and friends to walk with L'Arche again this year. All proceeds from this year's walk will help fund the L'Arche Café.



### Register

Registration fees are \$10 for adults, \$5 for seniors, students or those living on fixed incomes. Fill out the registration form found in our brochure and return it to the L'Arche office.

Registration and pledge forms can also be printed from our website or contact our office and we can supply you with as many as you require.

Please submit your registration form, registration fees, and any pledges collected at least a week prior to the event if possible to avoid confusion and long lines on the day of the walk. Registration forms, fees and pledges can be dropped off at L'Arche Winnipeg Inc. 118 Regent Ave East between 9:00 a.m. and 4:00 p.m. Monday to Friday.

### Collect Pledges

Fundraise by informing family, friends and co workers that you are participating in Casera Credit Union's Walk with L'Arche. Encourage them to sponsor you and by doing so they will be supporting a great cause. The more

pledges you raise, the more gift certificate dollars you can earn. Prizes will also be awarded to the top two individual fundraisers and the top fundraising team. See our brochure and website for details.

### T-Shirts

Raise and submit a minimum of \$50.00 in pledges (\$50 minimum – more pledge money can be submitted at a later date) along with your registration form and registration fee by Monday, April 4, 2011 and you will receive a Casera Credit Union's Walk With L'Arche T-shirt. Please note that in order to guarantee your t-shirt you must submit your registration form, registration fee and a minimum of \$50.00 in pledge money by April 4, 2011. If we have not received your registration form, registration fee and minimum \$50.00 in pledges by Monday, April 4, 2011 we will not be able to issue you a T-shirt, and we will not be issuing any T-

shirts post event either.

### Teams

Be the champions of your office! Create a team by encouraging your friends and co workers to walk with you. A minimum of five people are needed to create a team. Choose a team captain, a team name, and encourage each other to raise funds because the top fundraising team will receive a trophy and a prize! You can get team t-shirts with your team name on the back to encourage teamwork and healthy competition! Please note that the same conditions apply for team t-shirts. Each team member must submit their registration form, registration fee and a minimum of \$50.00 in pledges by April 4, 2011.

### Event Day

Check-in time is between 12:30 and 1:45 p.m. on May 1, 2011. Check-in

*(Continued on page 2)*

For more information on L'Arche, visit the L'Arche Winnipeg Web site at:  
[www.larchewinnipeg.org](http://www.larchewinnipeg.org)

## A Letter From Jean Vanier

*An excerpt from a January, 2011 letter by Jean Vanier sent to the L'Arche communities.*

**S**ue Mosteller once told me about something that happened in a maximum security prison. The chaplain and his wife had wanted their child to be baptized inside the prison. After the baptism, the mother held the child in her arms. The prisoners were sitting in a circle around her. The man sitting next to her asked if he could hold the baby. He took the child with great tenderness and looked directly into his eyes. As he smiled, the baby smiled back at him. The prisoner broke down in tears.

A baby so tiny, so fragile... whose body and entire being call us to tenderness. It's not possible to be afraid of a baby. It's as though the child has a magical power over us. The way she looks at us, her smile, her eyes, even her fragility, her trust, her purity, and her innocence seem to touch even the most profound places in the hearts of us adults. The child is able to penetrate the walls that we have constructed around our hearts to defend ourselves, to protect ourselves, to prove that we are independent, competent, and strong. A child reveals the child who is hidden inside each of us, the child whom we have buried behind these impenetrable walls of protection, of strength,

and of our need to win.

Within our societies based on rivalry, we are often afraid to show our weakness. Admitting weakness can be dangerous since it might lead to rejection. Instead we feel that we need to show our competence, our capability, our power, our knowledge. If not, we risk begin wounded, rejected, isolated, and scorned. The weakness of the child – especially of a very young child – does the opposite: it attracts us and makes us smile; it leads us to tenderness and communion. It awakens kindness. This is possibly the only time in a person's life when weakness more often than not elicits a positive and loving reaction.

### The Winnipeg Foundation 90-Hour Giving Challenge

Canada's oldest Foundation, in celebrating its 90 year history, is inviting you to make an online donation through their website from 6 a.m. April 18th to midnight April 21st. Go to [www.wpgfdn.org](http://www.wpgfdn.org) and choose the agency you wish to support. The Winnipeg Foundation has a matching formula effectively increasing the value of your donation to the chosen agency.

We invite you to choose the **L'Arche Winnipeg Endowment Fund** at the Winnipeg Foundation if you would like to help with long-term support for L'Arche Winnipeg.

The man in prison – through the look of a tiny child – discovered who he truly is. At the most profound level of his being he is a child who is looking for love, but he doesn't dare to admit it.

All of us, at the deepest level of our being, are wounded children who are searching for love, for tenderness.

### CanadaHelps.org for Online Donations

**E**stablished in 2000, CanadaHelps.org is a secure, easy way to donate to a charity by credit card online and received an automatic e-receipt. CanadaHelps.org can only facilitate donations to Canadian charities registered with the Canadian Revenue Agency, and does in fact facilitate over \$40 million yearly to many Canadian charities who have signed up for the service. L'Arche Winnipeg is one of the 7,000 charities registered with them. If you would like to make a donation using this service, the easiest way is to click on the CanadaHelps.org link on our website, as that will take you directly to the L'Arche Winnipeg donate page on their site. You can also go to their home page and search for charities by using key words:

[www.canadahelps.org](http://www.canadahelps.org)

#### Walk with L'Arche and CanadaHelps.org

If you are planning to fundraise for our May 1, 2011 Walk, you could use our "Walk Pledge Page" to get pledges from family & friends you might not have the chance to see personally, even those out of province. Simply copy & paste this link - [www.larchewinnipeg.org/WalkPledges.htm](http://www.larchewinnipeg.org/WalkPledges.htm) into an email and invite people to click on it for options as to how they can sponsor you for the Walk. There is a CanadaHelps.org link on that page for making an online pledge, and donors can specify that they are sponsoring you in the "Message/instructions to L'Arche Winnipeg" section. An automatic e-receipt will be issued right away.

### 7th Annual Walk ...

*(Continued from page 1)*

will take place at Assomption Hall, 711 Leola Street in Transcona. Pick up your numbered bibs and T-shirts. Please note all pledges must be submitted prior to the commencement of the Walk in order to be eligible for the prizes. The Walk starts at 2:00 p.m. sharp and the party starts as soon as the walkers return and will go on until 5:30 p.m.

#### Volunteer

A large number of volunteers are required to help make the walk a success. Volunteers also help ensure that 100% of the pledges you raise go

directly to maintaining and improving the quality of life for L'Arche members with disabilities. Please contact our Volunteer Coordinator **Brenda Mose** at 237-0300 if you are available to volunteer at the walk.

We also want to thank this year's sponsors of the Walk: Casera Credit Union, CHVN, Dundee Wealth Management, North American Lumber, Olympic Builders Supply, TD Canada Trust, and Vickar Chevrolet.

Thank you for continuing to make Casera Credit Union's Walk With L'Arche a huge success year after year! See you on May 1, 2011.

## Experiencing the Good News

by **Jim Lapp**  
Community Leader

Matthew 10 V. 7 "As you go, proclaim the good news, the kingdom of heaven has come near."

Early in the morning of the day I began writing this article, I opened my Bible to Matthew 10, in which Jesus sends his disciples forth to proclaim the good news and to heal the sick. Part of our mission here at L'Arche Winnipeg is to proclaim the good news that Jesus is alive and that you can find His Spirit at work here in our community. Through what L'Arche calls mutually transformative relationships, both our members with a disability and the assistants they live with are healed of many of the hurts and anguish we all carry. I believe that it is the Holy Spirit who mysteriously causes this transformation. This belief comes from my own experience of healing when I lived in one of our homes as an assistant.

I was recently given a book by Fr. Christian, a French theologian, in which he reveals his insights into L'Arche. The first and most important thing he says is that L'Arche is

experiential. Because L'Arche is about mutually transformative relationships, you cannot really understand it until you experience those relationships. Though Fr. Christian doesn't state it directly, being experiential means that anyone, even the most handicapped person who can't talk, can be part of the experience, each in their own way, with their own understanding of the experience. For me the profound experience of the Spirit's work at L'Arche led me to become a Christian because I knew that Jesus was still alive in the world, and specifically at L'Arche.

Jesus' presence in the world is often hidden. Many people, including some Christians, do not seem to have discerned His Spirit at work in the world. They have not had the experience of the Holy Spirit that the members of L'Arche receive. Most of us at L'Arche are very grateful to God for calling us to live at L'Arche and to be witnesses to His Presence.

As I reflected on expanding our mission to share the good news with others, I realized that our two new outreach projects, art workshops and the L'Arche Café, both give people with and without disabilities out-

side of our L'Arche community an opportunity to experience mutually transforming relationships. In our art workshops which we hope to start soon, members of our community and people from outside it will have the opportunity to dance, sing, drum, draw and paint and mime together. Our hope is that everyone will have lots of fun and celebrate, as only people with a disability can, the joy of being alive. The L'Arche Café which we hope to open this summer will give the general public an opportunity to be welcomed and served by people with developmental disabilities. Hopefully the Café's customers will come back for the good food, warm welcome and develop a relationship with the people with disabilities who work there. In both cases opportunities will be created to develop life changing relationships.

If you are interested in being a part of our art workshops please contact us at 237-0300 ext. 0. And if you are interested in good food and a warm welcome please watch for the opening of the L'Arche Café this summer. Our hope is that you can get an experience of L'Arche and be able to confirm with us the good news that "Jesus is alive!"

## Solidarity Social for Visit to L'Arche Brazil

Each year, L'Arche Winnipeg raises approximately \$5,000.00 to support the L'Arche communities in Latin America. This year we want to do more, and also deepen the bonds that unite us.

We are planning to raise extra funds in order to send three L'Arche Winnipeg members to visit our twinned L'Arche community in Brazil, with the hope that Brazilian L'Arche members can come and visit us the following year.

To that end, we are organizing a fundraising Solidarity Social on Friday, March 4th, 2011 at Red River Community Cub (293 Murray St.).

There will be live Brazilian music & entertainment, and tickets are \$15.00 each (includes Brazilian food snacks).

If you would like to support this project, tickets are now available through the L'Arche Winnipeg Office, as well as through our six L'Arche homes.

### BRAZILIAN MENU

Dessert Buffet

"Brigadeiro" Condense Milk with chocolate

"Sagu" tapioca swirl

Lemon Mousse

Mango Mousse

Banana Swirl

Sweet Pumpkin

Sweet Rice

Buffet

"Feijoada" Soup black bean soup

"Moqueca" creamy fish soup

Bean Salad

Brazilian Couscous

"Coxinha" chicken cake

"Pastel" Brazilian dumpling

Roasted Peanuts

Drink Menu

Soft Drink, Water, Juice, Frozen Lemonade

By,  
Cristina Oliveira




## News and Upcoming Events for Volunteers

by **Brenda Mose**  
*Volunteer Coordinator*

We congratulate the **Winnipeg Foundation** on the occasion of their 90<sup>th</sup> Anniversary. Three people from L'Arche Winnipeg (*photo, left to right: Linda, Ross and Brenda*) participated in the community festival which was held in the Manitoba Museum on January 16th, 2011.

L'Arche would like to thank the Winnipeg Foundation for the support they have given our community over the years.

### Speakers Bureau

The L'Arche Winnipeg Speakers Bureau has a committee of 12 people, including members with a developmental disability and volunteers. We want to promote inclusion of our members in all our activities.

We have had two training sessions recently, and there will be ongoing training sessions through out the year. The Speaker's Bureau has had five speaking engagements in the past quarter including churches, YMCA leadership club, and schools.

### Community Calendar

Through the Volunteer Program we

## New Jean Vanier TV Series in 2011

From January 24th to 28th 2011, VISION TV aired a new, seven part series "Jean Vanier at 80" - interviews with the founder of L'Arche on various subjects such as growing old gracefully, why God is in disrepute, why religion will survive, how to gain from loss, the need for self acceptance, and the epiphany of despair—the journey to meaning.

If you did not have the opportunity to see these episodes, you can still view them on the internet through VISION TV's video on demand. Go to their home page at [www.visiontv.ca](http://www.visiontv.ca) and click on "Programs" in the top menu bar, and in the drop down list, choose "Video on Demand"; on the next page, in the "Gallery" section, click on "Vanier at 80".



were able to sell 30 L'Arche calendars. These calendars contained many pictures of our community as well as international recipes provided by our assistants. We would like to thank the community for its support. The funds raised will go to the solidarity project for sending three L'Arche Winnipeg community members to visit the L'Arche community in Brazil.

### Walk with L'Arche 2011

Casera Credit Union's Walk with L'Arche will be held on Sunday, May 1st, 2011. Why do we hope you will get involved? Because it is a chance to get to know members of the L'Arche community, share delicious food and music, and support a worthy cause while having lots of fun doing it! Volunteers are needed for the Walk in these areas:

- Registration tables
- Grounds (setting up and cleaning up the hall)
- Food (serve food and drinks)
- Walk marshals (direct those who are participating in the walk)

Volunteers should confirm their participation by April 1st, 2011.

### Thank you

We would like to thank all the volunteers for the great work in supporting our community.

Volunteers interested in putting a smile on someone's face please contact Brenda Mose, Events and Volunteer Coordinator, at 237-0300 ext 20 or email [bmose@larchewinnipeg.org](mailto:bmose@larchewinnipeg.org)

## THE WORD FROM WINNIPEG

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