



GRATITUDE

L'Arche Winnipeg Newsletter #62



Vickar Community of Dealerships on Regent Walk With L'Arche

by **Diane Truderung**
*Director of Fund Development
 and Communications*

The 10th Annual Walk will take place on Sunday, May 4th, 2014 at the Oxford Heights Community Club, 359 Dowling Ave. East in Transcona. Check-in tables open at 12:30, and the Walk starts at 2:00 pm sharp. Walk 1 km or 5 kms and then celebrate with free food, prizes and entertainment for the entire family!

Registration & T-shirts

You can register by mail, in person at the L'Arche Winnipeg office at 118 Regent Ave. East, or online at www.larchewinnipeg.org

Walk T-shirts can be requested if you submit your registration form to the L'Arche office by April 10th, along with a minimum of \$50.00 in raised pledges.

Ask your friends and family to walk with you. A minimum of 5 people will be classified as a team. You can choose a team captain and your team name and, as part of a team, you will qualify for a team t-shirt (minimum \$50 in raised pledges and registration form must be submitted to the L'Arche Office by April 10th by each team member requesting a t-shirt).

Volunteers

A large number of volunteers are needed to help make the walk a success. Please contact our Volunteer Coordinator Liz Gauthier if you are able to volunteer for the walk, at 204-237-0300 ext 20, or by email at: volunteer@larchewinnipeg.org

Volunteers also help ensure that 100% of your raised pledges will be used to improve the quality of life of L'Arche members with a developmental disability and their assistants. Ask you family, friends, and your co-workers to

sponsor you. Prizes will be awarded to the top two individual fundraisers and the top fundraising team. All registered walkers will also be eligible for numerous prize draws.

Come and join us for this family and "friend" raising event on May 4th! Please consult our Walk brochure for more details. Contact the L'Arche Winnipeg office if you would like to obtain more brochures, pledge forms and registration forms.

Important note to our readers

With the upcoming sharp increase in the cost of stamps, we have decided that our next newsletter (June) will be an **email edition** only. If you are receiving this newsletter by mail, please send us your email address so that we may continue sending you our news with *Gratitude*. Send to: newsletter@larchewinnipeg.org

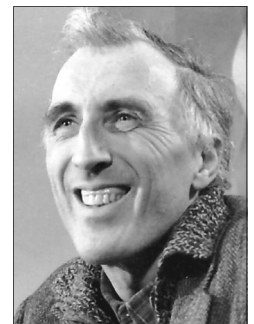


We were blessed with a warm sunny day for our very successful 2013 Walk



50th anniversary in 2014 - a message from Jean Vanier

"L'Arche is 50 years old! To be able to celebrate our Jubilee year is an amazing gift. When I welcomed Raphael and Philippe from a violent institution, little did I know that L'Arche would grow into the world wide network it is today. So many people over these years have come to L'Arche and discovered the deep value of people with intellectual disabilities, who if accepted, loved and honoured have much to give to our world.



Jean Vanier in 1974, at the official opening of L'Arche Winnipeg

Let us all go forward into the next 50 years with much hope and intentionality, growing but also deepening our vision and letting ourselves be continually transformed by the relationships we share in our communities so that we may become an ever more inspiring presence for our world."

“We draw close to the things we really love”

by *Liz Gauthier,*
L'Arche Winnipeg friend

I read this recently in a magazine I'd picked up for advice on pruning a small apple tree. I know that these words are true - we do want the people and the things that make us happy around us. Everything can be better and easier when shared with people we care about. But like that hidden door, we often don't know about or appreciate something because it is out of sight. And so I am taking a moment to share some of the things that I see and appreciate about the L'Arche Winnipeg community.

Over the last few years I have been blessed to be a friend of **The Ark** house: the first few years as a gardener and house friend to Bob, Albert, Sandra and Yvonne with whom I'd shop the garden centers, plant, and do garden crafts and mall outings. I'm also a special friend to Yvonne. As well I'm an occasional office volunteer and have observed the many ways that L'Arche assists people in the community to live in ways that are inclusive, meaningful, safe and fun.

Recently I was working on one of the office computers and contacting various organizations in Winnipeg to let them know about the L'Arche speakers bureau and I remember listening in as Eva helped a member find a new apartment that would be accessible and welcoming to her, and made arrangements for that transition. She spent much time on the telephone and out with Marissa to make sure she would have a nice place to live.

I have also enjoyed participating in the planning and preparing for the Annual Walk with L'Arche and have seen Diane Truderung (and others, previously) planning the walk, chairing committee meetings and appreciated how the office staff, assistants, members, volunteers and generous sponsors from the community all work together to pull that event off successfully each year. My friend Bob moved to Alberta to be close to his family, Albert moved to Dayspring to meet his changing needs, and Roger and Ross came to The Ark and joined Sandra and Yvonne there. Friends love phoning Bob to see how he's doing, and we know he enjoys the hand-made and on-line photo scrapbooks we made for him as parting gifts. With



At our last Volunteer Appreciation event, Liz received a gift & thank-you from L'Arche member Michael, along with Community Leader Jim Lapp and Volunteer Coordinator Brenda Mose.

the friendships being nurtured so well between all the homes, it seems to me that when transitions are made from one home into another everyone is at ease because it really is old friends welcoming one another into familiar homes and situations.

There are times when adjustments need to be made in relationships and in the way things are done, and there is willingness from everyone to work at schedules and expectations. There is much support between the homes when a member friend is ill, has passed away or an assistant says goodbye to return home overseas. Relationships within and between the homes are constantly being nurtured with get-togethers like birthday parties, barbeques and outings such as to the beach, the zoo, the exchange district, the Forks. Skills and talents are developed and nurtured through events such as music therapy, scrapbooking, or art & craft workshops so that everyone can share and develop their abilities and encourage one another. Everyone has fun. With the strong roots of faith, patience, professionalism and wonderful senses of humor, all the branches of a L'Arche home - the assistants, members and volunteers - can blossom as skills, talents and joys are shared. It really has been a positive experience to be welcomed by L'Arche Winnipeg, participating in many parties at L'Arche and at my own family's home. I love spending time with my friend Yvonne and together we enjoy crafting, word searches, watching television blooper and practical joke shows, movies,

games, parks, community events, mall walking, baking, and - our very favorite: Dairy Queen blizzards or chocolate topped Boston creams with hot chocolate at Timmy's!

What stands out for me in my L'Arche experience is the kindness and the respectfulness of appropriate boundaries, which makes relationships become friendships that are based on mutual caring and trust. This is a place where we can all relax and have good safe fun together. I am grateful to L'Arche for welcoming me to draw close and share with them the things we really love.

Discover L'Arche

You are invited to join us at these monthly gatherings in 2014 (January to May):

L'Arche Night

2nd Wednesday of the month,
7:00 to 8:30 p.m.

Prayer Night

4th Wednesday of the month,
6:00 p.m. to 8:00 p.m.
(prayer time, followed by communal supper provided by L'Arche. Please let us know in advance if you are planning to attend)

Place:

Salle Vanier basement hall
525 Day Street, Transcona
(entrance on north side)

Please call our office at
204-237-0300 ext. 0 to confirm.

Sharing our Story

by **Jim Lapp**
Community Leader

Two weeks ago on my way to church, I was listening to Sunday Morning on CBC radio with Michael Enright. They were having a panel discussion on Sustainability and one of the panellists said that in Mohawk tradition, decisions are made based on how they will affect the next nine generations. This raises questions for me: what kind of ancestor am I? How am I making the world a better place for future generations?

I feel very fortunate at this stage of my life to be a member of L'Arche, whose mission is to make known the gifts of people with intellectual disabilities, to meet the changing needs of our members and to work together to build a more human, compassionate society. Again and again people tell me that we have a wonderful story to tell. I am not aware of any other organization who so clearly values the gifts of welcome and forgiveness possessed by people with developmental disabilities as L'Arche does. Being friends with them has changed me forever. They have modeled for me how to be a more welcoming, forgiving and accepting human being. Because of their acceptance, I have learned to accept my own humanity, my own weakness. They have taught me that God loves us just the way we are and that beating ourselves up about our shortcomings does no one any good.

In Jean Vanier's message on the front page he urges us to grow to... "become an ever inspiring presence for our world." Throughout the International Federation of L'Arche every community is discussing outreach and how to share our story. The L'Arche Tova Café is a good example of outreach by having customers interact with people with a developmental disability, and to discover for themselves the

gifts of welcome and acceptance that they have. But we want to find other ways to share our story, to become a more inspiring presence in our world. One suggestion for outreach and recruitment of assistants is inviting university students for an afternoon and evening to Discover L'Arche. We would give them a presentation about L'Arche and have a member with a disability and an assistant talk about their friendship. Then they would go and have supper in one of our homes. It is a long standing L'Arche tradition to welcome visitors for supper. It gives them a real sense of what L'Arche is about. We also plan on simply inviting more people to supper in our homes.

Other suggestions include writing a book that shares stories about our members with a disability (see our website for 3 of them), use the café for more live music coffee houses and art shows, have our annual Christmas pageant in a church and invite the public to it, have creative workshops in art and music and clubs that are open to the public. It has also been suggested that we have more celebrations (something we are very good at!) that are open to the public.

I believe that if we share our story we will touch some hearts, like Liz Gauthier in her article, and thus help build a more human compassionate society. That will be our legacy for future generations.

A new donor wall for the L'Arche Tova Café



Paul Moreau (president of the Board of Directors of L'Arche) with Jim Lapp, holding the plate honouring Peggy and Gus Lapp.

by **Diane Truderung**

When you walk into the L'Arche Tova Café, you will notice plates on the far wall. These plates designate the founding donors of the Café. These plates recognize the supporters who were instrumental in making the dream of the L'Arche Tova Café a reality. A new donor wall has been established and will recognize the on going supporters of the L'Arche Tova Café.

The new donor wall will recognize donations to the L'Arche Tova Café in two categories, silver and gold. The silver plates will recognize a donation of \$10,000, while the gold plate will recognize a donation of \$25,000. The plate will display the donator's name or logo. The first plate received in the silver cate-

gory is from Jim Lapp & family, in honour of Peggy and Gus Lapp.

The plate donation will be recognized in the L'Arche Winnipeg newsletter which is distributed to over 1700 supporters of L'Arche. The donor will also be recognized on the L'Arche Tova Café's menu, as well as all news releases. We hope that you may consider becoming a plate donor and help support the mission of the L'Arche Tova Café, which is to make known the gifts of people with intellectual disabilities, and to provide training for those individuals in a restaurant setting. A goal of this program is to have these individuals find gainful employment either at the L'Arche Tova Café or at another restaurant.

New Café Hours

L'Arche Tova Café is now open on **Sundays**, from 10:00 am to 2:00 pm.

The Café is also open Monday to Saturday from 8:00 am to 2:00 pm.

The Café sends out **monthly emails** with information on menu specials and other news. To receive the Café emails, send your email address to: larchetovacafe@larchewinnipeg.org

Cruisin' the Peg Sub-Zero Cruise Event Returns



Prize draws at last year's Cruise the 'Peg event

by **Diane Truderung**
Director of Fund Development
and Communications

L'Arche Winnipeg is very pleased to announce that for a second year we have been selected as the charity of choice for the **Sub-Zero Cruise Event**. Last year, this event was very successful and raised over \$6,500. The funds raised this year will be used to make improvements to our L'Arche community homes and to enhance our programs.

This event will be held on **Saturday, March 8 at the Oak, 826 Regent Ave. W.** There will be a silent auction and great door prizes. The entertainment

will be provided by **Harlequin**. Tickets for the dinner and concert are \$25.00, and for the concert only \$12.50 plus tax and can be obtained from the front desk at the Canad Inns Destination Centre, 826 Regent Ave. W., the L'Arche Tova Café, 119 Regent Ave. W (8 am – 2 pm, Monday to Saturday), and the L'Arche Winnipeg Office, 118 Regent Ave. E. (9 am – 4 pm weekdays). For more information, please contact Diane Truderung, Director of Fund Development and Communications at (204) 237-0300 ext. 1 or email diane-truderung@larchewinnipeg.org

Get your tickets early so you won't be disappointed. It's not Just a Social but a COMMUNITY EVENT.



L'Arche Tova Café celebrated L'Arche Winnipeg's 40th anniversary with free coffee & cake on December 5th, with photos from L'Arche in the 70's unveiled. Photos of the six L'Arche homes and their history are currently exhibited on the Café walls.

New Volunteer Coordinator



Liz Gauthier

After 4 years as Volunteer Coordinator, Brenda Mose has left L'Arche to pursue other interests. We are grateful for all that Brenda has done for us in L'Arche, and wish her well.

We are happy to announce that our new Volunteer Coordinator, as of January 13, is **Liz Gauthier**. Liz is no stranger to L'Arche, as she has been a friend & volunteer with us for the last ten years. You can reach Liz at 204-237-0300 ext. 20, or by email at: volunteer@larchewinnipeg.org

GRATITUDE FROM WINNIPEG

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