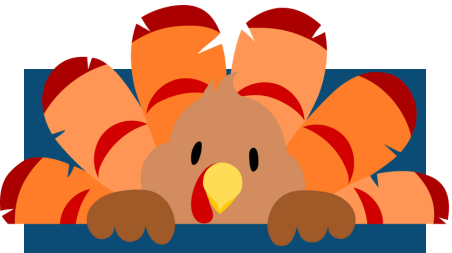
L'ARCHE HAMILTON CONNECTIONS



Thanksgiving Edition 2026

Sarah's Corner
Events
Inclusion CoffeeHouse
Coffee & Memories
Wish List

L'ARCHE Hamilton

664 Main Street East
Hamilton, Ontario
L8M 1K2
www.larchehamilton.org

Sarah's Corner

Sarah Tuck, Community Leader

As many of you may have heard, at the end of summer we welcomed a new Core Member, Owen, into Cornerstone House. Owen has already brought many gifts to our community – his youthfulness, affection and love of music come to mind right away.

Before Owen came, the house met regularly to plan, they prayed for him, watched as his room was built and decorated, welcomed him for visits, and talked about what his arrival might mean for the home. Of course, even with preparation, changes can be hard to process, so we weren't sure how everyone would adjust when he moved in, but it's been going great, and Brian helped to make that very clear to us recently.

A couple of weeks ago, Brian went through his normal morning routine of breakfast, shower, etc., and when he was ready to leave for Sherman House, he refused to go out the front door. Instead, he insisted on taking the long route out of Cornerstone, through the Bungalow and out to the backyard before eventually making his way around to the front. The Assistants found this very strange, as Brian typically doesn't like walking very far, but anyone who knows Brian knows that when he is determined to do something, there is no convincing him otherwise. The Assistants supported Brian along the long route, only to discover the reason for his detour: he stopped at Owen's room to greet him!

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It might seem like a small thing, and in some ways it was. But with Brian's aging and declining mobility, it was huge. What a beautiful gift Brian gave by making those extra efforts to make Owen feel welcome and accepted, and by reminding us of how impactful gestures like that can be.

I'm so grateful for moments like these, which serve as powerful lessons. I very often forget to show appreciation for the little things: a nice cup of coffee, someone making time for me, friends I can count on. I tend to wait for the big things! But really, while those big things are great, it's all of those small things – the phone calls and texts, jokes, a sunny day, walks outside, a good meal – that add up to a great life. In the same way, showing appreciation doesn't have to be expensive, time-consuming or extravagant. The smallest gesture, like stopping to say hello or telling a friend you care about them, can mean so much.

I experience this in my own relationships with Core Members all the time. For instance, when Mary and I go on our monthly shopping trips, she ALWAYS says to me (usually several times), "Thanks for going out with me." "I like you, Sarah." And "You're my friend. We've been friends for a long time, eh?"

And it's not just during our shopping trips. Mary always comes over to say hi; she asks how I am, how my family is doing, and what I'm doing that day. She calls me during the week just to talk. On Friday, she was at the office for another activity and came upstairs four times to offer each of us in the office a drawing she made for us. These gestures of gratitude are so meaningful and help ground us in what is important.

So, this October, I give thanks for my friends in L'Arche who remind me, not just at Thanksgiving but year-round, to notice and appreciate the many little things that make life good.

In this newsletter, we share some of the big and little joys from our community – things that we're thankful for. I hope you'll join us in celebrating them, and that it might also encourage you to notice some of the little things in your own life that are worth being thankful for. Happy Thanksgiving.

~ Sarah

INCLUSION coffeehouse

EVERYONE IS welcome here

BE PART OF OUR COMMUNITY

Holiday OpenHouse
NOV. 28

SAVE THE DATE

Growing Community at Inclusion CoffeeHouse

Even though the leaves are dropping and it's getting cooler, we're always staying warm inside Inclusion Coffeehouse with warm pumpkin loaf, hot chai latte and delicious carrot cake. We had a great summer season filled with ways to celebrate our city including opening our doors during the TiCats game, sharing our coffee and cookies at City Hall during the Ability Walk and Roll, and Open Streets.

We've also had the pleasure of hosting weekly music, art and community events funded by a grant from the Hamilton Community Foundation thanks to generous donors. We've been able to welcome new friends, artists, musicians and Core Members. It's been an exciting way to build new relationships. We thank the Hamilton Community Foundation for supporting us to strengthen our connections with the neighbourhood.

Some highlights from these weekly events included Christmas in July, a fun music-led art workshop and pajama party! We look forward to continuing this into the fall season with some fabulous new artists and continuing to grow our community.

One of the most meaningful parts of Inclusion Coffeehouse is seeing it become a place where people feel welcome, connected and at home. Here's what one family shared with us about what the Coffeehouse has come to mean to them:

"[My grandsons] seem to love going to [Inclusion Coffeehouse]. Thank you for making this happen. Usually [one of my grandsons] doesn't even want to go out of the house and he closes his eyes as we walk, but today he had a bit of a bounce in his foot. And [my other grandson] just likes to go and hang there. I just say let's go to our hangout [spot] and he just goes. As you know he's not too chatty, but he likes the idea of having his own place to go to. Thanks for all that you do and your friendliness. You make it fun, you include everybody. It's a good bunch of people there!"

Please come visit us soon! We'd love to meet you.

– Paige McIsaac

Coffee, Memories & More

Ontario

This fall, we're once again making time to gather, share stories and enjoy good food and conversation through Coffee & Memories & More.

Now in its second year, this special project brings together people with intellectual disabilities, seniors, military veterans, families, friends and members of the wider community for afternoons of coffee, conversation, memories and connection. This year, we're excited to be expanding the project to include Royal Canadian Legion Branch 163, across from Limeridge Mall, alongside our friends at Branch 622 in Stoney Creek.

From Oct - Jan, gatherings will generally take place on Thursdays at 3 p.m., with some exceptions. There may be an occasional Saturday gathering, and there will be a few Thursdays when we take a break. Each gathering will offer something a little different, from sharing memories and stories to learning about local military history, enjoying special guests and, of course, sharing something delicious around the table. We're bringing our Inclusion CoffeeHouse out into the community for these very special gatherings!

Coffee & Memories & More is free and open to everyone. Whether you're a senior, veteran, family member, friend, neighbour or simply someone who enjoys good conversation and want to learn more about local military history while connecting with others, we'd love to have you join us.

We are grateful to the Government of Ontario for funding Coffee & Memories & More and helping us bring these gatherings to life for a second year. Want to join us? Follow L'Arche Hamilton on Facebook for the most up-to-date schedule and details about each gathering. We hope to welcome you soon!

WISH LIST

This Thanksgiving, we feature a wish list from our day programs: crafting, creating and connecting

- **Magnatiles**
- **Straw connector building set**
- **New laptop**
- **Storage bins with lids**
- **Rolling carts**
- **4x6 size photo albums**
- **Fun beads (glass, fun shapes)**

GIVE SUPPORT

To donate any of these items, please contact Sue at office@larchehamilton.org or call 905-312-0162

To be added to CONNECTIONS email distribution list email marianne@larchehamilton.org.
Read past issues of Connections on our website www.larchehamilton.org/newsletter.html