



L'ARCHE HAMILTON CONNECTIONS

our NEW quarterly newsletter -- sharing encouraged!



First Edition:
Spring 2022

**Welcome
Community Corner**

**The Inclusion
Coffee House**

Beverley

L'Arche Ukraine

Volunteer

Wish List

WELCOME to our new email newsletter. As good stewards of our resources we are reducing the use of paper copies. We'd love for you to share the mission of L'Arche Hamilton by forwarding this newsletter to friends, family and colleagues.



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BLOOM WHERE YOU ARE PLANTED **Welcome from our Community Leader Sarah Tuck**

I've always been a bit prone to earworms (John, our Community Life Coordinator can attest to this, as I occasionally protest the selection of certain songs for our weekly gatherings) Most recently, the song that has been on my mind is one that Lynn introduced years ago, "Bloom Wherever You Are Planted".

It was serendipitous that I decided to look up the lyrics of the song the week of writing this very article, because in more ways than one, right now feels like a time of "blooming" for L'Arche Hamilton. We've opened our Inclusion Café at the Bernie Morelli Centre, our outdoor mural, which shows off the artistic talents of our Core Members is well underway, and we are slowly opening up, spending time with more people that we've missed. While all of these speak to an aspect of being more visibly present in the community, there is also another kind of blooming that is equally important: the change and growth that happens within each person.

This past month, Rosemary's sister gifted us with Rosemary's old concertina, which she loved to play as she sat in her chair at Holton House. Having this to remember Rosemary has brought back a flood of memories from my first couple years in L'Arche, when I lived at Holton House. Rosemary was likely the first person who made a **deep and profound** impact on me in L'Arche. Although she never spoke, she called me to a type of love and presence that I didn't even know I was capable of. Sitting with her in the silence meant more to me than most of the deep conversations and intellectual debates I've had in my life. Rosemary was fragile, and supporting her taught me about gentleness, and how something as simple as combing someone's hair could be special. At the same time, her quirky personality and love of physical humour allowed me to be myself, and called me to embrace my silly side even more. (continued on reverse)



COMMUNITY LEADER

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I am just one of so many lives impacted by L'Arche Hamilton. In my 14 years here, I have witnessed countless transformations of Assistants, Friends, Core Members and even strangers. Sometimes they are momentous and life changing (like gaining the courage to speak in front of large audiences or changing a career path) and sometimes they are small (like finally being able to call yourself "beautiful" when you look in the mirror) but they are all special. In L'Arche, these transformations that happen through our encounters is what makes us want to reach out to the broader community! We want to share the hope and encouragement that we have found!

I have to admit that occasionally I wonder if I brag a little too much about L'Arche. It's not that I think we're perfect -- like any organization we have our challenges -- but I can't help but feel a level of pride in what we are able to accomplish. I'm constantly aware of how many people it takes (and has taken) to make us what we are. We are privileged to have had others come before who laid the groundwork. We turn to God who guides in in all our endeavours. We are blessed with a volunteer Board of Directors who works to ensure our future, amazing Assistants who come to support in our homes and programs, Core Members

who seem to have an endless desire to welcome people, and friends and supporters who have carried us through some of our most challenging times – physically, financially, spiritually and emotionally. The love and energy poured over us by each of you has been our water; your generosity has been our sun. And now, as we journey into Easter, I want to thank each of you for journeying along with us, and wish blessings onto each of you, that you may bloom, wherever you are planted.

Bloom, bloom, bloom where you're planted.

You will find your way.

Bloom, bloom, bloom where you're planted.

You will have your day.

1. Look at the flowers, look at them growing:

They never worry, they never work;

Yet look at the way our Father clothes them,

Each with a beauty all of its own.

2. Some plant the seeds that others will water,

But in all things God gives the growth,

Come, let Him Garden the flowers within you,

Come and Discover some you've never known.

3. Look at the love that lies deep within you

Let yourself be! Let yourself be!

Look at the gifts you have been given,

Let them go free! Let them go free!

COMMUNITY CORNER

A glimpse at what we've been up to

We had our first Open House in, well, longer than we'd like to remember. It was nice to see some friends come by and sell some awesome artwork..... Our second takeout fundraising dinner was a great success. We deeply appreciated your participation and donated meals. A huge thanks to the Knights of Columbus & Columbus Club of Hamilton..... Though we do hope that we return to in-person events soon, we've certainly knocked it out of the park doing events in our homes and joining together over Zoom. Robyn and Alice get into the spirit of Mardi Gras!..... We continue to be blessed with opportunities to do some great activities online, like Chris and Brian enjoying "Rock & Roll Band"..... Round II Battle of the Fans was a lot of fun for us! Unfortunately we went up against L'Arche Honduras who had an incredible rookie run all the way to the finals. In the end, we continued to raise awareness of L'Arche internationally.



TOP LEFT: CHRISTMAS OPENHOUSE

TOP RIGHT: KNIGHTS OF COLUMBUS DINNER

BOTTOM LEFT: MARDI GRAS

BOTTOM MIDDLE: ONLINE ROCK & ROLL BAND

BOTTOM RIGHT: BATTLE OF THE FANS



THE INCLUSION COFFEEHOUSE: A PLACE WHERE YOU BELONG

by Paige McIsaac



The coffee is brewing, the bagels are toasting, and everyone at the [Inclusion Coffeehouse](#) is ready to serve you! Located in the Bernie Morelli Recreation Centre, the Inclusion Coffeehouse is a community space where people with and without intellectual disabilities gather and learn about each other, all while enjoying some delicious treats. This is a space to be with neighbours, in our own neighbourhood, sharing gifts in an environment where all are valued. We hope that you will join us on [Tuesdays from 10am-1pm](#) and share two of our favourite things: [coffee and friendship](#).

The idea of a L'Arche Hamilton café began many years ago as Core Members and assistants enjoyed regular coffee dates. David would always say, "When can we go for coffee?", pulling a Tim's gift card from his pouch because he wanted to treat. The Sherman House gang enjoyed Heart of the Hammer café on Friday nights after bowling. Many Core Members had rich experiences working at cafes like 541 Eatery and Exchange and Vintage Coffee Roasters. As part of the L'Arche Hamilton mandate

to reach out to the community, we wanted to meet our neighbours where they already were: a place where we could engage and share life with others in our neighbourhood. We learned of the new café space inside the new Bernie Morelli Centre and how it would be a perfect fit for all. We just needed funding to begin. We turned to the Edith H. Turner Fund at the Hamilton Community Foundation and they generously made this dream a reality, supported by our city councillor and the Sherman Hub Neighbourhood Group. There were Covid delays, but finally we are now open.

Mike M, David and Brian join in on Mondays to shop and bake bagels, cookies, muffins, and brownies to prepare for opening on Tuesdays. Taste testing is always an important (and favourite) task. Jessica, Anand, Janice & Michael B. join on Tuesdays to serve, using the cash register and brewing coffee. Wonderful volunteers including Penny, Wayne, Megan, and Anika are vital to this program. Core Members and volunteers work side by side to bake and serve customers. Our Café Manager, Dave and our Relief Café Manager, Olive, bring rich business and L'Arche experience to this new community outreach program.

“

Coffee and friendship:

it goes together because people can come and sit down and get to know each other. Inclusion means community and it means like a family and we're together.

– Janice M.

”

It's been amazing to see the friendships forming each Tuesday. We're excited to welcome new and old friends alike. [We invite you to the Inclusion Coffeehouse to get to know us and your neighbours.](#) We can't wait to change one heart at a time.



L'Arche Ukraine

Did you know that there are 156 L'Arche Communities and 27 projects in the world and that we're currently in 38 different countries? Every month, our community dedicates one of our weekly gatherings to "Solidarity" where we learn about and celebrate our friends across the world who are doing amazing work! Many of these communities don't have access to the resources and support that we do, so it is even more inspiring that they are able to accomplish so much and spread so much joy in the world.

These past couple months, the two L'Arche Communities in the Ukraine (in Lviv and Ternopil) have been at the forefront of our prayers, as

they've faced war and uncertainty. We have been privileged to join with the communities of Ukraine for their nightly prayer sessions, and have been amazed to see how they have (along with the communities in Poland and Lithuania) welcomed refugees and provided safe harbours for vulnerable people in need of aide. In order to support the communities in their time of need, we want to invite you to contribute to L'Arche International's Emergency Fund (This will go directly to support the communities in Ukraine as well as other parts of the world when war and disaster strikes). You can do so through the L'Arche International webpage or by earmarking your donation to L'Arche Hamilton for the Ukraine. We have also added some new items in our store that will raise funds directly for those communities, and we hope you'll check them out too!

To find out more about the communities around the world, you can visit:
<https://www.larche.org/en/global-solidarity>

wish list

We are presently in need of a hand-mixer for the day program, patio furniture and umbrellas for our homes, new cookware, glasses and plates. If you would like to help with any of these items please call Sue at 905-312-0162, ext 0



Prayers for Beverly

As we write this newsletter, our friend and community member Beverly is in good spirits in her new palliative care home at Emmanuel House. We miss her at L'Arche Hamilton, especially her Sherman House mates. Despite battling cancer and these big transitions in her life, she has continued to sing and laugh and share her joy with others. We are grateful for the opportunity to continue journeying with Beverly and give thanks for the chance to stay by her side as she journeys to the end of her life. We invite all friends to send us cards, photos, stories and memories of Beverly, which we will share with her. Please keep Beverly, her family, and the community in your prayers at this difficult time.



VOLUNTEERS always needed! Please check our website for the latest opportunities.



Do you know we have a new website?
Check us out!
www.larchehamilton.org

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