



# L'ARCHE HAMILTON CONNECTIONS

our quarterly newsletter -- sharing encouraged!



**Second Edition:  
Summer 2023**

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## SARAH'S CORNER

**Sarah Tuck, Community Leader**



As an introvert, I have to admit that I really enjoy times of silence in my life. I appreciate the chance to let my thoughts slow down a little bit, to take some time to process. In L'Arche, we do have moments of silence and certainly some Core Members who teach us about and call us into silence, but we also have many moments where silence is nowhere to be found.

In early June, we decided to take advantage of the warm weather and host our weekly community gathering outside in the Charbonneau House backyard. After 2+ years of not being able to gather as a big group in person, it felt like such a privilege to be able to be together face-to-face. At our gathering, John invited us into a moment of mindfulness, using silence as an opportunity to listen and feel the nature that surrounded us. Of course, as could almost have been predicted, the moment was anything but silent. As I sat there, trying to focus my intentions, I heard Laurence telling jokes, Steven accusing someone of eating the radio (quite a creative accusation), and Mary yelling, "Hi, Brian" from across the circle. It was both humorous and distracting, but it was also a profound moment for me. You see, although I wasn't able to focus on the grass under my feet or the sounds of birds in the trees as clearly, I felt deeply touched to witness a different sound: the sound of connection.

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# COMMUNITY LEADER

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In L'Arche, connection with others is at the heart of our identity. Meaningful connection is something that not all of us have had the privilege to experience prior to coming to L'Arche, yet something that is so essential to each of our wellbeing. Connection with others stems from the belief that all of us, regardless of ability or disability, race, gender, etc, belong and have something to contribute. We believe that we are better off when we are able to share our gifts with each other, so we create opportunities to do that and celebrate when we do.

In this issue of our newsletter, we are excited to highlight some of our incredible volunteers, who connect with us on a regular basis. We rely on volunteers to help keep us running, and they fill a wide variety of roles, ranging from washing dishes, to collaborative art projects, to finance committees and everything in between! We're so grateful for our volunteers, which is why over the next few months, we'll be taking some steps to connect more intentionally with past and present volunteers. We want to hear how we're doing and what impact we're having, and we're strategizing ways to incorporate and support more volunteers in better and more creative ways! We look forward to sharing more about this in the coming months, so stay tuned!

We are also extremely excited to share that this fall, with the support of the Ontario Trillium Foundation, we are launching an expansion of our Creative Hands Day Program. This expansion will allow us to welcome back some of our live-out Core Members who have not been able to return full-time since the pandemic, as well as welcome several new participants to our Day Program. Along with some Arts and Theatre programming we will be running out of the Bernie Morelli Recreation Center, we will also be launching a second Day Program location, which will increase capacity and allow us to explore new skills and activities with our members.

As always, in addition to sharing these good news stories, I also want to thank all of you who continue to connect with us in various ways! We love and appreciate you. Wishing you all a wonderful rest of the summer, [Sarah](#)



## THE ROSS MONCRIEFF SCHOLARSHIP FUND: DEADLINE TO APPLY OCT. 21



Last year, in memory of our dear friend Ross, we launched The Ross Moncrieff Scholarship Fund. Ross was a beloved Core Member of L'Arche Hamilton who passed away unexpectedly in 2020. Ross loved to dream big and was an incredibly gifted artist. Funded through an endowment, this grant provides a scholarship annually to a Core Member who needs financial support to fulfill a dream (like taking a course, buying materials or going on a trip).

The 2022-23 Ross Moncrieff Memorial scholarship was granted to Michael Mattice, who wanted to use the funds to help explore educational opportunities, and we're happy to share that after taking some skills development courses through the year, Michael was admitted to Mohawk College and will be attending the CICE program full-time starting in September. Way to go, Mike!

For those interested in applying for the 2023-2024 scholarship, the deadline to apply is October 21, 2023. For more information on our application or to donate to this scholarship fund, please visit our website at: [www.larchehamilton.org/ross-moncrieff-scholarship.html](http://www.larchehamilton.org/ross-moncrieff-scholarship.html)





## MEET OUR VOLUNTEERS!

When we launched this newsletter we knew we wanted every Summer Edition to include a spotlight on some of the amazing volunteers who make what we do possible every single day of the year. We are honoured to share their stories of inspiration and discovery with you again. We love our volunteers: put simply, we couldn't do what we do without them. If you feel a call to volunteer with L'Arche Hamilton, you can begin on our website [www.larchehamilton.org/volunteer.html](http://www.larchehamilton.org/volunteer.html)  
We'd love to meet you.

### Jessica

I started volunteering at the Inclusion Coffee House from the very beginning. I really like working at the coffee house. It helps me to get out of the house and meet new people. I work at the cash register and I really enjoy it very much. I like working here and I love it. I also like helping with people if they need the help. I also enjoy learning too. My math is getting much better everytime I go and I'm just really to be happy here.



### Marilyn Preston

I will celebrate my one year of volunteering at the Inclusion Coffee House this September. Time flies when you're having fun! I worked for the government for 45 years so this has been quite a marvelous change for me. It might only be one day a week but I look forward to it. I love when it gets busy and we work as a team and it feels like we've really accomplished something great!

My biggest surprise might just be how professionally the coffeehouse is run: the high end coffee, the variety of well made treats and of course, the fabulous customer service! I don't drink coffee, just tea, so I'd say I'm challenged brewing coffee! I usually serve the treats and pour coffee and help with the clean up.

I have always been interested in the L'Arche model as my son is 29 and on the Autism spectrum and will need housing one day. The coffeehouse has allowed me to meet people involved in all aspects of L'Arche living to get a better idea of what to look for in the future for my son.

I love hearing the stories from Core Members about their adventures, vacations and families. And the volunteers, staff and lots of regular customers make it a great place to work!



## Maylor Lucas

I am studying the Social Service Worker program at Mohawk College and was presented with the opportunity to interview with L'Arche Hamilton for my 6-week summer placement. I didn't know anything about the charity but after researching the mission and vision statement I was happy to interview and even happier when I was accepted. As a volunteer I have gone on various outings with L'Arche assistants and Core Members. In the first week alone, I visited both the Inclusion CoffeeHouse and the beach and in my second week we went bowling.

My greatest surprise has been the tenacity that both the staff and Core Members exhibit every day. I was able to realize my greatest challenge on my first day, as all my learning and experience prior to my placement was completely theoretical. On my first day I was in a new environment and overwhelmed with questions in my mind. I was faced with the realization that I didn't know how to help anyone, and I found that very challenging, as I had a high expectation of myself and a deep-rooted ideation of what it meant to help others. I had to learn to challenge that bias if I wanted to be successful in my desire to help the Core Members in a way that honored who they are as individuals while also providing the correct and appropriate amount of support. By far my greatest sense of accomplishment has been the bonds and friendships I have formed with the Core Members as well as the staff. Equally there is that sense of satisfaction with sticking with my placement after day one and reaching out to the incredible staff and volunteers who made me feel so comfortable with any questions I had.



It also made all the difference that they are living examples of how we can all do for ourselves to a degree, and we all need assistance in this lifetime with various tasks. Every day that I am here it feels like a gift filled with endless joy. I have received support from the staff not just about my education and learning but also in my personal life. Once the Core Members start arriving, and then getting to see the way they greet their friends and positively interact with everyone at day program are daily gifts for us all. Personally, I will never forget the first time I was told I was missed after a weekend off. I have gained so much from my time here but one of my favourites has been the practical knowledge and experience because it has created a new possibility of what my future could look like. I would like to thank L'Arche for openly accepting, educating, laughing, and loving not only myself but everyone who walks through those doors, and for being a leading example of all of us as a community. It isn't us versus them it is simply, US as community of support, love, help and care.



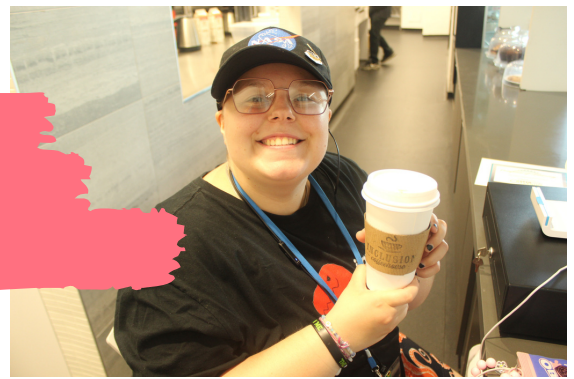
## Inclusion CoffeeHouse Outreach

Through the financial support of the Hamilton Community Foundation and their Meeting Basic Needs program, L'Arche Hamilton has been giving away beverages and baked goods to low income individuals and groups in the city the past few months. The focus of this Fund is to alleviate poverty by meeting basic needs of individuals and families experiencing marginalization.

Through our Inclusion CoffeeHouse program, we have been thrilled to partner with groups across the city to make this happen. It has been our way of helping make our Inclusion CoffeeHouse a place that truly is inclusive and welcoming to all, without barriers. We thank the Hamilton Community Foundation for partnering with us and making this project a reality.



## A WEEK IN THE LIFE OF THE INCLUSION COFFEEHOUSE



**By now you all know** about our Inclusion CoffeeHouse, operating Tuesdays and Wednesdays in the Bernie Morelli Community Centre, but what you might now know is just what it takes for us to make this project a reality. We invite you behind the scenes for an inside look at a typical week in the life of the Inclusion CoffeeHouse

### Monday

9am: Dave, Mike & Sandi arrive to start prepping the bagel dough.  
10am: Brian, Riley & Claire arrive later and begin making cookies and brownies. While the bagels are rising, Sandi, Mike and Dave go out to the store, shopping for juice, milk, cream cheese, fruit and other ingredients.  
11am: Coffee Break! What's a Coffeehouse without a coffee, right?  
11:15am: It's time to boil the bagels and then bake them. Cookies and brownies are also ready to be baked.  
11:30am: Clean up!  
12pm: Lunch  
12:30pm: Back to Day Program!  
1:30pm: Dave, Christopher, Parker & Cynthia arrive to make cold brew, iced tea, muffins, vegan squares and prep for any last-minute things needed for the week.  
2pm: Coffee Break!  
3pm: Clean up!  
3:30pm: Back Home

### Tuesday

9am: Mary, Mike B., Dave, Jessica, Anand, Marilyn & Wayne arrive to the Coffeehouse.  
9:15am: Time to get all the baked goods out courtesy of Mary and Marilyn, coffee brewed by Mike B. and Wayne, tables set up by Anand and Dave and the cash register going by Jessica.  
10am: The gate is open and the Coffeehouse is officially open for business.  
10:30am: Sometimes we have musicians, art or other special events happening and everything gets set-up for the morning.  
11am: Friends at Adults in Motion visit us.  
11:15am: Parents and Tots finish their swim class and come visit.  
12pm: Lunch time!  
12:30pm: Begin tidying up.  
1pm: The gate closes and everyone tidies up.  
1:30pm: Back home or to Day Program.  
2pm-4pm: Booking musicians and other events for weeks ahead, advertising, meetings around growth.

### Wednesday

9am: Marveen, Mandy, Sandi, Lynda, Amina, Phil and Dave arrive to the Coffeehouse.  
9:15am: Time to get all the baked goods out by Marveen and Sandi, coffee brewed by Phil and Dave, tables set up by Sandi and the cash register going by Mandy.  
10am: The gate is opened and the Coffeehouse is officially open for business.  
10:30am: The L'Arche Day Program visits for a coffee and treats.  
11am: Members from other groups such as Community Living, Adult Community Services, Christian Horizons and more come to visit.  
11:30am: Senior swim finishes up and seniors visits us.  
12pm: Members from Woodview helps us sweep the floors and clean the tables.  
12pm: Lunch time!  
12:30pm: Begin tidying up.  
1pm: The gate closes and everyone tidies up.  
1:30pm: Back home or to Day Program.  
2pm-4pm: Ordering of dry goods, picking up paper goods, ordering coffee beans.

As you can see, it's a busy time at the Inclusion CoffeeHouse every week and we couldn't do it without our volunteers. If you'd like to join us, we'd love to chat. Email [dave@larchehamilton.org](mailto:dave@larchehamilton.org)



**PLEASE FORWARD AND SHARE THIS NEWSLETTER!  
TO BE ADDED TO OUR DISTRIBUTION LIST EMAIL  
[MARIANNE@LARCHEHAMILTON.ORG](mailto:MARIANNE@LARCHEHAMILTON.ORG)**

# Vacation time!

After three long years of travel restrictions, our community finally enjoyed **SUMMER VACATION** again. Core Members and Assistants travelled coast to coast, from BC to PEI, while others chose to explore our own beautiful city and province. Here's some of the snapshots we took of all the fun and adventures we had!

