

L'ARCHE HAMILTON CONNECTIONS

our quarterly newsletter -- sharing encouraged!



happy FALL

Thanksgiving Edition 2023



Sarah's Corner

Community News

Why We Are Thankful

Youth Art Program

Wish List



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SARAH'S CORNER Sarah Tuck, Community Leader

Whenever I meet new people who have come to L'Arche for the first time – whether assistants, volunteers, or community connections – one of the questions I love to ask them is how they heard about L'Arche or what brought them to the community. More often than not, it is one of you who has shared about your experiences and encouraged others to come check it out. Of late, we've also welcomed an abnormally high number of assistants' family members who have also come to be assistants, after bearing witness to the joy and growth L'Arche has instilled in their loved ones' life. In my opinion, this is such an encouraging and affirming sign of the impact we have!

For many years, people have referred to L'Arche as, "the best kept secret," but my hope is that this is beginning to change, as some things are just too good to keep a secret!

As you'll see throughout this newsletter, our community has been growing and engaging in more outreach and becoming more visible in the broader community – we're expanding our day program to be able to welcome more members, and also have two separate programs that allow Core Members to take leadership roles in running Theatre and Arts programming for adults and youth in Hamilton.

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COMMUNITY LEADER

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As critical as this work is, as we continue to advocate for and create opportunities to showcase the gifts of people with disabilities to the broader community, it is equally important that the assistants, volunteers and friends who come to our homes and programs continue to feel inspired by the relationships they form. In fact, it is truly through the transformative power of the relationships we have where the gifts of our members shine. It's through the stories we share that our message of hope spreads.

As you read this, I am currently in the very small town of Courbillac, France, in the community of L'Arche La Merci, where I am spending the month visiting. As with most L'Arche experiences, my welcome was not perfect – the timing and language were tricky to navigate, and there were some mix ups in communication – but it was a true L'Arche welcome. I was welcomed with a sign on my door, a tour, and of course, a meal. I've grown particularly fond of Lionel, who doesn't speak much, but took great care to introduce me to everyone in community by pulling my hand or pointing people out to me. We both also share a fondness for the cat, Caramel, who shares a home with us. After 15 years in our community of L'Arche Hamilton, I'm so grateful to be reminded of how powerful the feeling of being welcomed is. It's a feeling too good to keep to myself, so I feel renewed in my desire to share it with others.

Friends, as we prepare to celebrate Thanksgiving, I invite you to join me in giving thanks for L'Arche, and I encourage you to share your L'Arche stories (and also this newsletter) with others! Let us share the good news together!

Blessings,

Sarah



- OCT 17** "I AM"-STORIES FROM MEMBERS OF L'ARCHE 11AM
- OCT 31** HALLOWEEN CUPCAKE DECORATING 11AM, \$5, RSVP
- NOV 7** ART WITH ART GALLERY OF HAMILTON 11AM, \$12, RSVP
- NOV 28** CHRISTMAS ARRANGEMENT WORKSHOP 11AM, FEE, RSVP



SAVE THE DATE:
Our Christmas Open House will be Saturday November 25, 11am-4pm. Follow us on Facebook @larchehamilton for updates

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



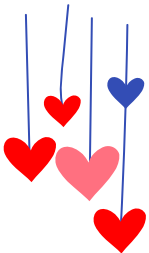
We asked each of our live-in Core Members what they are most thankful for this Thanksgiving. Their answers are a true reminder that joy can be found all around us and should never be taken for granted.

I AM THANKFUL FOR:

TOP ROW:

- Mary:** my family and my special missionary family from church
- Mike:** the CICE program at Mohawk, my classmates and friend Hena, Father Bill Clarke and altar serving at St. Joseph, 22 amazing years with L'Arche Core Members & Assistants
- Brian:** delicious home-cooked meals
- Cynthia:** family and friends
- Chris:** friends, family, celebrations & partying
- Doris:** my Mom

M♥M



2nd ROW:

- Wayne:** my helpers Steven & Darrell, a good Timmies outing and my gifts of animal stuffies
- Michael:** practicing and showcasing my art skills especially painting, photography & sketching, a full social calendar with many outings, working at the cafes & great family & friends!
- Pat:** my Charbonneau housemates, going to our Day Program & my treasured puzzles
- Sandi:** my family, new great niece Mae and new great nephew Elliot
- Alice:** the L'Arche Hamilton Day Program
- David:** I'm alive and I have a family that cares for me
- Ron:** my friend Bronwyn

friends

EXPLORE
the world



3rd ROW:

- Charles:** going out to explore places
- Janice:** community
- David C:** my cousins Jim & Judy
- Stephen:** my Mom
- Nancy:** our Day Program, helping in the house, a good dinner & snug bedtime "tuck in"
- Laurence:** the opportunity to go shopping
- Richard:** my friends

fAMILY

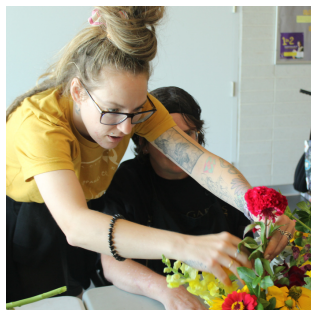


grateful





New Child and Youth Art Program at L'Arche Hamilton's Inclusion CoffeeHouse



Welcome to Bernie Morelli Recreation Centre's new child and youth art program! With support from the Ontario Endowment for Children & Youth in Recreation Fund, we now offer exciting, free art programs including visual art, music, dance and drama for children and youth in our Inclusion Coffeehouse space.

With children and youth already using the great drop-in programs offered at Bernie Morelli including homework help and gym programs, there was an identified need for activities that allowed for creative expression. L'Arche Hamilton is a community where so many members offer amazing gifts of art. We thought, what a great way of sharing our gifts of art with young people from our neighbourhood and connecting with other artists in Hamilton.



The programs run on Monday and Tuesday after school until December with Monday afternoons being a self-directed activity and Tuesdays being led by a local artist. This program also allows a paid Core Member to be a leader in sharing their gifts with the community and assisting with the program.

What's better than eating some delicious snacks while being creative? Well, Inclusion Coffeehouse has now expanded hours on Tuesdays to 4pm and serving up free snacks and drinks to the children and youth on Mondays as well. If you haven't had a chance to visit Inclusion Coffeehouse during the morning, now is your chance as we are open 10am-4pm on Tuesdays in addition to our regular 10am-1pm hours on Wednesdays.

We can't wait to share more about the program as it continues to unfold. We are always seeking out more ways to expand our reach in future through offering more programs at Inclusion Coffeehouse, expanding our hours. If you have any ideas or connections on how we may do so, please reach out to us.

We'd love to connect with you!

~~ Paige McIsaac



OUR HOUSES ARE SEARCHING FOR A FEW ITEMS, IF YOU HAVE EXTRAS TO DONATE:

The Ladies Bungalow would love a new outdoor umbrella & stand for their patio table.

Charbonneau is hoping for new linens & duvet for twin/double beds, serving utensils, silverware and outdoor cushions for their porch swing.

Cornerstone is looking for a kitchen island on wheels, bbq accessories, a coffee/spice grinder and pots & pans, especially a deep frying pan.

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

