



Week of Monday November 9th, 2009

L'Arche Sudbury's Web Page is up and running at www.larchecanada.org

Hit "Canadian communities," then "Ontario," then "L'Arche Sudbury" and enjoy!

A L'Arche Companion's Retreat with Stephen

Last July, Stephen and I lived a strong spiritual experience together as "companions" at a week-long retreat in a beautiful setting on the water in Montreal. We were one of 25 pairs (including the two pairs who gave the retreat) from L'Arche communities across Canada who came together to take time to nourish our spirits and our call in L'Arche.

Like all of the companions, Stephen and I met regularly for three months of preparation, reflecting together on certain themes that would later be part of the retreat experience.

Then, during the retreat itself, we had lots of time to take walks together and to talk with each other about themes such as "daily life," "forgiveness," "beauty and brokenness," and "the mission of L'Arche." As well, there was time for prayer, liturgy and meals in silence (not so easy all of the time!)

We also enjoyed very much the time in the art room and with our small sharing group.

What did I learn? First, the importance of art and creative expression as part of the retreat experience. Second, the extraordinary gift of all the core members, who are a transparent channel for God's grace and presence. Third, how the mutuality in relationships that we endeavor to live in L'Arche and the willingness to risk to be vulnerable with one another touched and nourished my heart once more. Thank you, Stephen!

Joe Egan, L'Arche Toronto

L'Arche Sudbury CALENDAR

Monday November 8th, 2009

Tuesday November 9th: House Leaders workshop in Arnprior.

- 9a.m. – Team Meeting
- 11a.m. – Assistant Meeting
- 4:30p.m. – Prayer

Wednesday November 10th:

- Ken, Kelly, Chris and Peggy are off the Canada General Assembly

Thursday November 11th:

Remembrance Day



Friday November 12th:

Happy Birthday! Lorrie Evershed!

Congratulations to Paulette Audette who has worked at Toppers Pizza for 18years today!!

Saturday November 13th:

- Jennifer on call

Sunday November 14th

What's New?...

Emmaus:

- Tim is in Vancouver with Tricia and they are having a great time! They head to Victoria, BC on Wednesday to visit Fiona.
- Everyone had a great time at the Halloween party. Rob really enjoyed trying to eat the doughnut when it was on a string!

- The house went to Rockies restaurant, where they had supper with Randi. Well, while Randi was waitressing.

Galilee:

- The Galilee Gang had a great time at the Halloween Party at Emmaus on Saturday especially the ladies had a blast playing Halloween-Bingo!
- On Sunday Carole, Audrey, Kenny, Gary and Inke went to Rocky's for supper where they met other community members and Randy who works at Rocky's. They had a wonderful time watching the sun set and the moon rise while enjoying the great food.
- Betsy, the blue van, finally came back home on Monday. Hopefully she is going to stay healthy!
- Everybody at Galilee is looking forward to having Karen and Seamus for supper on Thursday!
- On Monday Renee is going to leave for the house leaders' meeting till Friday. We are going to miss her but wish her a great time!

Dear Family and Friends

I am sorry to tell you that Oscar had to be put to sleep today(November 2nd) at 10 am. He had 2 seizures last night at home about 3pm then we went to the vet and they tried to save him.. but had 3 more. He was fine up to then.

Oscar was the most wonderful working dog and lived up his life with 100% up to the end. We and family and community (CM) at work and many others will miss him dearly.

He will be buried tonight in our back yard with our beloved cats Sniffy and Spot.

Love and prayers

Heather



Mmmmm...PIZZA!



Aidan McCauley is selling Little Ceasars Pizza Kits as a fundraiser for his Novice hockey

team.

There are a few options including 3-12inch pepperoni (\$23.00), 3-12inch cheese(\$20.00), 9-6inch personal cheese pizzas(\$21.50), 3-18pce crazy breads((\$16.50), 3-10inch Italian breads(\$21.00),and 4-15pce chocolate chip cookie kits(\$18.50).

If you are interested in placing an order please contact Jennifer. **The orders and \$\$ have to be in by Nov 23 and will be delivered Dec 9.**

A Message from Claire Trahan

Most of you know that I used to be a sister of St. Joseph and that I left the sisters when I came to L'Arche 30 years ago.

About a year ago, the sisters approached me and asked if I would consider returning to the community. I went through a discernment process with a spiritual director and a little group of sisters.

Last week, I made a formal request to the Sisters and I have been accepted.

My re-entrance date is for mid-January.

You might not notice too much change. I will continue to live at my apartment at Galilee with my little dog, Noee. I will maintain my membership in L'Arche. I will still be around to continue my many relationships here in the L'Arche community and be available to do some sewing and odd jobs for you.

So, for me, it's like going home, back to my original inspiration and call from God.

I ask for your prayers as I continue the process.



HAPPY BIRTHDAY TO YOU

To all those who will celebrate their birthday in October:



Laurette Lavallee 3
Rhonna L. Wolfe 3
Paulette Audette 5
Kim Murdoch 7
Lorrie Evershed 12
Rita Laberge 16
Chris Cassidy 16
Cathy Chartrand 17
Mandy Ozawagosh 17
Sarah Vaanholt 26
Bridget Bertrand 30
Lisa Gow 30



PLEASE PRAY FOR ...

All those grieving someone they love especially David Andrews for the loss of his Uncle Michael, Joan Gunville's family for the loss of their sister Sheila and Roma for the loss of her Aunt Mary and H.T. Dunn's family for the loss of their brother***For all those who are sick, Cathy Chartrand's father, Alf, Carolyn's Cousin Debbie, Suzanne's father Louis, Joan Gunville's niece Rosemary, great niece Kailene; Mary Carter; Sister Fran Mclsaac; and Jennifer McCauley's father and mother and Chris Scott's mother Joan*** FOR all those who are in need of our prayers, all those who have asked for our prayers and those for whom we promise to pray each day.