

Greetings friends,

What a year 2012 has been! Each year when



Christmas approaches, I find myself looking back on the year that has passed and giving thanks for all we've lived together in L'Arche Sudbury.

Rest assured that the L'Arche Sudbury Board of Directors continued to work hard in 2012 to improve the way we serve the community. Brian Sawdon and Gus Adam have been wonderful additions to our team and we will continue to recruit new people who are willing to share their gifts on the board. Thanks to all of our directors for their ongoing commitment. Thanks also to our leadership and vocational teams, staff, Core Members and assistants for all you have done to realize the mission of L'Arche in Sudbury. Our friends and donors are an important part of this work and I cannot express how grateful I am for their generosity as well. We are so blessed!

As the Advent season nears, my husband and I are preparing for the birth of our first baby. The support and love we have received from our friends in L'Arche during this special time is a reminder of the beautiful sign of love L'Arche can be in the world. While the community continues to face loss and grief, we are also able to celebrate joyful moments and anticipate good things to come. This is the essence of the Christmas story, which brings us hope and allows us to experience God's love born into our lives even as we deal with life's challenges and sorrows. It is something we do well in L'Arche and it is at the heart of what we are called to share with others as Christians.

On behalf of the board, I wish you a very Merry Christmas and a 2013 filled with hope and joy, whatever life may bring.

Kelly Beaton  
President, L'Arche Sudbury Board of Directors



**L'ARCHE SUDBURY**  
1173 Rideau Street  
Sudbury, ON P3A 3A5  
Canada

Telephone: (705) 525-1015

Fax: (705) 525-4448

e-mail: [larchesudbury@larchesudbury.org](mailto:larchesudbury@larchesudbury.org)

Internet: [www.larchecanada.org](http://www.larchecanada.org)

December 2012  
Volume 47, Number 24

### L'Arche's Identity Statement:

- We are people, with and without intellectual disabilities, sharing life in communities belonging to an International Federation.
- Mutual relationships and trust in God are at the heart of our life together.
- We celebrate the unique value of every person and recognize our need of one another.

### L'Arche's Mission:

- To make known the gifts of people with developmental disabilities, revealed through mutually transforming relationships.
- To engage in our diverse cultures, working together toward a more human society.
- To foster community that is inspired by the core values in our founding story and responds to the changing needs of our members.



## TIME TO REFLECT



I was asked once again to write an article for our newsletter and found myself struggling to put down on paper anything I felt people would be interested in reading. I've shared time and again about the activities of the community, about the needs of the community, about the losses and the gains of the community and I just hit a wall. So I waited and hoped and procrastinated and finally I went back to the Christmas story and read it. Inspiration sure comes when we least expect it and in the most amazing ways.

"....And they will call him Immanuel- God is with us." This short phrase struck me so deeply and finally I have something to focus on. In community we live so much from week to week, day to day and even moment to moment that it is easy to forget that God is with us. However when we take the time to really look and reflect and examine, we see the signs that he truly is present.

In the summer people take time to relax and rejuvenate. On our holidays we connect as friends and family and seek to fulfill our dreams of travel. **God was with us.** From Orillia to the far west, all the people who travelled arrived safe and sound at their destinations. Through the heat and the travel, not one person fell ill. For the first time we welcomed Vocational and SIL Core Members to join the Community on holidays, and everyone got along. I believe it was because, **God was with us.**

The Pasta Dinner comes each year and with each invitation that goes out and each gift that is requested, there is always reservations about whether or not we will meet our fundraising goals. It is now clear that with numbers confirming that we raised over \$21,000.00 in one night, **God was with us.**

The idea of L'Arche Sudbury creating its own "I AM" video was a great idea but an abstract one. We didn't know who would help us achieve the end result, but once again, **God was with us.** We received support from the team that took on the video production, the photography and even the

musical accompaniment and the end result is magnificent. How can we not believe God had his hands at work through it all.

As we approach the Christmas season, a time to really look at the gift of God to the world, I will focus on revealing those places where I see, and feel, and know **God is with us.** I will ask the same of all of you, our supporters, our families our friends, as we pray for the presence of God in your lives, will you pray the same for our Community?

~Blessings to each and every one of you ~  
Jennifer McCauley  
Community Leader

## THE TRUE MEASURE OF SUCCESS

By: Suzanne



There is a certain electricity in the air in September....

perhaps it is the excitement of back to school, or the crisp, colourful leaves falling from the trees. While both of those contribute to the anticipation of September, I have come to know September as "Pasta Supper Season!" The very words fill me with anxiety....A GOOD ANXIETY!

We, the volunteers of the Pasta Supper Committee, are like busy little bees at this time of the year. I just love the rush of the deadline and the way we all come together to make this evening enjoyable for all of our wonderful supporters and community. Once again, we found ourselves mingling with our huge, extended family at the Caruso Club for an evening of Friend Raising, and what an evening it turned out to be!

I really got a sense that everyone had settled in well and were enjoying themselves as well as each other. I love to stand back and take in all of the laughter and smiles that occur on this evening. The event was not only a success in fundraising, as we made over \$21 000; but it was a platform for the release of our very own L'Arche Sudbury "I AM" Video! What joy to see the pride in our Core Members faces as they saw themselves on the big screen! As I looked around, I saw many tears.



## TRUE MEASURE OF SUCCESS (CON'T)

Tears, that told the story of pride, awe and community at knowing that we are blessed to love and be loved by each and every Core Member in this community. We are part of something so much greater than just L'Arche Sudbury....we are part of social change. Through our hearts, time, volunteering, compassion and generosity, we are all a part of changing the world one heart at a time. If that is not the definition of success, I don't know what is.



### LIVING EDDY'S DREAM

Written by: Eddy and Tricia



I started a list of things to do the other day and on the list was to write a newsletter article with Eddy. Since I left it on the dining room table, everyone could see what was written there and Eddy asked me why his name was on that piece of paper. He wanted to know if he was 'in trouble'. When

I told him it was because we had been asked to write an article about our trip to the Calgary Stampede, a huge smile spread across his face and he said, "I don't know what to say".

A few days later, Eddy approached me and said, "Remember that piece of paper with my name on it, when are we going to do that?" and I had absolutely no idea what he was talking about. After a few minutes of dialogue, I finally remembered the list and said "Oh yeah, the newsletter article, what do you want to write"? To which he replied with a smile, "I don't know".

We decided to tackle the writing process on the weekend and now, here we sit and I'm about to ask Eddy once again what we should write. After the standard smile, shoulder shrug and declaration of "I don't know", this is what he had to say...

**So, what do you want to write?** *I don't know, it's hard...*

**Well, what do you want people to know?** *I had a good time in Calgary.*

**A good time doing what?** *I liked the bull riding.*

**Anything else?** *Nope... The Stampede, the Chuckwagon Races and the singing with what's his name.*

**Paul Brandt?** *Yeah, Paul Brandt, no, Garth Brooks. (discussion about who we saw follows with no resolution) I liked the guys that jumped off things at the show, write that in there too.*

**What about all the pictures you took?** *I took some good pictures, Calgary, horses, the big stuffed bear and the mounted police. Oh yeah, the mountains from that ride.*

**The gondola ride in Banff?** *Yeah, it was fun, it went up really slow. I wasn't scared. It went down very fast though. Is that it?*

**Well is there anything else you want to say?** *Nope, you say something.*

So now that we are almost finished and I've read back what we have so far, we find ourselves having another little discussion; Eddy wants to add the fact that we saw a dead cow on the side of the road and I don't really think its information everyone needs to have. After some internal debate, I have decided that Eddy's desire to add a little 'shock value' is very much a part of his conversational style so 'it makes the cut' and now that I have confirmed that I "wrote it on there", he says *"I guess that's it"*.



Now, if you know Eddy, you are probably smiling along with him but if you don't, picture the man you see in the pink cowboy hat wringing his hands and making this little sound in the back of his throat. It's not something we see or hear every day, and it means that he is really happy or excited about something. It's a sound that I am hearing right now as we write this article together and it's a sound that was a huge part of every day we spent together in Calgary.

This is definitely one of those moments where words just don't do justice to an experience and I feel incredibly blessed to have been a part of living Eddy's dream with him.



## DEAR FRIENDS

At our Annual General Meeting, L'Arche Sudbury always asks each home, program and the Board to do a skit about what they have lived over the last year. We were entertained and brought up to speed on the "Property" issues addressed in one of the homes this year. From leaking roofs, to window replacements we were reminded in a fun way that there are needs that always seem to present



themselves in our homes, and how blessed we are to have those needs met. Our Property committee this year regretfully lost its chair, John Caruso. It was difficult as John was so passionate about getting projects completed. We are however, moving forward and addressing issues that need to be dealt with. Bethany will be seeing a lift installed on the outside of the home and Galilee will finally have the new Arjo bathtub installed. The list of other projects remains long, but we are confident with the generous support of our friends, we will be able to complete at least a few and maintain the beautiful homes we are grateful to have. In keeping with another tradition, we have asked each Core Member and assistant in the homes and programs to create a wish list for your consideration. It is through your generosity and giving that we are able to replace items. On behalf of all the members of the L'Arche Sudbury Community, we wish you and yours a very Merry Christmas and all things good in the New Year.



## CHRISTMAS WISH LIST FROM:

### Emmaus House

- Utensils
- Frying Pans – variety of sizes
- Swing for patio
- Lawnmower
- Living room set
- Electric griddle and/or electric fry pan (large rectangle)



### Bethany House

- Lawn mower
- Magic bullet
- Weed Whacker & snipper
- Glasses (various sizes)
- Table scarf
- Placemats
- Wok
- Large electric fry pan
- Cups & mugs
- Electric kettle
- Microwave
- Serving trays
- Salad bowls (sm. Individual size)



### Galilee House

- Drill
- CD player/ radio
- Baking set: cookie sheets, cake pans etc.
- Medium size tupperware containers
- Double boiler



### Vocational Core Members Wish List

- A position of meaningful employment for someone who is a hard worker, willing to try new things and full of energy!
- Craft supplies ie., scrapbooking items, paper, stamps
- Picture frames
- Grocery gift certificates
- Movie passes
- Electric Lazy Boy Recliner
- Twin or queen bed sheets: neutral colour
- Alarm clock
- Face cloth towel sets
- Basket of toiletries for men and women
- Electric razors



## WELCOMING

Written by:  
Victoria & Kaitlin



This year Galilee went through a lot of changes. Raymond because of his needs moved over to Bethany, which made a space at Galilee for someone to move in.

Around the time we were looking at Raymond moving over to Bethany was also the time we were looking into having someone join us in the community. Her name was Kaitlin.

After a couple of visits first at Bethany and then at Galilee, Kaitlin and her mom made the decision for Kaitlin to move into Galilee. She lives in one of the bedrooms upstairs. She came with her own bedroom furniture, her Dora dolls and her love for music.

Kaitlin or Katie, is a young energetic lady, she loves music, coloring and helping out around the house. She and Colleen have bonded over their love of music. Now when you come to Galilee, you will always hear music and singing to go along with it. When I talked to Katie about doing this article she says that she really enjoys living here at Galilee and everyone here, which she tells us on a daily basis with an, "I like you".

## QUELLE BELLE VACANCES!

Écrit par: Carole, Sylvie et Laurette



Notre group, nous sommes allés à Orillia. Dans notre groupe il y avait Shari, Jeffrey, Carole, Sylvie, Victoria et Roma. Lorsque

nous avons visité Lynn Livingston, on a nagé dans leur piscine et eu un BBQ; un gros merci pour leur bonne hospitalité. De plus, nous avons été voir la pièce musicale "La belle et la bête". Lors de notre

tournée au "Safari de lion", on a soupé chez les parents de Jeffrey et on a magasiné à Barrie. Tous les soirées nous avons resté à la cabane pour se reposer. Il n'y avait pas de feu à cause des restrictions mise par la Ministère des Ressources Naturelles. Ils ont vu un homme avec une enseigne qui disait, "SVP de la monnie pour des drogues" et nous avons rit beaucoup parce que Sudbury n'est pas si dangereux que cela. Carole et Sylvie ont beaucoup aimé "La belle et la bête". Nous avons utilisé la cammionette de Emmaus et la petite camionette de Bethany

## MA RECONTRE

Écrit Par: Sylvain



De nos jours, il est très important de comprendre le fonctionnement du système de santé et de ses véritables lacunes au niveau humain à cause de la surcharge de travail de ses employés. L'arche de Sudbury m'a donné l'opportunité de comprendre et de supporté des personnes souffrant de déficience intellectuelle et physique.

Lors de ma première expérience, j'avais des craintes et ressentais de la peur à cause des préjugés sociaux imposés par la société. Après quelques expériences vécues, ma vision envers ces personnes extraordinaires a complètement changé. Le sentiment de pitié que je ressentais face à leur condition s'est transformé en une grande amitié au fur et à mesure que j'apprenais à les connaître.

C'est pourquoi j'ai la conviction qu'il serait avantageux d'initier tous les étudiants du domaine de la santé afin de mieux comprendre l'importance du contact humain et qu'ils aient l'expérience de vivre «dans leurs souliers». Mon cheminement avec L'arche me fais dire que le respect du bien-être serait maintenant ma priorité.





### L'ARCHE SUDBURY GIVES BACK!

Part of our mandate was to participate more in events in the City of Greater Sudbury. Here are some ways we have done that over the past year.

- We participated in and raised over \$2000.00 for the Relay for Life.
- We hosted an Alzheimer's Coffee House and raised over \$330.00
- Welcomed placement students from the Laurentian University Nursing Program, DSW Program at Cambrian College & Northern College as well as the University of Waterloo Co-op program
- We participated in and raised money for the Big Brothers & Sisters Great Toboggan Race
- We donated to Blue Door Café
- We have 14 Vocational Core Members working in various job placements throughout the city
- Suzanne & Sylvie spoke at St. Benedict High School
- Suzanne & Trudy attended Diversity Day at (school) and spoke about L'Arche
- Many members pledge support to MS and participated in the walk
- Many members supported Sudbury Minor Hockey, McFarlane Association and Playground Hockey

#### Other Ways You Could Support Our L'Arche Community

- Grass cutting
- Envelope stuffing
- Typing
- Gardening
- Spring cleaning
- Small repair jobs
- Cooking/baking in our homes with people

**Celebrate God's Gift of LOVE!**  
**You will be amazed at what you will discover by continuing the work of Jean Vanier and L'Arche**

L'Arche Sudbury needs Live-in Assistants that can make at least a year long commitment to live in one of our three homes.

L'Arche is looking for people of all ages, with diverse educational backgrounds and work experience, who will answer a call to live as a caregiver, along with others from various groups, cultures and backgrounds, to share deeply committed relationships with people with developmental disabilities.

If you, or a family member, or a friend, is interested in a career built on relationships that are life changing, please send a cover letter and resume to:  
 L'Arche Sudbury Inc.  
 1173 Rideau Street, Sudbury ON, P3A 3A5  
 Phone: (705) 525-1015 Ext. 2, Fax: (705) 525-4448  
 E-mail: [carolyn.ludgate@larchesudbury.org](mailto:carolyn.ludgate@larchesudbury.org)  
 For more information on becoming a live-in assistant:  
<http://larche-work.ca/assistants/>



# MERRY CHRISTMAS & HAPPY NEW YEAR

