

# ALL ABOARD THE ARK

Week of Monday, December 15, 2014  
Check out our Website: [www.larchesudbury.org](http://www.larchesudbury.org)

## THIS WEEK AT L'ARCHE SUDBURY

### Weekend December 13 & 14:

Jen on call  
Kids Christmas Party

### Monday December 15:

Leadership 1-4

### Tuesday December 16:

9:30 Reflective Meeting  
4:30 Community Night

### Wednesday December 17:

### Thursday December 18:

### Friday December 19:

### Weekend December 20 & 21:

Teresa on call

Everyone enjoyed the church service on Tuesday and it was also nice to enjoy dinner before prayer with Chantel. She surprised us with a lovely handmade Christmas gift! Thanks so much Chantel!



The assistants at Emmaus went out for a fun Kris Kringle breakfast and shared some time and gifts together!



## What's happening? Emmaus:



Alain has moved his room from upstairs to the main floor. He was very excited about this move and is very happy now that he is in his new room. After the move everyone sat downstairs with some snacks to enjoy the telethon!



This week Tim and Paulette did their Christmas shopping and enjoyed a lovely lunch with Sherry, Helen and Karen!

We had great fun at the mall seeing some of our friends: Steph, Aunt Betty, Eddy, Cathy, Colleen, and Rhonda! It was quite a family affair!

Alain also went shopping earlier in the week with Rachel, and is all ready for Christmas too!

**Bethany:**

Bethany has started Christmas shopping. Everyone is so excited for Christmas.

**Galilee:**

Everyone enjoyed having supper on Saturday with Celine, Max and Cory. It is so nice to watch Max grow.

Christmas shopping has begun. Carole and Victoria bought some great presents on Monday. Audrey and Heather went on Wednesday and enjoyed A&W for lunch. Colleen and Rhonda went Thursday after a dentist appointment.

On Friday, while Colleen was ringing the bell for the Salvation Army, Ken and Katie were going shopping for Christmas presents with Brenna and Heather.

Everyone is looking forward to the Children's party on Saturday.

**Upcoming Events:**



*December Birthday's*

Leighton 3  
Dolorse 12  
Chrystal 19



**PLEASE PRAY FOR ...**

**\*\* For all those grieving someone they love**

**\*\*\* For all those who are Sick**

**\*\*\***

**\*\* For those who have asked for our prayers\*\*\* for Bernadette because we miss her**

**\*\*\* For all our Blessings \*\*\***

**\*\*\* We pray in Gratitude \*\*\***

**Welcome All News Items, Pictures or Articles Written By Community Members, Especially Core Members.**

Victoria Melcher  
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Editor in Chief  
All Aboard the Ark

**REPORTERS: Emmaus – Helen, Bethany – Ji-Hye, Galilee – Victoria, Vocational – Karen. Please contact me if you want to be removed from the list**



More to come next week.

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## Tips for a healthy holiday season

- **Balance your intake of wine with water** to prevent an evening of fun from costing you a giant headache the next day. The general rule of thumb is drink one glass of water for every glass of wine you consume.
- **Don't be afraid to turn down invitations.** Between holiday parties, work dos, open houses and family functions, you'll be burning the candle at both ends before you know it. If you need to say *no* to maintain your holiday sanity, do it - even if it requires a little white lie.
- **Afraid of the cold? Take up mall walking.** Telling yourself you'll pick up exercise once the weather warms up sentences you to several sedentary months when you live in Canada, so find alternatives rather than excuses.