

**L'ARCHE SUDBURY INC.**

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)

Website: [www.larchesudbury.org](http://www.larchesudbury.org)



**December 2016**

**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.

**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.

**A WORD FROM OUR COMMUNITY LEADER**

By: Jennifer McCauley



The image of the Christmas tree is one that many think about during this season. Evergreen trees are traditionally chosen to be decked out over the holidays. A very pretty vision and a focal point of many holiday gatherings, the tree is significant but I want to strip it bare and focus on the tree itself. Evergreens do not lose their leaves each season, but gradually they drop them as

they age. As the needles fall, they renew themselves throughout the year.

The Evergreen is strong and adaptable, proving it can flourish in the harshest of conditions. From drought, to extreme cold, this tree can adapt to its surroundings to ensure its survival. It is diverse and can be found to grow in acidic soil or where nutrients are hard to find. The Evergreen is resilient, and a symbol of the beauty that can come from gradual renewal of oneself.



L'Arche Sudbury reminds me a lot of the Evergreen tree. We have been gradually growing and evolving throughout the years. We have experienced our own droughts, including shortages of Assistants, or lack of funds. We have lived the seasons of grief and despair when we have mourned the loss of members. However, we have also seen ourselves renewed, through the arrival of new members, through the activities we participate in throughout our city and through the relationships we develop with friends, families and you, our supporters. We continue to be reborn and renew ourselves, just like the Evergreen.

L'Arche Sudbury is embarking on a focused time of renewal. In the up-coming year, we will be writing a new mandate that will outline our priorities for the next 4 years. We will be hiring a consultant to help us develop a strategic plan to ensure we live out our mandate. The next 4 years are going to be exciting and we are confident that we will continue to grow, steadfast as we have over the years, with a willingness to adapt and evolve. When you see L'Arche Sudbury all dressed up like the Christmas tree, with our decorations and our celebration face on, just remember the tree that lays beneath-one that is rooted, faithful, willing to work through challenge and open to gradual change.



## GROWTH & DEVELOPMENT COMMITTEE

By: Jennifer Cawley Caruso, Chairperson



L'Arche Sudbury, in sync with the Federation and L'Arche Canada, has embraced the need and desire, to further develop the ways we foster community and support relationships of mutuality.

The committee established to lead this growth includes folks from many roles in the community who are committed to *guiding the development of new and enhanced living and activity opportunities for L'Arche Sudbury.*

We have had three productive meetings and will soon hire external consultation services to help us with operationalizing our plans.

We are fortunate to have the assistance of our L'Arche Ontario Regional Coordinator, Jeff Gilbreath, to help us with the development of our new mandate for 2017-2021. This mandate will provide the broad strokes for our new development plans.

The members of the Growth & Development Committee, with the help of some external services, will outline the budget and facilities and staffing needed to carry out our plans.

New growth and development for L'Arche Sudbury could take many forms. It could mean more opportunities for day time activities for current core members and folks in the wider community who would like to join us. It could mean supported independent living opportunities with strong connections to and support from L'Arche Sudbury and other agencies.

Please hold us in your prayers and do not hesitate to share your ideas and opinions with us. We will keep you posted as we continue to support the growth and development of L'Arche Sudbury.



## FUNDS AND SPIRITS RAISED

By: Suzanne Thibault



The hall was packed, dinner music played in the background, friends gathered with smiles and hugs..... It was Pasta Dinner night!!

I can only attempt to describe the electricity in the air at this year's Annual Pasta Dinner Fundraiser! Thanks to the many generous hands of the wonderful volunteers; the hall was beautifully decorated, the Raffle and Silent Auction tables were filled with exciting prizes and guests were escorted to their tables with smiles and laughter. There was *something* so vibrant about the energy this year.... it was palpable!

This year, we were proud to share an original song written for L'Arche Sudbury with our guests. "One Heart at a Time" was inspired by life at L'Arche. It speaks of the



beauty of each one, the giftedness of us all..... the power of combined faith and love in hopes to change the world, one heart at a time.

Please call or come by the office to purchase your copy of this song; all proceeds from the \$10 CD will go directly to the L'Arche Sudbury community to help meet needs and achieve dreams.

I was so delighted to see new faces amongst the crowd again this year, a testament to our collective goals of living and spreading the news of the mission of L'Arche. As always it is a busy night for the community and the volunteers, but I noticed that amongst the busyness, there was laughter, comradery..... relationship. We strive to live and model relationships of mutuality at L'Arche. We pray together, share meals together, laugh together, cry together and lift each other up. We are inspired by each other and that includes you, our generous and loving supporters.



We are always humbled and touched by your faith and support of what we live. Thank you, thank you, thank you once again for helping to make this evening of fundraising and "friendraising" a huge success!!

Yours in the Mission,  
Suzanne Thibault  
Pasta Dinner Chair



## A WORD FROM OUR VICE-REGIONAL LEADER

By: Jeff Gilbreth

I recently had the huge pleasure of spending time with L'Arche Sudbury during my official October Community Visit. As part of my role, every two years I lead a self-evaluation of the community in which members name the gifts, areas of challenge, and areas to focus attention in the future, and a holistic view of how people see their life together emerges. I can say with conviction that L'Arche Sudbury is a welcoming place where relationships and life sharing are at the core, and the deepening spiritual life enriches the members. It is exciting to hear people name a desire to deepen in their understanding of the Mission of L'Arche while looking for new ways to support current and future members. This community is strongly rooted and clearly poised to embrace the work of developing a new Strategic Plan in the coming Spring. Thanks for a wonderful visit folks – I had a great time!



Jeff Gilbreth  
L'Arche Ontario, Vice-Regional Leader

## NOS VACANCE D'ÉTÉ

Par: Carole Theriault et Laurette Lavallee



Notre groupe – Carole, Tim, Garnet, Kenny, Chris, Teresa et Laurette – nous avons loué un chalet à la Rivière Française. Nous avons eu beaucoup de plaisir avec nos feux de camp, un tourné en bateau a Parry Sound, à manger du poisson à Killarney et de la crème glacer au poste de la Rivière Française. Nous avons tous eue beaucoup d'exercice a marcher dans le parc. Merci à Michelle pour l'hospitalité et à Norm pour la chance de faire la pèche sur la rivière. Merci à L'Arche pour la chance de bien célébré l'été avec mes amis. A l'annee prochaine!



## DE PARIS À SUDBURY

Par : Hombeline Passot



Que vient donc faire une Française dans l'Ontario? Je connais l'Arche depuis toujours et j'ai atterrie l'année dernière un peu par hasard dans les bureaux de l'Arche en France où j'ai travaillé six mois pour le *fundraising*. J'ai aimé l'association et l'ambiance qui y régnait et à la fin de mon contrat, je me suis demandée : pourquoi pas moi? J'étais curieuse de découvrir la vie concrète des communautés après en avoir tant entendu parlé. J'avais envie d'apprendre à connaître moi aussi les personnes accueillies (*core members* en France), j'avais envie de découvrir la vie en communauté et je désirais vivre une expérience humaine forte qui change de tous les postes que j'avais occupés. J'avais beaucoup de questions sur la fragilité qui dans l'entreprise en tout cas n'est pas vraiment tolérée. Et sur la normalité, pourquoi veut-on toujours « être normal » ? J'ai fait mes bagages et ai traversé l'Atlantique et une petite partie de l'est canadien pour débarquer à Sudbury en tant que *live-in assistant*.

Mais pourquoi le Canada? J'avais envie aussi de parler une autre langue pour que le dépaysement soit complet et de découvrir comment fonctionnait l'Arche dans un autre pays, une autre culture, une autre mentalité. Et je ne suis pas déçue: c'est très enrichissant de sortir de ses habitudes complètement et de devoir se faire petite parce qu'on ne peut pas exprimer tout ce qu'on ressent. Ça oblige à observer beaucoup! J'apprends un peu à réfléchir avant de parler et à ne pas dire tout ce qui me passe par la tête tout le temps ... Et il y a quand même beaucoup de francophones, ce que je ne savais pas, et ce qui est bien pratique quand même !

J'ai découvert une grande famille amicale dans laquelle je crois vraiment que les *core members* sont heureux et choyés. Ce sont toujours eux, dans toutes les décisions, qui comptent le plus. Et tous les membres de cette grande assemblées sont unis par l'amitié et une forme d'égalité que je n'avais jamais vue, personne ne fait de différence entre les *core members* et tous les autres. Comme dirait une personne accueillie, c'est simplement « parce qu'on a la même inégalité tous les deux. »



*Puisse chaque habitant de la Terre trouver, grâce à la magie de la fête de Noël, L'étoile infallible de la foi qui le guidera vers la lumière, la paix, la vérité, et surtout, l'amour universel, à l'exemple des Rois mages en cette nuit de la ...*



## IN CELEBRATION OF HEATHER WESTAWAY

By: Jennifer Cawley Caruso & Pat Montpetit

We welcomed Heather Westaway with open arms when she joined the Board of Directors in 2014. She and her family had just moved to Sudbury from North Bay and Heather's part-time work at the Northern Ontario School of Medicine allowed her time to devote to Board duties. From the beginning Heather was eager to learn about L'Arche and to involve her family in the community. We benefited immensely from her thorough consideration of issues and her insight about health services.



In 2015, another busy mother, teacher, and L'Arche Sudbury Board President, Kelly Beaton, stepped away from board membership and her leadership role. Heather agreed to take on the presidency with support from two former board presidents. By this time, Heather was working full time, completing her graduate studies and a mother of two young boys. We were awed by her generosity and amazing efficiency.

Heather had many accomplishments during her tenure as President, not least of which was to learn the intricacies of Robert's Rules of Order! She implemented a new electronic meeting agenda and minute-taking system which kept us all on track and eliminated the need for a minute taker to attend all of the board meetings. She dove into the role and even attended many Finance Committee meetings in order to learn about our budget process and how to read the financial statements.

Between meetings Heather met regularly with our Community Leader, Jennifer McCauley, and gave her great support. She got very involved in advocating with the health care system and was successful in pulling some strings to make things happen for individual Core Members. In the last year of her tenure as Board president, Heather led the Board through a difficult decision-making process regarding the potential purchase of St. Andrew School.

In June 2016, Heather announced her need to step away from the presidency role. We are grateful that she chose to remain on the Board and we value her vibrancy and wisdom at each meeting. She continues to sit on the L'Arche Sudbury Policy Committee. All Board members are grateful for her passion and skill in this area!

We are thankful to Heather's children, Connor and Parker and her husband, Ian, for loaning us their Mom and spouse when she served as Board President. We were unable to honour Heather and her family at the November 4<sup>th</sup> Anniversary Dinner because of Heather's other commitments. We will present her with our gift at our next gathering.

## A FOND FARWELL

By: Carolyn Ludgate

I remember very well the day I was introduced to L'Arche when meeting Karen Andrews at our husbands' Christmas Dinner twelve years ago. She spoke of L'Arche Sudbury with passion, enthusiasm and love. I came to work as the Vocational Coordinator six months later and enjoyed every minute of that role until transitioning to the role of Assistants Coordinator in 2010. Coaching new Assistants has been a joy.



The highlights of being a part of L'Arche are many. I remember fondly the day I found out that Tim Yoisten is a cousin of mine. My Great Grandmother Lilian Yoisten was his Grandmother. My husband Brian and I have shared a special bond with Tim over the years and this will continue into my retirement. Brian will still need help from Tim to do the dump runs for L'Arche. Oh yes, not to forget the coffee and cookies that go along with it.

I admire Paulette Audette for her strength as she battled breast cancer. I enjoyed the times we shared a meal and walked the survivor lap at the Relay for Life. She reminds me that we can carry on with a positive attitude and a love of life.

Thank you to Chris Cassidy and Jennifer McCauley who have both inspired me in different ways and who have guided and encouraged me in their roles as Community Leaders over the past eleven years.

I am so grateful that you all have recognized my gifts and allowed me to share them with you. I am blessed that I have been accepted for who I am and supported by my fellow Assistants and Core Members in any challenges that I have had. I could not have asked for a better place to spend my time and end my "work" journey.

My life journey continues with my loving husband Brian as together we will strive to be the best Noni and Grandpa that we can be by instilling in our grandchildren the values that we have grown up with and that we share with L'Arche.

I will keep in touch with my L'Arche Family. See you in the New Year!

Love you all.  
Carolyn Ludgate

*This Christmas time, thank the Lord  
For the precious gift He gave  
And for the loved ones who help create  
The memories that are made*



**DEAR FRIENDS**

By: Jennifer McCauley  
Community Leader & Property Committee Member



The Board approved a number of projects to be completed this year, in order to address various issues, concerns and to enhance the safety of our properties.

A new barrier-free ramp has been designed for Cana. The permit has been obtained from the City, estimates have been received and our goal is for construction to begin in the spring of 2017.

The railing and handrail on the second floor of Emmaus have been retrofitted to meet current building codes and increase safety for all members of our home. The work has met safety standards and given the upper floor of Emmaus a more modern feel.

Galilee has had outside concrete work completed to address safety. We had a retaining wall collapse in the back and the stairs going down to our back yard were crumbling. Since the work has been completed, people have been able to safely access the backyard and make use of this beautiful space.

The TV room at Bethany house is going to receive a facelift. We are currently in the process of getting estimates to have the work done. Our aim is to have the work done by January 2017 so people can enter the New Year with newly up-dated space.

The Property Committee would like to thank all those who encouraged and supported these projects, especially the patient Core Members and Assistants living through the work.

A long standing tradition in our community is to ask members of our homes and programs to list a few items that may need to be repaired or replaced.

Our experience has been that you, our supporters, have been able to gift the homes by purchasing these items for us or providing a donation for us to do so. It is always an exciting time to be at the homes when these items are delivered. People are excited and the spirit of gratitude is evident.

We ask that once again you look over the "Wish Lists" and if you're able to provide any of the items that you bring them to our main office located at 1173 Rideau St. and we will arrange to get them to the homes or programs.

**CHRISTMAS WISH LIST FROM:**

**Emmaus House**

- Table cloths (3 matching rectangle)
- Dust buster
- Reclining chair
- 2 storm doors
- Humidifiers x2
- Dehumidifier
- Arts & Craft supplies
- Folding plastic table
- Stainless steel wok
- Placemats (set of 12)
- Birthday party decorations (balloons, streamers, signs, party hats)



**Bethany House**

- Snow Blower
- BBQ
- Water cooler
- Weed Eater
- Magic Bullets
- Plastic containers (Tupperware)
- Tea spoons
- Small bowls
- Bed in a Bag + Comforter (Single-5)
- Bed in a Bag + Comforter (Double-4)
- Bed in a Bag + Comforter (Queen-1)
- Bath mats
- Bath towels
- Face clothes- White, Blue, grey, Green and Pink
- Plastic glasses- small ones ( Restaurant Style)
- Dinner Plate sets- 2 sets
- Cups/ Mugs



**Galilee House**

- A new stove
- Electric drill with drill and screw driver bits
- Vacuum
- Dish clothes
- Tea pot
- Carafe for coffee



**Nazareth-Office**

- Dishwasher
- Flooring for downstairs
- New sliding screen for patio door
- Keurig coffee pods
- Cutlery
- New lawn mower
- Projector for presentations



**Community Participation Program**

- Brita
- Mop & bucket
- Easel table top
- Paint markers & crayons



GIVING BACK TO THE COMMUNITY



Throughout the year we have supported a number of initiatives throughout the City of Greater Sudbury.

- Alzheimer's Coffee House
- The Elizabeth Fry Society
- Neo Kids
- ACT/UCT Ham Drive
- Alexander Public School-clean-up day
- Legion Minnow Lake Poppy Drive
- WIC- St.Charles College



*The greatest Christmas gift of all  
Was never placed beneath a tree,  
But lay within a manger  
Beneath a star, for all to see.*



**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 in supporting adults with developmental disabilities.**

L'Arche is looking for Board Members with diverse educational backgrounds and work experience in human resources, fundraising, law, property, business, marketing, public relations or volunteer coordination.

If you, a family member, or a friend, have any of these gifts to share please get in touch with the L'Arche Sudbury Office at:

1173 Rideau Street, Sudbury ON, P3A 3A5  
 Phone: (705) 525-1015  
 Fax: (705) 525-4448  
 E-mail [larchesudbury@larchesudbury.org](mailto:larchesudbury@larchesudbury.org)

**YOU HAVE A CHOICE ...**

L'Arche Sudbury Inc. maintains a mailing list of friends who have shown us their support. We often send mailings, such as our newsletter, to those people on our list who we feel would be interested in them. Our list of friends is not sold or shared with any organization outside of L'Arche Sudbury Inc. However, if you do not wish your name to remain on L'Arche SudburyInc's mailing list, you can remove your name by marking the box below and returning it to L'Arche Sudbury Inc. (1173 Rideau St., Sudbury, ON P3A 3A5), or by calling the office at 525-1015 Ext. 0

I do not wish to receive future mailings from L'Arche Sudbury Inc. Please remove my name and address from your mailing list.

**All contributions to L'Arche Sudbury Inc. are tax deductible. Our Revenue Canada Business Number is: 10730 3554 RP0001**



**MERRY CHRISTMAS  
& A HAPPY NEW YEAR**

