

# The Good News

L'Arche Sudbury Annual Newsletter



## A Journey of Community and Service: Sayo Idowu's Story at L'Arche

By Sayo Idowu

My name is Sayo Idowu, and I am from Nigeria, Africa. Coming from a large, close-knit family where our cultural traditions strengthen our relationships, I have always valued community and connection. When I joined L'Arche on April 6, 2024, I immediately felt at home, as it embodies the same sense of care, support, and belonging that I cherish. L'Arche is a place where everyone is welcome, and each person is valued and uplifted—every Core member brings a unique gift and presence.

Starting as an assistant at Galilee House gave me the opportunity to build meaningful relationships with core members, supporting them with my passion, energy, and gifts. I was deeply moved by their pure love and authenticity. Becoming the house leader at Galilee House in June 2024 has allowed me to dedicate myself even further to this mission. I take great joy in ensuring that core members receive the support they need in an inclusive and nurturing environment. My journey at L'Arche continues to be a fulfilling and transformative experience, reinforcing my commitment to the service of humanity.

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# Message from Interim Community Leader/Executive Director of L'Arche Sudbury

By Teresa Mullin

As I step into the role of Interim Community Leader and Executive Director during Jennifer McCauley's temporary leave, I am filled with gratitude for the opportunity to serve this vibrant community. Having previously worked as Homes Coordinator, I have witnessed firsthand the strength and spirit of our members, and I am honored to support our mission in this new capacity.

Our community continues to flourish, thanks to the dedication of our members, staff, and volunteers. Together, we will continue to build a community rooted in love, respect, and inclusion.

## Welcoming Brayden to Galilee House

By Sayo Idowu

We welcomed Brayden into the L'Arche community at Galilee House on October 22, 2024. Within his first few days, he embraced Galilee as his home, and the other core members were delighted to have him as part of the family. His calm demeanor and captivating smile make him stand out, not to mention his incredible artistic talent. Brayden creates beautiful art pieces and handmade cards, showcasing his creativity in a truly special way.

Brayden also enjoys helping out in the kitchen, whether it's washing dishes, cleaning, or cooking. He takes great pride in making his favorite meals: meatballs and Pogos. Brayden's love for Halloween brings excitement to the whole house. He enjoys dressing up and strolling through the neighborhood for treats, sharing joy wherever he goes. With his warm presence and many talents, Brayden is a wonderful addition to the community.



## Meet Cheryl: A Heartfelt Journey as Health Care Coordinator

By Cheryl Lafond

My name is Cheryl, and I am the Health Care Coordinator at L'Arche. I have been in this role for approximately seven months. Previously, I served as a House Leader, a position I thoroughly enjoyed. When Chris retired, I was fortunate enough to step into his role.

I chose to grow within L'Arche as a Health Care Coordinator because of my passion for each core member. Their health and well-being are incredibly important to me. In my role, I manage core members' care plans, coordinate with healthcare providers, and ensure smooth operations. My favorite part of the job is the one-on-one time I get to spend with core members after their appointments. I cherish our coffee dates at Tim Hortons, which have become a delightful tradition after doctor visits. Although I still have a lot to learn, I embrace every challenge that comes my way. I believe that being a good Health Care Coordinator involves working with a great team, and I am very lucky to have such a wonderful team supporting me.



# Join L'Arche Sudbury for Cruisin' for Inclusion During National AccessAbility Week 2025

On May 29, L'Arche Sudbury is proud to participate in Cruisin' for Inclusion, a community walk, wheel, and ride event celebrating National AccessAbility Week. This inclusive event invites everyone to come together in support of accessibility and inclusion. Participants are encouraged to bring handmade signs and join the procession to raise awareness and promote inclusivity within our community.

## How to Support Our Walk:

To contribute to our cause, please e-transfer your donation to [office.assistant@larchesudbury.org](mailto:office.assistant@larchesudbury.org) and include "Cruisin' for Inclusion" in the memo.

Alternatively, you can visit our office at 1191 Lansing Ave, Unit #3, to make a donation in person. We accept cash, e-transfer, debit, credit, and cheques.

National AccessAbility Week is a time to reflect on efforts to create a more inclusive society. It celebrates accessibility, recognizes the contributions of people with disabilities, and highlights the importance of removing barriers.

Join us in making a difference and celebrating the strides we've made towards a more inclusive society. For more information, please visit our website: [larchesudbury.org/calendar/cruisin-for-inclusion](http://larchesudbury.org/calendar/cruisin-for-inclusion)



## A New Chapter at Bethany: Welcoming Jes and Nathalie

By Jes Small

I'm excited to introduce myself as the new House Leader at Bethany! My name is Jes, and L'Arche has been a huge part of my life for the past five years. During that time, I've had the privilege of working as an assistant in all three homes, getting to know so many wonderful people and learning so much along the way. Now, stepping into this new role, I feel incredibly grateful to be part of the Bethany team in an even deeper way.

A little about me: I love to be creative and find joy in organizing spaces to make them warm, welcoming, and functional. Outside of L'Arche, I'm also a foster mom, which has been a deeply meaningful journey for me. Creating a nurturing and loving home has always been important to me, whether in my own home or here at Bethany. My hope is to continue building a space where everyone feels valued, supported, and celebrated for who they are.

Along with my new role, I'm excited to introduce our newest Core Member, Nathalie!

She has already brought so much fun and energy into our home. Nathalie is hilarious and loves to laugh—her joy is truly contagious! She also has a passion for singing and dancing, and there's never a dull moment when she's around. Seeing her embrace life with so much enthusiasm has been a gift to all of us, and I know she will continue to bring so much light into our home. I'm really looking forward to this new chapter at Bethany and all the memories we'll create together!





# Celebrating Summer: L'Arche Sudbury's 2024 Holiday Adventures

Last summer, L'Arche Sudbury embraced the season with a series of enriching and joyful activities that brought our community closer together. Carole, Ann, Chantale, Claire, and Suzanne enjoyed the artistic charm of Stratford, immersing themselves in the town's rich theatrical heritage.



Many of our members attended summer camps, engaging in a variety of activities such as fishing, barbecues, bonfires with marshmallows, or simply relaxing away from the city.



A highlight of the season was the holiday lunch with Archbishop Anne in Sault Ste. Marie, where community members gathered to share a meal and celebrate the bonds that unite us. Jen CC, Audrey, and Feba, along with others, had the pleasure of enjoying a picnic with Sister Mary Sammon and Sister Mary-Jo Carter, further strengthening our connections with the broader community.



Additionally, John, Laxman, Kenny, Gloria, and James embarked on an exciting trip to Toronto, exploring the city's vibrant culture and attractions.



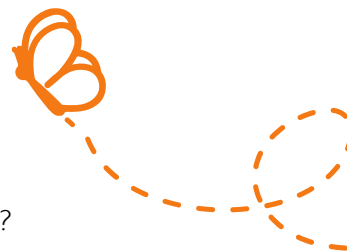
These summer activities not only provided fun and relaxation but also reinforced the values of inclusion, friendship, and shared experiences that are at the heart of L'Arche Sudbury.

## Brace Yourself, Sudbury – Burger Wars 2025 Is Coming!

Sudbury Burger Wars 2025 is heating up this July! This year, there's more than just delicious competition on the grill—with every burger sold, three dollars will go toward supporting L'Arche Sudbury, making your meal more meaningful than ever. This exciting event not only highlights the creativity and talent of local chefs but also celebrates Sudbury's vibrant food scene and strengthens our community by supporting local businesses. Don't miss your chance to be part of the action—mark your calendars for July 2025 and stay tuned to [sudburyburgerwars.com](http://sudburyburgerwars.com) for updates on participating restaurants, specials, and more!



# Spring Wishlist



Can you support the community by donating any of the following items?

- |                               |                        |                              |
|-------------------------------|------------------------|------------------------------|
| • <u>Cordless vacuum</u>      | • <u>Craft paper</u>   | • <u>Walkie talkies</u>      |
| • <u>Bingo game</u>           | • <u>Yatzee</u>        | • <u>Fidget toys</u>         |
| • <u>300 piece puzzles</u>    | • <u>Bowling games</u> | • <u>Craft supplies</u>      |
| • <u>Magnetic blocks</u>      | • <u>Board games</u>   | • <u>A toaster (4 slice)</u> |
| • <u>Birthday decorations</u> | • <u>Placemats</u>     | • <u>Bake Ware set</u>       |

## Join Us for Our Annual Pasta Dinner: Harvest of Hope

Step into a warm and welcoming evening at our Annual Pasta Dinner: Harvest of Hope! Join L'Arche Sudbury for a heartwarming celebration of community, connection, and compassion in support of individuals with intellectual disabilities. Enjoy a night filled with laughter, stories, and the spirit of togetherness.

Be part of the joy as we raise vital funds for programs that empower and uplift. Try your luck with 50/50 tickets, enter our raffle for exciting prizes, and celebrate the harvest of hope that grows when we come together. As we gather around the table, let's nourish not only our bodies but also our shared vision of an inclusive and caring community.

To attend Harvest of Hope, please email [development.officer@larchesudbury.org](mailto:development.officer@larchesudbury.org) or visit our website for more information.



## Let's stay connected!

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|--|--|---|------------------------|
|  | <a href="http://larchesudbury.org">larchesudbury.org</a>                                   |  | @ L'Arche Sudbury Inc. |
|  | <a href="mailto:office.assistant@larchesudbury.org">office.assistant@larchesudbury.org</a> |  | @ larchesudbury        |