

# The Good News

L'Arche Sudbury Annual Newsletter



## Mission in Action: Community Member Recognition Spotlight

At L'Arche Sudbury, our mission is lived every day through relationships, shared life, and the meaningful contributions of many people across our community. From our homes to our CPS/Day Program, from the office to governance, each person plays a vital role in building belonging and inclusion.

To celebrate this, we invited office team members, homes, CPS/Day Program, and board members to submit nominations recognizing individuals who demonstrate the values of L'Arche in their daily work. We are grateful for the thoughtful nominations received from across the community.

"Mission in Action" is a simple way to honour the people behind the work and highlight how our values are lived out every day.

For this edition, we are pleased to recognize two individuals whose contributions reflect care, integrity, and commitment to community life.



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## Mailing Address

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## Abigail Ofosuhene Brago

Relief Assistant, Jericho House

Abigail is recognized for the positive presence and steady care she brings to Jericho House. She approaches her role with kindness, compassion, and deep respect for each person she supports, helping to create a calm and welcoming home environment.

She is consistently willing to support her teammates and ensure the needs of core members are met with dignity and care. Her reliability, patience, and attentiveness make her a valued member of the team.

Abigail is also recognized for her ability to foster connection and belonging within the home. Her warm and inclusive approach helps strengthen relationships among both assistants and core members, contributing to a supportive and unified community life.

Abigail's presence helps create a home where people feel truly seen, supported, and valued.



## Teresa Mullin

Interim Community Leader / Executive Director

Teresa is recognized for her long-standing commitment to L'Arche and her continued presence in community life over many years, including her time in Stratford and Haiti, while also building her family.

She is known for living the values and mission of L'Arche with integrity and consistency. Teresa relates to all community members with dignity and respect and deeply values the contributions of both core members and assistants.

She is recognized for encouraging growth in others through support, forgiveness, and belief in each person's potential. Her leadership reflects care, patience, and a strong commitment to community life.

In her role as Interim Community Leader, Teresa has taken on significant responsibilities, learning quickly while continuing to guide and support the community with steadiness and care.

Her leadership continues to support a community rooted in dignity, belonging, and shared life.



## Message from the Interim Community Leader / Executive Director

By Teresa Mullin

As we move through another season of community life at L'Arche Sudbury, I am filled with gratitude for the many ways we continue to grow together, sharing life, supporting one another through new experiences, and simply being present in the everyday moments. I am especially moved when I think of the many milestones and significant birthdays being celebrated across all of our homes. This year has already brought meaningful moments of connection, celebration, and resilience throughout our community. People are being heard, seen, and celebrated for who they are.

Our mission remains rooted in belonging, where each person is valued for their unique gifts and presence within our community. Whether through daily life in our homes, participation in our CPS/Day Program, or engagement in the wider community, we continue to witness the power of relationships that transform lives.

As we look toward the future, we are excited about welcoming more people into our community life. Through the Peace Tower initiative, 10 individuals will have the opportunity to live in apartments while remaining connected as part of the L'Arche Sudbury community through relationships, participation, and belonging.

I want to thank our core members, assistants, families, volunteers, and partners for the care and commitment you bring each day. Your presence strengthens our community in ways that cannot always be measured but are deeply felt. As we look ahead, we do so with hope and excitement for the months to come.

## Giving Tuesday & Christmas Appeal 2025: The Gift of Mobility

This past Giving Tuesday and Christmas season, our community came together in a powerful way through our "Give the Gift of Mobility" campaign.

Today, we are proud to share the lasting impact of people's generosity. Thanks to the incredible support of our donors and community, our new van arrived in December 2025 and has since become part of daily life at L'Arche Sudbury.

Since its arrival, the van has already made a meaningful difference. Most recently, it supported a joyful group outing to the Sudbury New Centre, where core members and assistants went together as a full group to enjoy lunch and spend time in the community. Moments like these reflect what mobility truly means for us: connection, inclusion, and shared experiences.

This milestone would not have been possible without the support of so many. While we may not be able to name everyone individually, please know that each and every contribution played an important role in making this possible. Because of you, the gift of mobility continues to be felt every day in our community.

Thank you for walking alongside us and helping make inclusion and connection possible.



## Christmas Wish List 2025: Gifts in Action

This past Christmas season, L'Arche Sudbury was deeply moved by the generosity of the parishioners of St. John the Evangelist Catholic Church (Garson/Falconbridge) and St. Bernardine of Siena Church (Skead). Fr. Michael and Sonya delivered a thoughtful collection of gifts through our Christmas Wish List 2025.

These gifts are now part of daily life across our homes and CPS/Day Program and continue to bring comfort, joy, and practical support.

Our core members received beautiful new pajamas and bathrobes, bringing warmth and comfort to the winter season. The reclining chair is being enjoyed as a comfortable place for rest and relaxation. The air fryer is now being used in one of our homes, adding excitement to meal preparation and encouraging shared cooking experiences.

Household essentials, including a vacuum cleaner, are helping support clean and welcoming living spaces, and Amazon gift cards have allowed us to purchase items for arts and crafts.

Each gift continues to make a meaningful difference in everyday life at L'Arche Sudbury.



# Summer Holiday 2025 Highlights

Summer 2025 was filled with joy, adventure, and meaningful moments across L'Arche Sudbury, bringing our community together through shared experiences and connection.

Some highlights included a visit to the Toronto Zoo for Brayden, Reid, and John, as well as camping trips at French River for Bethany House, Galilee House, and Jericho House, along with trips to Killarney and Parry Sound where many enjoyed the beauty of the outdoors.



The summer also included special moments of connection. Jen CC, Audrey, and Feba visited their friend Sister Bernadette in North Bay, Galilee House enjoyed a picnic at Whitewater Lake, and Monique, Cheryl, Kenny, and Carole spent time camping along the Vermillion River.



Friendship and laughter were at the heart of the season. Rhonda, Basirat, Colleen, Nathalie, and Katie shared a fun filled trip to North Bay, while John, Ebin, Tim, James, and Ricky enjoyed the excitement of Monster Trucks in Massey.



These experiences reflect the spirit of L'Arche Sudbury, where relationships, inclusion, and shared joy are at the heart of community life.

# Life at Jericho House: Moments That Matter

By Sylvia Araniva

Life at Jericho House continues to be filled with energy, laughter, and meaningful moments.

Shannon has been making waves in the pool, earning first place in multiple swimming events. With the season ahead, Shannon is looking forward to trying softball and track and field, bringing the same enthusiasm and determination.

Tim has been in great spirits, enjoying his regular visits to the office where he keeps things lighthearted, especially when playfully seeing how many white binders he can "borrow" from Cheryl, Interim Homes Coordinator. As he looks ahead to his retirement next year, he is also preparing for a special trip to visit his friend Bern.

James recently wrapped up his bowling league with a strong performance and has been enjoying quality time with his mom in her new condo, sharing simple and meaningful moments together.

Ricky continues to look forward to his weekly office visits, where he enjoys catching up with friends over lunch. Like many of us, he is ready to welcome the warmer days after a long winter.



Each of these moments reflects the rhythm of life at Jericho House, where everyday experiences are shared, celebrated, and lived in community.

## Bingo 2025 Recap: Community in Action

Bingo continues to be an important part of life at L'Arche Sudbury, bringing together dedicated volunteers in support of our community. Throughout 2025, our volunteers gave their time and energy at Delta Bingo and Gaming Sudbury, helping create a welcoming environment while supporting an important source of funding for our programs.

This support has made a real impact. Funds raised through Bingo have helped make our new van a reality, increasing mobility, connection, and participation for our core members.



We are deeply grateful to our volunteers for their ongoing commitment, and to Charitable Gaming Sudbury and Delta Bingo and Gaming Sudbury for their continued partnership. Bingo is more than a fundraiser. It is a meaningful way our community comes together in service and shared purpose.

# Annual Pasta Dinner: Peace in Growth

An evening of community, connection, and celebration in support of L'Arche Sudbury.

Tickets are available now.

Our Annual Pasta Dinner is a cherished L'Arche Sudbury tradition, where people come together around the table to share food, friendship, and support for individuals with intellectual disabilities. Last year's event, "Harvest of Hope," reflected this spirit beautifully, welcoming guests for an evening of generosity and connection in support of our programs.



We are now pleased to invite you to our 2026 Annual Pasta Dinner, "Peace in Growth." This year's theme reflects the ongoing journey of our community, growing in understanding, belonging, and shared life with those we know and love, while also preparing to welcome new members through the Peace Tower initiative. It speaks to the quiet strength of relationships built over time and the joy that comes from walking together in inclusion, care, and mutual support. Funds raised through this year's Pasta Dinner will support our community homes and CPS/Day Program, helping create meaningful opportunities for connection, participation, and belonging.

Guests will enjoy a delicious pasta dinner, storytelling, laughter, and celebration, along with raffle prizes in support and recognition of individuals with intellectual disabilities.



Raffle tickets are now available. The first prize is a beautiful handmade quilt, generously donated by the Lively Heritage Arts Guild, valued at \$3,000. Tickets for both the dinner and raffle can be purchased. Visit our website for details: <https://larchesudbury.org/calendar/larche-sudbury-annual-pasta-dinner-2026-peace-in-growth/>

We look forward to gathering together for an evening that celebrates connection and strengthens our shared commitment to a more inclusive community.



We visited the Lively Heritage Arts Guild at the Lively Library to receive a donation of a beautiful handmade quilt, which will be raffled at our Annual Pasta Dinner this fall.

## Let's stay connected!



[larchesudbury.org](https://larchesudbury.org)



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