



WINTER 2010 NEWSLETTER

The Joy of Giving

L'Arche Greater Vancouver has two day programs for men and women with developmental disabilities, the Emmaus Centre and Neighbours Helping Neighbours. Each program is an extension of our mission where a person can develop and experience the value of their unique gifts, participate in meaningful activities, and serve the wider community.



Ken, Jill and Claudio on their way to take cookies to a food bank in New Westminster.

The Emmaus Centre is a place of welcome and belonging. While activities are often conducted in small group settings, the program is geared as much as possible to each person's particular interests and abilities.

One important weekly activity at Emmaus is baking cookies. Mary is the chief baker and along with the help of others, several dozen cookies are produced every week. The cookies are packaged up and given to others.

"I like baking," says Mary. "It brings out my grandmother in me. She used to bake bread for a bakery." She also adds her appreciation for the renovations in the kitchen. "I like the new stove. We can make more cookies and there's more room in the kitchen to move around in."

Most of the weekly Emmaus cookies are packed up and taken to a food bank in New Westminster. Claudio, one of the Emmaus representatives, serves the home baked cookies to people waiting in line for the food bank to open. Claudio enjoys serving others. "I like how they do things there. The people are nice."

Neighbours Helping Neighbours is a crew of physically fit adults with developmental disabilities that reaches out to the elderly and others in our greater neighbourhood who may be having difficulty with basic gardening and other light chores. They do this as neighbours – expecting nothing in return – just the joy of serving others who need a hand. Occasionally customers are able give a donation to L'Arche but no payment is expected.



Garth and Conrad putting their skills to use in re-pairing a friend's fence.

Like Emmaus, the crew gets together at the beginning of the day to review their plan, where they are going to go and the jobs that need to be done. Jackie, their supervisor, has been impressed with the friendship and caring between the crew, "they take care of each other and care about the customers".

Garth remembers all the customers and what they've needed from the Neighbours Helping Neighbours Crew. "Sometimes they're desperate. They need our help." He recalls with detail garages that needed cleaning out, trips to the dump, gardens that needed tending and all the people they've met along the way.

Continued on page 2...

Editor's Note:

Just prior to this newsletter going to print our friend, Barrie Thomson, passed away. Barrie had been with our community for more than 25 years and his gentle welcome will be missed by all. Our spring edition will be dedicated to Barrie, his story and our memories of him.

Our Mission is to:

Make known the gifts of people with developmental disabilities, revealed through mutually transforming relationships.

Foster an environment in community that responds to the changing needs of our members, while being faithful to the core values of our founding story.

Engage in our diverse cultures, working together toward a more human society.

In This Issue:

The Joy of Giving	1
From Denise's Desk	2
You are the Light of the World	3
The New Emmaus Centre	3
Ark Builders Brunch	3
Updates Around L'Arche	4
Upcoming Events	4
Ways to support L'Arche	4

Contact:

7401 Sussex Avenue
Burnaby, BC
V5J 3V6
Tel. 604-435-9544 ext. 35
Fax. 604-435-9560
office@larchevancouver.org
www.larchevancouver.org
www.larchevancouver.wordpress.com

Editor: Sig Stark



From Denise's Desk:

Several years ago, the United Nations declared December 3 the International Day of Persons with Disabilities. Their background document states "Although, Governments, global leaders, policy-makers and other stakeholders acknowledge the need for disability-inclusive development, they must be supported in their efforts and be reminded to keep their promises. The International Day of Persons with Disabilities can be used for this purpose to further ensure the full and effective participation of persons with a disability in all aspects of societal life and development." I find it hopeful that the UN declared this day to raise awareness around the globe as a reminder that we must be vigilant in our commitment to include and support some of the world's most vulnerable citizens.

L'Arche throughout Canada has been encouraged to participate in this day. Locally we will do this in two ways. Firstly, some people from our community will be selling their beautiful handmade items at fair held to celebrate the gifts of people with disabilities. Secondly, we are hosting a benefit concert by Corpus Christi Chamber Choir.

As we participate in this day my thoughts turn to the commitment that our mission calls us to. Since L'Arche's beginning, our primary commitment is to those people with developmental disabilities who are at the heart of our community. Our commitment is to sharing life together in our homes and day programs in the context of a faith community, where the fostering of mutually transforming relationships, and the celebration of each person's gifts are core values.

We are also committed to the family members, who expect that their loved ones who live and work at L'Arche are safe, respected, included and have friends that help them grow emotionally and spiritually. Each person in our homes has an annual quality of life review where they have opportunity to share how they are feeling about their life at L'Arche and make goals for the upcoming year.



Our funders and donors expect that we will be good stewards of the gifts they have given to this community. We have pledged to be wise with our resources and honour each gift, using it in the way it was intended.

The circle grows wider as more people choose to be part of the community in a variety of ways. It is beautiful to see how the commitment of many continues to grow. We rely on, and are grateful for, all those who offer their faithful support to our mission; the assistants who share their lives, those who volunteer, those who offer financial support and those who offer prayers.

The International Day of Persons with Disabilities is more than a day at L'Arche. For many, it is a commitment for life.

Denise Haskett

Denise Haskett
Community Leader/Executive Director

The Joy of Giving continued...



The NHN crew volunteering for Meals on Wheels last winter.

"I help Jackie every day," says Patrick. His favourite activities have been when they baked cookies and for all their regular customers last year. He also likes it that he can keep in touch with his old friend, George by helping him with grocery shopping.

Each day, Conrad helps Jackie check out the truck to make sure it's running safely. "I like it here," he says. "We help people rake leaves and I love helping people clear snow and sidewalks so that people are safe and won't slip."

Conrad's sister, Shelley has appreciated the work of Neighbours Helping Neighbours and how the program has helped her brother.

A Sister's Perspective:

I and my family have both observed and appreciated the growth in my brother, Conrad's social development is mainly due to his tenure with L'Arche. He is afforded the opportunity to interact on a social basis daily with both his peers and support staff which has given him the confidence to articulate his thoughts and feelings both at L'Arche and with his family. My brother and I have gone from having very short conversations both in person and on the phone to detailed discussions about plans, family and life in general. Conrad now phones us regularly often to make plans to golf with my husband or to tell us about what his happening in his life.

Conrad had a significant hearing problem during his developmental years that was finally corrected with surgery. However it left him a 'silent' person for the most part. Now he talks and he initiates conversations with people including those he meets on the skytrain and buses. Our thanks and appreciation goes to all the wonderful people at L'Arche for supporting my brother and giving him the opportunities he needed to learn to converse and to gain confidence in his abilities to not only articulate his thoughts but also to socially interact with many people. This has broadened his horizons and expanded his world.

- Shelley Watson, Sister to a Wonderful Brother

For more information about L'Arche Day Programs, please call Jen Kazda at 604-435-9544 ext 29.



“You are the Light of the World”



Core members' Winter Retreat 2010 on Bowen Island.

“You are the Light of the World.” This verse from Matthew 5:14 was the theme for this year’s winter retreat. Paul, Katie, Delinda, Yurim, Jill, Garth, Rosemarie and Yvonne went to Rivendell on Bowen Island to enjoy each other’s company and reflect on the theme of being a light for the world. The retreat was filled with many activities including singing, prayer and arts and crafts. They enjoyed cooking and sharing meals together and especially waking up to freshly fallen snow.

Ark Builders Brunch

On September 25, we welcomed 30 special friends for our Annual Ark Builders Brunch in the Big Living Room at L’Arche. The morning was MC’d by Foundation Board President, Gary Begin, with an address by Trudi Shaw, our Operations Board President. Our main speaker, Christiane McInnes shared her story “Lessons in Love”, part of which was featured in our last newsletter along with some of the lessons she learned while on her missions trip to Trinidad and St. Lucia in the summer.



Christiane and Christina sharing a moment of friendship.

Ark Builders are friends who support L’Arche at a significant level. If you would like to learn more about being an Ark Builder, please contact Sig Stark at 604-435-9544 ext 35 or e-mail sstark@larchevancouver.org

The New Emmaus Centre



The Emmaus Team enjoying their newly renovated space.



Bill Sneddon & Bev Walsh from St. Mary’s Health Foundation join Melina Boote from L’Arche and Mayor Corrigan in cutting the ribbon at the re-opening.

After a summer of being temporarily housed at All Saints Anglican Church, the Emmaus Centre participants were excited about moving into their newly renovated space. Everyone helped unpack, put up artwork on the walls and fill the cupboards and drawers, just in time to celebrate their official re-opening on September 17. Burnaby Mayor Derrick Corrigan joined representatives from Saint Mary’s Health Foundation and Scotiabank in cutting the ribbon to the new accessible and larger kitchen. After lunch our special guests received a L’Arche blessing for the way they have contributed to L’Arche and the wider community.

A second celebration was held on September 13 for L’Arche family and friends to bless the new space and enjoy some cake.

We acknowledge with thanks Rev. Randolph Bruce and his congregation at All Saints Anglican Church for welcoming everyone from the Emmaus Centre during the renovations. We also are thankful to our friends from Saint Mary’s Health Foundation for making this renovation possible and for Scotiabank (Brentwood Mall) for the new wall oven.



Tribute Giving

L'Arche Greater Vancouver gratefully acknowledges the gifts made in memory of the following individuals:
Adela Shelling, Arleigh Slanina, Beryl Nemeth, Reginald Der, The Beeby's

L'Arche Updates

New Website! - L'Arche Greater Vancouver is preparing to launch its new website. Thank you to BCIT student, David Powell for his great effort and expertise. Check our blog for the launch date!

Thank you! - Thank you to Ten Thousand Villages on Commercial Drive for helping to organize a shopping event on Friday, November 26. Upon purchasing an item, if you said "L'Arche", Ten Thousand Villages donated 10% to L'Arche Greater Vancouver! We look forward to working with Pravina, manager of Ten Thousand Villages and her excellent team again.

The Art of Being Together - We are seeking emerging artists and sponsors for L'Arche's second annual Art of Being Together. The Art of Being Together is a juried exhibition of art inspired by the theme of community, sharing life, friendship and inclusiveness. Please see our website or contact: Amanda Wong at 604-435-9544 ext 33 for more information.



The Art of Being Together

Upcoming Events

A L'Arche Valentine's Dinner

Saturday, February 12 2011 at 6:30 pm
Double One Restaurant - 4057 East Hastings Street, Vancouver
Tickets are \$35 each and available at the L'Arche office

The Second Annual Art of Being Together

Saturday March 5, 2011 from 1:00 - 5:00 pm
National Nikkei Museum & Heritage Centre
Admission by donation - Minimum \$5

Coffee House

L'Arche Talent Show
Saturday, February 5, 2011 from 6:30 - 8:30 pm
South Burnaby United Church Hall - 7591 Gray Avenue

Ways to Support L'Arche

Purchase an Art Card There are unique L'Arche Art Cards created by the Emmaus Day Program available for \$4 each. Stop by to check out the great holiday selection! We also sell home-made wrapping paper.

Sponsor a Special Event There are several opportunities a year for individual and corporate sponsorship.

Invite a L'Arche Speaker to come to your community, church or school group. We have a growing speaker's bureau that is eager to share the message of L'Arche.

Give through Payroll Deduction Designate your United Way donation to L'Arche Greater Vancouver.

We invite you to share your copy of this newsletter.

Give online: www.larchevancouver.org and click "Donate"

CONTACT:

DR. MR. MRS. MS. MISS MR. AND MRS.
NAME _____
ADDRESS _____
CITY _____
PROV. _____ POSTAL CODE _____
TEL. HOME _____
TEL. WORK _____
EMAIL _____

- I would like to become an Ark Builder
- I would like to receive information about donating securities or leaving a gift in my will
- I wish to remain anonymous

HERE IS MY GIFT OF:

\$500 \$250 \$100 \$50 Other _____
 Make this a monthly gift !

METHOD OF PAYMENT:

Visa Mastercard Cheque

NAME ON CARD _____
CARD NO. _____ / _____ / _____ / _____
EXPIRY DATE ____ / ____
SIGNATURE _____

Please make cheque payable to: L'Arche Foundation of Greater Vancouver
Charitable Reg. #137648671-RR0001