



Winter 2017

A Neighbour's Story

It was this time last year that people at L'Arche's Nazirah House started to see a difference with their neighbour and friend, Ann. As usual, Ann was invited for Christmas dinner with everyone at Nazirah House but this time she seemed somewhat disoriented. Nevertheless she appeared to enjoy the day.

Ann had lived across the fence from Nazirah House for years. Without family close by she became part of the L'Arche family. Our Neighbours Helping Neighbours crew took care of her yard and, when she wasn't able to get groceries on her own, they would take her shopping. The trip would end with her treating the crew to coffee at Tim Hortons. It was their Friday routine.

Patrick, who lives at Nazirah House and is part of the Neighbours Helping Neighbours crew, had a special bond with Ann. He had known her most of his life. They attended the same church and, when Patrick's mother passed away, Ann filled that space in his heart.

After Christmas there were more changes in Ann's appearance and behaviour. Her grocery list didn't include the food items she usually purchased. She sometimes seemed confused and was losing weight. Ann's L'Arche family reached out to Laurie, a mutual friend. Laurie has been part of the L'Arche community for years and, even though she is no longer involved in the daily life at L'Arche, she stays connected. When asked, offers her expertise as a nurse.



Patrick and Ann on her birthday

Laurie had also been one of Ann's neighbours. It was a friendly community where BBQ's and other parties were regular occurrences and Ann was always in the middle of those events.

Laurie went to visit Ann and found that she had been eating poorly. Soon afterwards Ann was admitted to hospital where a cancer diagnosis was confirmed. Ann was transferred to St. Michaels for hospice care.

St. Michaels is right next to L'Arche's main building which meant Ann's L'Arche family could visit often – which they did, almost every day. The Neighbours Helping Neighbours crew continued to tend her yard even though she wouldn't be coming home again. Often they would bring her flowers from her own garden.

Miraculously Ann regained a bit of her health. She was able to enjoy occasional outings from the hospice for a Tim Horton's trip with the Neighbours Helping Neighbours crew, her birthday celebration at White Spot and getting her hair done by her regular hair dresser.

Seven months later Ann passed away with her L'Arche family by her side. They all miss her and the anchor she was for their neighbourhood. Ann often remarked that she didn't know how she would have coped without L'Arche.

Now, even though Ann's house is empty, the Neighbours Helping Neighbours crew continue to care of her yard. Because that's what neighbours do.



Ann surrounded by the Neighbours Helping Neighbours crew

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.

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From Denise's Desk



People often ask me what's new at L'Arche. One of the things I'm excited about is the way our community inclusion programs have been growing. Even though our Neighbours Helping Neighbours program has been at capacity for some time they still manage to support more seniors and people with physical disabilities with yard work each year.

The Emmaus Centre has welcomed four people with developmental disabilities. These individuals, who still live with their parents, needed meaningful daytime activities. Even though some of them are still going through a period of adjustment, they appear to be enjoying their time in the Emmaus Centre and L'Arche community.

Parents of people in our programs are grateful that their loved ones have found a place to belong and where friend-

ships can grow. Here's what one mother has written to us:

Since joining the Emmaus Centre, my son has received outstanding support. When he stays for an evening community activity he is invited for dinner in one of the L'Arche homes. After the event (which is free), someone takes him to the Skytrain or even drives him home to Port Coquitlam.

During the summer he was included in special L'Arche activities and outings. He now has a new group of friends at L'Arche, which means a great deal to someone who is as social as he is. As a mother, it means so much to know that he is safe and enjoying new opportunities.

We are very grateful to our donors who make these programs possible.

Denise Hordkoff

Community Leader/Executive Director

Why L'Arche? David McCullum

When I was a boy, Jean Vanier came for lunch. My parents were visibly moved to have him in our home, and my father was mortified that we had recently purchased new dining room furniture rather than giving the money to the needy. Jean set him at ease, and when invited to sit in the living room, chose a tiny footstool and immediately began to play with two little boys who were visiting.

I was moved by this great man's humility and ease, and wanted to learn more about who he was and what he did. So much of the L'Arche philosophy and practice aligns with our values: community members are treated with dignity, compassion, and love; and ideals are identified and strived for, but not preached.

Fast forward to the early 1990s when my wife Emily and I launched what became our outsourced computer support company, and (through my father's connections, I believe) I received a call from L'Arche Greater Vancouver, asking for computer help.

We were new at running our own business, and I was frankly uncomfortable with how much money we were charging our corporate clients. I wanted to help and understood that L'Arche Greater Vancouver did not have the budget for professional help.

So, Emily and I decided to donate our company's time and expertise to this wonderful organization. More than 25 years later, we are honoured and happy to be able to help, and encourage others to do the same.



David and Emily McCullum own Digitally Hip Corporation and have supported L'Arche for more than 25 years.



Our Big Numbers

Every year our Homes and Community Inclusion Programs submit their “Big Numbers” for inclusion in our Annual Report. Here’s what they reported for the last fiscal year:

Creation House:

Wayne volunteered 156 hours with the Salvation Army
 Guy did 420 hours of exercises after his surgery
 Arthur picked up the Creation House mail 315 times

The Crossing

We had 78 outings together on weekends
 We sang 45 songs per month during our karaoke time

Nazirah House

Ken distributed and collected songbooks 45 times before and after Community Prayer evenings
 Sue spent 40 hours babysitting and Patrick spent 35 hours mowing the lawn

Unity House

We walked a total of 500 kilometers together
 We welcomed 15 guests from other L’Arche communities
 We watched 55 movies together

Emily House

We sang “Jesus Loves Me” 96 times after meal time
 Melina did 144 crosswords and Philip listened to his Britney Spears CD 116 times.

Bethel House:

Garth and Barb went to the library 50 times and borrowed 250 DVD’s.

Emmaus Centre

We welcomed 78 guests for Friday Lunches and volunteered 52 hours at the Food Bank and 68 hours for Meals on Wheels.

Neighbours Helping Neighbours

We mowed 186 lawns and shoveled snow for 38 customers
 We fixed the railings on 2 outside staircases, fixed garage doors for 2 customers and replaced 1 entire staircase

Community Life

We gathered for community prayer 45 times where we sang 225 songs. We welcomed 30 guests and 70 people attended our Annual Community Retreat.



Emily House with friends on a summer outing



Friends celebrate together at Unity House



Christmas at Creation House

Memorials and Tributes

L’Arche Greater Vancouver gratefully acknowledges gifts received in memory or in honour of loved ones and friends

In Memory: Karlhans Diersch, Fred Dunstan,
 Arleigh Slanina, George and Marion Miller
In Honour: Harold Palleson



Why L'Arche? Angela Uruski-Girard

Why do I support L'Arche? Well, I can only explain this by describing the first moment I walked through the front doors of L'Arche.

I heard about L'Arche by listening to Jean Vanier present his book "Becoming Human" on CBC's Massey Lectures in 1997. I was so inspired with what I heard, that I decided to volunteer. I contacted L'Arche and was invited to volunteer at Unity House one Saturday afternoon. I got lost on the way and arrived late and those in Unity House had already gone outside so no one heard the intercom's buzzer. After waiting a brief while, I began knocking at the front door, hoping someone would hear me. Along came Barry, who walked slowly to the front door while having a real good look at me through the window for at least a half a minute. Barry was a quiet person, communicating mainly with his eyes and through gestures. Being a stranger to him, I smiled and motioned for him to kindly open the door latch and to *please please please* let me in. Barry paused for another minute, then very calmly, opened the door for me.

The moment I set foot through the door, Barry exuberantly took off my coat and purse and led me by the hand to his house. Down the hall and up the stairs we went until we got to his bathroom, where he proceeded to give me his tooth brush and gestured for me to help brush his teeth together, then gave me the biggest hug. I was moved to tears. When the assistants saw Barry leading me to his tooth brush, they smiled and said,

"Barry must really like you because he only lets those he feels comfortable with brush his teeth!"

The trust, unconditional acceptance and love I felt that day moved me in a very unique way. I knew when I entered those doors that Saturday over 20 years ago, I entered a very special place; a sacred space; a loving and supportive community that embraces difference, celebrates inclusively and represents a place of hope.

I feel privileged to be supporting such an amazing organization that is so very unique in our world, and have a desire to continue to do so. I also believe it is important for the community at large to come to know and be a witness to this exceptional community.



I am now deeply honored to be a member of L'Arche's Operations Board. I encourage you to visit L'Arche Greater Vancouver to become more acquainted with those who live and work there, and to join me in financially supporting this wonderful community and its great works!

Thank you for supporting the work of L'Arche locally

If you prefer to donate online go to: www.larchevancouver.org and click "**Donate Now**"

<p>CONTACT:</p> <p><input type="checkbox"/> DR. <input type="checkbox"/> MR. <input type="checkbox"/> MRS. <input type="checkbox"/> MS. <input type="checkbox"/> MISS <input type="checkbox"/> MR. AND MRS.</p> <p>FIRST NAME _____ INITIAL _____</p> <p>LAST NAME _____</p> <p>ADDRESS _____</p> <p>CITY _____</p> <p>PROV. _____ POSTAL CODE _____</p> <p>TEL. HOME _____</p> <p>TEL. WORK _____</p> <p>EMAIL _____</p> <p><input type="checkbox"/> I would like to become an Ark Builder by committing to a gift of \$500 or more a year.</p> <p><input type="checkbox"/> I would like to receive information about donating securities or leaving a gift in my will</p> <p><input type="checkbox"/> I wish to remain anonymous</p>	<p>HERE IS MY GIFT OF:</p> <p><input type="checkbox"/> \$500 <input type="checkbox"/> \$250 <input type="checkbox"/> \$100 <input type="checkbox"/> \$50 <input type="checkbox"/> Other _____</p> <p><input type="checkbox"/> Make this a monthly gift !</p> <p>METHOD OF PAYMENT:</p> <p><input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Cheque</p> <p>NAME ON CARD _____</p> <p>CARD NO. _____ / _____ / _____ / _____</p> <p>EXPIRY DATE ____ / ____</p> <p>SIGNATURE _____</p> <p>Please make cheques payable to: <i>L'Arche Foundation of Greater Vancouver</i> Charitable Reg. #137648671-RR0001</p>
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