



Choosing Joy while Social Distancing A Special Core Values Newsletter



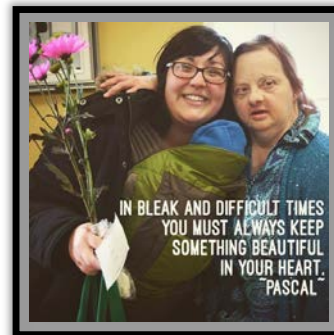
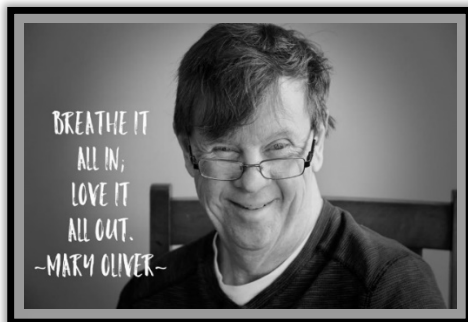
Hi Everybody,

With all of the changes that we are living with COVID-19, we thought it would be nice to focus on ways that we are continuing to live our Core Values in our communities. We are going to publish special editions of the Core Values Newsletter filled with photos and fun ideas for all of you who are taking care of each other in your homes.

Do you have ideas or photos you can share? Maybe you have had a special celebration like Bethany House in L'Arche Sudbury who celebrated Saint Patrick's Day together. They ended up hanging this banner outside the house and asking people to honk to spread hope!



Or, maybe you have some helpful and inspiring thoughts and photos like these ones shared by the Atlantic region:



Send your photos and ideas for choosing joy together while apart to Will Grassby at wgrassby@larche.ca or Elizabeth Nash at enash@larche.ca. See below for more examples of what is already happening in communities! For as long as we are practising social isolation in our homes, we will be sending out this special newsletter on a biweekly basis. Thank you!



Zoom Zumba with Federico Gauchet

Are you looking for a super fun way to get moving in your homes? Join L'Arche Ottawa's Federico Gauchet for 30 minutes of Zoom Zumba March 24 at 4pm EST!!

Just click on [this address](https://zoom.us/j/401299216) (<https://zoom.us/j/401299216>) about 5 minutes ahead of the start time. Make sure you have made some space to move around and have some water handy, then be ready to boogie down with L'Arche homes across the country!

Do you have a gift you and your community want to share using Zoom?

Yoga? Music? Prayer? Games? Let us know and we can find new creative ways to live out our Core Values together!

Intellectual Disabilities Week in Québec

Despite the new measures of social distancing, communities in Québec found ways to celebrate this week of raising awareness and “rapprochement” between people with and without intellectual disabilities in Québec.

L'Arche Abitibi-Témiscamingue had their “Quillethon” or “bowl-a-thon” postponed, but decided to help us get to know them by sharing fun profiles of community members on their Facebook page. Click on the photo below to take a look (Facebook has a translate function if you don't get the French!):



[\(https://www.facebook.com/larcheat.org/\)](https://www.facebook.com/larcheat.org/)

Also, members of **L'Arche Joliette/Lanaudière** helped create the official video capsule for this important week (Video available in French only). Click on the image below to check it out!



<https://www.youtube.com/watch?v=OcWSaojtsxs>

Rob, a friend of the [L'Arche London](#) community, has an important message to share with all of you (<https://www.facebook.com/watch/?v=226471928474067>)!



The members of Cana House in [L'Arche London](#) have also been working on some important artistic reminders!



And the members of [L'Arche Hamilton](#) are practicing social distancing, while keeping crafty, colourful, and singing karaoke!



Also, be sure to check out the [L'Arche International Facebook Group](#), which has additional postings about how communities around the world are creatively living our Core Values during this time of social distancing.

Poetry Corner

Join Birgit and the good people of Homefires House at [L'Arche Homefires](#) for their [#CommunityConnections](#) idea - a poem a day to keep the virus away! Their poem is below - can you share yours? Feel free to post it on the L'Arche Atlantic Region facebook page, or send it in a DM - they'll be sure to share them in their daily posts.

We are dancing to Miley Cyrus
trying to ward off the virus.
We are watching TV
and drinking lots of tea.
We are cooking and cleaning,
we are dreaming.
We are driving around,
but no one is to be found.
We are safe at home,
feeling alone.
We are together....
will it be forever?

[#poemadaykeepsthevirusaway](#) [#larchelife](#)

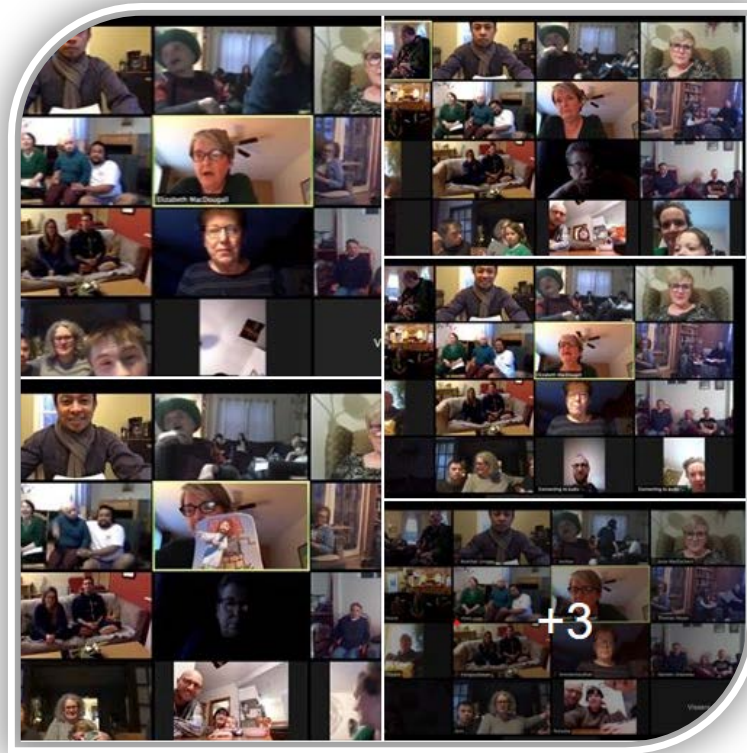


Or, if you have musicians in the house, why not write a song together and share it with us? For inspiration, check out [This Song](https://vimeo.com/358692277) (<https://vimeo.com/358692277>) from [L'Arche Saskatoon](#)!



Shared Spirituality

L'Arche Cape Breton is hosting virtual prayer. How many people can you gather online together? Invite your friends and family to share a virtual prayer night with you.



Virtual Run for L'Arche

L'Arche Calgary had to reimagine their fundraising event the "Rogers Insurance Run for L'Arche". Due to social distancing, they will be doing a "Virtual Run" where participants can run their distance and then post photos to social media using the hash tag [#VirtualRunforLarche](https://www.larchecalgary.org/2019-run-for-l-arche). If you are a runner, (or even if you're not), consider supporting L'Arche Calgary with a solidarity run. Find out more at: [L'Arche Calgary - Virtual Run for L'Arche](https://www.larchecalgary.org/2019-run-for-l-arche) (<https://www.larchecalgary.org/2019-run-for-l-arche>)



Games, Activities and More

There are many ways L'Arche communities are finding to have fun while social distancing. Here are a few ideas but be sure to share what you are doing in your community/home:

- **Games to play at home (or on Skype with another home/community):**
 - Charades
 - Guess that tune – someone hum a song and other must sing lyrics or guess song name/artist
 - 20 questions – One person thinks of a person, place or thing and the others take turns asking yes/no questions to find out information. They have 20 questions to guess!
- Visit the [Fun Games, Activities and More](https://www.larche.ca/training?document=639813) (<https://www.larche.ca/training?document=639813>) module on the Leadership Portal for a plethora of fun things to do!



There will be lots more to come over our time of Social Distancing, so keep on choosing joy and sharing it with us!