



Being Together While Apart

A Special Core Values Newsletter

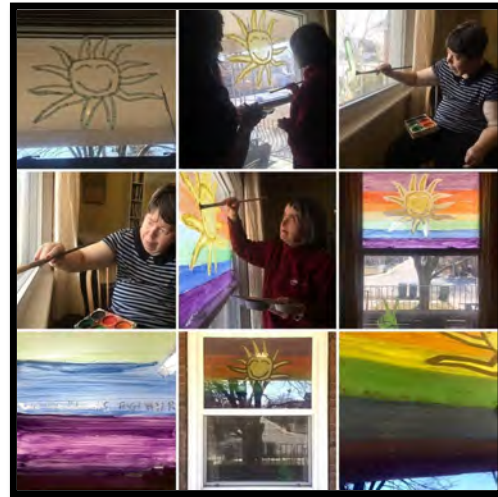


How do you foster a spirit of togetherness?

Share life. Take the time to truly be with one another. Build an environment of trust, relationship and unity. Plan activities that include and bring out the best in everyone. Walk together and rely on each other in times of challenge. Share news in ways that deepen everyone's sense of being on this journey together. Tell stories to foster community and convey meaning. Develop engaging, inclusive communications that nurture a spirit of togetherness and belonging. ~Servant Leadership Descriptive Model



L'Arche Le Printemps



L'Arche Toronto

Over the past few weeks, it has been incredible to see all of the creative ways L'Arche communities in Canada and around the world have found to be together while being physically apart. You are truly "Fostering Vibrant Communities" and embodying the aspiration of "Togetherness" from our leadership model. This newsletter aims to show you some examples of "Being Together While Apart" and is by no means all-inclusive. Thank you to all of those who have sent in pictures, videos and ideas!

A Message and An Activity from National Leader Louis Pilotte



In his weekly video message, Louis Pilotte has offered us an activity to do in our homes.

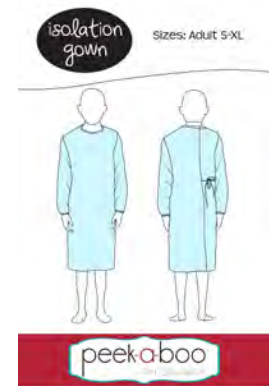
Choose an object in your home with a special significance or story and tell that story through a poem, a picture or a short video. Share your story on social media using the hashtag [#larchelife](#) or send it to us via email so it can be published and shared with our communities across Canada as a source of inspiration during these challenging times.

Send your photos, videos and ideas for "Being Together While Apart" to Will Grassby at wgrassby@larche.ca or Elizabeth Nash at enash@larche.ca.

Western Region

Do you have any people that sew in your community? If so, L'Arche Calgary has found a pattern for an isolation gown! You have to order it online but it's free. <https://www.peekaboopatternshop.com/isolation-gown/>

L'Arche Calgary now has volunteers making these gowns for them. The ideal fabric is a woven one (ie. cotton) and they are going to treat them with Nikwax Cotton Proof. The main volunteer for this said she used one king-sized flatsheet and 2 pillowcases to make 3 gowns.



Meanwhile L'Arche Saskatoon has mobilized a number of community members and friends to make masks to be used in their homes. Great idea!



Check-out what Cory, Gary, Lisa, and Rachel from [L'Arche Comox Valley](#): have been doing with Lana and Manu during the "I Belong" Centre shutdown. They have been busy sorting old photos and putting them in albums! Rachel has been a star helper, remembering so many names and places. Of course, everyone is missing their friends and the hustle and bustle of the IBC activities, but it has been a great way of holding everyone in their thoughts and prayers.



Ontario Region

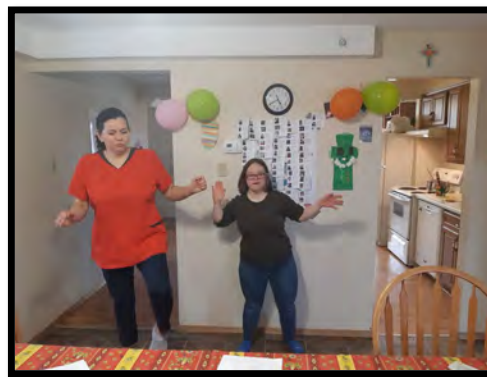


Like many of our communities, **L'Arche Arnprior** has organized a community prayer using Zoom. They keep you in their prayers as they pray in solidarity with their sister L'Arche communities.

Gamble House at **L'Arche Toronto** painted up a storm with their bright Easter colours!



L'Arche Stratford is also getting ready for Easter by painting some ceramics donated by a local pottery studio.



Danielle and Maria at **L'Arche Stratford** enjoyed Zoom Zumba with Federico!

And be sure to check out **L'Arche Sudbury's** new [Youtube channel](https://www.youtube.com/channel/UCLMdSjQnSwgMVbFw_pn6Eg) (https://www.youtube.com/channel/UCLMdSjQnSwgMVbFw_pn6Eg)!

Québec Region



L'Arche L'Étoile in Québec uses their technological savvy to organize musical performances and connect with others in their community.

L'Arche La Mauricie celebrated International Down Syndrome day by wearing mismatched socks. Our diversity is truly a gift!



L'Arche Montérégie took to the driveway for some fresh air and some Chi-Gong. Check out this video they shared, then go out and make your own!

Atlantic Region

Some of the members of [L'Arche Antigonish](#) built these epic snowmen together!



This snowman is taller than Christian! Terry used this snowman to show proper social distancing!

[L'Arche Cape Breton](#) found some creative ways to live their community retreat together, even while apart! They started off their first day with, "I Am Thumbody!" - an activity of creating art, using their thumbs. Each of the thumb prints, put together, revealed a masterpiece!



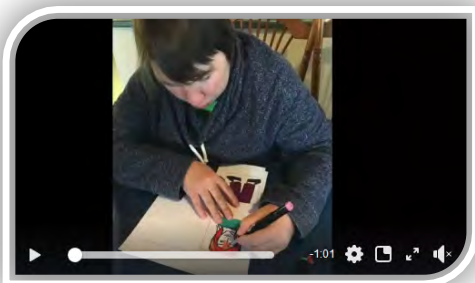
To see a slide show of photos from this activity, please visit the [L'Arche Cape Breton](#) Facebook page, <https://www.facebook.com/LArchecapebreton.org/videos/633115924192982/>

On the second day of their Community Retreat, they drew different parts of the body separately and then put them together. "Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ." (1 Corinthians 12:12)

To see a slide show of photos from this activity, please visit the [L'Arche Cape Breton](#) Facebook page, <https://www.facebook.com/LArchecapebreton.org/videos/1029121754156421/>

The third day of [L'Arche Cape Breton's](#) Community Retreat was about sharing positivity!

"Remember this. Hold on to this. This is the only perfection there is, the perfection of helping others. This is the only thing we can do that has any lasting meaning. This is why we're here. To make each other feel safe."—André Agassi



<https://www.facebook.com/LArchecapebreton.org/videos/644316526405739/>

L'Arche International



Communities in Spain and Italy showed off their #larcherainbow joining an international movement of hope!

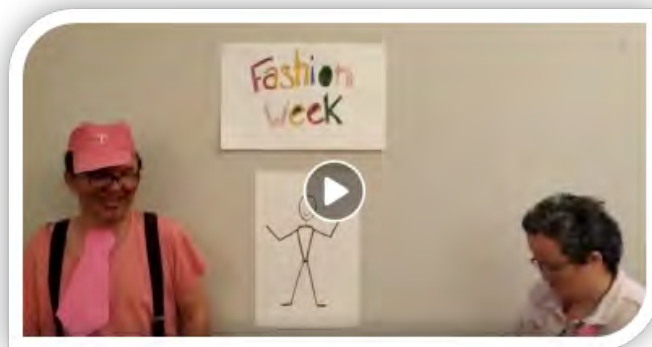
[Fundació El Rusc](#) (Catalonia, Spain) and

[Associazione Arca Comunità "Il Chicco"](#) (Rome, Italy)

L'Arche L'Horizon in Montpellier France held a multilingual "Fashion Week" with daily themes and communities from around the world participated!

Check out one of their videos [here!](#)

<https://www.facebook.com/eniko.zanati/videos/2861778990528062/>



Oliwia from L'Arche Gdinya in Poland



El Arca Argentina



Casa san Jose, Choluteca Honduras

Weekly Zoom Zumba with Federico Gauchat



Our first Zoom Zumba session was so much fun that we have decided to make it a weekly event!

We had 23 homes and offices boogie down together last week, including people from each region!

How many of you will join us on **Tuesday, April 7th at 4:00 EST?**

Just click on the Zoom link 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 dance with L'Arche folks across the country!

Here are the dates and link for the upcoming Zoom Zumba classes:

April 7 April 14 April 21 April 28 May 5 May 12

<https://zoom.us/j/902426712>

Each evening at 7pm Atlantic Time, [L'Arche Atlantic](#) is hosting a 15 minute gathering on Instagram Live. They're talking with L'Arche folks across the Region and beyond, sharing stories, singing songs, celebrating and reflecting. Everyone welcome! Just follow them @larcheatlantic on Instagram!





The Question Game

Now is your chance to get to know each other in a whole new way! Pick a question from the list below, or make up your own. Find a good time and ask away!

What's your earliest memory?

What are you natural at?

What do people do too much of today?

If you could only eat one food for the rest of your life, what would it be?

What is something that makes you feel joyful?

Who welcomed you to L'Arche?