

Core Values Newsletter – Special Edition 4



"The Kairos moments are the defining moments in our lives, the moments of new insight, of deeper understanding — moments when everything changes. Kairos times are the times in our lives when we can see the hand of God at work."

— Bonnie Thurston in [To Everything a Season](#)



"We cannot summon the future; we cannot remake the past. The present moment is the unfinished house in which we dwell."

— Philip Simmons in [Learning to Fall](#)

Words of Gratitude and Appreciation to our L'Arche Front Liners

Written by Van Ovejera, L'Arche Lethbridge

At the time of this writing, it has been almost 2 months, approximately 7 weeks, 49 days, 1176 hours, 70.560 minutes, 4.233.600 seconds and 4.233.600.000 milliseconds since social distancing rules came into effect because of Covid-19. And our lives were never the same since then.

Flights, schools, day programs and businesses considered to be non-essential services were shut down. National and local events, trainings, church gatherings, to name a few, were cancelled and banned.

We were asked to wash our hands and not to touch our faces.

To sanitize our doorknobs and clean our light switches.

We became very hygienic to the point of dry skin and paranoia over germs.



Photo courtesy L'Arche Antigonish

Fortunately, there is no shortage in hand creams!

When we are in grocery stores or outdoor places, staying 6 feet or 2 meters apart is a must. In our L'Arche homes, our Assistants and Respite need to wear masks.



Photo courtesy L'Arche Arprior

We learned how to get on Zoom, so we can still see each other and lessen the feeling of gloom.

We have dealt with numerous self-isolations And learned how to really stay home.



*It has been such a rough time for us all and only God knows when this struggle ends.
But something remarkable and heartwarming remains –
It is that unconditional love and care that our House Leaders, Assistants and Respite continue to share!*



Photo courtesy L'Arche Maurice

Our dear House Leaders, Assistants and Respite: We know how challenging this time is for all of you, especially for those of you who cannot be physically together with your families, friends, and beaus. With vacations suspended and social gatherings limited, this social lockdown can stir up some difficult emotions such as anger or frustration, which can lead to a feeling of hopelessness or a state of depression.

*But know that we feel you, we know what you are going through
And we are here for you and with you.*

*What is amazing though is that in the midst of it all, we see you carry on
You press on and try to face this battle head on.
With courage, perseverance, optimism, and joy
You guys are super strong!*

You feed, clothe, care for, welcome and visit our hungry, thirsty, sick, homeless, and imprisoned brothers and sisters in our L'Arche homes (Ref: Matthew 25:31-46)

*You cook the most delicious meals, make the sweetest iced or hot tea and give meds most proficiently.
You help our Core Members with their routines most lovingly, and have fun together most joyfully.*



Photo courtesy L'Arche Edmonton

*Your love for them heals their boredom,
and making them laugh helps them access their true freedom –
To be who they are and to love themselves as they are.*

*You are our heroes
YOU – our highly dedicated and committed Front Liners!
We wouldn't be able to go through what we are going through right now if not for all of you.*

*So, we want to virtually hug you
With our Thank You.
Allow us to heal you, too
With our appreciation of you.*

*We Thank You.
We Appreciate You.
And We Love You!!!*



Van thanking the front liners at L'Arche Lethbridge

Words of gratitude from Jeff Gilbreath, the Regional Leader of Ontario

I would say two things have been particularly impressive in the communities in Ontario during this pandemic time. First, the creativity around what is offered by communities to keep people informed and engaged. Video Updates by Community Leaders, YouTube channels featuring "Let's Talk" Sessions, visual arts and crafts lessons, and even Zumba classes to keep people moving. These have been sources of fun and meaningful connection for all. Second, I have been so moved by the number of people who are attending Community Prayer on Zoom. This has been a beautiful way to expand the circle and welcome back people who



have moved away and lost daily touch with the community. Prayer is important to our community life and now it is bringing us closer to our friends who are further away.

(photos courtesy L'Arche Hamilton)



Words of gratitude from Elisabeth Richard, the regional leader of Quebec

What touches me during this time of pandemic is the great attention that community leaders are paying to taking care of the assistants who are also experiencing confinement in a particularly intense way. Their desire to adapt schedules, to find them "safe" rest places, to offer them gift cards, baskets of food, etc... Taking good care of the assistants so that they too can take care of the others!

I am also touched by the workshop assistants who take care of the "externs people" who can no longer come to the workshop and day centers: a call, a word, activities delivered at home, etc... They are really part of the communities and people take care of them!



Photo courtesy L'Arche l'Etoile



Photo courtesy Association des Arches du Québec



Photo courtesy Association des Arches du Québec

Words of gratitude from Jenn Power, the regional leader of the Atlantic

Throughout what is now almost three months of quarantine there have been plenty of hardships - physical distancing, closed day programs, no hugs from family, no Friday nights out for pizza... And yet, I have been so touched by the beauty and the care that I have witnessed across the communities in Atlantic Canada. In Cape Breton, Lindsay and Natasha painted rocks with messages of hope and left them around the community's homes for people to find on their walks. In Antigonish, Elizabeth's trademark sunflowers - her favourite things to paint - now wear surgical masks.



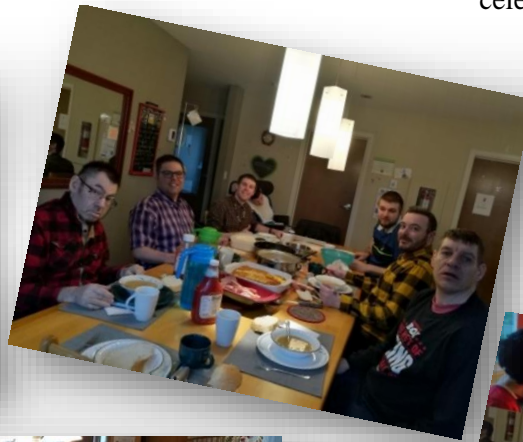
In Halifax, the windows of the community's homes were covered in images of inspiration throughout Holy Week. At Homefires, every day someone in the community writes and shares a new poem to record our isolation journey. The folks from Creative Connections at L'Arche Saint John host a Thursday night Zoom so they stay connected even when they're apart. L'Arche Avalon hosts an on-line Waving Wednesday, and in Fredericton the members reach out to one another by phone and Zoom.



Every day there is at least one moment that reminds me, in the midst of all the uncertainty and stress, that we are creating communities of goodness and care, where people show up for one another each day ready to be present, to listen, and to support one another. And for that I am so grateful.

L'Arche le Printemps wasn't able to go on their annual trip to the sugar-bush this year, so they brought the sugar-bush home to them! The local sugar-bush provided the smiles and good company (and stomachs) to

celebrate this time-honoured community tradition, quarantine style!



In case you missed it, **L'Arche Saskatoon** released some [behind the scenes footage](#) from the Quarentune challenge. Take a peek at their outtakes!

L'Arche Saskatoon also collaborated with L'Arche Kapiti and other communities around the world on this [fun video](#) as a way of reaching out to our friends all over the world and reminding everyone that we're all in this together.





The communities in **L'Arche Québec** are continuing their Gather and Give Fundraising campaign. Click on this hashtag link to see some of the fantastic work being done and how we can all lend a hand! ([#RassemblerEtDonner](#))

L'Arche Toronto made the most of Mother's Day this year with phone calls, window visits and photographs. Moms are the best!



Looks like the members of Arthur street house at **L'Arche Annprior** have green thumbs! Are you planting vegetables? Let's see your gardens 🥒🍅🥕

Events and Fun Ideas! (Send your upcoming events to enash@larche.ca!)

L'Arche London Arts and Music online

Monday Music Club 10-11am Contact laurel@larchelonon.org for link	Tuesday Visual Arts 1:30pm Contact karina@larchelondon.org for link
Wednesday Open Mic 7-9pm Contact laurel@larchelonon.org for link	Wednesday Paper Art 1:30 pm Contact karina@larchelondon.org for link
Friday Clay Art 1:30pm Contact karina@larchelondon.org for link	



L'Arche Honduras (Choluteca) challenged **L'Arche Mexico** to dress up and paint their faces like clowns. Then L'Arche Mexico challenged **L'Arche Argentina** to do the same!



Any L'Arche Canada communities want to get in on the fun? All you have to do is pick a theme (Sports Athletes? Funny hats? Or we could stick with clowns) and then challenge a community by tagging them in a post using their Facebook or Instagram page.



Every week, **L'Arche Sudbury** hosts "Let's Talk" live on their [Youtube channel](#)! Check out their previous videos, or join them live to get in on the fun!!

Would your home like to get to know a home in a different region? Would you like to see some new faces on your Zoom screen? Have you always wondered why people from the West Coast wear so much fleece? Or why people from the Atlantic sing in their kitchens? Send us an email at enash@larche.ca with **“Get to Know You Game”** in the Subject heading. We will match you up with a L'Arche home in another region, and even get you going with a fun game to play together! And if you don't speak the same languages, don't worry about it. You can have a dance party!



Announcing the second annual Core Values Song Contest!

Gather your friends and create an original song about Servant Leadership and our Core Values. Record yourselves singing together and send your entry to enash@larche.ca by May 31st. The top 5 songs will face an impartial jury of Core Members. The winning song will receive a \$100 gift voucher to spend at the Day Program store of your choice! For inspiration, check out this fun [“Quarentune”](#) video, [this original song](#) by L'Arche Saskatoon, or watch [this song](#) from friends and members of L'Arche Edmonton Share your gifts and have some fun!



Weekly Zoom Zumba with Federico Gauchat

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 links for the upcoming Zoom Zumba classes:

May 19th, May 26th <https://zoom.us/j/902426712>

