



L'ARCHE®  
london

# Connection

Spring 2020



*L'Arche London adapting to challenges  
through virtual support*  
(see inside stories for details)



# ANNUAL BANQUET

Our Annual Banquet, held on February 28th, continues to be a gift to our community where we celebrate our mission with community members, family, and friends.

Over 500 guests joined us this year to witness Beth Porter's Keynote speech called "The Transformative Power of Stories." It was a message so fundamental to who we are as a L'Arche community – our stories together, in the past, in the here and now, continue to be a source of joy, learning, pain and growth.

We deeply thank all of our sponsors that helped make the Banquet a reality. Their sponsorship dollars deeply impact our fundraised dollars for this event. We couldn't do it without their support – Thank You.



# JOYS AND CHALLENGES

*There are joys and challenges in this time of isolation:*

**From Jubilee House:** We miss being together at the Gathering Place, we miss meeting our friends in that amazing space. We miss our volunteers... But... it is a joy to worship and reflect together on Zoom. "Martha's smile from Cana House warmed my heart when I saw her on Zoom!" Bonding together in our home is a joy. Jen and Gloria spent some time with Laurel's chickens, the Baby Chicks were a reminder of new life!

**From Cana House:** It is tough that our freedom of movement is so restricted, and we miss being with friends and family. It is a source of anxiety to think about the potential spread of the virus. It's tough to maintain a certain level of vigour and encouragement needed to engage in meaningful activities.

But... It's been a joy for Fabian (Day Program) to see how much love and dedication the Cana Live-in Assistants give to life in the home. With all the restrictions, it is a joy to see the core members living the quarantine with open hearts.

**From Bethany House:** It's sometimes tough to encourage others to participate in activities and tasks...and to manage the challenges of needed physical distancing. But... it's nice to be able to go on walks one-on-one. It is also nice having freedom in the schedule to take time to cook healthy meals, song writing, or even occasionally watching a movie -- the body feels good at the end of the day!

Lindsey says it all in the comment "Lots of learning and memories are being formed."

## THANK YOU TO OUR BANQUET SPONSORS



Gammage Flowers

## MESSAGE FROM OUR VOLUNTEER COORDINATOR

*Jen Topfer* – Volunteer Coordinator

At L'Arche London we are blessed with many dedicated volunteers who consistently give us their time and love. Although during this difficult time we are not able to be with them in person, our volunteers have still been present to us. They support us in many ways that have had a huge impact on our daily lives in isolation.

We have received words of support and encouragement through messages. Many

volunteers have donated handmade masks for our three homes to help us stay safe. We have several volunteers who have done the grocery shopping for our homes and dropped it off right at our door steps.

We have deep gratitude for these and all the other acts of kindness from our valued volunteers. Thank you so much for your continued support. We are truly blessed to be in community with you all.



# LET IT SHINE, LET IT SHINE, LET IT SHINE!

Laurel Martin – Music Coordinator

L'Arche London continues to shine its light brightly in these challenging days.

Although our music programs have not been able to gather in person since the COVID-19 measures, we have not 'missed a beat' in welcoming people on-line to share their gifts of music and song.

The week after March break we hosted our first test run of Monday Morning Music Club on-line using the Zoom app. We kept it small, just between our 3 homes so that we could learn about how the platform worked and see if it would be viable to welcome the greater community to join in. Although it was nothing like the live, in-person version of Music Club, there was something very powerful about being able to see one another on screen, and listen to one another's songs.



This small virtual gathering sparked in me the courage to open a Virtual Monday Morning Music Club up to the greater community. At the same time I decided to also try hosting our Wednesday night Open Mic online as well. Both events have proved to be a huge success welcoming up to 65 people at a time!

It has been so wonderful to see faces light up when they are able to connect with friends who they can't see in person at

this time. On top of welcoming our regular music participants to our on-line events, we have been thrilled to also connect with new people from near and far. L'Arche New Zealand, L'Arche Antigonish and L'Arche Winnipeg are just a few of the L'Arche communities that have joined our virtual music events as well as new and old friends from throughout Ontario.

It has been a beautiful experience to see the gifts of people living with intellectual disabilities being revealed to the greater community in this way. Several professional musicians have joined our events over this past month and the experience of sharing music has been mutually beneficial to all.

Who knew that this is how the Monday Morning Music Club would celebrate its 20th year in London? In a virtual space? We have adapted to several changes of location over the years but this one has been the most unique change and challenge for sure!

Thank you to everyone who has joined our virtual Open Mic and Music Club sessions! I am also grateful to the Trillium Grant who recognized the importance of keeping these two music programs going during this time of self-isolation.

If you are interested in joining our on-line music programs please email [laurel@larchelondon.org](mailto:laurel@larchelondon.org) to get on our mailing list. Monday Morning Music Club 10-11:30am. Wednesday Open Mic 7-9pm. Please note that we are using all the security measures available to keep our Zoom calls safe. I welcome any questions you might have about this.



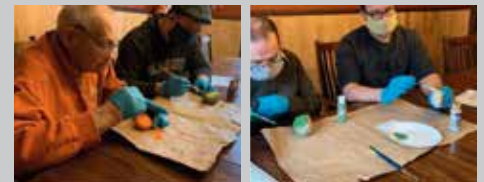
## “TOGETHER” VIA ZOOM

Karina Viovy – Visual Art Educator

Although we have been restricted to social distancing at these unprecedented times, we have been able to make new long distance friendships through our online “Zoom Art” classes.

Every week we see new smiling faces joining in the art classes in preparation to get messy and creative!

Joy enters my heart when attendees eagerly want to show me their finished pieces and later send me their photos and then request an invite to the next class. We have welcomed everyone to join during this time of uncertainty, and it has been incredibly rewarding for L'Arche London Community and our new friends to spend some time 'together' via Zoom. Please join us every Tuesday (Visual Art), Wednesday (Paper Art) and Friday (Clay Art) at 1:30 p.m. for an hour Art Class. For more information please contact Karina at [karina@larchelondon.org](mailto:karina@larchelondon.org) or for more details go to our Facebook page at [www.facebook.com/larchelondon/](https://www.facebook.com/larchelondon/).



In addition to our “Zoom Art” classes, L'Arche London's Core Members have been receiving weekly Art Packages to create at their leisure in the comfort of their home. These activities encourage further exploration of the creative process through the use of a variety of materials and ideas.

<b>Monday Music Club 10-11am</b> Contact <a href="mailto:laurel@larchelondon.org">laurel@larchelondon.org</a> for link	<b>Tuesday Visual Arts 1:30pm</b> Contact <a href="mailto:karina@larchelondon.org">karina@larchelondon.org</a> for link
<b>Wednesday Open Mic 7-9pm</b> Contact <a href="mailto:laurel@larchelondon.org">laurel@larchelondon.org</a> for link	<b>Wednesday Paper Art 1:30 pm</b> Contact <a href="mailto:karina@larchelondon.org">karina@larchelondon.org</a> for link
	<b>Friday Clay Art 1:30pm</b> Contact <a href="mailto:karina@larchelondon.org">karina@larchelondon.org</a> for link



# SHARING SPECIAL MOMENTS TOGETHER



In a moment of joy amidst the challenge of enforced isolation at Cana House, Day Program Assistant Lindsey shared: A lot of beautiful moments have been happening at Cana House. Martha and I shared some time on the swing in Cana's backyard. The sun was out, and we simply just smiled at each other. So simple, so pure. Mike's amazing smile is also notable: (Mike and I) somehow caught ourselves laughing while reading a book. Gosh... I wondered if I'd ever seen him smile like that before. By the end of the book both of our cheeks were hurting. A few small moments, but meaningful ones.

## OUR MONTHLY GIVING PROGRAM

Would you be interested in being part of this program?

Our monthly giving program allows you to spread out your donation throughout the year and at the same time provides L'Arche London with a predictable and stable income stream. Monthly giving helps us to forecast funding, budget our finances, and plan future projects and initiatives.

Another benefit to our monthly giving program is convenience. It is fast and efficient to choose monthly giving by credit card or automatic deduction (ACH/EFT) from your bank account either through our

website "Donation button," or by calling our office. Plus you will receive your tax receipt at year end which makes it easier to keep track of your receipting.

Lastly, monthly giving helps to lower our administrative costs. When using monthly giving through our website it helps to streamline our administration. This saves our community time and money so that we can focus on the important work in our community – our core members.

Thank You to the Ontario Trillium Foundation for providing funding to support our Art and Music Programs.



capital colour

L'Arche London extends it's sincere appreciation to our friends at Capital Colour for the overall production of this newsletter.

### L'Arche London Needs YOU!

I would like to help the L'Arche London Community build a stronger future by making a tax-deductible gift. Charitable registration #89183 5241 RR0001

My personal cheque is enclosed for

\$ \_\_\_\_\_

or donating online at [www.larchelondon.ca](http://www.larchelondon.ca) with a credit card.

**Please direct my funds to:**

Gathering Place  Operations/Homes  Day Programming

Please make the receipt to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Country: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Please mail this form to our office or contact us online at [office@larchelondon.org](mailto:office@larchelondon.org)

I want to do more! **Please enroll me as a Friend of L'Arche London with a monthly gift of:**

\$ \_\_\_\_\_/month.

**Please send information on:**

Becoming a Volunteer

Attending a worship service

4448 Colonel Talbot Rd.  
London, ON N6P 1B6

phone: 519-652-9778

email: [office@larchelondon.org](mailto:office@larchelondon.org)

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[facebook.com/larchelondon](https://facebook.com/larchelondon)

**Thank you for your generosity**

2020 Spring