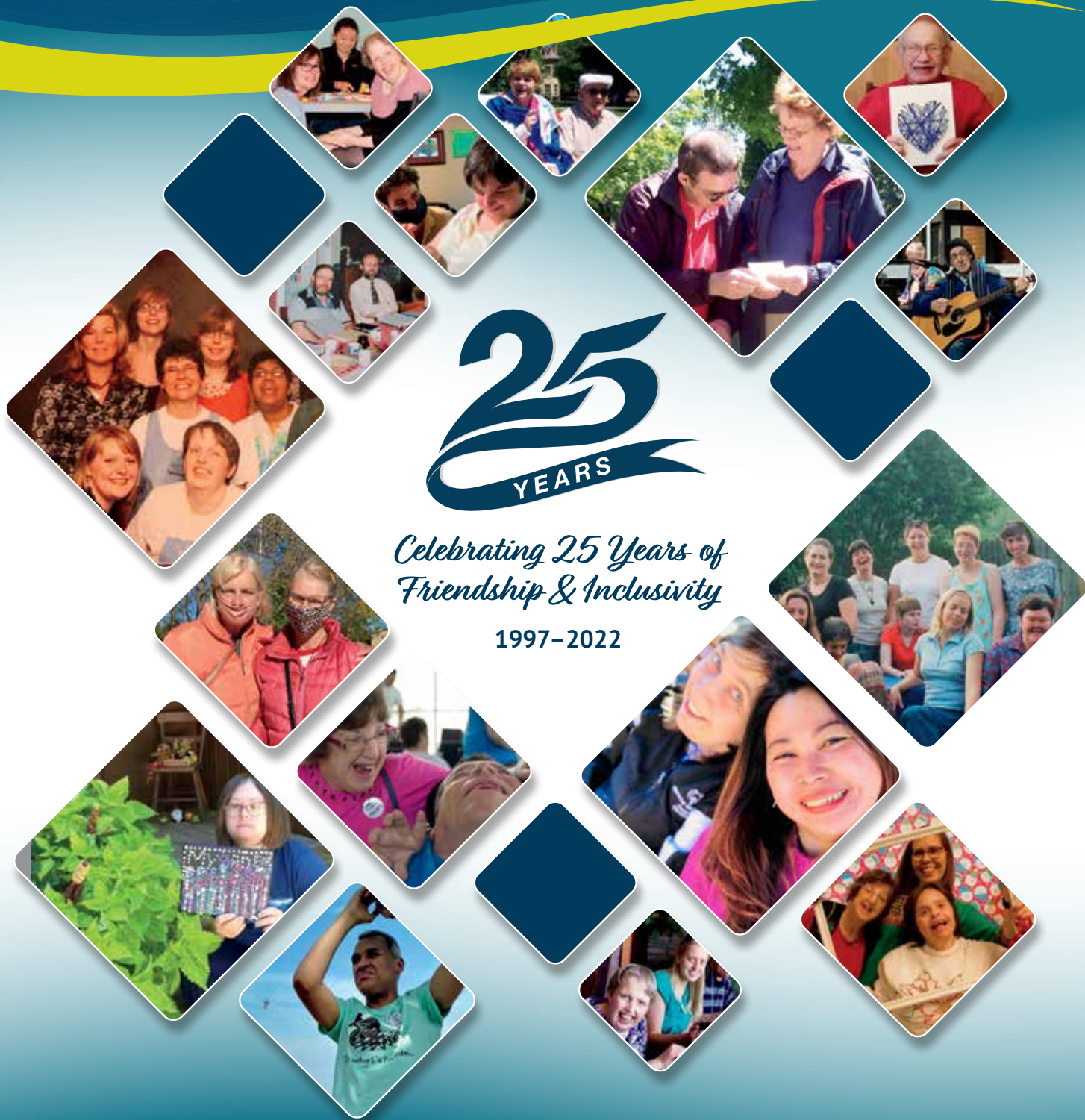




L'ARCHE®
London

Connection
Fall 2021



25
YEARS

*Celebrating 25 Years of
Friendship & Inclusivity*
1997-2022

Mission Statement

"We are people with and without intellectual disabilities, sharing life in community... we celebrate the unique value of every person and recognize our need of one another. Mutual relationships and trust in God are at the heart of our journey together."

MUSICAL MENTORS CAMP

By Caroline Blumer and Mel Quevillon

This past summer, we were thrilled to welcome nine campers to our first annual Musical Mentors Summer Camp! This camp ran virtually from 10:00-11:00 am each day for one week in July and one week in August. Camp was co-facilitated by Caroline Blumer and a different Musical Mentor each day of the week – Nicole Dona, Jim McGeough, Mike Hoadley, Catherine Collins and Kara Fisk. Each day, the featured Mentor would share their love of music and run activities for the campers.

Musical Mentors Summer Camp meant much more than a fun experience!

For Jim, one of the Musical Mentors, the friendship ties and bonds he had with Laurel Martin, who created the program, and with the other mentors and campers played an essential role in his participation in Musical Mentors Summer Camp. Jim recalled that it was fun to lead activities like the “rainstorm”, where everybody tried to recreate a rainstorm sound using body percussion. He also mentioned that he helped the campers set up a shaker using seeds and a small container. And it meant a lot to have everyone playing along with him using the shakers they built on their own. Jim can say each camper’s name by memory because, for him, making music and making new friends at the same time is the best part of being a Musical Mentor.

For Caroline, the Camp Facilitator, it was fabulous to see the Mentors’ joy in sharing their musical experiences with others and their commitment while leading the camp activities. The response of the campers was also a highlight for her. Each morning, everybody was so excited about engaging with one another and making music together. Every camper could participate in their own way, by themselves or with the support of their families or friends, exploring their abilities and musicianship in a welcoming and friendly environment. Much more than fun, the Musical Mentors camp was a meaningful experience permeated by music, friendship, joy, learning, representation and love.

One of the campers, Noah Romer shared: “I was excited to hear that I could be part of a music camp every day for a week. I love music. The music camp package arrived at my house and I met Mel. I liked meeting Mel. Music camp was fun! It was nice meeting new friends. I played music bingo and made a music shaker. We sang songs and I liked everyone’s singing. I was excited to learn I could go to music camp for another week. I wish I had music camp all summer long. I was really sad when it was over. I miss my friends. I hope I have music camp again next year.”

***Note – all people mentioned in this article have given their consent to use their first and last names.*

L'Arche London Presents



Free Online Art Classes

Visual Art: Tuesdays - 1:30-2:30 pm
Paper Art: Wednesdays - 1:30-2:30 pm
Clay Art: Fridays - 1:30-2:30 pm



DROP-IN
ALL AGES AND ABILITIES

Contact: karina@larchelondon.org



L'Arche London Presents



Artist: Jim McGeough

Sharing Music Online

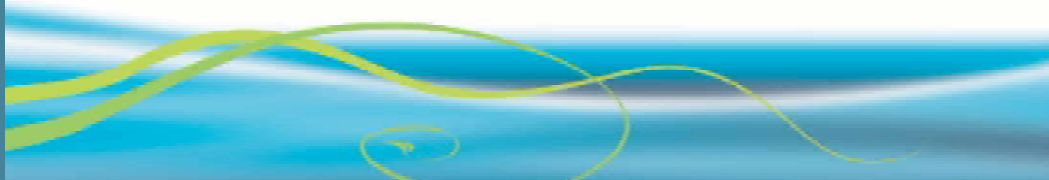
Monday Morning Music Club
Mondays - 10:00-11:00 am

Open Mic
Wednesdays - 7:00-9:00 pm



DROP-IN
FREE OF CHARGE
ALL AGES AND ABILITIES

Contact: laurel@larchelondon.org



LIGHTS! CAMERA! ACTION!

By Nathan Hill



It was all razzle dazzle and ritz-n-blitz at our first annual Oscars night! Members of the Drama and Arts group in the L'Arche London Day Program celebrated their artistic achievements in front of an enthusiastic audience via Zoom. The event was hosted by Jim McGeough and Nathan Hill, with Drama teacher Jim Schaefer on the red carpet providing the Q and A session for each winner. Awards were handed out to the actors for their hard work throughout the year. Their willingness to explore characters and

scenes was a marvel to behold. There were many categories for each award, and every actor won an award that showcased their talent.

The Drama and Arts group meets weekly to work on various drama games and activities led by Jim Schaefer. Everyone participates at the level of their expertise as we discover and learn more about the stage and dramatic arts. It's a joy bringing ideas and stories to life, capturing the moments on camera, and sharing them with everyone during such a magnificent



event! Stay tuned as we hope to make our Oscars celebration an annual evening of cinematic excellence in the future!

L'Arche London gratefully acknowledges the generous support of the Ontario Trillium Foundation

CORRINE'S BAPTISM & FIRST COMMUNION

By Jennie Wang



We looked forward to the day Corrine would be soaked in front of an audience. However fun that is to imagine, it was only the outward appearance of what took place. In August, at her Parish of St. George's Catholic Church, Corrine received the sacrament of Baptism. Toinette, Ankita and Jennie would walk with Corrine as she prepared for

her Baptism and First Communion. Together we watched the videos through "Symbolon, the Catholic Faith Explained" and Corrine was always quite intrigued. She cried and laughed. By the end she looked like she had something to say. I believe she always took something into her heart to ponder. On the day of her Baptism, everyone saw and felt her joy. Fr. Mike poured water over Corrine's head, invoking the Holy Trinity. Then he poured a generous amount of oil to confirm Corrine with gifts of the Holy Spirit. Corrine then received her first Communion. Corrine will embark on an exciting spiritual and life journey ahead! God is good!

PASTA DINNER

FALL FUNDRAISER FOR OUR MUSIC AND ART PROGRAMS



November 26th from 3 - 7 p.m. we will have take out orders ready for pick up at the Gathering Place

MENU FOR THE NIGHT

Penne Pasta with Bolognese Sauce
Dinner roll
Salad and Dessert

Gluten free and Vegetarian options are available

Cost per meal - \$20.00

Two Ways to Order Your Meal

1 - Visit our online store at
www.larchelondoncrafts.com

2- Call our office at (519) 652-9778 ext. 225

For anyone who lives further away and would like to support our event, please consider donating at
www.larchelondon.ca



L'ARCHE®
london

REVEREND MARILYN CARTER

By Marietta Drost



Reverend Marilyn Carter, United Church Minister and dear friend of L'Arche London, passed away peacefully on April 13, 2021. Marilyn journeyed with L'Arche London for many years. When people were in hospital,

Marilyn came. She supported our Core Members, Mary, Martha and Corrine through illness, being very present to them as a friend and pastor. Marilyn supported our Assistants and families with phone calls, conversations and friendship when it was needed. Up until just before her passing, one dear friend of our community received a call from Marilyn every day – just a check in, in friendship and love.

Marilyn invited us to come to the Churches where she served as Pastor, to share the gift of L'Arche which meant so much to her. Marilyn was a Community Builder wherever she was, and always believed in L'Arche's mission of inclusion and belonging for all.

Marilyn led us in worship and reflection times regularly throughout the years. This last year during COVID, when our worship and reflection times needed to pivot to Zoom

online – Marilyn was there. She brought along her little harmonium, leading us in deeply relevant worship, reflection and music. We needed her this past year, to help us to reflect on our situation, which involved so much isolation and distance for our family, friends and loved ones. Marilyn was fearless in her leadership, showing up every time, simply and radically living out the call of love and community in her life.

Marilyn always listened carefully – she knew that “This Little Light of Mine” was Gloria's favourite song. She remembered, and often asked for the song to be played during the times when we gathered together. Marilyn knew us well and loved us, our community is so rich for her friendship and participation with us. We loved her too, we rejoice in her life and miss her dearly.

SUMMER IN COMMUNITY

By Luke Balint & Roksoliana Khoma

This year, with many of the public health restrictions lifted, folks from Bethany House were able to have cottage trips closer to “normal”. The closest to “normal” activity we did this Summer was having a meal out on a restaurant's patio. Having a first patio meal in over a year with everyone on the cottage trip was absolutely amazing. With COVID still present, we did a lot more outdoor activities like going for a walk along a deserted portion of beach and, our new favourite from last year, a walk across the old CPR rail bridge over the Maitland River in Goderich. We were also able to go Mini-golfing this summer, but instead of playing at the completely packed Grand Bend, we went up to a new place across from Point Farms Provincial Park. And of course, for our



evening entertainment we played some of the card games learned in the past year, and brought back the Mario Kart tournament.

Jubilee house (Gloria, Melissa, Samsuk and Roksoliana) were able to get away from

London and spend a couple days at Jos's family cottage located in a beautiful spot near Grand Bend. During our stay we cooked many delicious meals that we enjoyed on the outdoor patio. Melissa loved going for long walks through the beautiful nature, while Gloria really liked going on the van rides with stops by the beach and to the local stores. One of my favourite moments was the time when we all were enjoying a campfire with some smore's. That night we were sharing funny stories and laughed a lot. We also spent lots of time playing card games, and the four of us agreed - Melissa was the champion! Our vacation was phenomenal, we enjoyed every minute of it and created lasting memories! Thank you, Jos and family, for hosting us!



INTERNATIONAL CHARTER PROCESS



L'Arche International is writing a new Charter. As part of a three year process, all the communities of L'Arche around the world were invited to create "beads" that describe who we are. The beads from around the world compose a symbolic and beautiful necklace that reflect the identity of L'Arche communities around the world. To see the Inspiration Wall, with all the beads, go to: <https://www.larche.org/web/charter-process/wall-stage-2-step-3>. Here are L'Arche London's beads!



Free Online Glue Batik Classes

with L'Arche London



For Seniors Ages 55+. All Abilities are Welcome.

Thursday, February 17-March 24th, 2022 from 1:00-2:30 pm

To register, contact Mel at: mel@larchelondon.org



This project is funded by the Government of Canada.



THE SIMPLEST OF FOODS

By Jennie Wang

On an August evening at the Gathering Place, Cana House celebrated the premier of their movie production "The Simplest of Foods." The movie was directed by Jennie, Live-in Assistant of Cana House over this past year. The logline for the movie is as follows: An elderly Dad, with his three internationally adopted adult children, run a restaurant business that adamantly only serves one kind of bread. In living through tears and laughter, they learn to expand their hearts, as well as their menu.

Some words from the Director, Jennie Wang:

"I imagined creating something that makes people smile, something that brings joy and hope, something genuine because it is inspired by real life, people, problems, and questions. I began writing our movie script in June 2020. The story and setting were shaped by the COVID restrictions at the time: the cast had to be from Cana House; everything had to take place there; and masks were required. In September filming began, which included off-work sacrifices and pizza nights. For me as a director, everyone's smile and enthusiasm spoke to me of joyful determination. The movie was fun to create, and enjoyable to watch. We have created something beautiful amidst the difficulties of COVID. Thank you everyone and thank You, Jesus!"



AN IMPACTFULL STORY

By: Amber Cutter



"I really enjoy being a part of the virtual open mic. The people are so friendly and kind. Everyone is included. I enjoy listening to a variety of songs. COVID can be extremely depressing at times, yet I found that the open mic session helps bring joy into my life. It is very important to have open mic music. Music is good for everyone and also being a part of a group. Everyone makes you feel welcome, that is very important to feel a part of the group. I feel much better after I have joined the open mic, it brightens my day. I hope more people continue to join and enjoy the wonderful music and all the lovely people."

25th Anniversary Gala



MARK YOUR CALENDARS

You are cordially invited to a virtual evening celebrating 25 years of friendship and inclusivity in the City of London and beyond.

Please save the date for
FRIDAY FEBRUARY 25th, 2022

Watch for exciting details to follow



Thank you to everyone who attended the recent OPEN DOORS event. It was wonderful for everyone to be together again and enjoy the collaboration between our community and the London Waldorf school.

Our appreciation to the Ontario Trillium Foundation for the funding to make this collaborative event possible.

2022 L'ARCHE CALENDAR



L'Arche London Creative Arts is pleased to offer 13-month Calendars from December 2021-December 2022! Featuring beautiful collaborative artwork as well as individual pieces from Live-Out and Live-In Core Members, these calendars are sure to brighten up your home! Calendars are \$20 each and can be purchased by visiting our online store: www.larchelondoncrafts.com. All proceeds from these calendars will go to the L'Arche London Creative Arts program.



capital colour

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