

## OUR BOARD

The Board of Directors is an integral part of the L'Arche community. The purpose of the board is to ensure that a viable L'Arche community is being created, lived, monitored, evaluated and sustained in its local area and that the community is faithful to living the Mission of L'Arche- L'Arche Canada Membership Document.

We are pleased to introduce two of our newest board members:

### Kate Brown

Kate lives in Timberlea with her husband BJ and two cats Ollie and Izzy. She is an engineer with Michelin at their plant in Bridgewater. Kate is the coordinator for the Halifax Special Olympics youth program and head coach for the track team. Kate also volunteers at the Veteran's hospital and is always up for a game of bingo. She recently participated in the Terry Fox Run and Run for the Cure. Kate also traveled with Joints in Motion to Greece to support a friend who had been diagnosed with rheumatoid arthritis. In her spare time she enjoys reading, cooking, playing volleyball and traveling.

For Kate, community is a place where everyone involved is respected, valued for who they are and safe. She sees community as a larger extension of family and that is how she thinks of L'Arche.

Kate is very excited to be part of the board and wants to help continue the growth of the L'Arche community in Halifax. Welcome Kate



### Andrew Howatt

Andrew is an articling CA student with Howatt Group. He previously worked in Calgary in the accounting field, however, is glad to be back in Halifax with his dog Roscoe. When not working very hard for L'Arche as the new treasurer, he enjoys photography, cycling and skiing. An excellent golfer, Andrew also plays basketball and soccer. As a St. FX grad he knows L'Arche well and decided it was time to get involved. He recently volunteered for the 4<sup>th</sup> Annual L'Arche Halifax golf tournament, although he didn't witness a hole-in-one he was glad to meet the core members and assistants.

Being part of community for Andrew provides him with a sense of comfort, inclusion and support. It means reaching out to help others, which in turn provides him with a sense of well-being.

We're glad you decided to join the board Andrew; we love those great financial reports. Welcome Andrew.



## COMMUNITY:

*"One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals."*

..... Jean Vanier



## I now know what I felt was a sense of belonging

Community is hard to explain to someone who has not lived it. For those of us who have, we understand what community means and also share the challenge of communicating that to others in a meaningful way. Jesus said, "When two or more are gathered in my name, I am there." We believe this. Community is a group of people coming from very different places to live something sacred and similar, for very different reasons.

I came to community quite by accident. In the summer of 1992 I went to visit my friend, Leslie. She was a summer assistant at L'Arche Cape Breton so that is where I visited her. It was not in my plan to live at L'Arche, to live community. I was studying to be a clinical psychologist but God had other plans for me. I liked the way I felt during the weekend I was at L'Arche. I enjoyed spending time with people, slowing down, being silly, praying together. I felt so peaceful yet I was among strangers. I now know what I felt was a sense of belonging. I stayed in touch with the community, spent the next two summers there and decided, like so many naive former and current assistants, that I would come "for a year" after I graduated university. That year turned into several, some time spent at L'Arche Inverness in Scotland and L'Arche DayBreak in Richmond Hill, Ontario. I realized I had a vocation.

Community is the place where I was challenged to my core. The place where I was broken down and in that process discovered my true self. Community is where we accept and learn to celebrate our differences, to give thanks for them and what they teach us. We learn to speak the truth, that it's okay to admit you are wrong, that it is necessary to ask for forgiveness and in turn, grant forgiveness.

In community it is vitally important to take the time to talk about what we are living, to share our experiences and our stories. If we do not create spaces to talk about it, to nurture our hearts and souls, we are just doing a job and might forget why we are really here. Jean Vanier wrote an amazing book and anyone interested in learning about L'Arche and community living would benefit from reading it. It is called **Community and Growth**. In it, Jean says that forgiveness and celebration are at the heart of community. I believe this to be true. Underneath all of the busyness and the things we have to get done; the house cleaning, the many medical appointments, the required paperwork, grocery shopping, meals, seemingly endless laundry, and all things in between, we are left with two very beautiful and painful things...forgiveness and celebration. One without the other is just not possible in community. We really do need both.

This is part of the mystery in L'Arche. We don't always understand why certain things happen but we believe it will be okay. Time and time again, we hold on to one another, in joy and in sorrow and put our trust in the One who has led us here in the first place.

**Kelly Geddes, Community Leader**

### Contact Information

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#### Board of Directors- L'Arche Halifax

Brian Hebert - Chair  
Nancy Gilbert - Past-Chair  
Carol Evans - Vice-  
Sarah Rahr - Secretary  
Andrew Howatt - Treasurer  
Nabiha Atallah  
Barb Campbell  
Rev. Dianne Parker  
Barry Shea  
Kate Brown

### I WANT TO HELP L'ARCHE HALIFAX

Please send me information on how to:

Become a L'Arche Halifax Assistant  Become a Volunteer at L'Arche Halifax

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

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

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

I would like to make a contribution:  \$25  \$50  \$100  Other

Donations can be paid by:

VISA/MASTERCARD Number \_\_\_\_\_ Expiry \_\_\_\_\_ OR by cheque OR by donating online at

[www.larchehalifax.org](http://www.larchehalifax.org) through Canadahelps.org

Mailing Address: L'Arche Halifax, 5512 Sullivan Street, Halifax, NS B3K 1X7

If you would like information on a monthly or yearly giving plan, please call us at 407-5512 or email us at [office@larchehalifax.org](mailto:office@larchehalifax.org)

Do you wish to receive this letter by  Mail (Advise if address changes) or  Email or  Neither

(Please note you do not have to donate to receive this Newsletter and you can request your name taken off the mailing list at any time.)

## Danny and Ainsley — Building Community

Sometimes, the most important people in our lives, those who touch the deepest parts of us, are not the ones that we initially are drawn to get to know first.

When I think back to the first time I met Danny, which would have been two years ago this month, to be honest, I can't even remember anything specific about our first greeting. I can imagine that it was identical to all of the greetings I have witnessed with Danny and other people, beginning with an enthusiastic, "Hi!" Followed by the often urgent, "Come here and shake my hand!" I probably didn't quite understand what he was saying to me, but could tell by his hand gestures what the message was.

When I first moved into Cana House in February 2011, Danny and I had a bit of a rough start at our friendship. We didn't understand each other very well. Danny tried to make conversation with me, but I hadn't yet learned his way of conversing, so it didn't go very well. I often found myself frustrated with the level of chatter that I couldn't understand, and he was understandably frustrated with me too, during these times. At some point, eventually he just gave up trying to talk to me and we silently agreed to disagree and begrudgingly work together through his routines.

Since I was the only live in at Cana House at this time, however, it meant I was Danny's buddy each and every morning. This pattern continued for a while, and gradually I began to understand more of Danny's conversation topics, though we still had a difficult time flowing through a conversation.

Until one morning, I happened to be feeling tired and upset by something (I don't remember what), when all of the sudden, when I was kneeling in front of Danny, helping him get shaved, he reached over and pulled me in for a hug. Then he started to rub my back stating, "back rub, back rub." It was at that moment that the barrier that was holding us back from friendship was broken. I could feel Danny's heart connecting with mine in that very delicate, sincere, human way.



From that point in, Danny and I became closer. We began to have playful conversations throughout his routine and daily life more and more frequently. He started to consistently remind me of the importance of taking time out of the rush of the day to show your friends that we care for them, mostly with hugs and frequent check-ins of "How are you?"

When I, all too often, get in the mind set of valuing efficiency more than anything, Danny reminds me that goofing around is important by handing me a random object (like a fork) and saying, "Here's the phone, take it! It's Irene!", or by grabbing the closest towel and tossing it my general direction while hollering, "Ready?! Take that!" Sometimes he draws a picture and hands it to me while trying to convince me that it's a cheque for eight dollars.

Sherrian jokes that I am Danny's ragdoll; because I am person with a small personal bubble in the first place, it rarely bothers me that Danny grabs onto my arms and legs and moves them about however he wishes. Sometimes my arms get wrapped around him for a hug; sometimes he stretches them out, trying to get me to pull his arms over his head. One time I was lying on the picnic table bench outside and Danny pulled at all my limbs, rotating them about as if he was the physiotherapist and I was the patient.

Danny helps keep me connected to the best, most tender, loving and relaxed parts of myself, by simply being himself; tender, loving and relaxed living fully in each moment. There isn't a day that goes by that I am not thankful for our friendship and the genuine warmth he brings to my life.

Like anything that is worth having in life, our friendship was not always easy, but every day I look forward to coming home and seeing Danny. Some may think that it's no big deal; that I receive the same greeting as everyone else always does. That may be true, but it's the overwhelming joy and happiness that Danny shares with every greeting, no matter what, that is something that can brighten the darkest of my days. Danny is someone who, without fail, puts a smile on my face every day. We've come a long way in the past two years!

## Golf Tournament

Our 4<sup>th</sup> annual L'Arche Halifax golf tournament was a great success, raising over \$40,000. Thank you to Richard Homburg and the Homburg Charitable Foundation for donating the course to us. Sean O' Regan joined us again as Honourary Chair; we appreciate his ongoing support. Scotiabank, a gold sponsor, made a generous donation through the 'Team Scotia Program' where their employees help out at an event and match dollar for dollar for a percentage of the funds raised. For the fourth year RBC and O'Regan's sponsored the hole in one contest. Although no one walked away with a car or a \$15,000 bond all golfers had fun trying. Thank you also to our hole sponsors, teams and those who donated prizes and auction items.

We were pleased to welcome a team from the Halifax Mooseheads (sponsored by Wickwire Holm) and Halifax/Chester Special Olympics (courtesy of Miller Tirecraft).

Our core members and assistants helped out during the day and joined us for a great meal afterwards. You can view pictures from the tournament at [www.larchehalifax.org](http://www.larchehalifax.org). Thanks to Ken Macmillan our photographer for the day.

The golf committee worked extremely hard to make this day a success; it is a major fundraiser for our community. A big thanks to Chair David Banks, Katherine Boone, Brian Hebert, Joy Moulton, Barry Shea, Michael Cummings, Anna Gardin, Stephen Gilbert, Frank Carson, David Woo, Nancy Gilbert and Travis Whiteside.



Halifax Mooseheads (Sponsored by Wickwire Holm):  
Luca Ciampini, Stefan Fournier, Matthew Boudreau

**The 5<sup>th</sup> Annual L'Arche Halifax Golf tournament will be held Thursday, September 5, 2013.**



### SAVE THE DATES:

#### L'Arche Halifax Monthly Gatherings

**Next meetings:** January 13, 2013  
February 10, 2013  
March 10, 2013

**Times:** 1:30 pm—3:30 pm

**Location:** St. Agnes Church Hall  
6903 Mumford Road, Halifax, NS

#### 3rd Annual Art Show

April 12th to April 14th, 2013  
St. Agnes Church Hall  
6903 Mumford Road, Halifax, NS