



# GRATITUDE

L'Arche Winnipeg Newsletter #71



## Walk with L'Arche & Party Celebration Coming on May 7<sup>th</sup>

The 13<sup>th</sup> annual **Olympic Building Centre's Walk with L'Arche** will take place on Sunday May 7<sup>th</sup>, 2017 at Oxford Heights Community Club, 359 Dowling Ave. East in Transcona. About 400 people participated in last year's walk. We hope many of you will return for this year's walk and bring other family members and friends along. The walk not only raises much need funds for L'Arche, it is also about bringing together people with and without disabilities who can experience together an event that is fun, welcoming of everyone, where friendships flourish and we can appreciate each others' gifts.

Check-in tables open at 12:30 pm on May 7<sup>th</sup> and the Walk starts at 2:00 pm sharp. You can walk either 1 km or 5 km and then celebrate with free food, prize draws, and entertainment for the entire family!

### Event Registration & T-Shirts

Mail in or drop off your registration form & fees to the L'Arche Winnipeg office, or register online through L'Arche Winnipeg's website or at The Running Room. You can qualify for a free Walk T-shirts if you submit your registration form & fees to the L'Arche office by **Monday, April 10<sup>th</sup>**, along with a minimum of \$50.00 in raised pledges. You can still continue to raise pledges until May 7<sup>th</sup>, the day of the Walk. No additional T-shirts will be ordered after the April 10<sup>th</sup> deadline.

**Create a team** by asking your friends and family to walk with you (minimum of 5 people needed to be considered a team). Choose a team captain and a team name. You can get a T-shirt with your team name on it. Each team member needs to raise their own \$50.00 of pledges to get the T-shirt, and must submit that amount with their registration form & registration fees to the L'Arche office by **Monday, April 10<sup>th</sup>**.

### Volunteers

A large number of volunteers are needed to make the walk a success.



*People enjoying the entertainment, food, and many prize draws after the walk.*

Please contact our volunteer coordinator, Liz Gauthier by phone at 204-237-0300 ext. 20, or at [volunteer@larchewinnipeg.org](mailto:volunteer@larchewinnipeg.org) if you would like to volunteer.

Volunteers help to ensure that 100% of your raised pledges will be used to improve the quality of life of our L'Arche members with developmental disabilities and their assistants.

### Prizes

The prizes at the walk are donated by the business community, organizations and individuals. If you have a prize that you would like to donate for the walk please contact Diane Truderung at 204-237-0300 ext. 1, or [dianetruderung@larchewinnipeg.org](mailto:dianetruderung@larchewinnipeg.org)

Come and join us for this family fun event on May 7<sup>th</sup>. More details are available in our walk brochure and on our website. If you would like to obtain more brochures, pledge forms and registration forms, or require further information, please call the L'Arche Winnipeg office at 204-237-0300.



For more information on L'Arche, go to  
L'Arche Winnipeg website: [www.larchewinnipeg.org](http://www.larchewinnipeg.org)  
L'Arche Tova Café website: [www.larchetovacafe.com](http://www.larchetovacafe.com)



## Christmas Pageant

Attendance was on the rise for L'Arche Winnipeg's second annual public presentation of the **Christmas Pageant** on December 5th. The choice of a larger and more accessible hall - Covenant Christian Reformed Church - was a wise decision as approximately 300 people attend this year's Pageant. L'Arche members really enjoyed performing for everyone. The audience joined in the singing of the traditional songs, and loudly applauded each performer at the end. The celebration continued in the adjoining hall after the performance, with cookies and dainties provided by L'Arche Tova Café.



## One person's passionate support for L'Arche leads to \$64,000 Endowment Fund at Francofonds

## Sa passion pour appuyer L'Arche engendre un Fonds de 64,000 \$ à Francofonds

**Gérard Lécuyer** has been a friend and supporter of L'Arche Winnipeg for many years. He has participated in a dozen of our annual fundraising walks, most often as top individual fundraiser.

Wanting to find a new and long-term way of supporting L'Arche, he decided, end of November, that an Endowment Fund was the way to go, and that the Fund should be placed at another organization close to his heart - **Francofonds**.

Gérard went to work and within a month, had secured over \$64,000.00 for the **Fonds L'Arche Endowment Fund** (in donations and matching funds from Francofonds). Gérard's message today: "I want to express my appreciation to all those who responded to the appeal, and to those who will contribute in the near future."

If you would like to make a donation to the L'Arche Endowment Fund at Francofonds, you can find donation details on their website:

<http://www.francofonds.org/>



Gérard (à gauche) et Jim Lapp, Directeur de L'Arche, discutant le nouveau Fonds L'Arche lors d'un déjeuner à L'Arche Tova Café.

Gérard (left) and Jim Lapp, Director of L'Arche, discussing the new L'Arche Endowment Fund during lunch at L'Arche Tova Café.

**Gérard Lécuyer** est un ami qui appuie L'Arche Winnipeg depuis plusieurs années. Il a participé à une douzaine de nos marches de prélèvement de fonds, le plus souvent comme meilleur collecteur de fonds individuel.

Voulant trouver une nouvelle façon d'appuyer L'Arche à long terme, il a décidé, fin novembre, que la meilleure façon serait de créer un Fonds et que ce Fonds devrait être établi à une autre organisation près de son cœur, soit **Francofonds**.

Après seulement un mois à la tâche, Gérard a récolté au-delà de 64,000 \$ pour le **Fonds L'Arche Endowment Fund** (en dons et programme de jumelage de Francofonds). Son message aujourd'hui: « Je remercie toutes les personnes qui ont répondu à l'appel, et les autres qui vont contribuer dans un avenir rapproché. »

Si vous voulez faire un don au Fonds de L'Arche à Francofonds, visitez leur site web pour les détails:

<http://www.francofonds.org/>

# Life is ALL About Relationships!!!

by Jim Lapp  
Community Leader

*“This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one’s life for one’s friends.”*  
John 15 12-13

For many years now I have been aware that, for our members with a disability, life is all about relationships with other people. They don’t get caught up in all the things that separate human beings: power, religion, race, sexual orientation, gender, and war. Our members are very inclusive. Everyone is welcomed at the café or for supper in our homes. I find at L’Arche Winnipeg that the most common question of our members is “Can we go out for coffee or lunch?” (Lately Leonard, who loves cars, has been suggesting we go look at cars at car dealerships!) As Jean Vanier says, L’Arche is a school of the heart and our members have much to teach us about loving relationships.

In the last three years I’ve participated in three studies on books by Richard Rohr, a Franciscan priest in New Mexico. I also have been getting his daily meditations. His spirituality fits very well with the spirituality of L’Arche and the lessons that we have learned from our members with a developmental disability. In fact I have been amazed by how many members of L’Arche in Winnipeg, in Canada, and around the world are receiving his Daily Meditations. The essence of his message is that God, the Creator of all life, the Great Mystery, loves each one of us, as we are right now, no matter what our problems or background. Like in L’Arche, life is all about friendship and doing things together.

I recently started reading Richard Rohr’s book the “Divine Dance”, a book about the Trinity. In it he makes over and over again the point that as we contemplate life we discover that it is all about relationships - our relationships to other human beings, to nature, to the Creator of all life whose life force animates each one of us. Science is also affirming this! *“What physicists and contemplatives alike are confirming is that the foundational nature of reality is relational; everything is in relationship with everything else.”* (p. 68, Divine Dance). He urges



*The joy of friendship - Jenna (centre) often uses the word “friend” to describe her relationship with people.*

us to stop in our busyness and contemplate and meditate on our relationships with all Creation. I have been struck by how little time and effort I have put in to looking into my relationships with all Creation and the poverty of my love for my fellow human beings. Yet despite these shortcomings, I continue to be amazed by the work of the Creator in my own life and the continuing love and support I feel. As a member of L’Arche, I continue to be touched by the kindness, generosity, and compassion shown by our members, friends and supporters for each other and even for me. There are good examples of this kindness throughout all our newsletters including this one.

Despite all the paper work I have to get done, more and more I am giving myself permission to stop for a few minutes whenever I meet someone and enter into a conversation with them.

After 42 years connected to L’Arche it is about time I internalized what our members with developmental disabilities have been teaching me about what really matters in life: Friendship!!

*If you would like to receive daily (or a weekly summary) meditations by Father Richard Rohr, Franciscan priest and founder of the Center for Action and Contemplation, go to: <https://cac.org/sign-up/>*

## Identity Statement of L’Arche

- We are people, with and without learning disabilities, sharing life in communities of faith.
- Mutual relationships and trust in God are at the heart of our life together.
- We seek to build a world that recognizes the unique value of every person and our need of one another.

## Mission Statement of L’Arche

- To make known the gifts of people with learning disabilities, revealed through mutually transforming relationships.
- To engage in our diverse cultures, working together toward a more human society.
- To foster community that is inspired by the core values in our founding story and responds to the changing needs of our members.

## North East Business Exchange

## Weekly Breakfast Meetings Promote Enterprise and Community Relations



**B**usinesses and community organizations are invited to a meeting every Thursday morning, 8:30 am, at the L'Arche Tova Café, 119 Regent Ave. West. These Northeast Business Exchange breakfast meetings are a chance to promote enterprise and develop community relations. Strandridge.com provides business listings and sends out email reminders to attendees.

On January 26, Blair Yakimoski, MLA for Transcona, was our guest speaker. His message was very informative and our group was very pleased to welcome him to our meeting. Daniel Blaikie, MP for Elmwood/Transcona, spoke to the group at another January meeting, and James Teitsma, MLA for Radisson, spoke at a February meeting.

For more information, please contact [dianetruderung@larchewinnipeg.org](mailto:dianetruderung@larchewinnipeg.org) or the StrandRidge.com website. We hope to see you there!



## Recognition Award

**D**iane Truderung, Director of Fund Development and Communications at L'Arche Winnipeg, is a 2016 recipient of the **Manitoba Council on Aging Recognition Award**. The annual award was presented "with appreciation for outstanding contributions in support of Age-Friendly communities" on October 28<sup>th</sup> at the Manitoba Legislature by the Honourable Kelvin Goertzen, Minister of Health, Seniors, and Active Living. Besides her work at L'Arche, Diane's achievements also include having been Executive Director of Transcona Biz during which time Biz Bullet was launched, the summer market garden created, and the Festival of Banners Program started. Diane also researched and wrote Transcona's centennial book - *Transcona's Story, 100 Years of Progress*. The book won the **Manitoba Day Award** from the Association of Manitoba Archives.

Diane is well known in Transcona for her friendliness and heartfelt involvement in the community. She has previously received two other awards, the **Mayor's Award** from the Transcona Business Improvement Zone, and the **Award of Merit** from the City of Winnipeg.

*Photo (l. to r.): James Teitsma, MLA for Radisson; Blair Yakimoski, MLA for Transcona; Diane Truderung; Daniel Blaikie, MP for Elmwood-Transcona.*



Jim demonstrates the ease with which the ramp unfolds on our new wheelchair van, delivered on November 1<sup>st</sup>. Various seat configurations (seats fold up on the side) allow two wheelchairs to fit in the van. The van is now being used at our house **Dayspring**, where three people regularly use a wheelchair or walkers. The purchase of the new van was made possible by a \$30,000 grant from **The Winnipeg Foundation**, for which we are very grateful. L'Arche Winnipeg also has an Endowment Fund at the Winnipeg Foundation, and if you would like to support us in this way, please indicate "for endowment fund" with your donation.

## GRATITUDE FROM WINNIPEG

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