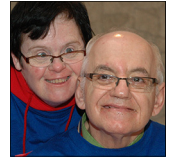




# GRATITUDE

L'Arche Winnipeg Newsletter #65



## Joy and Sorrow

by **Hubert Pantel**  
Newsletter Editor

The year 2014 was filled with joyful gatherings, here and around the world, as L'Arche International celebrated its' 50th anniversary. The flip side of being 50 is the reality that many of our members are elderly. In 2014, L'Arche Winnipeg mourned the passing of three members: Sister Marie Paradis, founding director, in May; Marge London, our eldest member, in October; then in December, Nicole Delaquis who had been in L'Arche since 1977. She is especially grieved by the members of L'Aîné house, where she lived for the past 36 years (see *Jim's tribute on page 3*).

Two other long term community members (Yvonne, Michelle) moved to Park Manor Personal Care Home in 2014. Last month, one of our vans was hit by a driver going through a stop sign. Fortunately no one was seriously injured, but the van was written off and now we are looking at the unexpected cost of replacing a van.

On a more positive note, we welcomed two new members in 2014 (Jenna at The Ark, and Michael at The Anchor) and they bring new life to our community. We have always been a community with a strong sense of celebration, and we continue to live and grow in that spirit, with gratitude for God's many blessings upon us.

One of these blessings is the various forms of support we receive from you, our donors, friends, and volunteers. About 275 people responded to our annual Christmas appeal, thank-you for your generosity! Thank you in advance to all those who will support our upcoming Walk, and will join us on May 3rd for a day of friend-

*(Continued on page 2)*

## OLYMPIC BUILDING CENTRE'S WALK WITH L'ARCHE

by **Diane Truderung**  
Director of Fund Development  
and Communications

**In its' 11<sup>th</sup> year, the Walk with L'Arche event is pleased to welcome a new naming sponsor, the Olympic Building Centre, a long-time supporter of L'Arche Winnipeg.**

The 11<sup>th</sup> Annual Walk with L'Arche will take place on Sunday, May 3, 2015 at the Oxford Heights Community

as part of a team, you will qualify for a team t-shirt (minimum \$50.00 in raised pledges). Registration forms must be submitted to the L'Arche office by April 10<sup>th</sup> by each team member requesting a t-shirt. Ask your family, friends and your co-workers to sponsor you.

### Volunteers

A large number of volunteers are needed to make the walk a success. Please contact our Volunteer Coordinator, Liz Gauthier at 204-237-0300 ext. 20 or by email at [volunteer@larchewinnipeg.org](mailto:volunteer@larchewinnipeg.org) if you would like to volunteer.



Club, 359 Dowling Ave. East in Transcona. Check-in-tables open at 12:30 and the Walk starts at 2:00 PM sharp. You can walk either 1 km or 5 km and then celebrate with free food, prizes and entertainment for the entire family!

### Event Registration & T-Shirts

Register (even if not walking) by mail, in person at the L'Arche Winnipeg office at 118 Regent Ave. East or online at [www.larchewinnipeg.org](http://www.larchewinnipeg.org). Walk T-shirts can be requested if you submit your registration form to the L'Arche office by Friday, April 10, along with a minimum of \$50.00 in raised pledges. You can still continue to raise pledges until May 3<sup>rd</sup>, the day of the Walk.

Ask your friends and family to walk with you. A minimum of 5 people will be classified as a team. You can choose a team captain and your team name and,

Volunteers help to ensure that 100% of your raised pledges will be used to improve the quality of life of our 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 call Diane Truderung at (204) 237-0300 ext. 1 or send an email to [dianetruderung@larchewinnipeg.org](mailto:dianetruderung@larchewinnipeg.org)

Come and join us for this family "friend" raising event on May 3! More details are available in our Walk brochure. If you would like to obtain more brochures, pledge forms and registration forms, or require further information please call the L'Arche office at (204)237-0300.

*Special Walk with L'Arche Prize***L'ARCHE WINNIPEG  
RECEIVES A STAR  
BLANKET**

L'Arche Winnipeg was one of ten organizations that was chosen to receive a star blanket from LITE. LITE (Local Investment Toward Employment) is an organization that promotes community economic development by supporting inner-city initiatives in Winnipeg that build capacity and provide jobs.

The Star Blanket is an excellent example of LITE's support of community development. Each year LITE purchases beautiful Star Blankets from local Aboriginal Co-operatives and businesses to donate the blankets to non-profit organizations for use in their fundraising activities.



The Star Blankets purchased were from Cree-Ations and Northern Star Worker Co-op. The Star Blankets create employment for the people who make them and are given to organizations that are providing job training and employment for those people who face barriers to employment.

L'Arche Winnipeg is very grateful that our organization was chosen to receive one of the Star Blankets. These blankets are beautifully made and show the true talent and artistry of the individuals that have created them.

The Star Blanket, created by Cree-Ations will be one of the prizes which will be given away at the 2015 Walk with L'Arche. This beautiful blanket retails for \$550.00.

We hope that you will join us for the Walk and the celebrations, and that you may be the lucky winner of this beautiful prize! - by Diane Truderung

**Joy and Sorrow ...**

*(Continued from page 1)*

ship and celebration. We are truly blessed with many friends who like to join us for celebrations, and who are also there to support us in times of need and sadness (more than 150 people came to be with us at Nicole's funeral - on Christmas Eve, no less).

We appreciate your support, your presence at our celebrations and at our Café. We equally appreciate your prayers, and your comforting encouragement in times of sorrow.

In remembrance of Nicole, here is a story - a lesson - she once taught me.

Some years ago, when L'Arche was hosting at Sunday mass, Nicole was one of the people helping to take up the collection. Having gone up one aisle and down the other, she then noticed someone had been missed. So she went all the way up to the front, past the altar, right up to the priest and tended the collection basket to him...

He smiled, and found a few coins in his pocket to deposit in the basket. Many people in the church were smiling, and as I reflected on this after, I thought: who would dare do what Nicole did, go tend the collection basket to the priest? Most of us would be far too concerned with thoughts such as: what would I look like, what would people think of me? We can easily live closed up in a certain "prison" without even being aware of it, the prison of "image", the worry of what people might think of us.

Nicole did not live in that "prison", she taught me that it was OK to just be who you are, do what you have to do, and don't be so preoccupied or fearful of what other people might think of you. She had the freedom to simply be herself, no excuses needed.

Oh, and she also taught me the importance of being attentive to everyone, and not forget a single person!



*Archbishop LeGatt with some of the L'Arche members at the Jets game.*

**L'Arche Fans of the Winnipeg Jets**

Last spring some L'Arche Winnipeg members were assisting Robert Larouche in facilitating the annual Diocesan retreat for priests. Ross, from L'Arche, mentioned to Archbishop Albert LeGatt that he liked hockey. Archbishop LeGatt said he would look into the possibility of getting some tickets to a Jets game. Several weeks later L'Arche received a phone call from Archbishop LeGatt saying he had obtained 20 Jets tickets for L'Arche - in a box suite, no less! Our heartfelt thank you goes out to the **North West Company** and its' CEO **Edward Kennedy** for donating their box seat tickets to L'Arche for the December 16th game against Buffalo, and to **Archbishop LeGatt** for having made this memorable evening possible - even more so with the Jets winning 5 to 1!

## Remembering Nicole

by Jim Lapp  
Community Leader

God called Nicole to be a member of L'Arche Winnipeg on November 8<sup>th</sup>, 1977, over 37 years ago. Initially, Nicole lived at the L'Arche Farm near Lorette but it soon was apparent that farming was not her thing and she moved to Rosseau Court (now known as L'Ainé) in August of 1978, where she lived for over 36 years. Nicole was not someone who liked change, and so she had the same home for the rest of her life on this earth.

Nicole possessed many gifts. She had a gift of welcome. When someone came to L'Ainé, Nicole would join Rick and Ross in welcoming the visitor into her home. She would always ask me how my wife and daughters were doing and then would usually ask about her friends in the office. Nicole had a lovely smile, which was shy and humble but very engaging at the same time. It was impossible not to smile back.

Nicole was a very good friend. The most important thing in her life was people. She deeply loved her family and friends. As Joy said to me, she held up her end of the friendship. She would be persistent in keeping in touch and getting together with her family and friends. And she was always concerned about how they were doing.

She had a very good sense of humour. She liked to tease and be teased. If she happened to see me before a community event, she would always tell me with a twinkle in her eye that she wasn't going to attend it. I would say that we really wanted her to be there, but it was her decision. Invariably she would show up, I am sure, to see all her friends.

Nicole had an amazing gift of intuition. She knew that Joy was pregnant before Joy did. She could tell when her friends were struggling with something. This intuition, I am sure helped Nicole to be aware of God the Creator's presence in the world. She knew that God loved her as she was.



*Nicole (center) and other L'Ainé members entertaining at a past "L'Arche Has Talent" evening.*

And she loved us as we are. She was a very forgiving person who, while sometimes annoyed with us, never held a grudge. Surprisingly, my fondest memory of Nicole was spending 24 hours with her in the emergency ward of the Health Science Centre three years ago, as we waited for her to be admitted. She had come with Joy the previous day, but by the time I got there she had resigned herself to being there. She teased me, smiled at me and generally was very good company. I felt forgiven for making her be there.

She was a very good teacher, with lots of patience. In her 37 years at L'Arche she would have helped train well over one hundred assistants. Nicole graciously shared her gifts with them all.

We are very grateful to God for bringing Nicole into our lives. She has gone ahead of us on our journey through Creation. But when we catch up to her and we ring the doorbell to heaven, Nicole will be there to welcome us with her lovely smile and a question about how our loved ones are doing.

### Did You Know ...

- That our next **Gratitude** newsletter (June) will be an email edition only? If you are currently receiving it by mail, we invited you to send us your email address so that we can deliver our June newsletter to you by email. Please send your email to: [newsletter@archewinnipeg.org](mailto:newsletter@archewinnipeg.org) and ask to be added to the email list.
- That **L'Arche Tova Café**, is in its' third year of existence? Drop in for a coffee, breakfast, or lunch Monday to Saturday 8:00 am to 2:00 pm at 119 Regent Ave. West. (ph.: 204-421-9388)
- That there are 2 monthly gatherings of our community where you can come and celebrate with us? **L'Arche Night** is on the 2nd Wednesday of the month (7:00-8:30) and **Prayer Night** is the 4th Wednesday of the month (from 6:00 to 8:30 pm, supper served). Both evenings are held at our hall Salle Vanier, in the basement of 525 Day Street. Please call our office to let us know if you are planning to attend, or for more info: 204-237-0300, ext. 0.

## A Dream Come True - Russell's Trip to Kenya

Joyleen Vanheyst (L'Arche Homes Coordinator) came to L'Arche Winnipeg in 2007, and soon after became Russell's prayer partner ("prayer partners" reflect L'Arche's desire for each member to have a special friend with whom they can meet for prayer, go out for a coffee, and do various other things together).

For seven years, Russell has been praying for Joyleen's family in Kenya, and expressing his desire to go visit her country of origin. Finally, with the help of Russell's brother Martin, Joyleen was able to organize a two week trip to Kenya last October for Russell and herself (Joyleen's fiancé Chris would also join them).

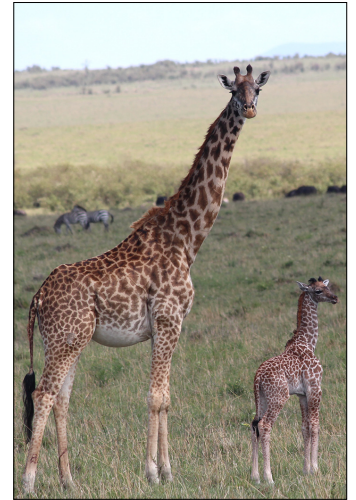
"Russell was so happy, he started waving his Kenyan shirt around. He wanted to know everything about Kenya", Joy recalls about announcing the news to him. "He had two priorities: meet my family, and go on a safari to see zebras and giraffes."

"He was so happy to meet everyone in my family, he fit in right away, even with the cultural differences. He loved being with my mom and my brothers." says Joy. Besides family, they were also able to visit the L'Arche community in Kenya, go to Mombasa (a coastal city), do an ocean excursion and see various fish through a glass-bottom boat. And, of course, there was the 3-day safari where Russell got to see giraffes 10 feet away from their vehicle. Being a man of few words, his descrip-



Photos :

- ◆ Joyleen and Russell (left)
- ◆ Sharing a meal with L'Arche Kenya (top)
- ◆ Getting up close with giraffes on a safari (right)



tion of that moment was "Very tall!"

Russell was also fascinated by the number of people in the streets, and described that as "Kenya is really busy". Joyleen is also quite pleased with the trip: "I feel blessed to have had this opportunity to travel with Russell. We really bonded and deepened our friendship."

- by Hubert Pantel

## New Cupboards For Chimo



Above: Jim and Leonard from L'Arche (centre) receive cheque from Hannon Bell (left), past Chair of the Manitoba Real Estate Association, and Roger Burns (right), present chair of the MREA. Below: Dr. David and Helene Marsh.



Chimo, the L'Arche home located on Kern Drive in Transcona, will now have new cupboards thanks to very generous grants that we have received from the **Manitoba Real Estate Association Shelter Foundation** and **Dr. David and Helene Marsh**.

Chimo became a L'Arche home in 1992 and derives the name from an Eskimo word meaning "Welcome". The kitchen at Chimo is a hive of activity where meals are prepared daily and where visitors and guests are "welcomed" into the home.

The cupboards were in dire need of replacement and now with the generous grants received, new cupboards will become a reality. Thank you so much for your support of L'Arche.

-by Diane Truderung

## GRATITUDE FROM WINNIPEG

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