

Director's Message (from pg. 1)

keep your love in flower as it's the only important thing - if you do that you will discover how precious you are to the world". We believe all people are precious to the world and so we try to work through conflict in a respectful way without destroying the relationship. It is important that members have an opportunity to develop long term relationships which are not solely dependent on the assistants living in the homes. We welcome visitors and guests. We nourish the friendships. That is why we are so grateful to people like the Murphy's and others. They

have taken the time to get to know the folks and to nurture real relationships. Their relationship is a gift shared with all the community. They discovered the gift of the folks; they reached out their hand in friendship. We encourage you to reach out your hand in friendship. Call us, take a risk, and come to supper. Maybe you will discover someone who will still be your friend in 25 years time.

- Ingrid

Applewicks Craft Shop 10 Gaspereau Avenue, Wolfville 542-9771

Store Hours: Monday - Friday 9:00 am to 4:00 pm

Support L'Arche Homefires

- I would like to become a supporter of L'Arche Homefires through the monthly donor program.**

I commit to donating \$_____ each month.
I have attached _____ postdated cheques.
My cheques are dated from _____ to _____.

- I would like to make a one-time donation.**

Here is my donation of \$_____.

Name: _____

Address: _____

_____ Postal Code _____

Signature _____

Please drop by L'Arche Homefires (Monday- Friday, 8:30a.m.- 4:30 p.m.)
10 Gaspereau Avenue, Wolfville

Or, mail it to us at:

L'Arche Homefires (Note: New Address)
10 Gaspereau Avenue
Wolfville, NS B4P 2C2

- **Tax receipts will be issued**

We do not sell, trade, or otherwise share our mailing or customer lists. However, if at any time you wish to be removed from this or other mailings, simply contact us by phone at (902)542-3520, via email office@larchehomefires.org, or visit us at 10 Gaspereau Avenue, Wolfville. Please allow 15 business days to allow us to update our records accordingly.

Please join us at our
prayer and community
nights

Prayer Nights
Third Tuesday of each month
Located at 2 Lynwood Drive

Community Nights
Last Friday of each month
Usually at 2 Lynwood Drive;
sometimes at one of our houses

Wish List

In good condition or new items:

Adult Bikes

Artificial Christmas Garlands/
Boughs

Notions: zippers, buttons, clasps
(reused from old clothing)

Donations in support of L'Arche
Homefires are gratefully
received.

Web Page

Please visit us at
www.larchehomefires.org

Thank You!

L'Arche Homefires thanks all those who support our community in many ways, through volunteering, through praying for us, and through donating financially. We rely on donations to supplement funding received from Department of Community Services. We support 20 adults with developmental disabilities as well as a number of adults who come into our day program and workshop. Your donations enable us to continue to provide community life, work programs, and quality care for our core members. Your support makes a difference and we thank you.



L'Arche Homefires
Wolfville Spring & Summer 2007

A Letter From Judy Maxwell

I was introduced to the L'Arche community by Betsy Baillie about 13 years ago, and became a "friend". I was inspired to become a volunteer by observing the dedicated, efficient, and happy examples of everyone I met there. Initially I was part of the Health & Safety Committee, along with Betsy and Barbara Robinson. We set up a filing system (before computers!) for health appointments, and visited core members in their homes. Looking back, it was an antiquated system... but it worked! I then became a part of Cornerstone, spending Tuesday mornings with Terrie and with Krystle when she joined us. This has been most rewarding for me. I read to Terrie as I rub her back and she relaxes. Sometimes she lets me do



Judy and Krystle

her nails! Krystle is a ray of sunshine for me - always smiling and happy. After snack-time, we have a "beauty hour" together. I give her a facial and apply make-up, which Susie keeps supplied. I then do her nails, varying the colour from week to week, which delights her! Next comes massaging of arms and legs, and some exercises. If there's still time, we read together. The Cornerstone staff have accepted me as

one of their own, and I feel fortunate to be associated with such a super group of people.

- Judy Maxwell

Director's Message

Relationship

The L'Arche Identity statement declares that "Mutual relationships and trust in God are at the heart of our journey together." L'Arche is all about relationships. No one wants to be lonely and isolated. Often when families come to speak with me, they are looking for people to be friends with their son or daughter who have a disability. They are looking for activities they can participate in so that they have fun and are not lonely. We all want to have friends, people who care about us, neighbors who say hello. In community, I have discovered that having healthy relationships takes a lot of work. You might think things are going well and then...surprise...you find out there is a problem! One of the thickest files in my resource cabinet is the file on how to deal with conflict! Yes, we have conflict in L'Arche, conflict within the community, conflict in our neighborhoods, conflict in the programs. Jean Vanier in a recent address to a High School in England told the students that we need to learn wisdom, in order to resolve conflict. "Be yourselves, but be open. The danger of our world is of closing up.



Ingrid and John

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Keith

Friendship in practical terms are people who like each other and who are at peace, relaxed, comfortable and loving of one another. This describes Keith, Julia and I and this relationship has been going on for me for 18 years and Julia has known Keith for 24 years. We are fortunate that Keith has been coming to our home and is a part of our family and comes to dinner each Wednesday night and he loves his routine. One of us picks him up and when he gets to Canning or Evangeline Beach he moves into the TV room and watches his favorite programs, he loves the private time, has a beer and does not move until Julia calls him for supper. A most of you know he is a light eater and always starts grace that is filled with hope. A lot of you will know that Keith is a greeter, a welcomer, a handshaker and a hugger and he displays those qualities all the time. When I was a politician I went to school on Keith's talents and he



Jean Chrétien, Keith Strong, and John Murphy

and I went out a lot and no two better worked the room as well as anybody. This happened when he spent 15 minutes with the Prime Minister Jean Chrétien at the House of Commons when Keith visited us in Ottawa. He also sat in my Commons seat and listened to Bill Clinton address the House and the Senate - later Clinton sent Keith a note and a picture of himself. When we would go to the Greenwood base for special events Keith got to know the room well as they say in political terms. When we attend sporting events Keith knows so many people and they greet him as warmly as he does. It is a pleasure to

be with him. Keith has a special lead personality and Julia and I feel blessed to have such a loyal and loving friend. When we meet Keith somewhere unexpectedly he greets us with such enthusiasm and tight hugs like he has not seen us for a long time, oh don't we feel gifted by his friendship. I know that some of the readers of this article know just what we mean.

- John Murphy

Let The Sunshine In

When I first meet Terrie and discovered her likes and dislikes, some of her likes being chocolate, sparkles, warm weather and sunlight etc. I found myself constantly observing her enjoyment in these commonly simple things and thinking to myself well lots of people like these things but don't get quite that excited. As time went on and winter turned into spring and the temperature rose and the sun seemed a little brighter I could see Terrie's excitement grow. I found myself watching all Terrie's reactions to these simple yet wonderful changes in the season. I found myself waiting to see Terrie's spins when seeing the sun made her so happy and her moving to just the right spot to be in the sun's perfect rays and the big open smiles that would cross her face as more nice weather would come. The more I watched the more I smiled with her and waited for these special moments. The sun had always made me feel great but had I really put a lot of thought into the importance the sunshine played in my happiness. That's when I realized that Terrie had really taught me a gift, the gift to recognize the simple things in our life that we tend to miss. All this time I had missed something that Terrie was able to point out to me. So now I see the sun and all the other simple things in life in a whole different light. So Terrie I thank you for the wonderful gift you have to recognize the special things in life that we tend to miss. So for Terrie I hope you let the sunshine in.

- Amy from Cornerstone



Terrie

Community Newcomers: Patrick

I came to the community in 2005. I like drinking beer and meeting new people in L'Arche. I like going to different places in Nova Scotia. I went to Cape Breton and saw some whales. I like keeping in touch with old friends. I like Allison Millet and Matthew Eager, Jamie Cochrane, and my family. I watch TV a lot especially hockey. My two favorite teams are Montreal and Ottawa. I have my own computer at my Mom's house. I went to Orlando in March. I like to collect fire trucks, beer glasses, pop glasses, and fire department T shirts from Canada. I went to Horton District High School. I like to go out to eat at restaurants and out for ice cream. I like to go to Halifax on the weekend and Upper Clements Theme Park in the summer. I



Patrick

like all the people at L'Arche and the food at Emmaus House. This year I went on my first community vacation. It was lots of fun! I am learning new things about living in the community like good manners and cooking Kraft dinner. I like community celebrations like birthday parties and Christmas parties. I like going bowling. I would like to go to Ottawa next summer and visit the fire stations. I usually watch the train go by at Emmaus house and sometimes go to Hennigar's to watch the goats and the ducks. I am a member of People First in Nova Scotia. As you can see I am a busy man!

- Patrick

Sharon's hip vacation

It is hard to believe it was just over a year ago that Sharon had a hip replacement. She was in the hospital for 2 weeks and then had 3 months of exercises and recuperation. During this time she needed lots of help from the assistants in the house including help with bathing. This was quite a change for Sharon who formerly needed no help with personal care. I was quite impressed with her patience and determination and wanted to offer her something to look forward to after her long recovery. She decided she would like to visit my home province of Newfoundland with me. We spent a week with my Mom and Dad feasting on steak and lobster and enjoying free access to the car which was aimed directly at fast food restaurants, the shopping mall, and glow mini golf. Sharon grew fond of telling my mother at the supper table that she was a wonderful wife, to my Mom's great amusement. My Dad, who is a judge, was greeted with a hopeful, "Did you solve any cases today?" One of the most memorable moments was when Sharon, Mom, and me went golfing and appointed Sharon as the golf cart driver with me as her



Sharon

passenger. Sharon got a contagious fit of the giggles as she watched me launch golf balls into the woods, sand, and water from her position behind the wheel. I think she enjoyed finally being the one in control! Sharon's hip replacement was a difficult process at times but my strongest impression was of Sharon's bravery and her trust in her doctor and her care workers to help her. Look for Sharon as she walks down Main Street with a proud sturdy gait. She is quite a woman!

- Sarah

