

# ALL ABOARD THE ARK

Week of Monday, January 30, 2012  
Check out our Website: [www.larchesudbury.org](http://www.larchesudbury.org)

## LAST WEEK IN REVIEW

With the New Year come plans for the year. Now is the time when core members get together to have their life plan.

Life plans are a time for core members to voice their opinion on what they want. They might talk about going on a big trip, moving to another house, etc. It is a time for all of their friends and family to join together and hear what the core members have to say.



Garfield staring at the sky and dreaming about unless adventure.

## THIS WEEK AT L'ARCHE SUDBURY

### Weekend January 28 & 29:

Jen on Call

### Monday January 30:

10 Admin meeting

1:30 Leadership Meeting

### Tuesday January 31:

9:30 Fun Day....time for sliding or skating

4:30 Prayer Night

### Wednesday February 1:

9-12 community council at office  
Eddy spends time at the office.

### Thursday February 2:

### Friday February 3:

### Weekend February 4 & 5:

Carolyn on call

## What's happening?

### Emmaus:

- We welcomed Paulette with open arms and warm hearts on Sunday and we are looking forward to her a part of Emmaus house
- Eddy FINALLY threw out the pants with a hole in them



### Galilee:

- Colleen had a nice visit with her mom on Wednesday. Her mom brought Valentine's candy for us to enjoy.
- Everyone at Galilee has been sick, we are slowly getting better.

- The house played musical chairs. Everyone has a new place to sit at the dining table.
- Victoria's sister, Sarah, who is going to Cambrian College, has been joining us for supper once or twice a week.

**Bethany:**

- Everyone was a little sad to see Paulette moving to Emmaus on Sunday but we are all happy for her, because she wanted to move for the last few years.
- Lorrie went out to lunch with a family friend on Saturday to Wacky Wings
- On Sunday Paulette went to a Patsy Cline concert with Laurette.

**Cana:**

Just a reminder for all: please remember to contact Lynne at Bethany for any reservations for the use of Cana.



**UPCOMING EVENTS:**

Mark your Calendars

*February Birthdays*

Chantale 1  
 Randi 1  
 Roma 7  
 Claire 7

Ken 13  
 Mary Claire 16  
 Melissa 16

*Community Events*

- February 1 Living Through the Arts at Cana
- March? Big Sister Big Brother Toboggan race
- June 1 Relay for Life
- June 9 Vocational Yard Sale

Lately, I have been seeing videos on YouTube that is helping us be aware of people with Down syndrome. I received this link from Chris. It is a video about a child with Down syndrome, it is very cute.

<http://www.youtube.com/watch?v=hkNzRjXK3hc&feature=youtu.be>



**Teamwork at its best....hope you enjoy this reading and comments from Chris.**

\*\*\*As geese flap their wings, they create an uplift for the bird following. By flying together in a V formation, the flock's flying range is 71% greater than that of any bird flying alone.

**When we share a common direction and sense of Community, we can get where we are going more quickly and easily because we are traveling on the energy of one another.**

\*\*\*When a goose gets sick or wounded, 2

geese drop out of formation and follow it down to help and protect it. They stay with it until it is able to fly again. They then launch out on their own to find another formation or to catch up with the flock.

**When we learn the value of teamwork, we stand by each other in challenging times. Let us fly in formation and remember to drop back to help those who need it.**



**PLEASE PRAY FOR ...**

**\*\* For all those grieving someone they love \*\*\***

**\*\*\*For all those who are Sick**

**\*\*\***

Suzanne's dad, Rob, Laurie-Anne, Lesley's mother who has breast cancer, Rob – Marg's son who is fighting cancer, and Blaine

**\*\*\* For those who have asked for our prayers\*\*\***

**\*\*\*For all our Blessings \*\*\***

**\*\*\* We pray in Gratitude \*\*\***

**Welcome All News Items, Pictures or Articles Written By Community Members, Especially Core Members.**

Victoria Melcher  
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Editor in Chief  
All Aboard the Ark

**REPORTERS: Emmaus – Peter, Bethany – Dörthe “Dee”, Galilee – Victoria, Vocational – Suzanne.**

**Please contact me if you want to be removed from the list.**

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Above and below are pictures from Judy Kosmerly's retirement party. Tim, Jen and Chris attended and presented her with a L'Arche candle. Judy is our program supervisor for MCSS.

