

JOURNEY'S OF FRIENDSHIP

~ by Beth Wolters-Community Leader

I want to tell you about a journey of friendship that I was privileged to witness. In the mid-1990s Carol Anne Boyle and I went on vacation in Ontario. We travelled around staying with and visiting my family. My mom, Diane, and Carol Anne looked at the flower gardens, went shopping, and watched movies and my mom made sure there was a diabetic dessert for Carol Anne at every supper. They hit it off!

When Carol Anne and I both lived at Yeshua House, she knew my mom called regularly on Saturday mornings and always made sure to answer the phone so she could talk to my mom first. When we were no longer at the same house Carol Anne would say 'tell your mom I said Hi' as she shook her finger at me, so I didn't forget. On our weekly call, mom would often ask how Carol Anne was or ask me to say 'Hi' to her. Whenever mom came to NS, we made sure we had a visit with Carol Anne. Over the years, when I would travel to visit my mom, Carol Anne always made sure there was a hug to pass on or a card in my bag to give my mom. On my return to Nova Scotia, there was always a little something in my bag from my mom for Carol Anne.

My mom recently passed away and some of my siblings and I were privileged to be with her during this transition. A few days before she died, she was in the hospital giving me instructions.

There were instructions about where the best place to get gas was, how she wanted her laundry done, where to put her hearing aids... It was a long list as she was a get-things-done, kind of woman.

One of the things on her list was 'in the bottom right-hand drawer of my dresser are three pairs of socks for Carol Anne. I won't be there when you're packing so make sure you get them to her and, don't forget!' No finger wag but it was implied.

As I was packing to come back to NS, I carefully tucked three pairs of socks into the corners of my bag. When I saw Carol Anne, she pointed at me, said 'your mom' and we both started to cry and gave each other a big hug.

Journeys can be big things like trips of a lifetime, raising a child or transitions from life to death. Being witness to Carol Anne and my mom on their journey of friendship, filled with small gestures and kindness, is a journey I hold precious.



CELEBRATING 10 YEARS OF ART DISPLAYS

~ by Jenny Carter- Day Program Assistant at The Studio

Nurture our gifts and growth. In L'Arche we are called to notice, affirm, and call to life the gifts and strengths of our core members. This mission, along with our dream of one day having a space downtown where we could display the works of our talented artists, led to a fortuitous and lasting collaboration with the engineering group of A.H. Roy.

A recent conversation with Florence Riley helped refresh my memory of how this connection came about. One day while driving through town, Florence noticed a large empty window on Main St. and thought to herself, "What a perfect spot for showcasing our art." With the blessing of our Hearts & Hands committee, Florence approached her friend and business owner Paul Doiron, who happily agreed, a decision that has led to 10 years of rotating Hearts & Hands art displays!

A wrought iron mesh stand donated to Hearts & Hands by ACA (then GAPPAC) has proven to be the perfect solution to 'how to hang' the pieces, with an industrial vibe appropriate for that space. Paul and his team have been accommodating and supportive, with Stacey and Joanne even helping connect us with passersby inquiries about purchasing the art.

I have thoroughly enjoyed hanging shows with the help of Lisa, Michael, and other core members.



The rotating displays tend to change with the season and occasionally feature a solo artist. One personal favourite, the Ukrainian-themed window last summer, tied in beautifully with the many other local businesses displaying their support, as well as the flowers in shades of blues and yellows organized by the town beautification committee.

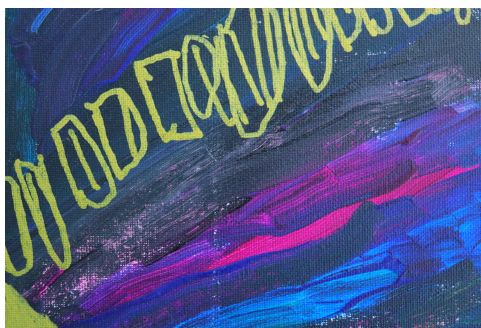
We take pride in gazing at the window daily as we pass on our morning walk, often catching the eye of our friends inside. Florence laughingly says she looks over every time she drives by and must be careful not to drive off the road! So, the next time you 'safely' drive by or are walking downtown, check out our window and know how grateful we are for the generosity of Paul and his team!



MEET OUR ARTISTS

Sachan Sarwal

I am Sachan the Firefighter; I like firetrucks; I have many good friends at Halifax Fire Station; I have many friends here too. I paint for Mommy; I think about her when I paint. She is gone but she is here in my paintings. I like dancing, and the Nirja Turtles make me happy.



Tim Marmura

I enjoy painting, I prefer making large pieces over which I have more control. Music is very important in my life. It helps me relax. It pleases me that my artwork appears on L'Arche cards.



L'ARCHE'S SCHOOL OF LIFE

~ by Louise Lopin-Assistant at Jubilee House



I'm Louise, an assistant at Jubilee house. I am from France. After two years of studying photography in France, I decided to take a gap year in my studies. My project was mainly to improve my English and to live a strong human experience.

I already knew L'Arche well because my father has been working in this association since I was 2 years old. So I have been in contact with people with disabilities who live there since I was very young.

My family has never lived in the community but my parents used to take us, my sister and my brothers, to the different community events of L'Arche such as life group evenings, pilgrimages, and community celebrations.

Every year L'Arche La Merci, to which my family was committed, organized a week of hiking on the roads to Santiago de Compostela in the spring. It was through this week that I connected with people with disabilities. I remember Joan, with Down's Syndrome, who was funny and surprising.

I always came back from that week of walking with a deep sense of well-being that is hard to describe.

However, when I was looking for what to do with my gap year, I looked everywhere but at L'Arche. I wanted to disassociate myself from what I had known all my life and do something different from my father and my older brother as well who had just returned from a year in L'Arche Ottawa.

I had looked into different associations and humanitarian projects but there was nothing that appealed to me.

Until one day someone from L'Arche told me "you should look at the communities in Canada". So I gave in and ended up in an English-speaking home in L'Arche Montreal a few months later.

L'ARCHE'S SCHOOL OF LIFE CONTINUED

~ by Louise Lopin-Assistant at Jubilee House



I thought I already knew L'Arche well when I arrived in Canada, but being in the heart of life in L'Arche was very different from what I had experienced up until then.

During this year, I have learned much about social relationships, life and myself. It is very rich. I learned to see a little more about how each person, even the one considered "weak" can contribute to society.

It made me want to do another year in L'Arche because I felt that L'Arche still had things to offer me. However, I wanted to experience another community, meet new people and be in a completely English-speaking environment, which was not the case in Montreal.

I was attracted to Nova Scotia because, as a French person, it is interesting to live in a culture that mixes Aboriginal, Gaelic and Acadian culture (Acadians are a people originally from France). Also, I had good feedback on the community of Antigonish.

This is how I came to L'Arche Antigonish, in October 2022. This community is helping me to get a little more grounded and to build on what I learned last year in L'Arche.

I enjoy the little moments of life in my home, the little things that feel good!

I am enjoying getting to know the members of the Jubilee home a little more each day.

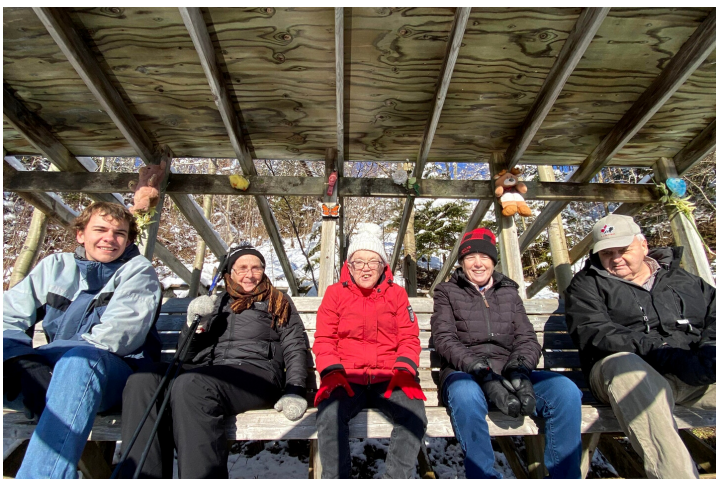
My English level has improved nicely which would allow me to study English somewhere in Europe next year.

Being in Nova Scotia, I am learning a little more about the Acadian culture and the history of Canada in general which is interesting.

I think I can say that L'Arche is a school of life, I know that what I learn here will serve me for the rest of my life.



Community Gallery!



COMMUNITY RECIPE!

BUTTER CHICKEN

- Total Time: 50 minutes
- Prep Time: 10 minutes
- Cook Time: 25 minutes

Ingredients for 4 servings:

- 2 lb boneless, skinless chicken breast (910 g), cubed
- salt, to taste
- pepper, to taste
- 2 teaspoons chilli powder, divided.
- ½ teaspoon turmeric
- 6 tablespoons butter, divided.
- 1 ½ cups yellow onion (225 g), diced.
- 3 teaspoons garam masala
- 1 teaspoon cumin
- 1 teaspoon cayenne pepper
- 1 tablespoon ginger, grated.
- 3 cloves garlic, minced.
- 1 cinnamon, 3-inch (8 cm) stick
- 14 oz tomato sauce (395 g)
- 1 cup water (240 mL)
- 1 cup heavy cream/ whipping cream (240 mL)
- rice, for serving.
- fresh cilantro, chopped for garnish.



Preparation:

1. In a large bowl, season the chicken breast with salt, pepper, 1 teaspoon chilli powder, and turmeric. Let sit for 15 minutes to marinate.
2. Melt 2 tablespoons of butter in a large pot over medium heat. Brown the chicken, then remove it from the pot.
3. Melt another 2 tablespoons of butter in the pot, then add the onion, garam masala, remaining teaspoon of chilli powder, cumin, ginger, garlic, cayenne, cinnamon, salt and pepper. Cook until fragrant.
4. Add the tomato sauce and bring to a simmer.
5. Add the water and cream and return to a simmer.
6. Return the chicken to the pot, cover it, and simmer for another 10-15 minutes.
7. Stir in the last 2 tablespoons of butter and season with more salt and pepper to taste.
8. Serve the chicken over rice and garnish it with cilantro.
9. Enjoy!

DONATION WISHLIST ITEMS

- Picture frames all shapes and sizes
- Canvases
- Karaoke machine
- Google Home
- Microwave
- Set of pots and pans
- DVD's (Hogans Heroes, Beverley Hillbillies, Bonanza)
- DVD player
- Waffle maker



DID YOU KNOW...?

Did you know that you can donate directly on our website and be issued an immediate tax receipt to your e-mail?

Donating online is easy, and you can set up recurring monthly donations! This type of dependable income can help tremendously towards our sustainability and growth!

Community Highlights!



Please also visit our website at www.larcheantigonish.ca