L'ARCHE ANTIGONISH SOCIAL

NEWSLETTER - SPRING 2026

Light Through Uncertainties

~ By Beth Wolters, Community Leader

There was not a cloud in the blue sky the other day as the sun shone. Its intensity began to melt the large snowbanks, and I needed to find my sunglasses to see. The sun made our moods a bit lighter, and there was talk about how long the days are now getting – more light. That night, the full moon filled the sky, and as it reflected off the snow, the sparkle was mesmerizing. At a time when there are so many places of darkness and uncertainty in our world, it focused my thinking on all the places of light in my life: The light, joy and vibrancy of the Hearts and Hands artists that was evident in the show that just finished at the Tall and Small; the person who had mugs of hot chocolate ready for the snow shovelers as they came in from another round of moving snow; the way a Quaker friend recently told me they would 'Hold me in the Light'; our Fashion Show titled 'Let Your Light Shine' as core members and assistants strut down the runway showcasing styles from local stores – lots of bright lights there!





Part of our Mission at L'Arche is to reveal people's gifts. What an awesome mission – to focus on and reveal people's light! To see the light in someone and then, like the snow, amplify and reflect that light to allow more to be visible.

The increased light and warmth these days remind us that spring is near. Our Mission reminds us to be people of the Light, New life, Resurrection and Enlightenment. May you let your own light shine and be the snow and change the light of others into something mesmerizing.

Donor and Volunteer Appreciation Day

~ By Megan MacDougall, Development and Community Engagement Manager



On March 12, 2026, L'Arche Antigonish hosted our Donor and Volunteer Appreciation Day — a celebration dedicated to the incredible individuals whose generosity, time, and compassion make our mission possible. This event shines a light on the people who work quietly and passionately behind the scenes, supporting our programs, our community, and especially the Core Members who are at the heart of everything we do.

This year, we are especially grateful to East Coast Credit Union, which generously donated the East Coast Community Corner Room for our gathering. Their ongoing support reflects a deep commitment to community development and inclusion, and we are honoured to partner with an organization that shares our values. Their contribution ensures that our celebration can take place in a warm, welcoming space that truly embodies the spirit of community.

The Appreciation Day event is an opportunity for us to reflect on the past year. Our donors make it possible for us to offer programs that nurture belonging, creativity, and growth. Whether through financial contributions, gifts-in-kind, or sponsorships, each donor plays a vital role in ensuring the long-term sustainability of our initiatives.



Equally essential are our volunteers, whose willingness to give freely of their time and energy fills our days with connection and joy. From helping at community gatherings, coming into our homes and day programs to create meaningful moments of connection, to supporting our Summer Camp for youth with intellectual disabilities, to lending a hand at fundraising events, volunteers form the backbone of our organization. Their presence not only strengthens our programs but also deepens the sense of community that makes L'Arche Antigonish unique.

As we look ahead to another year of fostering inclusion and celebrating the gifts of every individual, we extend our deepest thanks to everyone who has supported us. Your generosity fuels our mission, inspires our work, and brings joy to countless individuals and families.

To all our donors and volunteers — thank you for believing in our mission, for showing up, and for helping us grow.

Let You Light Shine Fashion Show

~ By Gunel Aghayeva-Rasulzada, L'Arche Assistant

On March 7th 2026 , our community gathered for a special afternoon of music and laughter that stayed with us long after the day was over. For our second annual fashion show, “Let Your Light Shine,” it wasn't just about the clothing—it was about the beautiful people inside them.



As our Core Members stepped out, they were accompanied by assistants from all over the world—Jamaica, Kenya, Azerbaijan, the Philippines, Ukraine, Germany, and India. Seeing these different cultures come together to cheer for our models made the afternoon feel like a warm embrace. It was a gift to look out and see families from across Antigonish County sharing in this mission of inclusion.

The clothing, hand-picked from our generous local stores, became a way for everyone to say, "This is who I am." Each outfit helped our models stand a little taller, with Laura Anderson adding a special touch to their hair and makeup, making everyone feel like a star before they even hit the runway. We are so grateful to the local businesses that opened their doors to us and made this possible. (Please see the next page for the names of the stores and supporters who made this possible).



The heartbeat of the event was our 23rd Annual Summer Camp. This fundraiser ensures our youth with intellectual disabilities will enjoy a summer full of connection and fun daily activities, building lifelong friendships along the way.

We appreciate everyone who cheered from the front row and participated in the 50/50 draw, as well as our assistants, committee members, core members, volunteers, and the family members who supported us—thank you all for helping create a space where everyone is celebrated for exactly who they are. Your time, support, and dedication made this event possible, and we are truly grateful for the sense of community each of you brought to the day.

Let Your Light Shine
Fashion Show Sponsors

PRESENTING SPONSOR

KV ELECTRICAL INC



CLOTHING GENEROUSLY PROVIDED BY



Trendys Clothing LTD.
• Womens • Mens • Home Decor
4046 South River Road, Antigonis, NS

the plum tree gift shoppe

ANTIGONISH 5¢ to $1

HAPPENSTANCE LTD.

THE OPPORTUNITY SHOP

K STAR

CLEVE'S SOURCE FOR SPORTS

WILFRED & PARKER BOUTIQUE

MEET OUR ARTISTS

Jeremy Ten Brinke

Jeremy is a recent addition to our L'Arche day programs. He happily joins in activities ranging from art therapy, chair yoga, skipbo, and really lights up with singalongs, often dancing spontaneously. At the Studio Jeremy experiments with acrylic, water colour, pencil crayon and pen. At Cornerstone and Horizons he has exhibited his skill and creativity with scissors, always with a desire to do things well. Jeremy's sweet, gentle nature is reflected in his art.





Regis MacDOnald

Born and raised in Heatherton, NS, Regis MacDonald says he has been making art all his life. "I used to doodle all over the edges of my scribbler in school. I prefer colored pencil, creating seascapes, landscapes and flowers mostly right out of my head." Since coming to the Studio he's been experimenting with adding a water color wash to his drawings.
Regis is also an accomplished harmonica player."I heard lots of music growing up. I like Irish and Scottish music the best, something that tells a story. I sing and play the harmonica. I never had lessons, just picked it up by ear. I perform in my church." We are also happy to have Regis play in music therapy and special events at L'Arche Antigonish.





Community Gallery!









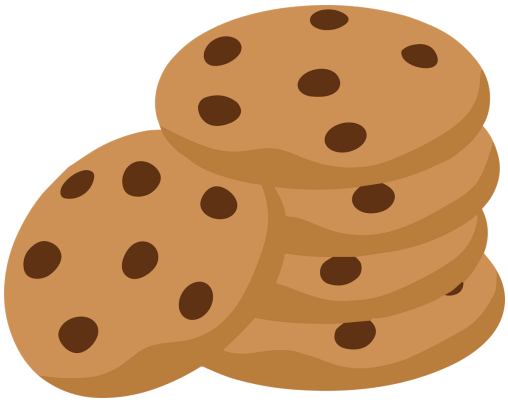




Warm Cookies & Warm Heart

~ Elizabeth Boucher and Service Learning Student Mia Reich

Every Sunday, Elizabeth eagerly waits for Mia to come visit her and make her favourite, diabetic-friendly Chocolate Chip cookies! This is a family recipe passed on to Elizabeth, and she happily shares it with all of you! Don't forget the most important ingredient, love!





Elizabeth's Chocolate Chip Cookies

Ingredients

- 2 eggs
- Twin Sugar (diabetic sweetener) – amount not specified
- 2 ½ cups flour
- Milk – a splash (add as needed)
- 1 teaspoon baking soda
- ¾ cup butter
- Brown Sugar (Splenda) – amount not specified
- Chocolate chips – as needed

Instructions

- In a mixing bowl, combine all ingredients and mix thoroughly until a cookie dough forms.
- Line a baking sheet with parchment paper.
- Place spoonfuls of dough onto the baking sheet.
- Bake at 350°F for 15 minutes or until lightly golden.





DONATION WISHLIST

Cornerstone
- Stewing Pot
- Knife Set
- Whisks
- Snowshoes
- Electric Fireplace

The Studio
- Light dumbbells 2-5 lbs

Covenant House
- Paper Shredder

Summer Camp
- Arts and crafts supplies
- Running Stroller or Stroller Wagon

Horizons
- Activity books or adult colouring books
- Puzzles - 100 pieces or less

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

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