

Grapevine



COMMUNITY

NEWS

PHOTOS

EVENTS



WINTER / SPRING
2023

Community Leader Message

Greetings friends,

Winter comes after an outdoor living in summer and Autumn. This is when the jobs are mostly done, daylight shortens, and nights lengthen. Winter can seem to us on the surface that life around us is slowing down or even dying. However, Winter is when the trees and bushes and other plants rest in the longer hours of darkness, let their roots grow deeper to shift the earth and create new pathways for the roots to get water and nutrients. Certain animals go into hibernation – to conserve their energy for the next full season. As we can now see there is so much life-giving power in Winter for the outward display of life.

Looking at our life in terms of winter - when the world looks bleak – it is the time for us to dig deep – rely on our roots to create pathways to find sources of nourishment. Instead of wasting away the seemingly dark hours, we use the time to rest and grow in faith, strengthen the inner core and become The winter sense of time moving at a slower pace should give us an opportunity to use time for personal growth - before our next big event. It is in our Winter that we feel closest to God and feel God at work in new ways and trust that He is working within us.

As Winter gives natural rest to all growing things, so was this season of winter for L'Arche. The blessing of allowing our spiritual, emotional, and relational roots to grow strong and deep as they search for things that aren't so readily available on the surface. The past 40 years of rooting and nourishing L'Arche was celebrated gracefully in our Winter season, where we had the opportunity to rest in each other's company

Enjoy this Winter / Spring Edition – we look forward to seeing you in our events and households

Krishnee Nair

Love Faith Peace

Life in our homes

This is a very significant year celebrating L'Arche Sydney/ NSW 40 years journey.



In 1983 L'Arche in Sydney/ NSW responded to the call of sharing life mutually with people with and without an intellectual disability. From welcoming our very first core member Gary John to 40 years later welcoming our youngest core member Nina Biankin.

We have 40 years of rich history and every life passing through L'Arche has a story. We have reached far corners of this shared world. We changed lives in villages from Africa, Asia to Europe and America.

Our 40 significant years was celebrated at Burwood RSL and attended by many of our community members and friends.

Today L'Arche NSW Community has got four homes where 21 core members have found their place in community.



Life in our homes

We accumulated our amazing winter news that we wanted to share with you.

The season has been filled with nourishing activities: all the preparations and celebrations around our community's 40 years journey.

Bruce celebrated his 40 years with L'Arche, Federal Assembly took place and community members joined in and participated via Zoom. Marilena, Krishnee and Claire represented L'Arche NSW at the federation meetings.

Our community assistants team organised a cultural diversity day where members shared their cultural heritage with each other.

We also all gathered together for the International fundraising walk "Walking together with L'Arche". Our community took part for the second year. Other L'Arche communities around Australia also walked together to support low socio economic and vulnerable communities in the world.

Community keeps meeting each Thursday for morning prayer Fridays for arts and crafts morning followed by lunch together. Few busy months and many more events happened in our homes!





Life in our homes





*Marilena and Claire at L'Arche
Federal Assembly*

Marilena went on two weeks holiday with her sister Adriana. On the return Marilena participated at L'Arche International Federation Assembly. Claire stayed at Burwood House for a week to participate with Marilena.

Kathleen celebrated her birthday with her dearest sisters - an outing for the day which she loved.



Greetings from BURWOOD HOUSE



*Kathleen at her birthday's
outing*

*Kathleen at Cleo and Lawrence
farewell lunch*

Tim celebrated his 2nd year at L'Arche. Bruce has reached the milestone of 40 years with L'Arche. Both Tim and Bruce have shared so many gifts as community members.

Tim loves attending his church parish on Sundays, and he also enjoys walks around Burwood and receive lots of visits from the family.

Bruce is enjoying learning new skills at his new employment and is very keen to look after his health and thus has started to go to a swimming pool at Ashfield.



Peter and Bruce at Ashfield swimming pool



Tim at the church



Tim's anniversary celebration at Burwood house

Peter loved go swimming, bowling, and out for cuppas. Peter also celebrated his birthday.

Elaine i settling very well into the Burwood household with her weekly stays. During her stay we all could also celebrate Elaines Birthday, with a cake and great company. We spent some Sundays with Mario and Dolores going for a picnic at Ashfield Park and lunch at the house.

A nice surprise for everyone at the house was a visit by Joanne.

Joanne shared about her new place and all the different activities she is doing now. Everyone was very excited about the catch up and wish Joanne well.



Peter, Bruce, Elaine together with Mario and Dolores at an outing



Joanne visiting Burwood house



Celebrating Elaine's birthday



Tim's anniversary celebration at Burwood house

WARM REGARDS FROM CAMPSIE TO EVERYONE

Janine was counting down the days till her birthday in April. She was very excited to celebrate her 73rd birthday with her sister Bernadette, her friend Karen and all her friends at Campsie. Earlier on in the day, Janine treated herself to a delicious slice of carrot cake and, of course, a pot of tea!



Celebrating Janine's 73rd birthday



We were so grateful to have Rita come back from the hospital, healthy once again. Rita and Janine sharing a tender moment.



Rita's birthday

We went out for plenty of picnics and enjoyed the wonderful sunshine that Winer afforded us.



Geoffrey, Katie, Blama and Janine at the walk enjoying the sun.



Geoff, Rita, Janin and Katie

Geoffrey was very excited to go to Olympic Park to see Bulldogs vs Knights. Even though bulldogs didn't score a try, Geoff made sure to keep cheering for them till the end.



Geoff and Remo at Olympic park

Geoffrey had a great time out with his brother Warren, sister-in-law Yvonne and Blama at the Canterbury Leagues Club



Warren, Geoff and Yvonne

Nina has settled in very well at Campsie house. She has enjoyed getting acquainted with her new friends, helping with making dinner and doing puzzles.



Ninah and Simran preparing pizza for a meal



Nina, with her mum Sandra and friends at her birthday party in August at Campsie house

We remembered Bonfire on his death anniversary as we exchanged our lasting memories about him.



Anthony and Bonfire at Campsie house, remembering friendships



Michael Hill at remembrance service at Campsie house



Gathering at Campsie house in the photo below



GREETINGS FROM FIVE DOCK

Five Dock household recently celebrated their three-year anniversary on June 17th. To mark this special occasion, community members join in the festivities.

It's great to hear that Fiona is pursuing her goal of returning to work. She has landed a role at Bunnings Warehouse and will be working one day every fortnight. In addition, Carlye Thomas has also started her studies at ACAP College in the City recently.

Furthermore, the Five Dock family marked Mother's Day by celebrating at home in May. Later, in June, all the members of the family headed to the city to witness the Sydney Vivid Show.



Celebrating Gian, Kathy, Fiona and Carlye's 3rd anniversary with L'Arche NSW

The Fivedock Ladies recently commemorated Bruce's 40th anniversary with L'Arche as well as joined in prayer together in bonfire's memory on the first anniversary of his passing. Our time together was truly unforgettable and highlighted the significance of human connections, strengthening the bond we share as members of the L'Arche Community. Our shared values and norms unite us in a meaningful way.



At Bruce's anniversary celebration



We all were invited to Angela's place for morning tea :)

In June our friend Pat Snudden invited the whole community to attend the biggest morning tea at Croydon Park. We not only enjoyed a great company, delicious tea with snacks but also got many surprises from the raffles that were organised at the event.



GREETINGS FROM MERRYLANDS

Life is never dull or quiet at the Merrylands Household. Whether we are at home chillin' watching concerts and silly videos, having Jam sessions, playing games or doing some arts and crafts, gardening, cooking or cleaning, or out and about walking, bike riding or swinging or climbing- laughter, music and drama keep us on our toes!

Everyone has enjoyed time with loved ones and with friends old and new!



The biggest morning tea



At the walking together event, Joseph with his family

It was wonderful to have Tony join us for week. He settled in well, with highlights being going to Bankstown Airport and The Aviation Museum at Albion Park. Everyone enjoyed and Tony and Anthony got to sit in the cockpit of one of the planes. We were told Tony knew so much about planes he could have been the tour guide!

Anthony went back to Club Weld for the new term, Joe went to art class. Andy enjoyed drives and walks.

Everyone went to the Biggest Morning Tea, and we thoroughly enjoyed 'Lightscape' at the Botanical Gardens and Vivid around Sydney Harbour. We walked all around the Botanical Gardens, then from The Opera House down to Circular Quay and around to the Overseas Passenger terminal and back watching all the dazzling light displays. We went to Five Dock household to help the ladies celebrate their 3 years Anniversary. We joined in L'Arche Australia Prayer on Zoom, Joseph and Anthony went Announcing to St Edwards School at YHA and then had yummy lunches at Spice Alley. We joined in Jam band.

Lourie joined us as well and really enjoyed a group visit to the Powerhouse Museum and the movies.

We enjoyed Dinner then the 'Beach Boys Show' at Ryde Eastwood Leagues club. There were train rides to the city, drives and walks around different parks, Cultural Day at Campsie House, L'Arche Australia Prayer on Zoom.



Anthony celebrated with family and friends for the 34th annual San Francisco Di Paola Gala Luncheon, enjoyed Club Weld, attended Family Parties. Joe participated in Art Class.

Andrew and Anthony were so happy to go back to swimming at Olympic Park Aquatic centre, enjoying the whirlpool and the spa. Lourie joined us again and also enjoyed swimming and the movies.

Swimming is a weekly activity for Andrew and Anthony, while Joe enjoys his art class. There have been train rides (no need to guess whose favourite activity this is!), ferry rides, drives, walks in different parks, L'ARCHE Australia Prayer on Zoom, Anthony went out with Bond (John). We enjoyed Dinner then the 'Elvis Show' at Ryde Eastwood Leagues club and celebrated Nina's Birthday with her Pyjama Party.

Lourie joined us-he and Sachin went horse riding at Glenworth valley, and everyone went to the Museum of Fire in Penrith.

We celebrated L'Arche 40th Anniversary in the Dome at Burwood RSL with everyone and look forward to wherever our L'Arche journey takes us next!



on the way to the announcing at St Edwards School at YHA

COMMUNITY NEWS

Just days before L'Arche anniversary celebration
Community Long Term member **Helen Merrin celebrated her 80th birthday.** Some Community members joined in celebration. We wish Helen good health and God's blessings for the coming years.



We welcome Smitha,
Our new live in companion
from India.
Smitha was born in a L'Arche
household with both parents
living in L'Arche
Smitha grew up alongside
other community members.
Smitha's dad has been 37
years with L'Arche in India

Smitha has always felt a safe and loving space in the midst of core members. That feeling kept her wanting to share life with core members in the community. Smitha decided to pursue that and accept the invitation from L'Arche Australia to be a live-in companion at Campsie household

It made me think how connected we actually are and can be through L'Arche, the place might be different, culture might be different, language might be different but deep down to the roots the cause is the same and that is a cause I want to be a part of. (Smitha Pazhukalayil Soney)

This year L'Arche Australia has decided to support our friends from L'Arche Kenya.

At L'Arche, we love meeting other communities. But friendship extends also in our solidarity with each other. L'Arche Kenya was founded in 2008. Today, they run two homes, five production workshops and 5 occupational workshops for 33 adults with disability. They also run an outreach program for 800 beneficiaries. It offers support in education, vocational training, disability advocacy, employment services, medical and therapy services and social integration for people with disabilities including children, youth and adults.

To help L'Arche Kenya, L'Arche Australia would like to offer them 2 motorbikes so they can continue their wonderful outreach program and increase their impact for a more inclusive society. And you, would you like to support this global network of friends of L'Arche?

Vote through the link or use the QR code. Each vote counts to bring us closer to the money prize that we can use towards purchasing the new motorbikes for L'Arche Kenya.

<https://mygivingcircle.org/larche-australia>



Vote for L'Arche Australia!

To help L'Arche Kenya, L'Arche Australia is raising money to provide them with 2 new motorbikes so they can continue their wonderful outreach program. To help us, vote for L'Arche Australia at mygivingcircle.org as often as you can!

L'Arche International News

LETTER FROM SYLVAIN BRABANT

INTERIM CEO INTERNATIONAL STEWARDSHIP BOARD

Together
With and without intellectual disabilities



L'ARCHE

Montreal, September 1, 2023

Dear friends,
members of L'Arche communities in each country,

Welcome back from your holidays. I hope that this was a relaxing time for you, whether summer or winter where you are.

As we know, life in L'Arche never stands still! So even an amazing event like the International Federation Assembly can easily get pushed into the background. A big thank you again, especially to the team, and all the delegates: your active and enthusiastic participation ensured that as a Federation, L'Arche has been able to take an important step forward together. If you want to refresh your memory of the IFA, the recordings of the 4 key moments are available on the [Assembly website](#) in the languages used for each occasion: the Opening and Closing ceremonies, as well as the two Handover ceremonies.



As you plan your community programme for the coming months, we encourage you to savour again that great moment of coming together as a world-wide Federation, where we celebrated

- **who we are** as a forward-looking community of men and women with and without intellectual disabilities,
- **where we are today**, in the light of the many ways that L'Arche has grown since Belfast IFA, in 2017, as well as the revelations about our founder
- **and the direction we want to go in** over the coming years, guided by our Charter and our new Mandate.

We were also able to warmly express our gratitude to Stephan and Stacy, as well as to the ISB members who served during the last term and who are leaving the Board: Alison Lindsay-Cross, Viviane LePolain, Habib Cachecho and Jacques Jaubert.

The Assembly animation material (videos, proposed activities, documents) is still available and can be used for animation in your community. All the material is on the [Assembly website](#).

L'Arche International News

LETTER FROM SYLVAIN BRABANT

INTERIM CEO INTERNATIONAL STEWARDSHIP BOARD

1/ Our new Charter :

Having voted to accept the new Charter at the IFA, the main thing now is to integrate this valuable document into our daily lives, as agreed in our Mandate. As we dialogue with it and let it 'speak' to us, we will discover its potential to unify the



Federation, deepen our shared lives and encourage our engagement with the world we are part of. The Formation team will be offering formations on the Charter in the coming year, and also developing tools to help communities. We encourage you to use the [L'Arche Members Facebook group](#) to share how the Charter is beginning to impact on your community life.

Consult the Charter in the different languages and versions on the [Assembly website](#)

2/ The transition period:

Following the IFA, implementation of the transition plan began. A selection committee for the position of Director of operations is at work, and the process is on track. The Nomination Committee has also begun its work to find our international leaders. We received a letter from the Nomination Committee in July. For my part, I have immersed myself in this new interim role, working with generous, competent and committed people in the International Support Team, the International Leadership Team and the new ISB. The International Leadership Team will begin its work in October with Thomas Fyot, of the firm, 'Toscane', whom we had met with at the Rome meeting last March.

Until a new Director of Operations arrives, John Sargent, the new Director of Formation, has agreed to act as interim Head of the Support Team, with the collaboration of Annaïg Bonnet, Finance Director, and Jonathan Boulet-Groulx, Communications Director. Jasper Keus, who was the coordinator for the preparation of the Assembly, now acts as Administrative Assistant for the ISB and for myself as Interim Executive Director. His role, like mine, will end with the arrival of the new international leaders. Andrew Kennedy, ISB vice-chair, is also acting as chair in my place during the transition. Life goes on, and L'Arche's mission continues, despite a situation unprecedented in our history. We need everyone's cooperation and support.

3/ Annual Report

The Annual Report 2022 is now available on [the website](#). Many thanks to the Admin, Finance, Communication and Fundraising teams, as well as to each person in L'Arche who contributed in some way. Apart from showing our commitment to public transparency, this report also helps each of us understand L'Arche better and so take more responsibility for our shared life as a global Federation.



L'Arche International News

LETTER FROM SYLVAIN BRABANT

INTERIM CEO INTERNATIONAL STEWARDSHIP BOARD



4/ A new Listening Service

A new Listening Service has also now been set up. This listening service is aimed at people with relevant information about Jean Vanier, Thomas Philippe or, more generally, about situations of control and sexual abuse in L'Arche in the particular context described by the Commission of Study's report, whether or not they are members of L'Arche today. This listening service is not the same as the "I report" service: the latter only deals with current or recent situations. Find out more in [this letter](#).

Save the date !

✓ **The visibility campaign 'With and Without':**

Open calls are planned for September 5 :
see the [information email here](#)



✓ **L'Arche Light Festival**

It will be on October 6
and we will be sending more info soon!



With many thanks to each community member, board member and friend and supporter.



Sylvain Brabant
Interim CEO
International Stewardship Board



International Federation of L'Arche Communities Mandate 2023-2028

We believe in the transformative power of relationships between people with and without intellectual disabilities. Today, our shared life is more relevant and challenging than ever.

Within and beyond our communities, we are called to nurture fundamental aspects of our life together - community and spiritual life, outreach, and growth.

L'Arche is at a key point in its history. The work of the Study Commission is changing our understanding of our past and it must shape our work going forward. As members of the Federation, we are each called to take responsibility for the mission of L'Arche with greater maturity and accountability.

1. Clarify governance and authority

The key priority for this mandate is to become clearer about who holds authority at what level, how leadership is exercised, and how leaders are accountable for the mission. Reviewing and better understanding the Constitution will help achieve this.

2. Grow in living and sharing our mission with the world

Engaging with the world around us, in partnership with other organisations, groups and individuals, will lead us into unexpected places and new expressions of L'Arche. Growth is vital and can take many forms such as deepening spirituality, greater competence, outreach, or a new foundation. The voices and contributions of people with disabilities are integral to our engagement in the world.

3. Integrate the Charter

The Charter promotes our core values and practices, and will be a tool to renew our spirituality and community life. Embedding the Charter into our life together will equip us for mission and help align our actions with our ideals.

4. Collaborate in fundraising

It is essential that we understand the financial realities across the Federation, and build consensus about the role of L'Arche International and individual countries in raising and allocating funds. We will best achieve sustainable resourcing by taking collective responsibility, and integrating fundraising into our mission at all levels.

5. Strengthen the L'Arche network

Nurturing relationships across regions, countries and cultures in L'Arche allows us to share wisdom and good practice, solve problems together, and learn from our mistakes. These connections open us to a wider vision, greater solidarity and awareness of our responsibility for the life of the Federation.

L'Arche NSW members favourite recipes

FAVA BEANS SALAD



INGREDIENTS:

One can of Fava beans
Fresh Tomatoes
Hummus
Garlic
Olive Oil
Tahini
Salt
Water

- Wash the beans after opening and boil them.
- Mix Hummus with crunched garlic, add Olive oil, Tahini, Salt and water.
- Dice fresh tomatoes.
- Place Fava beans at the bottom of the salad bowl
- Cover with the sauce
- add diced tomatoes on the top.
- if you like a little more spice, add cumin and/ or chili powder with olive oil.



Don't forget to enjoy!

*Thank you, Essa
for the recipe :)*



We Pray together for

- For our community members who haven't been feeling well. We pray for God's protection and full healing.
- For friends who are discerning their membership with L'Arche
- For L'Arche Light Festival / Family Day around the world
- Peace in our homes and hearts as we welcome season of spring and new life!
- A special prayer goes out to our dear community members Asha and Carla, who have both lost their mums recently. We pray for God's peace and comfort in this difficult time.

We Give Thanks for

- The gift of each other, companionship and trust in God
- The gift of L'Arche family
- Family members and friends as they journey with L'Arche NSW community.
- For L'Arche NSW 40th anniversary celebration, for all those who helped to make it happen.
- For L'Arche International Interim CEO International Stewardship Board
- For other L'Arche Communities around Australia and around the World.

In May 2023, the Australian Government announced an investment into the NDIA to lift our capability, capacity and systems to better support participants.

We have worked closely with the Independent Advisory Council (IAC) and Disability Representative and Carer Organisations (DRCO) to establish co-design working groups on 6 focus initiatives:

- addressing workforce capability to improve the consistency of access and planning decisions - this includes increasing the number of specialised planners
- processes to support participants around better planning to manage their funding
- implement a lifetime planning approach so plans are more transparent and enable flexibility for life events
- improve the consistency of supported independent living decisions
- help participants understand and access evidenced-based supports
- support staff to detect, respond to, and reduce provider fraud and non-compliance.

Ensuring we co-design reforms with people with disability and the disability community is critical to the success of the NDIS.

We will be publishing updates from the IAC and DRCO quarterly on the progress of these initiatives.

www.ndis.gov.au

FEEDBACK AND COMPLAINTS

We encourage you to provide feedback to us! To do so, please refer to the feedback brochure or pick up a copy at our office in Homebush.

For more information, contact us on (02) 9787 8132

Alternatively, you can contact the NDIS Quality and Safeguards Commission on 1300 035 544 or TTY 133 677.

Interpreters can be arranged.

More options are available at www.ndiscommission.gov.a

WE VALUE YOUR FEEDBACK



At L'Arche NSW, your feedback is important as it helps us to know what we are doing well, and what we need to improve on. We especially welcome feedback from our members with disabilities and their families, the community and the general public. These guidelines explain how members with a disability their families, friends, staff, advocates and people in the community, can give us their feedback or lodge a complaint.

Members with a disability and their families, are welcome to ask a friend, family member, reference person, advocate or one of our employees for help. Members with a disability, or family members can also provide us with feedback through:

If you wish to be anonymous while making your complains, please contact
Community leader directly on 02 9787 8132.

L'Arche collects and uses personal information, including sensitive information, in relation to your feedback or query and we are committed to the proper handling of personal information in accordance with L'Arche Privacy policy.

If you would like to submit feedback, you can:

- Phone the office 029787 8132
- Email us at sydney@larche.org.au
- Please send us your feedback to -
L'Arche NSW Inc
51 Burlington Road Homebush, 2140
- A discussion with our Community Leader
- Krishnee Nair -02 9787 8132



If you would like to share a photo, story, your favorite recipe or send a greeting for someone's birthday, anniversary, seasonal greeting,

Please send it to Elina
sydney.community.co-ord@larche.org.au