



L'ARCHE
Portland

People with and without intellectual disabilities sharing life together

Nehalem News

Fall 2015

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— A DAILY LIFE RETREAT OF RENEWAL —

by Andrew Noethe, Executive Director | Community Leader

“This journey is a long one and we will need plenty of personal and communal nourishment during it — food for the heart, for the mind and for the spirit.” — Jean Vanier

Taking time out of the busy-ness of our lives, whether it be a vacation, retreat, quiet walk, or coffee with a friend, is so important to our health and happiness. This is equally important to our core members, assistants, and staff who support and challenge each other in living out the beauty of our mission on a daily basis. That is why we gathered on August 21st for our daily life retreat at the Loyola Jesuit Center in SE Portland.

Our Spiritual Life Committee, comprised of core members and assistants, planned the retreat with facilitator Sarah Knuth Weller of Write Around Portland. Sarah then led us in a simple day of reflection, discussions and small group activities around the themes of Welcome and Growth.

During our morning together, we created and offered the following prayer:

“Creator God, may we always welcome others as we were welcomed. May we be disarming, open-hearted, empathetic, authentic, complimentary, present, safe, uninhibited, kind to people, tender, loving, happy, excited, understanding, gentle, humble, forgiving, prayerful, accepting, respectful followers of our hearts. Amen.”

After lunch we enjoyed time for reflection, arts and crafts, and walks around the beautiful retreat center campus before reconvening to share our experiences of growth as individuals and as a community. In small groups led by core members, we considered these questions, drawing and writing on a puzzle piece:

In what ways have you grown since you joined L'Arche? What has this been like?

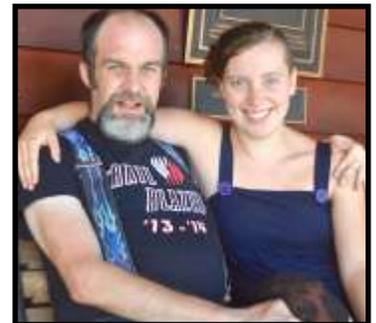
How have you seen others grow?

How have you seen our homes and our wider L'Arche community grow?

When all the pieces were rejoined together, we had a beautiful and thought-filled L'Arche ark reflecting our solidarity, community and uniqueness. The day ended with a prayer service to express the gratitude that we

hold for others throughout our lives, and a big L'Arche dinner.

Thank you to everyone who supports the daily life of our community. We plan to hold more retreats in the future and make them available to a wider number of people who consider L'Arche Portland to be a community that they want to participate in and help grow.



Adam and community intern, Jess



— NEW VANS EXTEND COMMUNITY AND PARTNERSHIPS —

by Jerry Deas, Board Member



Board member Jerry Deas, core member Marilyn Pettruzelli, Dir. of Development Amy Geoffroy and assistant Keeley Terpstra receiving keys from Andy Baltz of Atlas Motors. Neahkahnne poses with their new van at the Daily Life Retreat. Adam co-pilots on errands around town.

Gifts come in many ways. Some through presents, some through cards, and some that come through the hard work of dedicated people. **At L'Arche Portland, we have received some truly wonderful gifts over the years.** Through the efforts of major grants from The Collins Foundation, the Robert D. and Marcia H. Randall Charitable Trust, the Maybelle Clark McDonald Fund and L'Arche-USA's Making a Difference Fund, and with the generosity of Atlas Motors, LLC, we now have two nearly new vans for community use.

Andy Baltz from Atlas Motors, Amy Geoffroy, and I worked with Enterprise Rent-A-Car to secure two 2014 Dodge Caravans that fit the needs of our community. With the help of assistant Keeley Terpstra and core member Marilyn Pettruzelli, we took possession of these vans on August 12, 2015.

The vans will enable core members and assistants to participate in the practical, social and vocational activities that support their individual and collective needs. These vans will meet a variety of transportation needs including shopping, outings, classes/training and church as well as allow for participation to local and regional **L'Arche events.** **Through the efforts of our partnership with Atlas Motors and Andy Baltz and Mike Lewis, we continue to meet the needs of our assistants and core members in enabling full access to community supports, services and society. Thanks to all who worked so hard to make this a reality for L'Arche-Portland!**

— BE A PART OF THE L'ARCHE WELCOME —

Your support matters. Extend your hand in welcome and help us grow: make a gift today. Visit www.larche-portland.org, mail in a check, or call us at 503-251-6901. Already supporting us monthly? Switch to electronic funds transfer and help us make the most of your gift! Together we can be a community of welcome.

\$60 provides celebrations for both homes for a month

\$100 funds the gap between state funding and actual cost for one core member for a day

\$300 feeds four core members and four assistants for a week

\$600 provides assistant support of two core members on a L'Arche USA retreat

*Meredith, Joni and Corrine having an ice cream date.
Ben enjoying the Daily Life Retreat with Ilana and Michael.*



— WELCOMING IN A NEW YEAR WITH REX —

by Corrine Montana, Community Coordinator

On Saturday, September 12, the REX community gathered again at the University of Portland after a long summer break. REX is a faith community for people with disabilities as well as students, friends, family members, and caregivers who join in for monthly prayer and celebration from September through April each year. Student leaders **from the University’s Faith and Formation Ambassadors program** assist in preparing the space and facilitate activities and prayer at each REX gathering. As the community began a new year together, the circle of friends included new faces and long-time members.

For over a year L’Arche Portland has partnered with the Archdiocese Office for People with Disabilities and the University of Portland to facilitate REX and form student leaders. L’Arche Portland has chosen to share in the mission of REX to promote communities where people with disabilities can express their faith and grow in friendship.

REX, like L’Arche, is a community of belonging where all are welcomed. Beginning this year the coordinating team is now involving all members of REX to lead and share their gifts more fully.



5TH ANNUAL BENEFIT CELEBRATION

Saturday, October 17, 2015, 5:30-9:00 PM

University of Portland Bauccio Commons

Event tickets: \$30 (\$35 at door), \$50 premium, \$15 youth
Buy today at www.larche-portland.org or call 503-251-6901

Inspiring Music—Fabulous Auctions—Moving Testimonials—Community—Food & Drink—Apple Watch Raffle

THANK YOU SPONSORS!

We celebrate the sponsors of our 5th Annual Benefit Celebration. Thank you for supporting and spreading our message of inclusion, dignity, love, and community.



GARAVENTA CENTER EVENT: “BECOMING HUMAN”

November 18, 2015, 4:30-6:00 PM

University of Portland

A community dialogue on vulnerability, humanity and relationships.

Email info@larche-portland.org for more details.





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People With and Without
Intellectual Disabilities
Sharing Life Together

— CORE MEMBER INTERVIEW: CINDY LEONARD WITH MEREDITH ZUBEL —

Meredith: **Cindy, you've been at L'Arche for 28 years. That's a long time, and a lot of people to welcome.**

Cindy: Yeah

Meredith: At the retreat last month, we talked about welcome. What does welcome mean to you?

Cindy: Welcome means to be nice, friendly. Like with new assistants and guests.

Meredith: Do you remember how you experienced welcome when you first moved here?

Cindy: **I was kind of afraid at first. I didn't know anyone.** But we started talking and hanging out and doing different things on the weekends, and it was fun.

Meredith: **How do you think welcome in L'Arche has changed for you and the community?**

Cindy: I like meeting new people. I think that if they did not come I would not have met them.

Meredith: How do you think our community can grow in welcome?



Cindy: **I'd like to go to new places,** where we can meet new people. Like on the streets- in the things we do. On the bus and at Burger-ville. **I'd tell people that L'Arche is a nice place.** We go out to lunch and like having people over to dinner.

Meredith: Cindy, I am touched by the ways you connect with guests. Sometimes welcoming a new per-

son means saying goodbye. How does that feel?

Cindy: Sometimes I am sad when I miss them. You get used to someone and then they leave. But new people come.

Meredith: **Yes, I'm excited to welcome Maggie, Hannah, Nicole and Sofie.**

Cindy: Me too! They seem nice. (Cindy pets the cat) **I'm glad I welcomed Moki. I love him.**

Meredith: I am grateful for your welcome Cindy. Thank you for talking with me.