

Daybreak Delights in the Arts *by Carl MacMillan and Jacquie Boughner*

You Are My Delight is L'Arche Daybreak's upbeat Lenten theme this year. The "You" is for all of us, and it is a fitting Lenten discipline for us to embrace this mantra. Since its very beginnings, a big part of the mission of L'Arche has been "to reveal the unique and sacred value of each person." In recent years, we have discovered art as a wonderful medium of expression for core members. During this year's Advent season, our community chose to reflect on four paintings by core members. All four paintings, and several others, will be part of the *Artists in Motion* exhibit that will be mounted at the Richmond Hill Centre for the Arts during the month of April. On April 15th, the night of the special event, the exhibition will grace the lobby and reception area. Printed copies of some paintings will be available for sale.

Jacquie Boughner is a professional artist and a past member of L'Arche Daybreak's Board of Directors. She now serves on the L'Arche International Stewardship Board. Jacquie has been a leader in articulating the gift of the art of core members. She has curated several art shows for L'Arche including *Artists in Motion*. Jacquie writes, "Jean Vanier has called those in L'Arche, 'Artisans of the Heart.' The exhibition *Artists in Motion* displays paintings that illustrate this concept of a perpetual flow of creativity from the deepest source of our own inter-connectedness with each other — and available to every-



Amanda Winnington-Ingram created this painting for Daybreak's Advent seasonal booklet. It will be featured in the "Artists in Motion" exhibition at the RHCPA for the month of April.

one as a source of inspiration. 'Artisans of the Heart' fill their canvases with joyful colors of jewel-like intensity, designs that sing with movement and liveliness, and images of profound inventiveness and contemplation.

In the front gallery there will be a photography exhibition by Warren Pot, a professional photographer and a member

of the L'Arche Daybreak community. In frontal poses of engaging directness, he captures the interior lives of these exceptional individuals with a respectful sensitivity that speaks to their deep capacity for living a life that is rich in relationship and meaning.

The artwork and photographs will be exhibited for the entire month of April. ♣

A Meditation by Henri Nouwen

Joy and Hope

There is an intimate relationship between joy and hope. While optimism makes us live as if someday soon things will go better for us, hope frees us from the need to predict the future and allows us to live in the present, with the deep trust that God will never leave us alone but will fulfill the deepest desires of our heart.

Joy in this perspective is the fruit of hope. When I trust deeply that today God is truly with me and holds me safe in a divine embrace, guiding everyone one of my steps, I can let go of my anxious need to know how tomorrow will look, or what will happen next month or next year. I can be fully where I am and pay attention to the many signs of God's love within and around me.

We often speak about the "good old days," but when we think critically about them and let go of our romanticizing memories, we might soon discover that, during those very days, we were doing a lot of worrying about our future.

When we trust profoundly that today is the day of the Lord and that tomorrow is safely hidden in God's love, our faces can relax, and we can smile back at the One who smiles at us.

I remember once walking along the beach with a friend. We spoke intensely about our re-



Henri Nouwen is pictured here with L'Arche founder Jean Vanier.

lationship, trying hard to explain ourselves to each other and to understand each other's feelings. We were so preoccupied with our mutual struggle that we didn't notice the magnificent sunset spreading a rich spectrum of colour over the foam-capped waves breaking on the wide, silent beach.

Suddenly my friend exclaimed: "look...look at the sun...look." He put his arm around my shoulder, and together we gazed at the shimmering ball of fire vanishing gradually below the horizon of the wide ocean. At that moment, we both knew about hope and joy. ♣

New Nouwen Biography

The official biography of Henri Nouwen, *Genius Born of Anguish*, has been released by Novalis. The book was written by Michael Higgins and Kevin Burns. On January 21st, there was a book launch at the University of Toronto that featured the authors in a lovely montage of stories, music, art, and the reflections of several of Henri's friends and colleagues. Henri was L'Arche Daybreak's pastor from 1986 until his death in 1996. The biography makes clear how significant Daybreak was for Henri and how deeply he found home there. ♣

Community Notes



Ellen Weinstein sat with Joe Child at his retirement celebration on November 13th.

Joe Child retired this year and he was celebrated at a festive community dinner that took place at the Meeting Hall on November 13th. Joe and his spouse Kathy Kelly arrived at Daybreak in 1990. Joe, who had a background in wood-working, was the leader of the Woodery for many years. Kathy remains on the team at the Club. Kathy and Joe continue to make their home at the Big House.

Carry the Dream was the theme of this year's Community Weekend which took place on the weekend of November 2nd. *Carry the Dream* was the theme song for the L'Arche International Gathering in last year. The Community Weekend was a time to re-create in some significant way the experience of the gathering in Atlanta for members of L'Arche Daybreak.

Wendy Lywood, long-time member and pastoral minister at Daybreak, married Karl Janes on October 6th. Their wedding took place at the Dayspring and was lovely community celebration. Wendy and Karl live in Newmarket.

Bonnie Parsons is the new leader of the *Movers and Shakers*, a program of theatre arts and comedy that takes place every Monday at Daybreak. Bonnie is also a member of the *Spirit Movers* dance troupe. She first came to Daybreak on a placement when she was studying at Wycliffe College at the Toronto School of Theology.

The CBC Radio Program Ideas featured a three-segment program on Henri Nouwen on the evenings of January 9th, 16th and 23rd. The audio podcast are available on demand on the CBC Radio website.



Wendy Lywood and Karl Janes married on October 6th at the Dayspring.

Community Wish List

Art supplies.....	\$500
Pots and Pans.....	\$500
Gardening supplies.....	\$500
Barbeque.....	\$650
Treadmill.....	\$1,000
Reclining chairs.....	\$1,500
Tree shredder.....	\$2,000
Sun shade for the Day Program.....	\$3,000
Couches.....	\$3,000
Fireplace insert/liner.....	\$6,000
Stairlift.....	\$7,000
Grounds equipment.....	\$10,000
Mini-van.....	\$35,000

For more information, please call Colette Halferty at L'Arche Daybreak's Development Office (905) 884-3454 ext. 230.

Finding Delight - Assistants Weekend with Mary Jo Leddy by Mary Bastedo



Mary Jo Leddy, founder of Romero House, a centre for refugees in Toronto, is pictured here with Mary Bastedo at this year's Assistants Weekend which took place at the Dayspring from January 18th-19th.

Assistants young and old gathered for our annual assistants weekend January 18th-19th to sing, share, celebrate and reflect with Mary Jo Leddy, founder of Romero House, on the theme of "Finding Delight." Romero House, which comprises 4 homes for refugees in Toronto's West End, is similar to L'Arche in its model of community. Young people come as interns for a year or more to live with the refugee families, helping them to integrate into Canadian culture and navigate the refugee claimant system. Relationships are central to both L'Arche and Romero House. "All of the work we do for people, comes out of our relationships with them. We are neighbours," said Mary Jo.

As we looked at how to open ourselves to delight in our daily lives, Mary Jo stressed the importance of beginning and ending our day in gratitude. Each day holds both lightness and heaviness. Giving thanks for those moments of lightness at the end of the day helps me stay in the delight of that moment and not be overwhelmed the heaviness. "But the biggest temptation is to think that we can find the delight by leaving the tough stuff behind. We can't live in a bubble," said Mary Jo. "The place God calls you to is the place where your deep joy and world's deep suffering meet." (Frederick Buechner).

Why is it so hard to find joy? Mary

Jo pointed to the consumer culture we live in that so persistently erodes our sense of gratitude and makes us believe that we don't have enough, and even worse, that we are not enough.

With wonderful stories about life at Romero House, Mary Jo brought her deep insights to life in simple ways. We had fun bringing those stories to another level in our skits at the fiesta celebration after the banquet on Saturday night!

We were led in song throughout the weekend by Clara Frascchetti and a wonderful group of about a dozen musicians, many of them first-year orientation assistants. Jarek Maciejowski from the New House put together a slide show of community photos. Mary Jo said those "pictures of delight" were worth the trip from downtown! We had a chance to put together collages of delight, to share with one another, dance, skate, hike and hang out over a glass of wine. Indeed, it was a delightful weekend! ♣

Mary Bastedo is celebrating her 40th anniversary in L'Arche this year. Over that time she has been a member of L'Arche Edmonton, L'Arche Stratford, and L'Arche Daybreak. Mary received her Masters in Divinity from Regis College at the Toronto School of Theology. Mary is a spiritual director. She coordinates L'Arche Daybreak's retreat house, the Cedars.

L'ARCHE DAYBREAK

The first L'Arche community in North America, L'Arche Daybreak began in 1969 and now includes eight homes in Richmond Hill, as well as *The Woodery* wood-working shop, *The Craft Studio*, and the *Dayspring* spiritual centre. The L'Arche Daybreak community is a dynamic example of how people of different intellectual capacity, social origin, religion, and culture can live and learn together.

WORSHIP SERVICES

Monday, Wednesday and Friday mornings at 8:30 at Dayspring.

Friday evenings at 7:30 at Dayspring.

L'ARCHE

L'Arche is an international movement of over 130 communities where people with intellectual disabilities and those who care for them live, work and learn together. Canadian Jean Vanier founded L'Arche in France in 1964.

L'ARCHE MISSION STATEMENT

- To make known the gifts of people with intellectual disabilities revealed through mutually transforming relationships.
- To engage in our diverse cultures, working together towards a more human society.
- To foster an environment in communities that is inspired by the core values of our founding story, and that responds to the changing needs of our members.



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Daybreak Newsbreak

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Artists in Motion will be an evening to celebrate the 20th anniversary of the Spirit Movers and to savor art and photography from the L'Arche Daybreak community. The special event will take place on Monday evening, April 15th, at the Richmond Hill Centre for the Performing Arts. Tickets for the event are available from the Box Office by calling 905-787-8811. The Art Show will be on display in the theatre lobby for the month of April. The art show is free and available for viewing when the theatre is open. More information about the art and photography are on page two of this newsletter.

The centerpiece of the April 15th event will be the screening of a documentary about the Spirit Movers produced by Salt & Light Television. Salt & Light filmed the Spirit Movers during the preparation for last year's stage show *With Our Own Hands*. They also integrated historic footage of the Spirit Movers and the L'Arche Daybreak community to create a very engaging television documentary. The Spirit Movers will

The Spirit Movers Celebrate 20 Years



Last year's stage production of "With Our Own Hands" is at the center of a television documentary about the Spirit Movers to be screened at the RHCPA on April 15th.

"frame" the film with live dance performances on stage. A producer from Salt & Light Television and Anna MacLean, the current Spirit Movers Leader, will give a brief commentary. A reception will follow the screening and dance performance.

Founded by former assistant and dancer Marcie Taylor, the Spirit Movers began in 1993. The mission of

the Spirit Movers is to celebrate the sacred through dance. The troupe is composed of dancers of all abilities. The Spirit Movers are among L'Arche Daybreak's most significant ambassadors. They have performed at many schools and churches as well as at the Air Canada Centre and on global television for World Youth Day in 2002. ♣

2013 Walk for Hope on May 4th



Jean Vanier Catholic High School will take a leadership role in this year's "Walk for Hope" which will take place on Saturday morning, May 4th.

L'Arche Daybreak is happy to announce that its main fundraising event this year will be the *Walk for Hope*. Our community is collaborating with Jean Vanier Catholic High School to raise funds and awareness for this event on May 4th, welcoming the participation of many young people from the school.

Jean Vanier often speaks about the importance of engaging youth in creating a world where everyone belongs. Vanier said to a group of senior students, "On one side we are called to be a success, but on the other how to open our hearts so that we become people of relationship, people of peace." ♣

The *Walk for Hope* is a significant way to invite more people into relationship with the L'Arche Daybreak community. Students and staff from Jean Vanier Catholic High School have taken the lead in organizing the event. L'Arche Daybreak has also partnered this year with *The Running Room* through its five stores located across York Region. The stores will help to promote this event as a 5km walk or run by inviting people to participate and donate online through their website.

Darryl Dickson, one of the artisans from the Craft Studio, keeps asking, "When is the Walk for Hope?" as do other members of the community who look forward to this event with great enthusiasm. Core members enjoy connecting with people in a spirit of fun and friendship. This year's *Walk for Hope* promises to be the biggest one ever. The Walk for Hope will begin at Jean Vanier High School and end at L'Arche Daybreak's Meeting Hall on Devonshire Boulevard. ♣