



Dear Friend,

Greetings to you on this gloriously colourful October day,

What a month September has been,

Just a few days into it Mary Egan's sister Colette died unexpectedly after a short but critical illness. Mary and her family are bereft. Most of you will remember reading about their Mother's death in April. It's hard to imagine having so much loss in such a short time. Many of us knew Colette (Col) in one way or another, her phone calls to Mary, her Christmas presents to the community, her world famous cats - Podge and Rodge!! She was just 52 - it is never easy to accept a death that to us seems so untimely and in a way so unfair. I guess that death reminds us of the fragility of life.

From death we moved into new life when Jillian Sinclair gave birth to Baby Nicholas and just the other day when Rosemary and Gregor Mc Camley became grandparents. Congratulations to one and all. I guess that birth reminds us of the wonder of life.

In between birth and death is where we live our lives like a river that flows from the source to the sea. 'Going with the flow' has been a theme for us as we start into another L'Arche year. My broken wrist is slowly mending under my cast while I hitch lifts everywhere and become an expert in writing and typing with my left hand!

Marie Safarikova (Czech Mary) and Gosia have both returned to the community for a year and we are so happy about that, Gregor is staying for a little longer than he had planned and it is with huge sadness that we will have to say goodbye to Nadja in the next few days. Life will seem like less without her.

We had soup and salad for dinner the other evening - all grown in our own garden. It tasted of big dreams and hard work and it was really good. Fonsie has managed to get us a grant so that we can build a luxury garden shed with a big round table and a kettle so that we can cultivate community one seed at a time when the sun shines and one wee cup of tea at a time when the rain begins to fall.

Gerardine Cunningham and Alistair Fraser have both recovered and Andrew Fraser got engaged and all that is just a joy.. but we are worried for Dora Bunting (Geoffrey's Mom) who has been ill

To go with the flow  
Means to be open ...  
To the gift in the moment  
To the possibility in the impossible  
To the life that longs to live in you.

To go with the flow  
Means to be ready  
to let life lead you where it will,  
to let others surprise you and  
to believe in dreams

To go with the flow is to be part of all that exists,  
to know your place in the fullness of things  
and to know that you belong.

To go with the flow is to be awake,  
to be meandering  
to be still,  
to be alive  
to be you -  
Flowing into All that is  
and all that is beyond.

Amen.

recently on top of the sadness for her and all of us at this time of the year when we remember Geoffrey's death.

Gwen has arranged two fund raising supermarket bag packs in October and would really appreciate help if anyone of you were free for a few hours. Just ring her in the office for details. (028 90 221337) - We really need every penny we can get this year.

Finally ... we have committed this, our 7th year, to reflecting on where we have come from and where we are going. There is so much possibility that excites us and at the same time so much regulation that limits that possibility. WE HAVE CHOICES TO MAKE. In all of this we will be accompanied by Anne O Sullivan, the regional coordinator of L'Arche Ireland.

So ... as you can see there is a whole lot of life flowing through us as always and a whole lot more to come in October. We will go with it and see where it leads us.

We have no community events scheduled for October but you know that you would be welcome to visit any time. Just give us a buzz first.

Peace,

Maria and Everyone in L'Arche Belfast

### *Community Diary – October*

Mon.1	Community 6th Birthday
Fri. 5	Fundraising Bag Pack in Asda, Dundonald.
Sat. 6	L'Arche International Family Day.
Sat. 6 -12	Covenant Retreat at Orval, Belgium.
Fri 26	Bag Pack Asda, Ards Shopping Centre

***There will be no visitors evening this month because Maria, Jillian, Thomas, Fr Joe, Mary E. and the Shively Blinns will all be in Orval at the retreat.***

### **Birthday & Anniversaries**

**2 – Kevin Downs  
4<sup>th</sup> – Anne-Marie Eismann  
17<sup>th</sup> – Gwen Scott  
19<sup>th</sup> – Larry Gourley**

**1<sup>st</sup> Oct –L'Arche Belfast's 6<sup>th</sup> Anniversary!  
Happy Anniversary Jillian.  
Happy Anniversary Thomas just a few days later.**

**6<sup>th</sup> Oct - On the 2nd Anniversary of his death we will be**

remembering Geoffrey with much love and sadness, lots of cups of tea and maybe cheese and toast for breakfast!!!

### A lot of helping hands ...

Weekend, clear weather and a lot of helping hands in the Ark made the L'Arche work project to a really great day. A group of young people from Charis- an ecumenical Community in Belfast came to visit us last month to learn about L'Arche and help us with some maintenance work ... Everybody listened whilst Scott and Larry talked about L'Arche and our life in the Ember.. We then split up into two teams and went either with Larry and me to the Allotment or with Scott to the Ember. A lot of work was completed. Painting the sheds, sweeping the driveway, building beds, digging soil or weeding stood on the bill. There was a really good atmosphere, a lot of fun and with a rest, juice and crisps at the end made this Sunday afternoon a creative, productive, and tasty oneJ

Thank you ...

Gregor

Maria Garvey - Community Leader  
L'Arche Belfast

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