



Hello from L'Arche Belfast - July 2008

Dear Friends and Family,

Some of you may have noticed the absence of a newsletter in June – others may not. Over the past few years we have talked many times about how we can slow down enough to have real lives rather than just busy lifestyles. At our annual 'L'Arche on the Lagan walk' some of us wear tee shirts printed with the slogan - **'stop the talking do the walking'**

Now it's time to pay heed to those wise words. It is impossible to slow down if we are doing too much so we are going to strip back to the essentials – and for us the essential is to spend time simply enjoying one another's company and your's too. Not just that ... there's a whole lot of nature all around us, not only human nature, that's calling out to be enjoyed and what better time to start than in the middle of the Summer. If we are serious about this intention we will have to start practicing a spirituality of subtraction instead of addition i.e. start taking away instead of always adding on

So... Dear Friends ... these are our questions – Do you think that our monthly Newsletter is essential for you to be connected to the Community and if so Why? What are the parts of the Newsletter that you would miss if they were not there? Is there anything you would like to see included in the Newsletter? And Finally ... Would you be happy to receive a quarterly Newsletter?

We would really appreciate your feedback on this – by letter if possible, otherwise by email to admin@larchebelfast.org.uk

I will be away in July so don't be alarmed if you get no response until the first week in August. I am excited and yet a little scared about how it will be to live into a commitment of 'Less is More'

Have a good, slow and soft
Summer

THANKS TO:

Maggie Fraser and her Team for their stellar work in organising all the fundraising events that we have had recently

Murray Hunter for stepping back into the breach until Henri finds her feet.

Billy Hirst who has just retired after 5 years of faithful support as a Board Member and a member of the Fundraising Committee. Thank you also to **Shelagh Caldwell** for joining us.

Maria & Everyone in L'Arche B.

