

In Loving Memory of Robert

This April, we said goodbye to Robert Lamoureux, a remarkable man whose life journey has inspired and touched the lives of so many.

Robert was a man of deep passions. Despite the painful experiences of his early years, he lived his life with an open heart, a gift for making others feel seen, and an unshakable spirit.

You may remember Robert's story. As a child, he was sent to an institution, where he endured hardships no one should face. Robert's life changed forever when he found L'Arche.

Robert found his voice at L'Arche and became a powerful voice for inclusion and love, sharing his story in churches, community groups, schools, and even with our donors to inspire others.

He had an uncanny ability to connect with people, greeting everyone with warmth and making them feel welcome. His presence turned simple moments into cherished memories filled with joy, humor, and connection.

Robert's legacy reminds us of the power of community and the dignity that everyone deserves.



He will always be remembered, and his spirit will continue to inspire us.

Rest in peace, Robert. You will never be forgotten.

Growing Connections: L'Arche Cape Breton's Sunflower Garden Gears Up for Market Season

It's spring in rural Cape Breton, and the Sunflower Garden is buzzing with activity as gardeners—both with and without intellectual disabilities—prepare the garden beds for the summer. Among the rows of vibrant, organic vegetables, something special is growing; pride, purpose, and a deep sense of belonging.

At the heart of this growth is the Sunflower Garden Market, where the community comes together to celebrate not just the harvest, but the relationships that have flourished alongside it.

The market is a place where people with intellectual disabilities take the lead, running the show as they hand over their carefully grown vegetables and homemade crafts, engaging with customers through warm conversation. It's not just about selling produce; it's about building connections, sharing stories, and showing that everyone has something valuable to contribute.

There's an unmistakable energy at the market—a spirit of community and inclusivity. When you leave with a basket full of



fresh produce, you take more than just food—you carry with you the spirit of a place where everyone belongs.

The Lively Loaf: Where Bread and Community Rise Together

It all began with a simple conversation in a cozy kitchen. One evening, while preparing dinner, someone mentioned they were learning how to make sourdough bread from a friend over Zoom. The response was immediate: "I'd like to bake bread with you."

That moment sparked the idea that would grow into something much bigger.

What began as a small kitchen experiment grew into The Lively Loaf—a social purpose project at L'Arche Daybreak where people with and without disabilities

come together to bake bread and build connections. Whether it's weighing flour, prepping dough, or adding special touches, everyone plays an important role in the process.

The project offers more than just bread; it offers a taste of inclusion. The Lively Loaf products are uniquely crafted in an environment that celebrates diversity, inviting customers to contribute to a more inclusive society with every purchase.

They work in partnership with a local mill, K2 Milling, located in Bond Head, Ontario, using



herbicide- and pesticide-free grains mostly grown in Ontario.

The word "companion" comes from the Latin phrase meaning 'with bread' and came to mean the people we break bread with. The Lively Loaf embodies this spirit - real people making real bread together; companions in the truest sense.

The Rhythm of Inclusion: Dance Therapy with 3 L'Arche Communities in Quebec

Since 2018, a generous anonymous donor partnered with L'Arche and Les Grands Ballets' National Center for Dance Therapy (NCDT), a division of Les Grands Ballets Canadiens, to bring the transformative power of movement to L'Arche communities in Montérégie, Montreal, and most recently expanding to L'Arche Lanaudière. Weekly dance therapy sessions are held that inspire joy, build confidence, and spark creativity in participants.

Dance therapist Sandra El-Sabbagh described the sessions with L'Arche as moving and deeply meaningful: "It's truly

rewarding to watch participants grow in confidence, express themselves freely, and share in the joy of movement." These sessions go beyond just dance—they foster connection, self-expression, and a collective sense of community.

In L'Arche, art is an important form of self-expression, whether through painting, crafting, music, or dance. Regional Leader of Quebec, Éric Chartier, reflects, **"Dance is an accessible and inclusive medium that enables every person to get in touch with their body and express their emotions."**

Through this dance therapy

program guided by the expertise and vision of Les Grands Ballets Canadiens, the residents of L'Arche are not only moving, but also growing and flourishing together, united by the joy of self-expression.



L'Arche at the United Nations: A Journey of Inclusion and Discovery at the Zero Project Conference 2025

Zero Project asked L'Arche Canada to partner in an inclusive communications project at the global Disability Inclusion conference at the United Nations in Vienna: The Zero Project Conference.

We were proud to extend this opportunity to also be a professional development opportunity for youth with intellectual disabilities in partnership with L'Arche UK and L'Arche International.

For L'Arche Canada's Nicholas

Herd and L'Arche UK's Siân Walker, the journey to Vienna was about amplifying voices, breaking down barriers, and exploring inclusive employment. From March 5-7, the conference brought together changemakers—including business leaders, policymakers, self-advocates, and innovators—committed to building a more inclusive society.

Nicholas and Siân co-interviewed Conference Awardees and Speakers, sharing the stories of changemakers

from around the world. Their collaboration showcased the power of mentorship and development in media, storytelling, and advocacy. Nicholas, a seasoned self-advocate, also joined the panel discussion "Building a Business Case in Disability Inclusion," speaking on reshaping ableism and the importance of inclusion.

"It was a wonderful experience. People seemed so happy to be there. Above all, my impression was that everyone seemed united around the same thing: a world without barriers between neurodivergent and non-neurodivergent people. All the projects seemed to be working towards that one goal."

- Siân



Scan the QR Code to watch a video of Nicholas and Siân at the Zero Project.



Potter House: A New Chapter for L'Arche Saskatoon

Last year, something truly wonderful happened at L'Arche Saskatoon. The community opened the doors to its third home, Potter House, and welcomed four new people with intellectual disabilities. This milestone marks a new chapter in the story of L'Arche Saskatoon—one filled with hope, growth, and connection.

Potter House isn't just a building—it's a home where residents live with greater independence while sharing

everyday moments, from playing video games together to navigating their daily routines like sharing meals and getting ready for work.

Thanks to the generosity of L'Arche Saskatoon's donors, the community was able to purchase and renovate Potter House, making it fully accessible. The addition of an elevator and an open-concept kitchen has created a space welcoming to all.

With a large backyard perfect for BBQs and gatherings, Potter House has quickly become a place where friendships grow. Zac, one of the residents, shared: **"I have learned that Potter House is a very nice house to live in."**

As L'Arche Saskatoon dreams of what's next, the idea of building a lane house in the backyard of Potter House is already taking shape. The future is bright, and we can't wait to see where this journey leads!

A New Chapter for L'Arche Tegucigalpa in Honduras

For nearly 50 years, L'Arche in Tegucigalpa has been a beacon of welcome, friendship, and belonging in the capital of Honduras. But the community faces challenges. Their current neighborhood has become more dangerous, making daily life increasingly difficult. Taxi drivers hesitate to stop at the front door. Visitors, both local and international, are at risk. Even necessities, like a reliable water supply and access to medical care, are uncertain.

Yet, through it all, the community has remained steadfast, committed to creating a home where people with intellectual disabilities are valued and loved. As the challenges grew, so did

the realization that something had to change. To truly live the mission of L'Arche, a safer, more sustainable home was needed.

This has become a real possibility with the discovery of two available properties in a vibrant and secure part of the city. One property, facing a busy main



street, offers a storefront possibility where the community members could sell their handcrafted arts and crafts, such as their pinatas. The second property, just behind it on a quiet residential street, will provide a peaceful and nurturing home. Nearby, a university and local businesses offer exciting possibilities for partnerships and friendships.

This move is more than a change of location—it is a chance for L'Arche in Tegucigalpa to grow, to thrive, and to be seen. It is a step toward a future where the community can truly shine, safe and embraced by those around them.

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