



TOGETHER IN THE WORLD

MONTHLY NEWSLETTER

April 2023: Third Edition

# Welcome

to the new-look newsletter!

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Delegates, Rosalina and Debora tell us about life in L'Arche Fribourg

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Maurice encourages you to meet up in your 'Zoom Bridges'

### Page 3

Matt Rawlins wants you to get creative with wool, string rope and textiles.

### Page 5-6

Learn how to have the best possible camera setup for the IFA.

### Page 7

We hear from the delegates from Els Avets, in Spain.

### Page 7

Read about Slack, our tool for communication during the IFA.

## Just two months left till our Federation Assembly!

How will you live this in your community? At what times will you be all together? At what times in a smaller group? When will you be planning times of celebration?

In the proposed Charter, that we will be voting on at the Assembly, we find: 'We value sharing life together with all our differences'.

This Assembly will be different than the last one in Belfast. We need to do things differently, let's listen to each other and decide together how.

We hope that this newsletter will help and inspire you.

Can you believe it?

61  
DAYS  
TO GO!

## REMINDERS

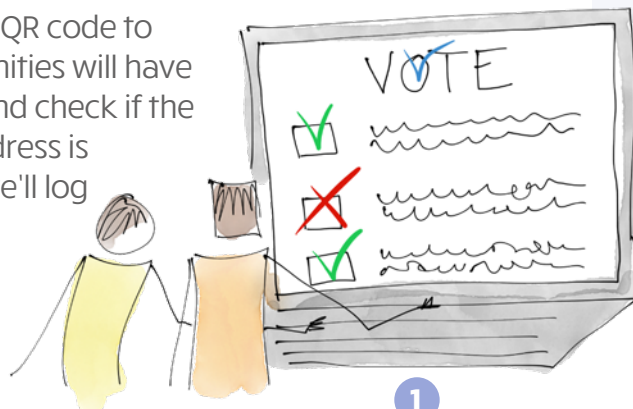
In preparation for the Votes during the IFA, we shall run a mock vote in May.



Please look at the list in the link below, or scan the QR code to see which communities will have the right to vote and check if the contact e-mail address is correct because we'll log in details via that.

[bit.ly/IFA\\_vote](https://bit.ly/IFA_vote)

Thank you.



Jasper Keus

Coordinator

IFA2023

“HI EVERYONE,”

**We are Rosalina (left) and Debora (right) in L'Arche Fribourg**

Here's our impressions of the zoom training we did, on using zoom inclusively. It was great- the people were very cool.

We learnt how to stand in front of the camera and show drawings so that the other people can see. Videos too.

Then we did presentations about a local dish: Ours: fondue with cheese! And we even gave a presentation on how birthdays are done in our house.

It's great being a delegate - we are looking forward to meeting the other delegates.

**Rosalina and Debora**



**Can you feel the buzz?  
The IFA momentum is  
beginning to snowball.**

Some delegates are setting up WhatsApp groups; 'Zoom-bridges' are connecting communities around the world; and almost each day, the L'Arche members FB page welcomes new shades of yellow and screen-shots of small groups' activities! Delegates are showing L'Arche's usual creativity as they juggle time-zones and busy community lives to get together: for instance, some groups have split their monthly meetings.

Not to forget the IFA prep within communities: check out our March newsletter for Mary's and Anne's exciting ways to engage their own community in Kilkenny, Ireland, starting with the draft Charter and Mandate.

L'Arche is on the move!



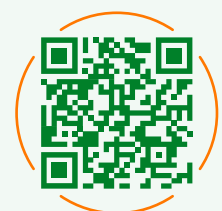
**Muthiga Maurice**  
**Communications**  
**Coordinator**  
**IFA2023**

**ZOOM-BRIDGES**

- Arnprior**, Canada - Top Right
- Cork**, Ireland - Bottom Left
- Brecon**, UK - Bottom Right
- Saskatoon**, Canada - Top Left



**IF YOU ARE A DELEGATE?  
DOWNLOAD THE  
'DELEGATES EXTRA'  
HERE:**



**bit.ly/IFA-extra-sheet-April23**

# Creative CORNER



“LET'S SHARE OUR EXPERIENCE!”

Over the coming months, try out some of these ideas in your community:

It is exciting to encounter and learn from each other.

Please do take videos and pics and upload them to the Facebook members page:

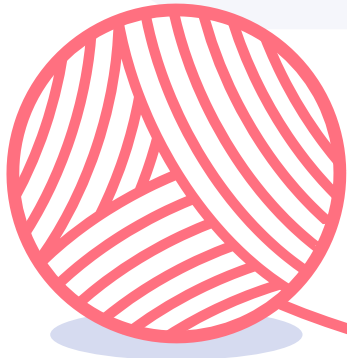
[bit.ly/larche\\_members](https://bit.ly/larche_members)

Matt Rawlins



Creative Coordinator

IFA2023



## Introduction

We can use an object, words, photos, drawings, as symbols to help us prepare and learn more about ourselves. We can share about the symbols, why we chose them, what they mean, to get to know each other.

## Connections and strands

Wool, yarn, rope, string, is often composed of many tiny fibers, twisted, and intertwined forming strands.

For a rope or cord they can be strengthened. A cord of three strands is stronger than one strand or two. The same is said of the strength shared across a wider surface, like when yarn is knit into a piece of fabric, or a net is fashioned with many knots.

Humans have been working with String and Cord as far back as we know. It connects us to our past. It will continue to be with us as it is re-invented, re-purposed and developed. Just think of our network of cables distributing electricity and information.

In L'Arche, we have used string, yarn, rope in so many creative ways, from the hammocks of Honduras, to the rugs and placemats of Kent, woven textiles and sewing from Dornach, L'Arche Im Nauen, and the delicately embroidered cards from Ukraine.

In preparing for our time together in June, we invite you to find a ball of yarn or a spool of thread in its unused form - full of potential- and then also to make something using string, yarn, or thread as symbol of connection.



PICTURE CREDIT

Elodie Perriot:  
IFA: Belfast 2017

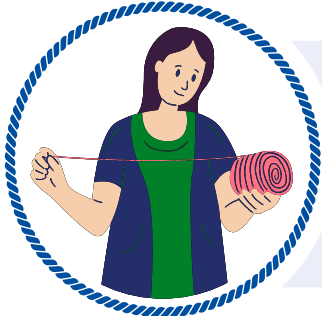
“A cord of three strands is stronger than one strand or two.”





## To go DEEPER:

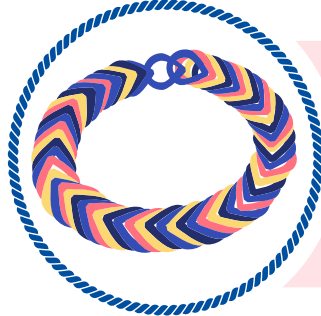
You can build on that: for instance, use the string to show connections on your map of the world.



Help to tell a story or create a quilt panel.



Some people might like to create a prayer rope / bracelet, as a way of helping their prayer.



Help show someone you care by making them a friendship bracelet.



Help hold things together, fix or join objects.



Help you explore, together or on your own, check out some textile artists in your tradition or one you are interested in.

### ARTIST PROFILE: Cecilia Vicuña's

Symbols of Interconnection with Chilean Artist Cecilia Vicuña's - "Brain Forest Quipu" [bit.ly/bfq\\_tate](https://bit.ly/bfq_tate)



**WATCH:** 360° walk-through of the work. [bit.ly/bfq\\_tate\\_360](https://bit.ly/bfq_tate_360)



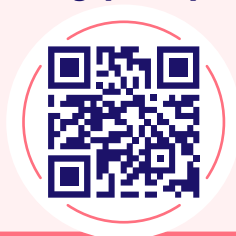
CREDIT: dgeezer www.flickr.com

### ARTIST PROFILE: Simone Pheulpin

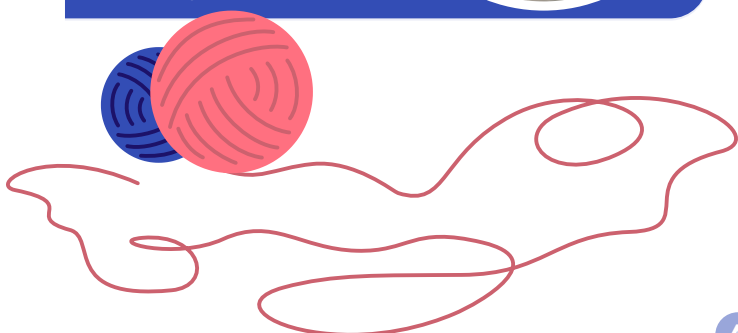
Symbols of growth and decay, time and repetition. French Artist Simone Pheulpin's cotton sculptures [bit.ly/pheulpin\\_info](https://bit.ly/pheulpin_info)



**WATCH:** Pheulpin talking her about process Auto-generated captions available [bit.ly/pheulpin](https://bit.ly/pheulpin)



CREDIT: fr.wikipedia.org



## Sharing TOGETHER:

How do you use String?

In your opinion, what is the most creative use of string you've encountered?



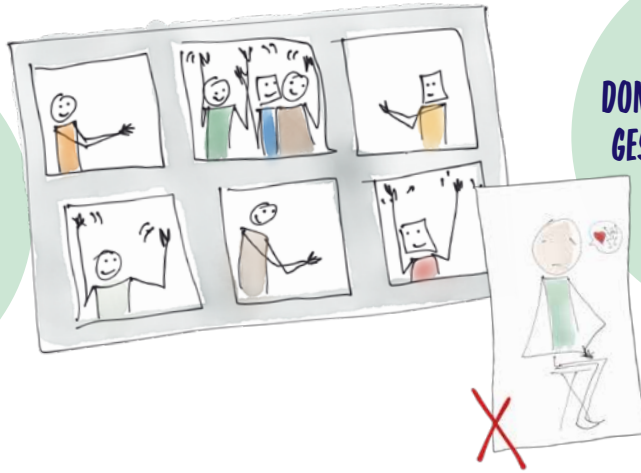


# Our guide for setting up **zoom** for your IFA calls.



**WE CAN MOVE ABOUT IN FRONT OF OUR CAMERAS !**

**IN FRONT OF A SCREEN, YOU CAN MOVE, DO A MIME, DANCE, JUMP, TURN AROUND, TRY OUT DIFFERENT ATTITUDES...**



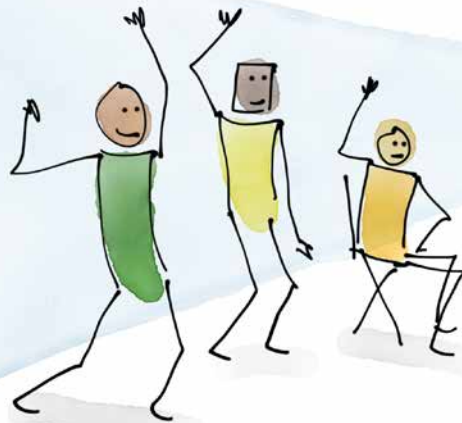
**...AND WHEN YOU MOVE, DON'T HESITATE TO MAKE BIG GESTURES SO THAT OTHERS CAN EASILY SEE AND UNDERSTAND THEM.**



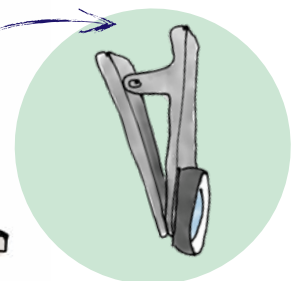
## **HOW TO POSITION YOUR COMPUTER, PHONE OR TABLET.**

- 1.** Place your device (carefully) a little higher up on a table. You can put it on a stack of books or a box. Just make sure it is stable.
- 2.** Allow enough room to be able to move it forwards or backwards, depending on how many of you there will be in front of the camera.
- 3.** Allow as much room as possible in front of the camera so you can shift your chairs and get up and move around.

**FOUR 'TIPS' TO MAKE IT EASIER TO MOVE IN FRONT OF A COMPUTER.**



**PURCHASE A WIDE-ANGLE LENS ...**



**... WE CAN HELP WITH THAT!**

- 4.** You can clip on a special wide-angle lens onto your computer camera, to show a larger group of people. It's called a 'fish-eye' lens. They can be found on the Internet. The Federation can help you pay for them. They are not very expensive.

# IDEAS FOR YOUR **zoom** MEETINGS IN GROUPS WITH OTHER DELEGATES:

You can show each other the gestures that people make in your local culture to welcome each other. And the gestures that you invented during lockdown...



## WELCOME

## GESTURES



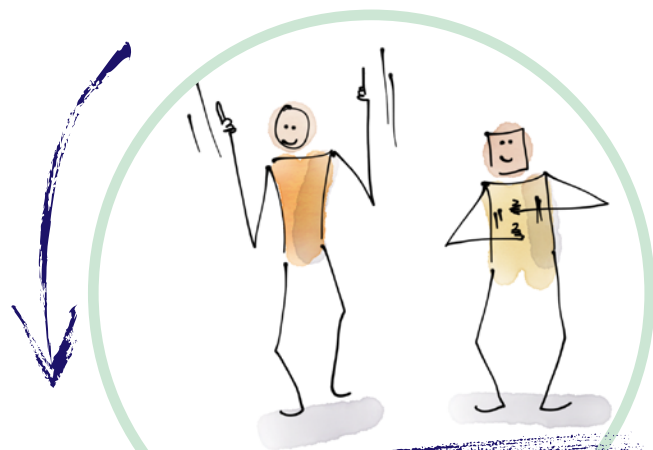
You can show how you welcome a guest who is visiting you for the first time.

You can show the gestures you use at home that help you say important words: "Party", "Work", "Friend", "Meal"...



## DANCE

Or show each other the dances you like to do at home. Teach each other certain steps and movements so that you can dance together.



## SHARE GESTURES

## FINALLY...

... you can make up gestures together to say:  
"General-Assembly-of-the-International-Federation",  
"Delegate", "Meet-on-Zoom"

**Hello friends, we are Antonio, Laura and supported by Joan (on left of photo) from L'Arche Els Avets, Catalonia, Spain.**

**Antonio says:** I already attended the Belfast Assembly, and I am very happy to represent us again this time.

We are starting to give information to all the people in our Community and look forward to meeting our small group. This on-line assembly will be a listening ear for the whole Federation - a new impetus for the rights of people with disabilities all over the world. It will unite us and to bring the world an example of coexistence and inclusion in diversity.

Together, we are going places! Other languages: always good to discover how different communities celebrate!



## April **FUN** Activity

Our Federation is rich with a variety of gifts around music and dance. During April, we invite our communities to offer these gifts to each other.

Please record a 2-minute video of your community members singing, dancing to your favorite music or playing some musical instruments.



### Where to upload your videos?

For the duration of the IFA we'll be using Slack: this is a very user-friendly platform and we're looking forward to seeing you there. If you're a first-time Slack user follow our user guide on the right of this page or scan the QR code.

### Don't Forget:

You can also upload them on the L'Arche members Facebook page

[bit.ly/larche\\_members](https://bit.ly/larche_members)

Please tell us what the music, dance or instrument is called in your mother tongue.

JOIN US ON



First things first, if you are using Slack on desktop, you can either **download the app** or **navigate through your browser**. You will need to **download the app** if you are using your cellphone.



- Join the workspace to watch videos and learn more about Slack.
- Edit your profile - and make it more personal by adding a photo!
- How to join a channel
- How to post in a channel
- How to reply to a specific post in a channel
- How to enable/disable notifications
- How to mention @someone

To learn more about how to use the Sidebar, the channels, the message field and the navigation bar visit: [bit.ly/IFA\\_slack\\_guide](https://bit.ly/IFA_slack_guide) to join our channels visit: [bit.ly/join-slack-Arche](https://bit.ly/join-slack-Arche)



# HAVE YOU MISSED AN ISSUE?

## FEBRUARY



WEB:

[bit.ly/IFA\\_Feb\\_News](http://bit.ly/IFA_Feb_News)



PRINT:

[bit.ly/IFA\\_Feb\\_News\\_print](http://bit.ly/IFA_Feb_News_print)

## MARCH



WEB:

[bit.ly/IFA\\_March\\_News](http://bit.ly/IFA_March_News)



PRINT:

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TOGETHER IN THE WORLD

FEDERATION ASSEMBLY | JUNE 20TH - 24TH 2023



[federationassembly-2023.larche.org](http://federationassembly-2023.larche.org)