



Journey Together

Our earth, our home, the ground that holds us. Grounded. Rooted. We individually and collectively have lived a lot since our FA in Belfast, nearly 5 years ago, where through the story of St. Patrick we were offered the idea of our lives being **woven together** with sorrow and blessings. Most recently in our Light Festival we had **Light and Dark together** in the world. We continue this journey **together**.

- Sol Express, Collective Poem.

City walks, office work.

"All hands-on deck", "We're all in this together."

Home life, peanut butter and jam.

Relationships, Together.



Notice the circles of belonging in the poem, we are a part of both large (cities, towns) and close ones (homes, relationships).

- Get or make 2 maps one of the World, one of your neighbourhood.
- Place a mark where you are.
- · What brings you outside of your home? How do you connect with the world around you?

"All hands-on deck" brings up thoughts of a storm, a mess, or hard work.

- Have you ever been a part of a group that has gone through something hard?
- · Was there something you learned or are learning from that time?



Peanut butter and jam.

- What type of food reminds you of home?
- · What is uour favourite food pairing?

We are on a journey. We can use this video to help us take time, individually, or collectively to reflect, or pray.

(Play the video, write, draw, share what you notice, what stands out for uou.

Video - Changes in Seasons

Some questions for exploration:

- · What are some of the changes around you, on your
- What has stayed the same? remained constant?
- · What seasons are you in? Seasons of Life, Seasons of Grief, Seasons of Relationship, Are these connected to the seasons we find in Nature?
- What neighbourhood do you belong to?
- · What paths do you take often, and have become a part of your rhythms and circles?

Going

- Highlight some important routes you take.
- Mark points along the map for places along the route that you value. Ones that are important to you/ the group.



Across the Federation, L'Arche communities are working hard to improve accessibility, so that each member can take play their full part in society.

Together we face this challenge, learning what works, and what doesn't. For the Federation Assembly, we would love each member of L'Arche to access the tools and activities that we are making. But we also recognise the daily struggles communities have, in accessing the resources. It is also true that these formats also have limits. **So...** be creative!

We warmly encourage you to be daring in finding solutions that work for your community members. So **do please upload your ideas to the FA website** so that we can all continue to learn from each other. Thanks!