

Dominique | Kings | Ukraine | 2013



A typical day for me involves getting up around 9 am heading to the kitchen to have breakfast with my family, which is usually cheese, sour cream and jam or buckwheat and milk, or sandwiches - simple but always tasty - followed by some tea. Then I head off to catch the *marshutka* (bus) which is a fifteen minute walk from the house.



Upon arriving at my L'Arche placement we first pray together as a group and then I sit alongside core members and bead beside them, paint, make soap or partake in some other simple activity. After about an hour we have fifteen to twenty minutes of exercise with the group and then help to make lunch for the "core members" (people with a disability).



After our lunch we help to clean up the workshop, we converse together, possibly go for a short outing to visit the park next door, pray and then finish up the day.



I then take the bus home again, share in a family meal and spend time with my neighbours in the village - either biking, having tea, visiting the city centre, watching a film etc.

On weekends my family and I will do any range of things - go swim at the local lake, even visit the Carpathian mountains by train, see concerts or theatre productions downtown, visit local friends etc., There is always plenty to do in Lviv considering the number of friendly young people in the village and the vibrant cultural and touristic city that is Lviv. I am rarely bored and my days are full of social activity, meaningful interactions and simply put – fun!