



Walking Together 2022

38 countries. One L'Arche.

#LArche38Challenge Ideas



Because there are **38** countries with L'Arche communities around the world, we are inviting you to take on a #LArche**38**Challenge with us **to bring awareness to the JOY of inclusive communities!**



You can do a challenge as an **individual, family** (get kids involved!), **or group** (ask your office, church, school, book club, swim team, etc. to do a challenge with you!) – it just needs to include that special number **38!**

How to choose a challenge? Maybe you...

- are **really good at something** – like baking, knitting, running—you can turn that gift into a challenge!
- want to do **something nice for others** like **38** acts of kindness or baking **38** cupcakes to give away
- want to challenge yourself to **learn or try something new**

See the next page for more #LArche**38**Challenge ideas!

Signing Up is Easy!!

- Click here: <https://givebutter.com/walkingtogether>
- Under the picture, click this button  
- Follow the steps to create your profile
 - Sign up as an **individual, family, or group** (church, office, school, etc.)
 - Set your **fundraising goal for any amount from \$38 - \$3,800!**
- You will then get a **personalized link** to your fundraising page to share with friends and family to invite them to support your challenge!

all funds raised going to L'Arche communities (90% will go to L'Arche Atlanta, 10% to L'Arche communities in need throughout the world).

Invite Your Network to Support You & L'Arche at Same Time!

Send an email to your friends, family, coworkers, classmates, etc. inviting them to support you in your challenge!

Sample Support Email

Dear Friends,

Next month I am taking a #LArche38Challenge with [L'Arche Atlanta](#) for Walking Together, a global event to raise funds and awareness for people with intellectual disabilities. On June 25, L'Arche communities from around the world will be Walking Together and I'm going to join them!

For my #LArche**38**Challenge, I [your challenge here: e.g., am trying to get 38 friends to donate \$38, learning to say 'welcome' in 38 languages].

Will you support me in this challenge by helping me reach my goal of \$1,380 by June 25? Suggested donation? **\$38**, of course! Truly, donations of any amount will help L'Arche create inclusive communities around the world.

You can support me here: [your personal GiveButter link].

Thank you so much!
[Your name]

P.S. Why **38**? Because L'Arche is creating inclusive communities for people with intellectual disabilities in **38** countries around the world!

#LArche38Challenge Ideas

Here's a list of ideas, but the best idea will be yours!

- Ask friends to help you raise \$380
- Get 38 people to donate \$38
- Get people from 38 states to donate \$13.80 (\$5 minimum donation)

- Swim 38 laps
- Walk 38 blocks
- Learn 38 yoga poses
- Shoot 38 baskets (Keep shooting basketball hoops until you make 38!)

- Write 38 letters
- Write 38 poems
- Take 38 pictures of XX (bridges, trees, etc.)
- Plant 38 plants
- Knit 38 things
- Craft 38 things
- Paint 38 pictures
- Watch 38 movies
- Play 38 games, or play for 3.8 hours
- Visit 38 parks
- Try something new for 38 days

- Give 38 compliments
- Do 38 acts of kindness
- Donate 38 items you no longer need
- Bake 38 treats and give them away

- Try out 38 new recipes
- Try 38 ice cream flavors
- Try 38 new foods
- Try 38 beers

- Say hello to 38 people you don't know
- Say a prayer in 38 pews
- Meditate 38 times
- Learn to say "welcome" in 38 languages