

# **ALARGA** *(for people with and without a physical disability)*

## **INFORMATION FOR SPONSORS**

The Emmaus Walk program has been developed specifically for the development of Christian leaders. *Alarga* (reaching out) is an officially adapted Emmaus Walk which embraces people with physical disabilities and follows the Emmaus format very closely.

***ALARGA is not suitable for persons with an intellectual disability, or the very elderly.***

*Alarga* differs from Emmaus in three main areas -

1. Both men and women are accepted,
2. The number of talks is reduced from fifteen to twelve, by combining some Emmaus talks.
3. The talks are also reduced from twenty minutes to fifteen minutes duration.

All the course content is retained as are all those 'special' features of a standard Emmaus Walk weekend.

***Alarga must not be offered as an alternative to Emmaus for couples who do not wish to take their walks separately.***

If husbands and wives are present, they do not share sleeping accommodation or sit at the same table in the conference room. They are able to share during breaks and free time.

The slower pace that is achieved by the changes made in the conference room allows more time for dressing and showering and for a rest time of 1 to 1½ hours in the afternoon in preparation for the evening activities - this does not include Sunday afternoon. The *Alarga* weekend remains a very full three days, each day starting at 6:15 am and finishing around 10:30 pm. Sunday concludes at approximately 6:00 pm. Your pilgrims need to be able and happy to meet this commitment for the three days.

*Alarga* team members will include those who have experience in working with people with disabilities and their special needs. A comprehensive assessment of pilgrims prior to the weekend and before acceptance of registration will be carried out, to assess the capabilities of the pilgrim and determine if their needs can be met on the weekend. Please make your pilgrim aware of this fact.

If this assessment is not done in depth, then the pilgrims and weekend will suffer.

*Alarga* has a fourth Assistant Lay Director (ALD) who has nursing experience and is specifically responsible for medications and other special needs of the pilgrims and team.

While *Alarga* is slower paced than an Emmaus Walk, it remains a very full and long weekend. At the *Alarga* closing you will witness the same blessings and joys experienced by the pilgrims on an Emmaus weekend. Please prayerfully consider the needs and capabilities of your potential pilgrim before you enthusiastically sponsor them for an *Alarga* weekend.

It is desirable that half the pilgrims are able-bodied, have been fully informed about the *Alarga* weekend and have no reservations about spending three days with people with physical disabilities.

***There is NO separate Alarga Community.***

*Alarga* pilgrims are immediately absorbed into an existing Emmaus community after their *Alarga* weekend.