

# REFLECTION... INSIGHTS...

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To help you gain insight into the role of assistant, we have an assortment of reflections from past and current L'Arche Spokane assistants. Our assistants come from many different backgrounds, and are at various stages of life. Assistants often come just after finishing college, but many come in the mid or end of their professional lives. Assistants come for, and then stay, for a great variety of reasons. Reading these reflections will help you understand the value L'Arche has had for other people, and will help you gain perspective as to what to expect.