

Up Sails!

THE INTERNATIONAL LETTER OF FAITH AND LIGHT N° 49, SEPTEMBER 2021



"Come and see"





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"Come and see"

Editorial

The next day John again was standing with two of his disciples, and as he watched Jesus walk by, he exclaimed, "Look, here is the Lamb of God!" The two disciples heard him say this, and they followed Jesus. When Jesus turned and saw them following, he said to them, "What are you looking for?" They said to him, "Rabbi" (which translated means Teacher), "where are you staying?" He said to them, "Come and see". They came and saw where he was staying, and they remained with him that day. It was about four o'clock in the afternoon. (Jn 1: 35-29)

These guidelines for the year 2021-2022 have been achieved by the twelve youth teams (one per month) with their international vice coordinators, our international chaplain Don Marco under the coordination of our general secretary Corinne, the secretariat, the illustrator, and the translators. I thank them all for their work and their enthusiasm to carry out this project. That is why I ask you, the communities of our Faith and Light family around the world, that when you look at this booklet, when you use it and work with it, to do it with a heart full of gratitude and to open it as we open a delicate gift.

The title of the guidelines is "Come and see", it was the theme of our international youth meeting in Guardamar (Spain) in the summer 2017. We thought it was very appropriate that it is so in the middle of our fiftieth anniversary celebration and that it should be prepared by young people from all over the world, many of whom are beginning to take up responsibilities in our movement. We can re-live this situation: Jesus asks two young people who follow him: "What are you looking for?" And they, who want to know Jesus, what he does, what he says... ask him: "Where do you stay? Jesus doesn't give them a speech or a long explanation but he gives them a clear and direct invitation: "Come and see!" They accept this invitation and stay with him.

A question and an invitation from Jesus. The question: "What are you looking for?" tells



Raúl Izquierdo
International coordinator

us about what each one of us wishes, about what we need and then about what we are looking for. And whatever happens, Jesus invites us: "Come and see". This question requires an answer from us. These disciples went there, they saw and they stayed. And what about us?

Often, when we want to speak of Faith and Light to somebody, we generally say: it is very difficult to explain to you what we are, what we do, with words, the best is that you come and see by yourself. And we know it is the best way to get to know Faith and Light.

Finally, in these guidelines, you will be accompanied by 12 persons, with their name and their story. They knew Jesus and shared a part of their life with him. They are women and men who were called by Jesus and followed him. They prayed with him, shared the table and the word with him. They listened to Jesus, saw him bless the bread, hug the children, heal the sick... They surely laughed and cried with him. But these 12 persons are not so different from us, women and men of today living in 2021. We too, have been called by Jesus and we want to follow him and be with him. We want our dreams to be his and we believe that he is alive in the centre of your small Faith and Light community and in the centre of our existence. Today Jesus continues to call women and men of flesh and blood, fragile, from all journeys of life. We read it in the Gospels and we experience it in our lives. We too, like these persons, have been called to witness and announce the Love of God to each person, with their disabilities and their fragilities.

But let's not talk anymore, come and see for yourselves!

Finally, reunion!

Here are two photos of the first meeting of the "St Martin" community in Klosterneuburg (Austria), which took place on 20 June. In a place of pilgrimage to the Blessed Virgin, close to their community, they celebrated the 35th anniversary of their foundation. It was a real celebration and the first meeting after a long absence due to Covid.

Georg Haab, from Klagenfurt (Austria), informed us that his community, "Herz Jesu", (Heart of Jesus), was going to meet for the first time after the pandemic on Saturday, 26 June.

Hetty Gommans (former provincial coordinator) was pleased to announce that the "De Palster" community in the Netherlands was meeting again for the first time on Sunday 27 June. For this meeting, the community got together after the Eucharist to exchange their experiences during Covid and have a cup of coffee with a bit of cake.

Our community, "Hope" from Mersch (Grand Duchy of Luxembourg), is going to meet for the first time on 1 August. On this occasion, we are going to celebrate the 95th and 96th birthday of our founder and active member of our community, Mrs Maria Schilling. We are all very happy to be able to meet again



and to be in a position to celebrate both of Maria's birthdays!

These are signs that life is getting back to normal gradually and that our communities are still very much alive.

By the way... we still hope to celebrate the 50th anniversary

of Faith and Light in Banneux. This pilgrimage will take place from 14 to 18 October!

SAM AND BERT COLYN-SERTYN
Provincial coordinators "Heart of Europe"

Go forward and shine



When the monthly meetings of the Faith and Light "Assembly" community were unable to take place from March 2020 due to the lockdown and the health situation that had taken hold, some of us had the idea of organising an outdoor day at Notre Dame de l'Etoile in the town of Montusclat (Haute Loire), and joining the annual pilgrimage, on Sunday 11 July 2021.

After consultation, the invitation was sent to members of the group who could attend to try, not only to get together for this meeting but also to pick up this time as it has presented itself, to celebrate the 30th anniversary of the crea-

tion of "Assembly" as best we can.

So, it was with rather nice weather (what luck!) and with a dozen people from our group that we met at the site to take part in the celebration presided over by our chaplain and in the presence of our vice provincial coordinators.

At the end of the mass, the Sunday assembly was invited to raise a simple toast while respecting social distancing and wearing a mask. We got together for a picnic and to catch up on everyone's news, not forgetting those who were unable to join us...

During the afternoon, relaxation was the "watch word", relishing this unexpected reunion after such a long absence... Whilst the discussions were going well, some were able to go for a stroll to stretch their legs after the meal while others took the opportunity to be lulled by Morpheus!

A bookmark was given out on this occasion to remember this time spent TOGETHER that will remain, without a doubt, engraved for a long time in the minds of those who were able to attend ...

Even if the current health situation is penalising us, it is undeniable that on that day, a common friendship and faith, shaped with our various fragilities, gave us back the energy that we have been lacking to carry on going forward and shining still further!

CHRISTINE CAPONE
"Assembly" from Puy en Velay
coordinator

The province
Is made of 29 communities

Time of abundance, renewal and thanksgiving

In a beautiful corner of Europe are the provinces that I accompany as vice international coordinator, in Spain and Portugal. They are called "Iberatlantic", "Terra et Mare" and "Luzitana". This year, they have all held their province assemblies and today, with renewed teams, they are very enthusiastic about the future. And this makes me very happy.

In Christian life, we have waiting times. Liturgical times such as Advent and Lent help us to experience and prepare ourselves for the big events of Christmas and Easter. If we experience these times well, our desire will be greater like our hope that God will intervene in our story and that we will be able to feel the joy of life bursting once more within us.

In Faith and Light, we also have a time whose significance is similar to that of these liturgical times: it is the months before an assembly; months that must be fertile in order to bear good fruits, months of preparation and awareness, months of opening up to the Holy Spirit so that the "God in us" is revived and the cry on the cross addressed to the Father and not the void.

The province assembly is a very important event be-

cause it always marks, whether we want it to or not, a before and after in province life. And it is good that we arrive on the day with a clear awareness of where we come from and where we want to go but, above all, with a very clear awareness of who we are, what we need and how we can get it.

As I look at the progress made by the provinces over the past two years, and over the last few months before the assembly that were so marked by uncertainty, the verses from St John of the Cross, with which you have surely prayed at some point, come to mind... "At night, at night we will go in darkness, to find the spring, only our thirst illuminates us, only our thirst illuminates us. I know the fountain flows and flows even if it is dark".

Three very special provinces (and which one isn't?). Each one of them dealing with their own dark nights that come from the dark nights being experienced by their members. But also, all with their thirst and all with the desire to keep in mind the Fountain that flows and still flows, that quenches thirst and allows us to see the dawn.

The night for these three provinces, I know will be fa-



"Iberatlantic"

miliar to you... It is called Covid, it is called social distancing, it is called fear, it is called "starting all over again"

Some of them felt this night all the more strongly as they were already walking with difficulty, in the grip of various crises of responsibility and stagnation. This is why it was so important that the assembly was truly this fruitful and vital time that the spirit of our movement gives us.

And yet, this time, the most important thing was that the assemblies were quite simple to overcome the dilemma between doing things as usual or not doing them at all. I want to congratulate the nominating committees of the three provinces: you have done a good job! Through your seriousness, your loyalty and your spirit of service, you have al-

*keeping the great human limitations
at bay: doubt, fear
and impatience.*

lowed the communities to be involved in the discernment of priorities and people.

The journey has been wonderful. Several groups in each province have started a process to analyse their needs and their priorities. Particular care has been taken to ensure their diversity and their representativeness, without the absence of people with disabilities. And I find myself with the words of a friend with disabilities during one of these sessions: "Today, I found Faith and Light".

I also remember the generosity of all the new leaders and members of the new teams: what a mystery (and what a joy to understand it) that there were people able to assume a responsibility in such difficult times! Could it be that they placed more weight on the *how* than on the *what*?

How? Well, they answered in the manner of Faith and Light... slowly, despite the night, with thirst, with meaning, in a community and taking on the hard task of keeping the great human limitations at bay: doubt, fear and impatience.

To those who have made the assemblies possible and to those who are leaving a responsibility, thank you. To those who are continuing and



"Terra et Mare"



"Luzitana"

Vice International Coordinator

or committing for the first time, my admiration, my affection and my support. To "Iberatlantic", "Terra et Mare" and "Luzitana": congratulations because the future belongs to you and everything, absolutely everything can be experienced differently, and you have already started.

The province
"Terra et Mare"
is made of 23 communities
and the province
"Luzitana" 16.

HELENA ESCRIBANO

Keep the flame burning

On Saturday 17 July, almost all of the Santa Maria de Guadalupe province gathered together to celebrate the 50th anniversary of Faith and Light on the theme: “Keep the flame burning”. More than 50 people were connected via Zoom.

We met at 4pm (Mexico time) and after we were greeted with the same joy as usual, we began with a few words of welcome from Florencia, our provincial coordinator, followed by the community song, sung live by our friends Jesús, Cecy, Raquel and Diana, from Chihuahua, the vice coordinator for the north.

Then, we showed a short video about the history of Faith and Light, told by Elvira de Gomeró, the vice international coordinator. The members of the province team introduced themselves, live, with the communities they represent, each wearing the t shirt of their community.

After these presentations, we broadcasted a video message sent by Raúl Izquierdo, our international coordinator. A very beautiful and moving message for the whole province. Thank you Raúl for being there in the most important times of our communities!

A video was shown with a more complete presentation of all the communities in our



province, thanking the two founders of Faith and Light in Mexico: the teacher Lupita Gracida and Father Joaquín Gallo S.J. who now rest in peace but we know that they are interceding for us.

Then we all lit our candles and the Centre region presented a beautiful video, a special prayer to the Holy Spirit, thanking Gérard and Camille Proffit, Marie Hélène Mathieu and Jean Vanier, all the people with disabilities, their families and friends and the priests who accompany us... We asked for help to

continue this beautiful movement in the future. We ended this time of prayer with a song to our mother, the Virgin Mary.

On Sunday, we met at 10am, also via Zoom, and many friends from the North 1 and 2 region met in person, complying with all the safety and hygiene measures, in the parish of The Divine Providence where the province chaplain, Father Tony, is. That day, we all wore our yellow t shirts with the 50th anniversary logo.

Elisa and Guillermo Rivero from the South region welcomed us. We prayed the Faith and Light prayer together and broadcasted the video of the 50th anniversary hymn, made by our friends from Tabasco. It is available on Facebook and YouTube:

(<https://www.youtube.com/watch?v=ex-D4gBgMdw>).

Then we split into small groups to share and to answer the question: "how am I going to keep the flame of the calling from Faith and Light burning?" A time of enrichment, of sharing all our ideas and our feelings. At the same time, our friends with disabilities were called upon to colour in pictures marking the 50th anniversary.

We came together again to attend mass concelebrated by Father Tony and Father Hugo, the former chaplain of the "Open Hearts" province. During mass, our friends with disabilities mimed the Gospel, we prayed The Lord's Prayer with actions and ended with the 50th anniversary hymn.

At the end of mass, Maria Silvia, our deputy international coordinator, said a few beautiful and inspiring words, live, with this closeness that we always feel with her... Thank you Maria Silvia for taking care of us and always being so close to us. Then our dear Elvira did the send-off. We all lit our candles. She invited us to go forward and to carry on working for our movement, remembering experiences with many members of our communities. Thank you Elvira, for always being attentive and showing solidarity with each one of us!

To conclude, Ale, from the Centre region, gave a toast celebrating these 50 years of Faith and Light International and almost 35 years of Faith and Light in Mexico.



Let us continue to keep the flame of Faith and Light burning, always in the hands of our Holy Mother Mary of Guadalupe.

Happy Birthday Faith and Light! Let us continue to share this treasure that brings us together throughout the world!

THE PROVINCIAL TEAM

Mexico is made of
20 communities

Dancing in Avignon

It was Sunday 11 April, during Easter week, that the communities booked their Sunday to meet and sing ALLELUIA as they did in 1971!

The health situation somewhat modified the organisation of the day, but the appointment was kept.

So, at 10am everyone arrived at the Sacred Heart church in Avignon. It was first and foremost a reunion for some, a real tangible time that prayer put on hold!

Many were absent, so they had been named then placed symbolically in the boat made at the start of the year by a community.

At 10.30am, the organ started us on the entrance procession with banners from the "Joie et Partage" (joy and sharing) and "St Claire" communities who were present and the boat with those who were absent. The Alleluia song accompanying us to the choir "*Soyons dans la joie, Alléluia, louons le Seigneur, Alléluia!*" (*Let us be joyful, Alleluia, let us praise the Lord, Alleluia!*)

Father Christian Bezol, the parish priest, had given his place as celebrant to Father Frédéric Beau, the "Joie et Partage" (joy and sharing) community chaplain. After a short welcome and introduction to the parishioners, the mass continued, with every-

one taking part, each person in their own way and according to their heart.

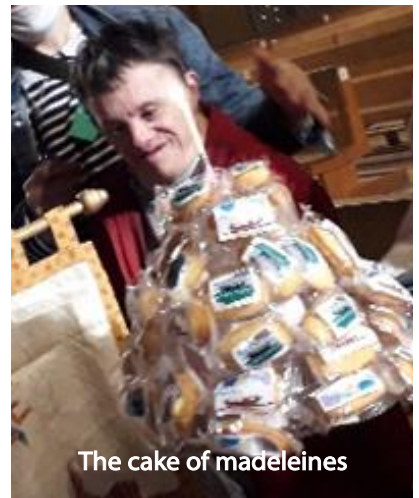
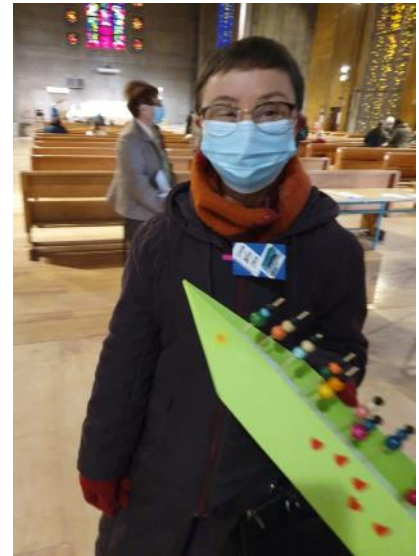
In thanksgiving, we prayed with the Faith and Light prayer while thinking of everyone in this huge family!

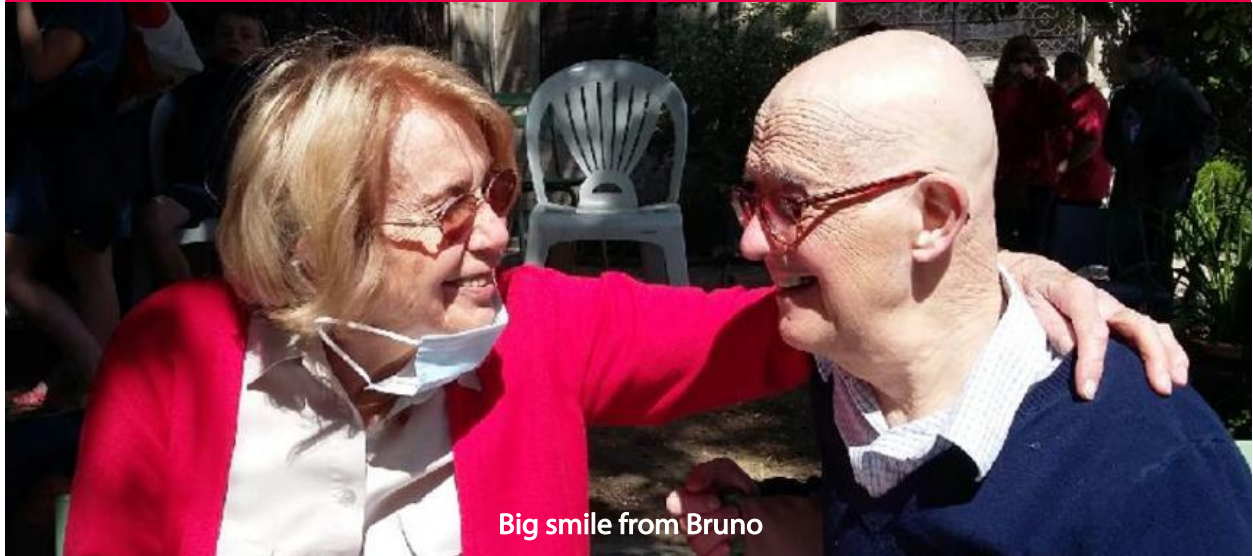
At the end of the mass, the thirty of us met to blow out the birthday candle singing: "*Celebrate in every land*", our new song created for the 50th anniversary and translated into all the languages of the world.

We left, too quickly, but each person taking away a piece of cake: a wrapped up madeleine with the Faith and Light logo on it.

With this cake is the hope of a next time with all the friends and former members around a beautiful table!

Marie-Laure Wateau
"France Rhône Azur" Provincial
Coordinator





Big smile from Bruno

Jubilee with Marie-Hélène

MARIE-HÉLÈNE MATHIEU CELEBRATED THE 50TH ANNIVERSARY ON 30 MARCH 2021 AT THE SAINT SEVERIN CHURCH WITH THE "PARIS ET LE LEVANT" PROVINCE.

What joy to finally get together with friends, meet up with our friends with disabilities now allowed to leave their Home because... vaccinated...

During this year, of course we have had the opportunity to talk on the telephone and sometimes to 'see' each other in video meetings and that has been, every time, a great moment of friendship. We particularly want to thank the managers of the Homes who have put in place the means for us to communicate with our friends; some of us who are 'not equipped' joined someone else or even asked for help from a neighbour!

Now to meet in person on the beautiful day of the 50th anniversary, bringing together 150 members of the "Paris et le Levant" province, outside in

the sunshine in the beautiful cloister of Saint Severin in the heart of the capital: our hearts were lit up with thanksgiving... Everyone happy to meet up, to smile "for real" and exchange a few more personal words and celebrate a thanksgiving mass...

A big smile from Bruno coming to embrace Marie-Hélène: *"Yes, I do know you because you are part of my community and I remember: you were on your dad's shoulders during our first pilgrimage in 1971!"*

It was also emotional to hear Marie-Hélène sing to us the founding Hymn from the first pilgrimage: "Amis chantons notre joie, Alléluia..." (Friends, let us sing our joy, Alleluia). She still knew the words all by heart!!!



Marie-Hélène, Grégoire, Valérie

The candles were blown out on the beautiful jubilee birthday cake.

We can therefore conclude with Marie Hélène: THANK YOU! MAGNIFICAT! ALLELUIA!

ISABELLE D'HARCOURT
"Our Lady of the Magnificat"

Father, make us one

THE AMERICAN AND CANADIAN COMMUNITIES CELEBRATED THE 50TH ANNIVERSARY OF FAITH AND LIGHT BY VIDEO CONFERENCE ON THE THEME "FATHER, MAKE US ONE" ...

The 50th Anniversary of Faith and Light International was celebrated by the North American Provincial Communities via Zoom Meetings throughout the weekend of July 9-11, 2021. There was great joy in each of the six themed meetings, each lasting about two hours. Over 600 community members and leaders from 57 communities from the Faith and Light North American four provinces registered for the event.

Originally, the Provincial 50th Anniversary celebration was to occur in person in St. Louis, MO. However, due to the COVID 19 pandemic an alternative option was required. The planning committee composed of representatives from all four provinces decided to use Zoom meetings for the celebration. The meeting was subdivided into six sessions:

- Friday, July 9: Welcome
- Saturday 10: session 1: honoring parents by USA East
Session 2: Honoring Core Members by USA West
- **Sunday 11:** Session 1: the role of music in Faith & Light by Canada East
Session 2: honoring the friends of Faith and Light by Canada West
Session 3: fiesta!

The weekend started with much excitement. This enthusiasm prevailed throughout the celebration. "Jesus makes us one" was the theme of the celebration. Thus, highlighting Faith and Light's emphasis on ecumenism and call for unity. One way this focus was accomplished was by having clergy from different faiths, such as Mennonite, Quaker, Catholic, etc. open and close the different sessions with scripture and prayer.

The number of devices logged on for each session ranged from 120-193. This included separate individuals, families, households, and groups of people on one device that gathered for the event. Most of the participants were wearing the turquoise-colored tee shirts that were generously funded through a grant from the Charles and Salome Reymann Foundation. The weekend was filled with song (many were original compositions by community members), prayer, videos, including videos of Faith and Light communities around the world, crafts, historical reflections, games, and dancing. There was a welcome greeting by Marie-Helene

Mathieu, Co-founder of Faith and Light, and a sendoff by Raul Izquierdo Garcia, the International Coordinator. Additionally, several VIPs participated via the live zoom sessions such as Maria Silvia Tavares, Deputy International Coordinator; Father Jim O'Donnell, a founder of Faith and Light in the U.S; along with other longtime Faith and Light historical figures.

The entire weekend was brimming with love and joy! While it would have been wonderful to have met in person, the Zoom format may have allowed for increased participation in the weekend's activities. Thus, allowing those for whom traveling would have been cumbersome to be present. The four regions col-





laborated to create an exciting, creative, and diverse program enjoyed by all. "We know that all things work for good for those who love God." (Romans 8:28)

PAULA KEARNEY
Provincial Secretary USA East



- USA East: 25 communities
- USA West: 13
- Canada East: 16
- Canada West: 9



Mirriam wins the Battle of the brains

HERE IS HOW THE PROVINCE "COLORS OF ASIA", TOOK A TELEVISION QUIZ GAME FROM THE 90'S AND TRANSFORMED IT INTO A GAME OF FAITH AND LIGHT WHICH IS PART OF THE YOUTH FORMATION PROGRAM. A BEAUTIFUL CREATIVITY.

Mirriam Trazo, from the Morning Glory Community in Cagayan de Oro (a city in Mindanao, southern part of the Philippines) victors the Grand Prize of the game show, Battle of the Brains over four other contenders on 24th of July 2021.



LEADERBOARD		
1	MIRRIAM TRAZO Morning Glory Community	170
2	NETTE CABRAL Luzon Community	140
3	RICA JULATON Morning Community	90
4	JOEY AGUNOD Study of Mindanao Community	70
5	MARY ROSE ORMEGA Cagayante Community	10

Mirriam and her community had a collaboration of reviewing the Faith and Light documents. This way, they are hitting two birds with one

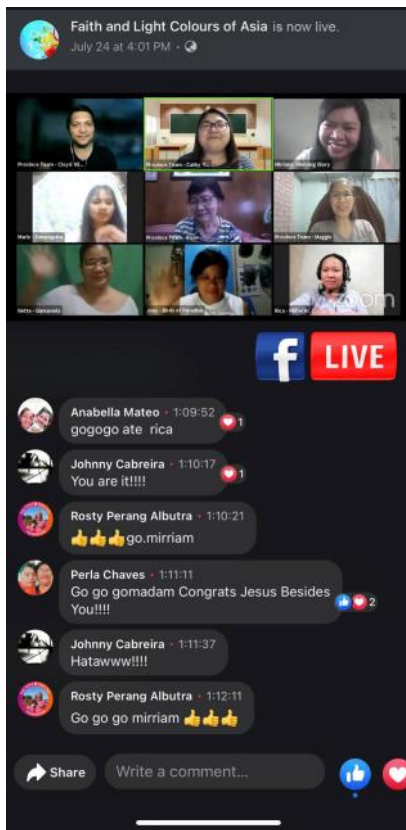


stone; knowledge to the community members at the same time prepping Mirriam for the competition. She said in an interview: "When you sent us the email, I had to start reviewing almost everyday. Like the cramming type of people. If I read all articles everyday during the day or even in a month, my brain will not absorb the information unless it's the 11th hour".



Mirriam will get a Faith and Light trophy, a keychain, and Certificate of Recognition. The rest of the participants will get a Faith and Light keychain and a Certificate of Participation.

Battle of the Brains is a QUIZ-Game Show locally produced in the Philippines in the 90s. The rules are really simple. The host will read the question and all participants will write their answers (using a marker) on a blank white paper. The participants will be given 10 seconds to finish writing their answer. The host will call each participant and he/she will raise his paper and will read out his/her answer. Each correct answer will be given 10 points and no points for blank or incorrect answers. The participant who accumulated the highest number of points wins. The Colours of Asia Province assimilates the rules and



variations of this game show since virtual formation is not that tempting to our young persons nowadays, and they always want to compete using their smartphones like games etc, this might interest them, at the same time schooling is almost over.

Hosted by Cloyd Villegas and Cathy Yap, Vice Provincial Coordinators of the Colours of Asia Province who drive in a fun-filled, exciting, and humorous show via Zoom App. The participants or the contestants are from the communities; a

Friend to represent the community, and the Province Team are the only people in the room. The rest of the community members are watching the game show through Facebook Live where they send or give their comments, shout-out, message or cheer their bet.

This activity is part of the 50th Anniversary of Faith and Light, a year-long celebration in the Colours of Asia Province and it focuses on some documents of Faith and Light like the Charter and Constitution, Little Story of Faith and Light, Module for the International Meeting of Young Friends, History of Faith and Light, the FLI website, the Colours of Asia Facebook page, and other important information about the movement. This game will assist our member's views in depth about the structure, mission, vision, responsibility/ies of members and leaders, and other information about the movement. Also, this is in preparation for the motivation of friends as future leaders of their community. The event will empower our members of how Faith and Light as a movement works continuou-

sly both in spiritual and as part of their daily lives.

The game was conceptualized for our members especially to our friends who are given not only information, but a formation through a game. A different kind of formation that may be exciting, fun, and tests the memory, knowledge, and agility of the participants instead of the conventional way of talking from the guest speaker with the participants and you cannot gauge if they are paying attention unless there is a knowledge check.

Also, this activity is part of the Youth Development program in the Colours of Asia Province entitled "Tara! Sama Ka!" (Go! Come and Join Us!) that encourages other Youth (friends, parishioners, supporters, brothers or sisters in the family) to be part of and to be involved in a community of friendship, sharing, prayer, and festivities.

THE PROVINCIAL TEAM



TARA! SAMA KA!

a Youth journey together with Persons with Intellectual Disability



Testimony

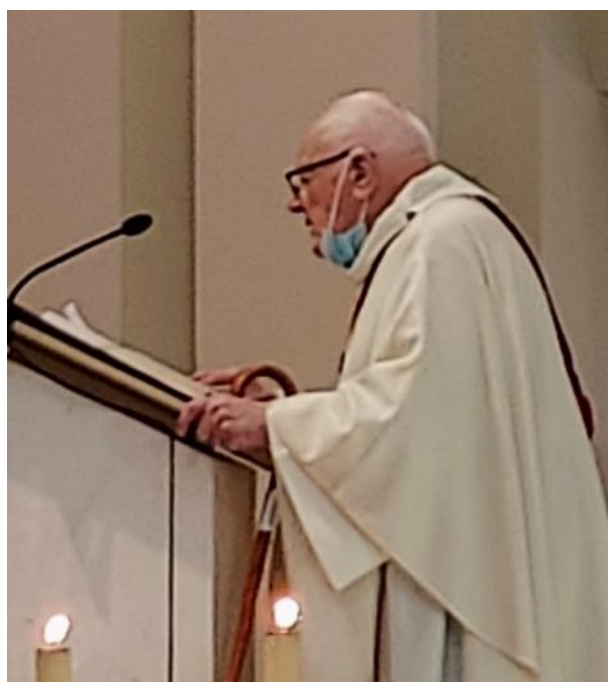
Happy Jubilee, Father Cuche!

Ordained a priest at Easter 1946, Father Jacques Cuche was the priest of three Parisian parishes: Notre-Dame de Lorette, l'Immaculée Conception and Notre-Dame de l'Assomption, the same one he was baptised in in February 1922 and where he celebrated a thanksgiving mass for the 75th anniversary of his priesthood!

No, that isn't a typing error, he is 99 years old and for 75 of these years, he has been a priest! This was remarked on at the priestly ordinations mass in Paris on 26 June by Mgr Michel Aupetit when he spoke, as at the end of any sacerdotal mass, to the priests who were celebrating the jubilee of their ordination: "I would also like to take this opportunity to thank those who have already accomplished some distance. You know that, ordinarily, at this ordination mass, we congratulate and thank all those who are celebrating their jubilee, ranging from 10 years – the young ones – to wait for it, 75 years of priesthood (applause). Ah, there he is, Canon Jacques Cuche; my father, you will show us it is necessary to follow the Lord, because, that way, it enables us to prepare for eternity. Thank you for being here with us."

The Egyptians say that a cat has nine lives. Father Jacques Cuche has many more than a cat, we do not know how to count the number of lives that he has experienced. He is familiar with things that we only learn in history at school, the twenties, the great depression of 1929, the Second World War that he saw the end of when he was almost 25 years old and many more things too!

As a priest, he also visited many of the suburbs. He did not wait for Pope Francis to invite us to bring the good news. As the parish priest of Notre-Dame de Lorette, he did not



forget that the "hot" district of Pigalle was in his area. He has, among other things, celebrated a funeral mass for Caroline, a prostitute killed by a client on Christmas Eve. That day, there were more than eighty "work mates" accompanying him.

When he was priest at the Immaculée Conception, he did not forget the fairground people from the neighbouring Foire du Trône and he volunteered to be their chaplain, which led to him experiencing some highly unusual celebrations!

As chaplain of the Tibériade shelter for people with Aids, he made great use of listening and compassion for people whose life expectancy wasn't very long. Listening to confidences, and revolts but being a neighbour to everyone.

Know that I am a happy priest!

Finally, Father Cuche, after being a fore-runner in giving people with intellectual disabilities access to the communion (in Lourdes in 1963, where he accompanied Bertrand to this sacrament), he quickly found his place as chaplain to several Faith and Light communities: "Notre-Dame de l'Assomption" (in the Parisian parish of the same name), "le Sycamore" (Saint Pierre du Gros Caillou, Paris 7th), "le Petit Prince" (Saint Jean Bosco, Paris 20th) and "les Cœurs de Jésus et de Marie" (Collégiale Notre-Dame, Vernon).

There are many Faith and Light communities giving thanks with Father Jacques Cuche for the 75th anniversary of his ordination. Thank you, Deo Gracias!

And if I only remember one word from his homily where he gave thanks for so many things, it is: "Know that I am a happy priest!"

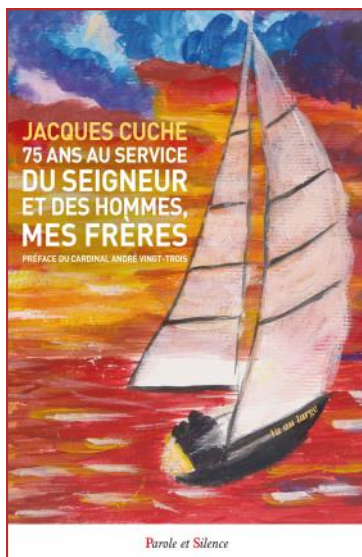
And I gladly add – because he placed the sacerdotal ministry of our baptism and that of the sacrament of Holy Orders side by side – "a happy prophet!"

Thank you very much Father Jacques Cuche, we owe you so much!



GHISLAIN DU CHÉNÉ

With Marie-Hélène Mathieu



Father Cuche's last book Preface from Cardinal André Vingt-Trois

At 99 years old, Father Jacques Cuche has not finished passing on his joy at being a priest. He gives us a powerful testimony, gathered this time in a huge thanksgiving canticle for his 75 years of sacerdotal ministry. It is undoubtedly his most personal work, in which he shares with us his faith and his hope as well as his doubts, suffering and failures, all under the watchful eye of his only guide, Christ. Through the pages, we meet Laurent, Guy, Jeanne, Charlotte and many others who he has accompanied through often tragic ordeals, always attentive to those who wander on the periphery ... We cannot remain indifferent on reading this engaged and upsetting work that powerfully illuminates our life and makes us meditate on ourselves, on the Church and on the world.

Testimony

She sings for Down Syndrome

CILOU, 26 YEARS OLD, APPEARED ON THE MUSIC SCENE A YEAR AGO AFTER GOING TO BUSINESS SCHOOL AND WORKING IN MARKETING AT DANONE. FOR WORLD DOWN SYNDROME DAY, SHE IS RELEASING HER FIFTH SINGLE, "JOYEUX", IN TRIBUTE TO THOSE WITH THIS DISABILITY AND THEIR FAMILIES. SHE TALKS TO OMBRES & LUMIÈRE ABOUT THE BACKGROUND TO THIS SONG.

Disability has been a subject close to my heart for a long time. When I was younger, I was a member of a Faith and Light community with my parents; I went on several pilgrimages with them. As a student, I took part in a musical comedy that was performed with children who had an intellectual disability. I am convinced that music is an emotional vector that helps to pass on messages. For this year '21', I wanted to write a song about Down Syndrome. For this, I wished to meet an affected family because I wanted to start with a true story, and to be able to film them for the music video. I contacted several families via Instagram. One of them, the family of Luis, 4 1/2 years old, said, OK as their son is particularly responsive to music; it is an area where he has made progress. I then wrote the song from their story (the discovery of the disability at the birth, etc.) and from their words; I then shot the music video in Brittany where they live.

An unfiltered joy

I also approached the Cafés Joyeux who agreed to be partners in the song and take part in the music video... They too helped me to find the right words and suggested a staff member with Down Syndrome from the Rennes branch, Fabian, who could play the adult Luis. It was a beautiful meeting! The two mums, especially, were able to talk to each other. What touched me about the family of Luis is that they are facing many battles (for schooling for example) and, despite everything, they always keep the faith... For me, this is a testimony that encourages us to be happy with what we have and to know how to challenge ourselves. I truly believe that the difference is beautiful; in a society that is some-



Photos : Alexandre Caramia

times very conformist, disabled people remind us that each person is unique. People with Down Syndrome, in particular, have such joy, a natural joy, an unfiltered joy!

RECORDED BY CYRIL DOUILLET
Ombres et Lumière, March 2021

To listen to "Joyeux":
<https://youtu.be/pypKyAIVWRs>

Testimony

Spirit, are you there?

HUBERT SAILLET IS THE FATHER OF FIVE CHILDREN, INCLUDING MARIE OCÉANE, WHO HAS MULTIPLE DISABILITIES. HE IS A MEMBER, WITH HIS WIFE, OF A FAITH AND LIGHT COMMUNITY IN COMPIÈGNE, FRANCE.

This morning, I was reflecting on the fact that Faith and Light meetings and, in particular, communion with its members with disabilities is one thing I have really missed in these repeated periods of lockdown. What is it that is missing?

The answer was brought to me by one of those nods from God that please me so much, while listening to the mass homily on this Sunday of Pentecost: God sent us his Spirit and the fruit of the Spirit is, as St Paul says in his Letter to the Galatians, love, joy, peace, patience, kindness, generosity, faithfulness and gentleness. But many of these fruits, I value in members of our "Enfants de Thérèse" (children of Teresa) community who are fragile but who show us the path.

And this is good for me because it washes the spirit of all that happens each day to fight these fruits of the Spirit in this world where the Spirit of love, peace and generosity is too often jeopardized by selfishness, pride, feelings of superiority, desire to dominate and attempts to deconstruct humanity by a subtle undermining in the name of a so-called benevolent humanism that in reality threatens the weakest in order to develop a hegemony for "normality".

Cyril Douillet in his last editorial (Ombres et Lumière Issue 240) spoke to us of Fragility without Borders (see "Up Sails" Issue 48 page 16), a network of people and organisations united by the sharing of experience through contact with the vulnerable person that shows us how fragility can create Peace.

So, like Fragility without Borders, let us come and draw strength from our friends with disabilities to follow the advice of St Paul and get as many people as possible to adopt his message: If we live by the Spirit, let us also be guided by the Spirit.

HUBERT SAILLET
Ombres et Lumière, May 2021



Testimony

Realising his dream

THE DELEGATES AT THE INTERNATIONAL MEETING IN LEEDS IN 2013 WILL REMEMBER MARIJUS TAMOSIVNAS AND HIS KINDNESS. HE IS A MEMBER OF A FAITH AND LIGHT COMMUNITY IN KAUNAS, LITHUANIA. WE ARE ALL VERY HAPPY THAT YOU WERE ABLE TO FINALLY REALISE YOUR DREAM WITH THE HELP OF YOUR FRIEND, ELIKA. WE WISH YOU EVERY POSSIBLE SUCCESS!

Testimony published in "15 minutes LT"
Photos: Eriko Ovčarenko



Elika and Marijus

Marijus, 43 years old, lives in the Kaunas l'Arche community. He is one of the "friends", the name given to the people with intellectual disabilities. He makes clay objects and artisan candles there. But what makes Marijus's eyes shine most is when he talks about dancing. It is a dream that he has recently realised. Having easily approached the Kaunas theatre, Marijus is currently preparing a show with the aid of a professional choreographer that will be presented to dance lovers in August.

This will not be his first appearance. Marijus has already had two experiences. Other people with disabilities will perform with him in this show. When asked if he was nervous before his shows, Marijus replied: "Not at all!"

Unassuming, reserved and quiet in life, Marijus seems to come alive when he goes on stage: he is brave, incredibly creative and, above all, a great dancer.

In the depths of his heart, Marijus has always dreamed of going on stage. Unfortunately, it is not yet common for people with disabilities to work independently and even less so to go on stage. Therefore, the hero of this story is someone who has dared to break with stereotypes and not succumbed to unfounded criti-

cism. After all, this is how attitudes to people with disabilities evolve, step by step.

Marijus says that he feels very happy now and that he does not have other dreams because the biggest – being on stage – has already been realised. Marijus has been helped to reach his goal by Erika Žiaunienė, a specialist in decision support.

Invited to speak to me about their meeting, she recounts: "I asked my friend, Marijus, one day when we were walking in the park near his home: What is my job? Being my best friend, he replied."

He met Erika more than a year ago. She visits l'Arche every Friday. When asked what they do together, he answers that it depends on what they both want. Last week, they had a fun "trip" to a large shop where Marijus bought new jeans then they went for a coffee and cake.

Although both of them like to joke and laugh out loud, this story is not entertainment, it is the irresistible human desire to find a place in the world where we feel safe and where we can do what we most want to do. Erika pointed out that this is what is often missing in a life of a person with disabilities. In society, it is quite common for them to let

others do things for them or be left behind.

Often, the simplest decisions: “What am I going to eat today?”, “What jumper am I going to wear?”, “What film am I going to see?” are taken by others so that often the person with disabilities remains a minor person in their own life. Elika offers a relatively new service in Lithuania: decision support. According to her, it is very important to give people with disabilities responsibility and to give them the chance to realise what they want in the depths of their heart and not what society expects from them. This is how the story of Marijus began. “We quickly became friends and real soul mates.”

However, Elika’s main mission is to help Marijus to understand what he really wants in life and to support him on his journey. This has been a challenge: “At the start, we were thrilled to see 6 wishes linked to the development of independence, to the improvement of abilities in reading, to learning to use a computer etc. But listening to what Marijus said he wanted to achieve, I had doubts. I felt that something wasn’t right... It seemed that the wishes that Marijus expressed were not what he really wanted, what motivated him. So, we carried on the discussions until one day, Marijus said to me: I want to dance, I want to play, I want to be on stage!” Elika understood that this was what was most important to him.

Listening to Elika’s story, Marijus smiled, remembering the beginning of his journey to the stage. It is interesting to note that his parents and friends had already noticed his infinite desire to dance and to be on a real stage. At that time, it took him time to express the dream that he had long cherished in his heart. According to Elika, this situation is typical in those who have intellectual or psychosocial disabilities. “Friends, as they are called, are often imbued with what those around them expect of them. Consequently, their own wishes are repressed in the depths of themselves. They have to learn to make the distinction between the wishes of others and their own. I am pleased that Marijus has succeeded”.

Elika decided to help him to get on to a real stage. The research began, it was more like an obstacle course than a smooth road to happiness. Elika searched for a long time for someone who could help Marijus to realise his dream. She did not give up after receiving yet another negative response. She finally turned to the theatre in Kaunas who decided to give Marijus the chance to take part in its shows.

Marijus very quickly adapted to the theatre. Elsewhere, he was embarrassed to speak. But when he is on stage, he becomes a real star. It feels good. Elika hopes that Marijus’s story will inspire other people to dream boldly and to find a way of transforming their dreams into reality. “All the no’s can be transformed into yeses!” say the heroes of this story.

Digital Newspaper "15 minutes LT"



For our reflection

Jérôme Lejeune and Faith and Light



On 21 January 2021, the Catholic Church declared Professor Jérôme Lejeune, who discovered the genetic origins of Down Syndrome, “venerable”. In addition to his great qualities as a scientist, doctor, husband and father, it was for his use of what he did that he was given this great honour. The road to beatification and then sainthood is open to him. A miracle is all that is needed.

Jérôme Lejeune crossed paths with Faith and Light at its beginnings; Marie-Hélène Mathieu speaks of it in the book “Never again alone”:

With Dr Marie-Odile Réthoré, he suggested including in the pilgrimage program a symposium of doctors and teachers on the theme “the psychological repercussions of rejection and welcome for the people with intellectual disabilities”. After the international committee had approved the idea, he agreed to organise it.

At the press conference organised in Paris by Faith and Light on 4 June 1970, the journalists were particularly struck by this initiative and the presentation from Jérôme Lejeune. [...]

Finally, on 27 January 1971, there was an even more important conference, that of the “last chance” for all the pilgrims who were

still hesitant and for those who had not yet been contacted. Two headliners attracted the journalists, Jorgen Hviid, the international chaplain who came from Denmark to emphasise the universal aspect of the project with the attendance of pilgrims from eighteen countries, and Professor Jérôme Lejeune, who renewed his invitation to all doctors to the symposium reserved for them. “A pilgrimage like this, said Professor Lejeune, is a school of hope.” [...]

[In Lourdes] Professor Lejeune opened the debates by clearly announcing the objective: “We are meeting here, many doctors, not so much to discuss medicine but to act usefully. It is important to see how segregation and rejection can break a character, how on the contrary, love can build it.” [...]

And Professor Lejeune concluded: “We do not do much, but we, doctors, do a little something every day. Whatever the step by step of the results, we will never give up.”

With the theme that we have chosen for our jubilee, “A treasure to share”, I see it as a nod from Heaven that this recognition of the heroic virtue of Jérôme Lejeune comes at the beginning of this jubilee year. Therefore, would Jérôme Lejeune be the first gift received for our treasure?

And then, our Guidelines for the coming year have the theme, “Come and See”: this is very similar to what Jérôme Lejeune said to the doctors when inviting them to Lourdes with Faith and Light.

Finally, since it now needs a miracle to go through to the beatification stage, let us remember one of the warnings made to the organisers of the pilgrimage: “The suffering, multiplied by hundreds of pilgrims, will be unbearable, especially since the parents will come with the hope of a miraculous cure and will leave frustrated in their expectation”. The response from Marie-Hélène Mathieu was clear: “We are not going to Lourdes to ask for the healing of the intellectually disabled people but for the healing of our hearts

At Lourdes, we will ask for the healing of hearts

so that we may recognise them fully in their unique beauty and help them to find their place in the Church and society”.

Let us also remember that the medical conference wanted by Jérôme Lejeune was not a foregone conclusion. During the press conference on 27 January 1971, he declared: “If this school of hope bears fruit, it will in itself be an enormous miracle that I would really like to see.” Two months later, he did indeed see it and, with him, the 350 doctors from all over the world, the 17000 pilgrims and the whole town of Lourdes.

Finally, here is another small miracle from this 1971 pilgrimage regarding the delegation from Luxembourg, told by Marie-Hélène (therefore confirming the words of Jérôme Lejeune at the opening of the conference):

“Everyone was surprised and even astounded by the behaviour of the children. The doctor emphasised one point in particular that he called ‘our miracle of Lourdes’: among the fifty children that he accompanied, he had anticipated that some would encounter great difficulties. However, all the anticipated medications were superfluous. The doctor did not open his bag once during the stay. According to him, this was due to the fact that each child had a chaperone: we could see the importance of an environment that creates a calm atmosphere and so avoids the need for medical sedation. The children experienced extraordinary things and went from wonder to wonder. Even the long services did not tire them because everything was so new and so beautiful for them: to mix with this crowd of warm pilgrims, to see their work displayed on the large panel during the celebration; they were so proud.”

When I discovered Faith and Light, it was just before the 1991 pilgrimage. Julie had just turned three years old and we had attended a conference given by Jérôme Lejeune. The auditorium at St Bernadette was full and I can still hear his voice in my ears, and the truths he spoke were as loud as his voice was quiet.

Finally, on the day of the funeral mass for Jérôme Lejeune, I witnessed a very touching scene that I have never forgotten. On this 5 April 1994, in the Notre Dame de Paris cathedral, some small pictures had been left and when François-Marie (whose parents were coordinators of the Ile de France province) saw the photo of Jérôme Lejeune, he shouted out: “Oh, my dear professor!”

GHISLAIN DU CHÉNÉ



International Agenda

- 1st September: Formation session in Norway, Stenbeck Misjonscenter
- 11 September: pilgrimage for the 50th anniversary of Faith and Light in Slovenia on the theme: "Keep the flame burning", Brestanica
- 24-26 September: Formation session in Slovenia, Stična
- 24-26 September: Canada East province meeting and assembly, Zoom
- 25 September: virtual meeting for the young people from the "Jesus, Light of the Andes" province (Peru, Chile, Colombia, Ecuador)
- 25 September: virtual meeting for all the communities from the "Heart of the Americas and Caribbean" province (Dominican Republic, Honduras, Nicaragua)
- 2 October : Audience with the Holy Father for the Faith and Light 50th anniversary
- 14-18 October: pilgrimage for the 50th anniversary of Faith and Light in Belgium, Ban-neux
- 15-17 October: pilgrimage for the 50th anniversary of Faith and Light, "Jesus, Light of the Andes", Auco, Chile.
- 15 October: musical comedy on the theme: "How Faith and Light began in Norway", Kongsvinger
- 24 October: virtual pilgrimage "Heart of the Americas and Caribbean"
- 5 November: celebration of the 50th anniversary of Faith and Light, "Rainbow" (Madagascar, Mauritius, Rodrigues, La Reunion, Seychelles), Mauritius

Documents

Guidelines 2021-2022

To be downloaded from the website

www.faithandlight.org/rubriques/haut/actualites/guidelines-2021-2022

Come and see



Guidelines 2021-2022
Faith and Light international

Feast of Light

A four-page illustrated leaflet

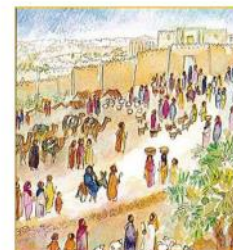
www.faithandlight.org/rubriques/haut/downloads

Feast of Light

Illustrations : Maité Roche Text : Josette Audret



Shortly after his birth,
according to the Jewish law,
Mary and Joseph take baby Jesus
to Jerusalem.



They go to the Temple.



Family album



Father Claude Pariseau



Father Claude departed for a new Life on Monday 24 May 2021, Pentecost Monday, after a few weeks in hospital. He had been at the service of l'Arche all his life. When he was ordained as a priest, in the diocese of Avignon (France), his time was divided between the parish, L'Arche and Faith and Light. He was chaplain of the "Sainte Claire" community from about 2007 to 2018 then with the "La source des 3 pierres" (the spring from 3 rocks) community in Lambesc. The funeral took place surrounded by friends from everywhere. His body, reduced to ashes, will soon go into the family vault in Canada where the family hopes to have a celebration at Sherbrooke. A nephew wrote to me: "It was good to see that his friends gathered around him. It was important to Claude to bring people together." His smile, his attention to the other one, his perseverance in

doing God's will has marked us. May he intercede for us...
Marie-Laure WATEAU
"France Rhône Azur" Provincial Coordinator

Thank you for "Up Sails"!

Thank you to all the team. What a beautiful achievement to keep us connected in this large Faith and Light family. My warm greetings to you all.
Anne Cronier

Jean-Luc Vouga

I think that many of you have heard the sad news of the passing of Jean-Luc. He will remain for us a very charming person with great humanity. He had been involved in the province council for a long time where, with his experience, he brought pertinent ideas for moving forward with some subjects. He communicated his faith in the times of prayer at our meetings and pilgrimages. With Françoise, his wife, at the pilgrimage to Ranft in 2017, he brought to life the character of Saint de Nicolas de Flüe in front of an attentive audience. Very close to L'Arche, he enjoyed testifying to and sharing the life of his daughter, Adeline, in Fribourg. Jean-Luc, we will not forget your smile and your kindness. We know that you are now welcomed to the Father. Also, in this time of separation, we

carry in our prayers Françoise, your wife, your children, your family and loved ones. Thank you Jean-Luc for all that you have given our beautiful movement.

Jean-Louis Benoit
Vice Provincial Coordinator
"Mountains and Valleys without Borders"



Adeline and her father

A chaplain becomes a bishop



On 14 July, Father Theodoros Kontidis (Jesuit) was appoint-



Family album



ed archbishop of Athens and apostolic administrator of Rhodes by Pope Francis. We want to wish all the best to our beloved Father Theodoros for his new mission. This new archbishop is a good friend of Faith and Light and a loyal member of our communities for many years, always close to us.

Marios Hadjirousos
Cyprus

Father Theodoros joins the list of 23 chaplains who have become bishops, including a cardinal and now two archbishops!
We give thanks!

Sister H el ene Josse



We share the joy of celebrating the 60 years of religious life of Sister H el ene, friend and spiritual guide of the "Semence d'Amour" (Seed of Love) community from Huaura in Peru. May the Lord bless her, give her health and accompany her in the mission that she fulfils with so much love.

Yolanda Seminario
Vice Provincial Coordinator, Peru

A new Provincial Coordinator



Alejandra Polo Fernandez succeeds Alvaro Gomez and Maitane Reyes to coordinate the "Iberatlantic" (Spain West) province. A big thank you to all three!

Ashraf Zakhary

Amgad Edward (Vice International Coordinator) gives a candle to the new coordinator of the "Holy Family) province (Egypt North, Sudan, South Sudan): Ashraf Zakhary. Ashraf succeeds Sarwat Rady. We thank them for their yes and wish them a beautiful journey.



Make a donation to the International

Since the beginning of July 2021, it is possible to make a donation easily to Faith and Light from your smart-phone without having to fill in any forms or send a cheque! There are two options, the simplest being to scan the QR code:

- Scan the QR code with your smartphone camera. Open, fill in your details and make a donation of the amount of your choice.



Or

- Search for the LYF Pay application (France and Europe, Euro zone) and download it.
- To make a donation, click on the little heart "Make a donation", and in the search window type "Faith and Light".

Marie-Hélène's letter



OUR CHILD FOR EVER

Even though I have not experienced the pain of having a child with disabilities, nor the perhaps even greater pain of seeing him wrenched from me by death, I know, having shared it with many parents, that this suffering is one of the most heart-breaking and unspeakable. Our vocabulary is a sign of this. If we lose parents, we become orphans. If we lose a spouse, we are called a widow or widower. If we lose a child, there is no word to describe this ordeal.

How, in this bereavement that invades everything, can we cry out with Job: “Where is the way to the dwelling of light?” (Jb 38,19) and let some light through?

Parents have told me how they discovered after the death of their child – dreadful and appalling though it is – his new invisible presence.

When Joëlle and Jean were expecting their first child, a prenatal test revealed a heart defect that left no chance of survival. They decided to carry on to his birth. During the wait, despite the anxiety, their concern was offering this little one an atmosphere of calm and joy. A few hours after coming into the world, Thomas left this world, leaving his parents crushed. “For months, my heart ached so much that I felt like I couldn’t breathe” said Joëlle. For his dad, Thomas is the one who has gone to heaven before him, available at every moment, in whom he can find strength and peace. So, they grieve in very different ways, but with the desire to let the wound stay open until it closes itself. It doesn’t matter how long it takes! The two little girls born afterwards help with the healing. With them, as a family, Thomas is talked about quite naturally, “the big brother in heaven”.



Chicca (short for Maria-Francesca) had never had an autonomous gesture, nor said a single word. In 1974, her mum, Mariangela, founded Faith and Light in Italy. Three years later, at age sixteen, Chicca entered the peace of God, a traumatic event but whose fruits Mariangela recognises: "While Chicca was on Earth, it was she who brought together so many families with a disabled child. But now, in God's heart, her fruitfulness has multiplied. We owe her the communities from Eastern and Southern Europe. At the birth of Faith and Light in Russia (which was then still the USSR), facing the Kremlin, stunned by the strangeness of my situation, I cried out: 'Chicca, where have you led me!'"

Like Chicca, many other children with disabilities show their spiritual fruitfulness. They call their parents and loved ones to a greater love, to a certain counting, to commitment with others. Today, in heaven, they continue their mission by sharing the omnipotence of God's love.

"Finally, our girl is freed from her painful body, testify these parents, this body that has required so much care and that perhaps prevented us from seeing what she really was deep within herself.

Yvon was tormented by such pervasive anxiety that he chose to end his life. His parents did not stop feeling guilty until the day when, praying for him, they mysteriously received a great peace and certainty that their son was alive in the light of God.

It is incredible that God wanted the communion of saints, "that intimate, constant, joyful, gentle, refreshing union of those who have departed and those who remain"! (Paul VI). In order to experience this communion, her mum often asks for help from Véronique who, on Earth, could not bear tension and division. On the very day of her death, thinking about her meeting with God, her mum asked him to release a family knot inextricable to

human eyes. A few months later, the problem was resolved without disruption. It is the joy of our children in heaven to be our intercessors with God. And God is happy to answer their requests.

Many parents like those of Emmanuel have another certainty, their child calls them to a conversion and brings them closer to the Beatitudes. "Emmanuel sees us constantly, signals us. He reaches out to us... He pulls us... He awaits us on the day of facing the Lord, that day of the great happiness of the eternal wedding party" where Jesus will welcome us in the happy company of his poor ones.

