

Living as a Community, a Year of Renewal

Guidelines 2007-2008



Faith and Light International

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Introduction

Dear friends,

Throughout this year, we are going to be called upon to grow in friendship, faith and faithfulness. We are going to be called upon to examine our roots in detail, to celebrate our sacred history, to rediscover the vocation and unique mission of Faith and Light. Finally, to bear much fruit...

Thank you to Jean Vanier for the meditations that he has proposed for us each month.

Thank you to all of those who have sent an evaluation of the 2006-2007 guidelines. Your suggestions have guided us through all our work. With Marina, Father Guy, Georg, Alenka and Viviane, we have tried to respond as best we can to the expectations of your community and coordination team. We are such a large family... of such different denominations, cultures and ages that the drafting of the guidelines is always a challenge!

That is why you should **adapt it**, without any qualms, to the personality of your community, to your requirements, for your children... **Reverse the order** of the different times, **select** what is most adaptable to the time you have available from the activities suggested... **Be free and creative!**

This year will be one of joy and celebration! Let us generously invite new friends so that they can discover our treasure. May our meetings be particularly festive... May a gentle song of praise for this gift that is the community, a huge song of thanksgiving for this present that is Faith and Light, rise to the Lord from all over the world.

A handwritten signature in black ink, appearing to read 'Corinne', written in a cursive style.

Corinne Chatain
Secrétaire générale



Some proposals for the organisation of the year in the coordination team

It would be good for **the coordination team to meet at the beginning of the year** for a weekend to:

Take time to evaluate the past year:

- What has not been so good and could be improved?
- What has been good and has made us grow?
- Has everyone got a place, a responsibility?
- How can we welcome new members, open up our community so that it shines forth and grows?
- What will our priorities be for this year?

Plan and organise:

- The calendar for community and coordination team meetings
- A commitment celebration for the year
- Small friendship groups (see page 89) or how to keep the bonds of friendship alive between community meetings
- The Day for a renewal¹
- The Feast of Light (see pages 38 and 90)
- The announcement and Sharing Day (see page 91)
- A pilgrimage
- A holiday camp
- ...

¹ Free booklet available from the International Secretariat: 3, rue du Laos 75015 Paris - France - T + 33.1.53.69.44.30 - foi.lumiere@wanadoo.fr or downloadable from the website www.faithandlight.org, under the heading 'Faith and Light Publications', 'Deepening our lives together'.

News for 2007-2008

- **An ‘accordion leaflet’**

Easy to make (see page 96), ‘the accordion leaflet’ will guide us throughout the year. Each month, we will draw or write on it what has touched us most during the meeting. On returning home, we will hang it in a chosen place, for example, our prayer corner, to keep our experience fresh in our heart and to give thanks to the Lord every day for this gift that is the community.

- **Focus on the theme of the month**

A few sentences summarising the central idea of the meditation to help you to articulate and unify the whole of the community meeting around this theme.

- **Twelve meetings**

In the Northern Hemisphere, some countries do not schedule meetings during July and August. Do not make this decision in haste because there could be many in the community who only take a few days holiday or even none at all... It is perhaps at this time that life seems to stop, that some of us are most alone and will need to meet with others. There are also many communities that do not live at this Northern Hemisphere pace.

The theme of the proposed meeting in August is essential to the mission of Faith and Light: *‘The community, welcoming ground’*. In the coordination team, we will, together, consider a way of holding this meeting during the year.

- **Personal nourishment**

Father Guy Vanhoomissen, our international chaplain, has proposed an outline for the **prayer time**, bible references and meditation texts (see pages 82 to 88). These meditations or the extracts can be used during prayer time. They can also nourish our personal prayer.

- **Prayer time**

The proposal that follows is not to be taken to the letter either. It isn't a question of 'ready to use' celebrations but guidelines, which should be adapted to your community with imagination and creativity every time. It is necessary to consider it as a canvas to be worked on and to be padded out by the coordination team.

It is proposed, so far as possible, to keep the same outline, a same frame of reference for each prayer time. It is good for the participants to know what is going to happen. And the times when you get sidetracked will only be more of a relief!

- **Typical outline**

To start praying, begin by making the sign of the cross.

Sing

Introduction from the celebrant or leader

Bible reading(s) or other

Symbolic gesture, mime, and so on

Time of meditation and internalisation, in silence or with background music.

Ideas, shared prayer: each person is encouraged to say a prayer if he/she wants to.

'Our Father' said together

Concluding prayer, said by the celebrant: this prayer can be inspired by the proposal in the guidelines or any other text, but it will have to have been prepared beforehand.

Song

Make the sign of the cross (see page 10) or sing the Irish Blessing (see page 11).



The community,
a great song of joy





The Word of the Month

In order to understand the community, it is necessary to return to its **roots**: how did it come about? During the 60s, persons with an intellectual disability and their parents were still (and had been for a long time) the great outcasts. The parents felt lost with their child, sometimes ashamed. Parishes were not very welcoming to persons with an intellectual disability, they refused them communion deeming 'that they would not be able to understand'. Persons affected by an intellectual disability were often hidden at home or placed in large institutions (asylums, psychiatric hospitals). The pilgrimage to Lourdes, organised for Easter 1971, had as a basic goal the integration of disabled persons into national and diocese pilgrimages and, from that, into the Church. The distressing pilgrimage of Camille and Gérard Proffit to Lourdes some years previously, forbidding them to take their children into hotels, had been a triggering event. It was necessary to do something.

It was necessary for persons with an intellectual disability and their parents, as well as their brothers and sisters, to find a place in the Church and in society. But for that, it was necessary for them to leave their solitude and meet together in communities where they learnt to get to know each other, support themselves and give mutual support. Thus in order to prepare for the Easter 1971 pilgrimage, it was necessary to make preparations together, at least during the few months preceding the event. The 1971 pilgrimage brought together 12000 people (4000 parents, 4000 disabled persons, 4000 friends of whom many were young people). **This was like a great song of joy.** Lourdes became the place of immense celebration. **The disabled person was at the heart of the celebrations, young people began to make a commitment to them, the parents were no longer ashamed.**

Lourdes is a great place of pilgrimage, which is visited by poor and sick people as well as those seeking God from all over the world. This place of pilgrimage began with the appearance of the Mother of Jesus to a young and simple, uneducated girl from a most unassuming family. Lourdes has



become a place of an expression of God's love, of God's forgiveness for all men and for all poor people. Faith and Light was born in this place. The leaders of each group or small community on the last day insisted: 'We want to carry on'. Thus the groups already formed continued to meet, to celebrate. Little by little, new communities of about thirty people were formed. Faith and Light, born at Lourdes, has become a community movement across the world, inspired by Jesus and the Holy Spirit, where you meet in a community, discover the loving heart of the frail person and feel called to join with him/her in their modesty, to make a commitment to him/her in order to celebrate life and better live the Gospel.

Jesus was the inspiration for the birth of Faith and Light. It is Jesus who guides Faith and Light through time and space. It is He who is the true founder of Faith and Light, who used Marie-Hélène Mathieu and Jean Vanier as instruments for causing the birth **as He uses each of us as instruments to make it matter and grow.**

Focus on the theme of the month:

'The community, a great song of joy'

Why this theme?

- God has given us the gift of life.
- Let us give thanks for the life received and for the gift of Faith and Light.

Possible biblical references:

- Gn 1,1-2,4 The story of creation
- Ps 104 (103) The splendours of creation
- Ps 8 The human being's place in creation
- Dn 3,52-90 (LXX) Canticle of creation
- Saint Francis of Assisi Canticle of Brother Sun



Welcome and reunion

When everyone (or almost everyone) has arrived, we sit in a circle. Throughout the year, we will be able to mark the start of each meeting with a festive action song that the community likes... Inviting the whole community to sing this song can be a responsibility

happily entrusted to a disabled person.

We could begin each meeting by going around the table where each person gives a 'weather bulletin' of the past month: *'how are you, has anything important happened to you in the past month? What do you want to share with the community?'* (A joy, a difficulty).

For this first meeting which, for many, marks the return from holiday, we could bring a souvenir of those summer months or an image representing the beauty of creation and say why we have chosen it.



Sharing

Chalk circles are drawn on the floor (or cut out of newspaper). Each person goes into a circle, we are all isolated from one another. The leader and the cha-

plain fetch the first person: '(Name), *Jesus is calling you into the community*'. While holding hands, we fetch the second person... until we have formed a large circle. We are all called, we are no longer alone. We burst into a song of thanksgiving.

The leader can tell the story of the birth of Faith and Light and give each person the small cartoon history.²

We get together in small groups

- How did I come to be in the community? I tell of my first contacts.
- Why do I want to be part of a Faith and Light community?
- How do I feel in my community? What do I like?

² Cf www.faithandlight.org: Under heading 'Who are we?' 'History' and heading 'News', 'Brief illustrated history of Faith and Light'.



Praying

*God our Father,
You who is the life of any being,
You make shine forth the light which clears away the darkness,
You dress the flowers of the field,
You give birds to fly in the sky,
You created man in your image,
And you invited him to enter into a union of love,
We praise you for the origin of our community,
We thank you for the friends who surround us.
May your spirit guide and strengthen us
On the road we are travelling together,
By Jesus Christ, our Lord. Amen.*

➤ Prayer of a poor person

'Jesus remain always with Faith and Light, remain always with us.'

- Throughout the year, we could end prayer time by making the sign of the cross:

In the name of God, our Father,

(the right hand placed on the forehead, as the beginning of the sign of the cross)

In the name of the Son, our Brother,

(the right hand placed on the heart)

In the name of the Spirit who loves us,

(Cross arms across chest)

Be praised,

(open arms wide, turn palms upwards)

Be adored,

(Bring arms back to centre, open hands facing upwards)

Lord.

(raise arms to sky, at eye level, hands open)



Or with this beautiful Irish blessing:

May the road rise to meet you,

(Open arms and hold parallel in front of you to show the way)

May the wind always be at your back,

(Put your hands behind your back, palms towards the back to feel the wind)

May the sun shine warm upon your face,

(Join hands above head, make shape of large round sun)

May the rains fall soft upon your fields,

(Put hands back down by side of body, moving fingers like falling rain)

And may, until our next meeting,

(Open arms and draw a large circle, look at the person to your right)

God keep you in the palm of his hand (repeat)

(We put our hands towards the centre by putting our right hand over our left hand)

(Score, see page 92)



Celebrating

To relive the birth of Faith and Light, we can **mime** the 1971 Lourdes pilgrimage. We are going to decorate the room with some photos of the pilgrimage³.

Then, we can do a great farandole outside or all around the room whilst singing: *'Friends, let's sing our joy'*. Let us imagine community dances to celebrate the gift of life!

• Craft

- Finger puppets representing Loïc, Thaddée, Jean and Marie-Hélène... (see page 97)
- Musical instruments for the celebration time that we will use throughout the year (see pages 97 and 98).

3 Cf www.faithandlight.org: Heading 'Who are we?', 'Guidelines'.



- **Games: Going from shadow to light**

Guess a shadow shape

Divide the community into two groups. One group remains in front of the screen made from a taut sheet, the other group goes behind it. Try to make the room as dark as possible. With the help of a quite powerful lamp, the profile or silhouette of one person is projected on the screen behind the sheet. The group in front of the screen must guess who it is.

Night-day

We form a circle, either sitting or standing. When the leader says 'night!', everyone curls up trying to make themselves as small as possible. When, he/she says 'day!', stand up again, making yourself as tall as possible and holding your arms as high as possible. The leader quickly alternates the requests. The person who gets it wrong takes over as leader.

'Accordion leaflet'

On the page for the month of September, we draw or stick the Faith and Light boat, we write, for example, 'Thank you Jesus'. At home, we will be able to hang our 'accordion leaflet' in our prayer corner or give it a chosen place... Don't forget to bring it to the next meeting!

The Charter

Faith and Light was born of a desire to help people with an intellectual disability and their families to find their place within the Church and society. This was the main purpose of the organized pilgrimage to Lourdes at Easter 1971. Twenty or thirty people from the Protestant Church were among those who participated in this Catholic event. In order that the gifts of this pilgrimage would not be lost, it was necessary for the participants to be members of a community that brought together people with an intellectual disability, their parents and friends, especially young people. Following this event, which was a time of great blessings, a large number of communities maintained and deepened the links that had been created between their members. Over the years, other communities were created throughout the world, developing in different Christian denominations. (Introduction)



Remaining in communion



In small friendship groups, if you can meet

If possible, watch Marie-Hélène Mathieu's DVD⁴ together, telling the story of the birth and history of Faith and Light. Let's invite some new friends to join us so that they, too, can discover our treasure.

Throughout the month, let us, like St Francis, keep giving thanks in our hearts for the miracles that God performs in our lives, for all the miracles of His creation.

We can pray with the meditation proposed for September: '*Canticle of Brother Sun*' (see page 82).

⁴ Available from the International Secretariat 3, rue du Laos 75015 Paris France, in English, French, Spanish and Italian.



The community
founded
on the person
with a disability





The Word of the Month

There is an air of mystery around the person with an intellectual disability. For many parents, giving birth to a disabled child is a suffering, at times a drama. Often the parents have little help. They are at a loss to know what to do. They are often ashamed. Their child is a source of great disappointment. And the disabled person suffers in their body and mind. It is hard, very hard to feel that they are letting down their parents. The disabled person finds it hard to express themselves, to understand what is expected of them ... They are often hindered by their body, clumsy ...

Nevertheless, the Gospel reveals that they are the first to enter the banquet of love that the Kingdom of God represents. Jesus tells a parable: a master of a house gives a great feast. When everything is ready, he sends his servant to invite people who are well integrated into society, but they all refuse because they are too busy, they have more important and immediate projects. The master is angry and sends his servant into all the streets of the town to invite society's outcasts: the poor, the cripples, the sick, the blind (Lk 14, 10). I imagine they came running: a feast of love!

Saint Paul took up the same theme: God has chosen to have madness and frailty in the world to confuse the powerful and wise of this world. God chose the most despised (I Co 1, 27).

Does this mean that God only loves the frail? No! God loves each person. But often, the powerful and the wise of this world are filled with their power and property. It is power that interests them. **The outcasts, above all, are looking for the relationship, the friendship. God is the relationship. He wants to meet us heart to heart.**

Faith and Light is not just a movement for solidarity and justice where each person, whatever their abilities, is important. **Faith and Light is a movement inspired by God so that disabled people are able to discover the love of God and their place in the Church.**



By discovering the love of God for their child, the parents also discover the importance of their child's vocation and their own vocation. Friends discover the importance of their commitment to Faith and Light..

Focus on the theme of the month:

'The community founded on the disabled person'

Why this theme?

- Any person, however disabled, is loved by God.
- Discover the Gospel recovery to which Jesus invites us : what are the real values ?
- Discover values other than those proposed by the society around us.

Possible biblical references :

- Lk 14, 15-24: The poor and outcasts invited to the banquet
- Mk 10, 13-16: Jesus and the little children
- Lk 14, 7-11: How to choose your place
- 1 Co 1, 27-30: 'There is foolishness in the world...'
- Lk 22, 24-27: 'Who is the greatest ?



Welcome and reunion

After the song or gesture chosen last month, which announces the start of the meeting, it is time for the 'weather bulletin', taking it in turns, we talk about what has happened in our lives during the past month, how we feel...

After the introduction of the theme, we, if able, cut some fruit in half and admire its beauty and astonishing interior: the core of the apple in the



shape of a star: the watermelon, so austere and rigid on the outside, showing a red flesh and very juicy: the kiwi fruit revealing a striking green behind its dreary covering: the fresh almond, so difficult to open and peel, offers a white and tender heart... With all these fruits, we can make a delicious salad for tea or the meal. Or then, each person can receive an envelope in which there is a decorated heart with a name on it. Until the next meeting, he/she can pray for this person, invite them over or visit them, telephone them... (Heart template, see page 98)



Sharing

Together, we relive this passage from the Gospel of Luke (14, 15-24): *'The poor and outcasts invited to the banquet'*, by organising a real meal: all the community takes part. We finish with songs accompanied by our musical instruments, dancing ...

Or we can have this non verbal communication experience in which the community takes part (see page 93).

We meet in small groups to share what we have just experienced 'without words' and to share about the necessity of a place for each person within the community.

- Are there things that we can't manage to do or understand? Is it serious?
- My way of living has already transformed the life of some people...
How? Why?
- As a community, we live a little differently from each other. Is this sometimes better? And sometimes less so? Why?



Praying

*Lord Jesus,
You, friend of the poor and small,
You love neither gold nor money,*

*You alone chose some friends,
It is You who brings us together such as we are,*



*It is You who invites us to share our joy and pain.
Help us to be more welcoming to each other,
May each of us find his/her place,
Because we are a community gathered in Your name,
You who lives and reigns with the Father and the Holy Spirit, forever and ever.*

▶ **Prayer of a poor person**

'Jesus, open my eyes so that I can see the beauty of my brother'



Celebrating

We are going to nominate a 'reporter' who will take a photo of the face of each member of the community. The photos will be used in the November meeting.

• **Craft**

- Let us admire the paper flower which opens up by itself in water. Yes, it works very well! (See page 98)
- A chain of little paper men, between each person, the arms form hearts. (See page 98)

• **Games:**

Recognise someone when you are blind-folded

A member of the community is blind-folded. He/she has to recognise the person in front of them just by touching their face.

Guess who a member of the community is by their description

He is blond, brunette, it is a woman, a man, he talks a lot, she likes birthdays, she wears glasses, he has a beard, moustache... Who is it?

Guess what it is

An object is hidden in a box. A hole is cut into the side that is just big enough to put your hands into. You have to guess what the hidden object is (a stuffed toy, a cap, a pencil...)



'Accordion leaflet'

We write: 'I am precious to you, Jesus' and we draw our self-portrait.

The Charter

Faith and Light is founded on the belief that each person with an intellectual disability is a complete person with all the rights of a human being: above all the right to be loved, recognized and respected for himself or herself and in the choices he/she makes: the right also to receive whatever help is necessary in order to grow at every level, spiritual and human. Faith and Light also believes that every person, able-bodied or disabled, is equally loved by God and that Jesus lives in them, even if the person concerned can barely express this. Faith and Light believes that every person, even the most severely disabled, is called to deepen his or her life in Jesus, to receive all the spiritual richness from his/her Church, sacraments, liturgical tradition,... He/she is called to be a source of grace and peace for the whole community, and also for the Churches and for all humanity. (II, 1)

Remaining in communion



In small friendship groups, if you can meet

If possible, this month, the parents should meet to have fun together or go for a meal in a pizzeria whilst the disabled people and the friends meet up to go to the cinema, watch a video together or listen to music...

We can pray with the meditation proposed for October: 'The gift of compassion' (see page 83).



The community,
everyone is important,
everyone is a gift





The Word of the Month

We are all very different from one another: age differences, differences between men and women, differences in our strengths and our weaknesses. Saint Paul in his epistle to the Corinthians compares the Church, which is the body of Christ, to the human body: *'The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body. So it is with Christ' (1 Co 12, 22)*. The human body is made up of feet, hands, eyes. Each part is necessary and important.

Saint Paul continues: *'On the contrary, those parts of the body that seem weaker are indispensable ... God has arranged the body so as to give more honour to what is lacking.'* (1 Co 12, 24)

Jesus came to transform the pyramid structure that is the model of our societies where the more powerful are at the top and the poorer and outcasts are at the bottom. Each person, whatever his **strengths and weaknesses, is necessary**, indispensable.

A Faith and Light community is constructed not as a hierarchy of powers but as **a body where the most frail are important. Their presence, their gift to others is necessary to form the body.**

An essential factor in creating a community is to tell each person his or her gift, encourage them to respect and practice it and to help each person to find their place in the meetings. **A community dies** when only two people do everything. A community **becomes alive when each person can live and demonstrate his/her gift.**



Focus on the theme of the month:

'The community, everyone is important, everyone is a gift'

Why this theme?

- No-one has the same face, the same hair, the same voice, the same character, and so on. Recognise the differences between us, each person with his/her gift.
- Discover that each person has a unique place within the community.
- Each person should be able to say to themselves: *'If I weren't there, someone would be missed'*.
- If you don't have a meeting in August, you could have the meeting suggested for that summer month today: *'The community, welcoming and mission ground'*, it is a theme that is essential for the life and growth of our community.

Possible biblical references:

- Jn 14, 1-4: There are many rooms in my Father's house
- 1 P 4, 7-11: Each person according to the grace received
- 1 P 2, 4-10: Living stones to construct the house of God
- 1 Co 12, 12-24: We are parts of the same body



welcome and reunion

After the song or gesture chosen to mark the beginning of the meeting and the 'weather bulletin', everyone receives a piece of the puzzle of the silhouette of Jesus (see page 99). We put it together in the middle of our circle. We want to show that together, we are the body of Christ. Everyone is needed to form this body, everyone is an important part of this body. We can stick our photo between the open arms of Jesus.



Sharing

Magazines, scissors and glue will have been brought. In silence (suitable background music can create ambiance): personal time to find photos and/or words, sentences which will allow each person to introduce themselves (who I am, my tastes, my gifts, what gets me going, what is difficult...). Then, each person is invited to glue what they have found onto a large sheet of white paper (A3) and to show the others what they have produced.

The leader will ensure that each person's gifts are brought out. Then each person is entrusted with a responsibility, which serves the community.

We get together in small groups

- Do I have gifts? What are they? How do I know?
- Do I agree to make my gifts available to others? When? How?
- How can others be helped to find confidence in themselves?



Praying

Lord our God,

Together, we make the Faith and Light community,

Each of us has a place within it, a unique and irreplaceable place,

Make me appreciate the gifts that I have received,

Help me to discover the gifts of my brothers and sisters,

Enable me to encourage each person to show his/her gifts.

We pray to You our Father, source of all that is good and all that is,

Now and forever. Amen.

◆ Prayer of a poor person

'Jesus, I love You as You are. I know that You love me as I am.'



Celebrating

- **Craft**

– Make crowns (see page 99). On our crown, we write our gift. Thus, all crowned, we organise a dance with lively music. For example: face to face, we form two rows making a bridge by holding hands. The last two make up a couple of dancers and ‘skip’ under the arms. At the end, they rejoin the line face to face and so on.

- **Games:**

Guess who it is

A player moves away. The community chooses someone that everyone knows. The player who has left is called back. He/she must ask questions about the gifts of the chosen person until he/she guesses who it is.

Foot ball

Equipment: two balls (not too heavy or too light), and two bowls that are large enough to hold a ball.

The participants are divided into two teams, everyone sits down, one team facing the other. Hands, pressed on the sides of the chairs, must not be used. Legs are stretched out to the front. At the start, two leaders (one per team), put the ball on or between the feet of the first player who has to pass it on their feet or between their feet to the second player and so on until the last player who has to put the ball in the bowl.

It is a really fun game. It causes everyone to laugh and be enthusiastic. We have seen it played by a whole range of people: old ladies, little children and even a bishop!

‘Accordion leaflet’

We write our gift, illustrate it with a drawing or stick on the photo selected during the sharing time.



The Charter

In order to live his/her faith, everyone, even the person with the most severe disability, needs to meet real friends in order to create together a warm environment in which each one may grow in faith and love. Those who come to Faith and Light to meet people with intellectual disabilities must come in a spirit of receiving from them their specific gifts while sharing their own gifts with them. (11, 2)

Remaining in communion



In small friendship groups, if you can meet

We can prepare small gifts to give out at the next meeting... Let's invite new friends to join us.
The meditation proposed for November: 'If the note said...' can nourish our prayer (see page 83).



The community, place of sharing





The Word of the Month

The community is the place where we learn to open our hearts to others, to love them. This implies we know ourselves. That is why we want to share our joy and our suffering, our difficulties in our daily lives.

A place where we can also share our faith. Today we can read a passage from the Gospel, for example, the Visitation (Luke 1, 39-56) where Mary goes to visit Elizabeth.

Each of us can then share our feelings on this moment with two mothers: Mary and Elizabeth and the small child that they carry within them have such an intimate exchange. This kind of sharing allows us to deliver a deep part of our heart and to listen to others with respect.

It is important that these more personal times take place in a quiet space. This allows the keeping of a sacred aspect. **By delivering personal things to each other, we are in some way in the presence of God.** *'When two or three are gathered in my name, I am present'* Jesus said.

It is Christmas, the time when we want to demonstrate our love for each other by giving presents.

We want to remind ourselves that Jesus came to free us from all the sorts of selfishness with which we surround ourselves.



Focus on the theme of the month:

'The community, place of sharing'

Why this theme?

- Mary and Elisabeth are examples of the welcoming of the unexpected, of real sharing, of the presence of God in all our meetings.
- God welcomes us as we are and, through His son Jesus, He is welcomed by us.

Possible biblical references:

- Is 9, 1-6: The coming of the Prince of Peace
- Mk 13, 28-32: 'Be watchful because the Lord is close'
- Lk 1, 39-56: The visit of Mary to Elisabeth and the Magnificat
- Lk 9, 46-48: 'Whoever shall welcome a child in my name...



Welcome and reunion

We bring a small and very simple present which we put into a basket on arrival. After the song or gesture chosen to mark the beginning of the meeting, we give a 'weather bulletin'.



Sharing

It is a time of expectation, we are preparing for Christmas.

Let's perform a mime with two scenes: the Visitation and the Magnificat.



We discover the depth and intensity of the communion between Mary and Elisabeth, this meeting is a real sharing.

After the mime, each person is invited to note down the word or passage that touches him/her the most and to explain how this passage speaks to him/her in their own life today.

The experience of the wealth of a received visit can be recalled or a time when we ourselves have been welcomed.

During this time of sharing, those who want to, can do a beautiful drawing on this theme: *'I welcome Jesus into my heart'*. All the drawings will then be shown to the community and, at prayer time, be placed close to the Nativity.



Praying

*Magnificent is the Lord,
I want to sing for Him.*

*He has been mindful of me, who is so lowly.
Yes, from now on,*

The whole world will call me blessed.

*God has done great things for me,
Holy is His name!*

*His mercy extends to all good men,
He has lifted the humble.*

*He has silenced the proud,
And overthrown the oppressors,
But has raised the poor;*

*He fills the hungry with good things,
He empties the hands of the rich.*

*What our fathers hoped for, he has given to us
And what he has promised, he has done.*

*Yes, God has shown his kindness, today and for always.
Blessed is His Name!*

Paraphrase of the Magnificat, the text of which can be found in St Luke's gospel, chapter 1 verses 46-55.



► Prayer of a poor person

'You, infant Jesus, come and stay in my heart'.



Celebrating

In a box, we put the infant Jesus from the Nativity, wrapped in a first sheet of paper with the question: *'Who is the chaplain of this community?'* written on it. Each fresh sheet of paper covers the previous one and has a conundrum written on it, for example: *'I play the tambourine, who am I?'*, *'I always bring biscuits for everyone, who am I?'*... Whoever gets it right, takes off the next sheet... The last one found is the chaplain, he puts Jesus in the manger and explains the gesture: in a few days, we are going to celebrate Christmas. We sing advent hymns, exchange the small gifts that everyone has brought, offer them to our guests.

• Craft

Make a model of a small character who resembles us from clay or salt dough (recipe, page 99). We put them next to the Nativity.

'Accordion leaflet'

We can write: *'I welcome Jesus into my heart'*, colour and stick the drawing of the Visitation on it. (See page 99)

**The Charter**

Each meeting includes a time of getting together to talk and to listen to one another. The essential thing is to form personal relationships within which we discover the suffering and the gifts of one another, where we learn to know someone else by name. Sharing in small groups enables each person to express him/herself through words or other forms of communication, e.g. drawings, modeling, mimes or gestures. In this way we seek to carry one another's burdens, to encourage and support each other and to respond to the needs of each one. Through friendship, made up of tenderness and fidelity, we become signs of the love of God for one another. (1, 1)

Remaining in communion

**In small friendship groups,
if you can meet**

We meet quite simply to celebrate Christmas together. We can make the different crosses of the Christian Church (see page 100), which will be handed in by everyone at the beginning of the January meeting.



The community, at the heart of the Church





The Word of the Month

A community is never all alone. We commune with other members of the Church where we were baptised or we started to get to know Jesus and the Word of God. Certainly, Faith and Light has a particular identity and charisma. We form a community with persons with an intellectual disability.

However, it is important, where possible, to be linked to a parish. Thus, we can be nourished by parish life as well as being able to reveal to others the human and spiritual beauty of disabled people. This is part of our mission.

Let us remember this text from Paul where he said that **frail persons are necessary to the Church** (I Co 27, 29). By being linked to a parish, we are offering a gift to that parish.

Sometimes, members of our community come from different Churches. We are therefore not just linked to a single parish. Everyone takes part in the life of their respective Church. That can be a suffering but it also allows us, in our own church, to bear witness to our search for unity between all Christians.

Faith and Light wants to answer the prayer of Jesus: *'May they be one, as You and I Father, we are one'*. Jean-Paul II said that searching for unity with other Christians is at the heart of our life of faith. **Therefore let us be artisans and witnesses of unity.**

The chaplains have a very important role. In a visible way, they link us to our Church, they help us to discover Jesus in a more profound way, they announce the Word of God, they give us the sacraments of Jesus. They invite us to pray from a single heart: *'Father, unite us all so that the world grows'*.



Focus on the theme of the month:

‘The community at the heart of the Church’

Why this theme?

- We suggest praying in the spirit of Taizé⁵. We know numerous Taizé songs. The Christian and ecumenical sensitivity of this community corresponds on a number of points to that of Faith and Light. In a lot of countries, the communities are integrated into their different churches and it is disabled people who create the paths of unity between our communities and Churches.
- Let us insist that each person carries this desire for unity in prayer.

Possible biblical references:

- Mt 18,19-20: Jesus is amongst disciples gathered in His name
- 1 Jn 4,9-15: God remains in us
- Jn 17,20-26: May they be one so that the world believes



Welcome and reunion

After the song or gesture to mark the beginning of the meeting, we have the ‘weather bulletin’. This month, we are celebrating the week of Christian unity, each person receives a cross (see page 100) that we are going to place in a beautiful basket placed in the centre of our circle.

5 www.taize.fr/fr

The website for the World Council of Churches can also be referred to: www.oikoumene.org/fr/home.html



Sharing

Depending on circumstances:

- The community plans to meet another group of Christians with the aim of getting to know them, exchanging and praying together: a concrete way of experiencing the week of prayer for Christian unity.
- As a community, time is spent reflecting on our links with the parish or local churches.

We can share the testimony of Father Georg (see page 94) or a reading from the book of Thérèse Vanier «One Bread, one Body»⁶. We can show photos of ecumenical celebrations carried out by Faith and Light⁷.

In sharing groups

- How does this week of unity affect me? What is important for me?
- Artisan of unity, what does that mean?
- How to accept the differences?
- How are we all disciples of Jesus?



Praying

God, our Father,

You call upon us to become the body of Christ

Thanks to the same faith and by a single baptism;

Despite the scandal of our divisions,

We plead with you with the same voice:

Grant us faith and courage when we are overwhelmed,

Distance us from despair,

When faced with the great suffering in our world,

AIDS, cancer, malaria, the trauma of war.

6 Available at La Ferme de Trosly: www.lafermedetrosly.com/

7 www.faithandlight.org heading 'Who are we?', 'Guidelines 2007-2008'



*May your spirit live in our heart,
May he continue to guide our Churches.
May we be able to proclaim the power of Your love together
And announce the joy of Your salvation.
In the name of Jesus Christ our Lord.*

Alternatively, this month, we could choose the Taizé prayer scheme, suitably adapted to our ecumenical process, to inspire us.

Taizé prayer scheme ⁸

Song
Psalm
Reading
Song
Silence
Intercessions
Our Father
Final prayer
Songs

► Prayer of a poor person

'Guide Your Church towards unity. Keep Faith and Light at the heart of the Church'



Celebrating

The coordination team will have asked each person to bring part of the meal. We form five groups separate from each other. Each group has a part of the meal or tea: one has the bread, the other the salad, or yet another the water... The importance of sharing our wealth is discovered. Everything is brought together!

⁸ *The Taizé community website has texts in several languages: www.taize.fr/en, Heading, 'Prayer and songs', 'Praying together'*



- **Craft**

- Make some bread using the recipe of our country and share it in memory of Jesus who is present in each of us and is a source of unity.
- Make a large chain whose different parts fit into each other as a sign of our desire for unity. (see page 100)

- **Games:**

The woollen thread

Everyone is linked by a woollen thread which enters by a sleeve and leaves by the other going behind the nape of the neck (attach a wooden spoon to make it easier to thread the wool through the sleeves); when we are all linked, dance in a circle...

The knot

You split up into groups of seven to ten persons. In each group, you form a circle close enough to each other that you can touch the hand of the person opposite. Then close your eyes and with your two hands in front of you, grab the first hand you find. All the hands must be grabbed. Open your eyes: you will see a fantastic knot of hands. The challenge is to undo this knot without letting go of the hands, by movements and shifting of the body. Up until now, we have always succeeded in leaving...

'Accordion leaflet'

We stick on the cross we received when we arrived, you can write: 'Father, unite us all' and decorate the page for the month with what inspires us.

The Charter

Faith and Light takes great care in integrating its communities and their members into the activities of society, their Churches, Christian communities, parishes... This vocation for taking root, which lies with every person and every community, leads us to also discover our ecumenical vocation and mission. (1, 5)



Organising the Feast of Light

We prepare invitation cards for the Feast of Light, they could take the shape of a candle (see page 100). On the candle, show the date and place of the feast, the name of our community, perhaps stick a photo of the community on it... Let us generously invite parishioners by giving them our invitations... Each member of the community could come with a young friend. It is so important to welcome new members to renew the life and richness of the community!

Some ideas for organising the Feast of Light (see page 90).

Remaining in communion



In small friendship groups, if you can meet

We can take part together in one of the services in our parish during the week of Christian unity or join for a liturgy organized in a sister Church.

The meditation '*I am learning day after day*' proposed for January will be able to nourish our prayer (see page 85).



The community, place of celebration and feast





The Word of the Month

In the Gospel of John, after having called his first disciples, Jesus took them to a big celebration, the wedding at Cana. For such a celebration, family members of the bride and groom came from all over Galilee and Judea. They sang, danced and rejoiced. And more especially, drank a lot of wine. At one point, they ran out! What shame for both families!

Jesus took part in these festivities and songs with his disciples. He did this with joy because He loved His people and He was deeply human.

A community is a place of celebration. We celebrate our friendship, the links that unite us. We love to rejoice and laugh together, to sing and dance. The community is like a great action song of thanks to **Jesus** who has given us the community. He has given us friends, He **has brought us out of our isolation. The celebration is a moment in which we are all invited to take part. Jesus wants us to have hearts full of joy.**

Our faith has many great celebrations: Christmas, Easter, Pentecost. It is so important to discover how to celebrate each of them because each reveals to us something essential: God is present in each of us. He loves us, He watches over us. There are also the birthdays of each member: a cake with candles, a small present. But it particularly acknowledges that each person who is being celebrated is an unique gift to the community. And then of course, each meeting is also a celebration, the celebration of reunion, the celebration of the word that tells us that we love one another, that everyone is unique and important.



Focus on the theme of the month:

‘The community, place of celebration and feast’

Why this theme?

At Faith and Light, we are so happy to celebrate, have feasts and to rejoice together. This is due to the friendship that we have for each other and which has made us discover the beauty of each person, his/her fruitfulness. And especially, because of the love of Jesus, so close, living amongst us, which transforms our tears into laughter. It is He who wants us to celebrate. It is He who is our light.

Possible biblical references:

- Lk 2, 22-39: The presentation of Jesus at the Temple
- Jn 15,15-16: ‘You are my friends, I have chosen you’
- Lk 9,28-33: The Transfiguration (‘Let us put up three tents’)
- Jn 2,1-11: The wedding at Cana



welcome and reunion

The scope of the feast will be particularly emphasised this month. The celebration is the recognition of the gifts of each person, recognition that Faith and Light has transformed our life. Each person is invited to come with party clothes.

After the gesture or song marking the beginning of the meeting, we have the ‘weather bulletin’. We each receive a beautiful invitation to the feast banquet. The room can be decorated with photos showing various celebrations that have taken place at Faith and Light: birthdays, Feast of Light, international pilgrimages... The leader can explain why 2 February has been chosen for a feast for Faith and Light (see page 90).



Sharing

Together we mime the presentation of Jesus at the Temple. Miming a passage from the Gospel is to relive it by updating it so that it really goes deep into our hearts. We can end the mime by singing, to the accompaniment of our musical instruments, to take us to the banquet to which all our guests are invited: parishioners, extended family, friends...

We get together in small groups

- Who are the people who have put joy into my heart this month?
- Why do I like feasts?
- What do I like in the feast?
- What makes me truly happy?



Praying

*Loving Father,
We give thanks*

*For the life You give,
For the love You give us,
For the community where you gather us together.
Let us learn to live beside each other,
Close and fraternal,
Until the day you give us his plenitude
at any celebration of friendship
Until the day You gather us
At the banquet in Your Kingdom,
You, who loves and takes care of each and every one of us,
now and forever.*

➤ **Prayer of a poor person**

'Jesus, give me the joy of your love. When you are there, all becomes light.'



Celebrating

We can decorate the room in a special way: balloons, paper flowers, small candles... It is the day to organise the biggest community dance ever. Don't be afraid to improvise! With lively music, form one or more circles which open and close, transform into spirals or arabesques... May our songs and music be beautiful... We can also form a small orchestra with our musical instruments.

• Craft

- Make candles in walnut nutshells (see page 100).
 - Make multicoloured paper flowers (see page 101).
 - Cut out cards to write a Gospel phrase on
- All these small gifts will be offered to our guests...

'Accordion leaflet'

We can draw little candles all over it... and write: '*When you are there, Jesus, everything becomes light*'.

The Charter

From faithful friendship springs the joy characteristic of the Faith and Light community. It is God who calls us together and enables us to discover the covenant that unites us: we are no longer alone. Meetings are characterized by moments of joy when we sing or dance or share a meal. From time to time, a day of celebration enables us to invite guests who are moved by the discovery of the capacity of someone with an intellectual disability to create this joyful atmosphere. When it comes to celebration the person with an intellectual disability is often less disabled than others, because he/she is not imprisoned by convention, worried about efficiency or fear of what others may think. People with disabilities live more simply in the present moment: their humility and transparency make them naturally disposed towards community festivity. (1, 2)



Remaining in communion



In small friendship groups, if you can meet

We prepare for the March meeting by collecting pebbles and shells that we will paint white.

We meditate the Faith and Light prayer together (see cover). What is the sentence that you like most? Why?



The community,
place where you learn
to forgive





The Word of the Month

On the eve of his death, Jesus knelt before his disciples and washed their feet. **Washing the feet is a gesture of service, of communion and also of forgiveness.**

Jesus came to teach us the basis of his message: to be at the service of our brothers and sisters. The danger for us, human beings, is looking for power, controlling others. The path of Jesus is quite different: to serve and forgive.

Jesus came to forgive us, to free us from all the powers of the anguish that inhabits us, from our arrogance, from our desires to be, from appearing at the centre of everything. When he washes our feet, he is washing away all that is rotten in us. He is forgiving us because he loves us and he calls on us to love our brothers and sisters.

As he forgives us, so Jesus wants us to forgive one another.

Easter is the celebration where Jesus was given as a sacrifice. He gave His life so that we live in love and give life to others. The great suffering for God and for us all are any divisions, hatreds, everything that separates us from each other, the refusal to welcome anyone who is different to us. **Forgiving is welcoming the other person as a human loved by God.** Forgiving is making contact again. God forgives us, He calls on us to mutually forgive each other.



Focus on the theme of the month:

'The community, place where you learn to forgive'

Why this theme?

Every time that we experience a moment of forgiveness and reconciliation, the kindness of God is manifested. Together, we ask forgiveness because a relationship of friendship, listening and forgiveness liberates us.

Possible biblical references:

- Lk 15,11-32: The prodigal son
- Ez 36,23-28: 'I will give you a new heart'
- Ps 51 (50): The Prayer of David ('Have mercy on me, Lord')
- Mt 18,21-22: Forgive our trespasses



Welcome and reunion

After the gesture or song marking the beginning of our meeting, we have the 'weather bulletin'.

The leader explains what will happen during the day. We have prepared a bag full of white pebbles that we will use during the meeting. This bag is heavy. Each

person is going to feel the weight of it and walk a few steps carrying it. The leader explains that only the others, only Jesus can help us lighten the load.



Sharing

We mime together the story of the prodigal child, the whole community takes part in this.



Together, we reflect and evaluate what we experience in community life:

- Who hasn't felt, at some time or other, feelings of anger, said hurtful words or hurt someone?
- What is stopping us becoming a real community: quote constraints, obstacles...?
- What is helping us to become a real and beautiful community? Each person is invited to express themselves in turn.

We get together in small groups

- One group writes on one or several white pebbles (or ones painted white) one or more of the beautiful things that make us a real community.
- The other group writes on a sheet of paper the constraints, obstacles which stop us being a real community.
- Get back together. In the background, Taizé music. In silence, wrap the pebbles with these sheets which will hide from us anything beautiful.



Praying

The leader displays the pebbles to update the desire of all: to make more of a community.

The displayed pebble will be placed in front of the cross, in the prayer corner and each member of the community will be called upon to say a prayer beginning: *'Jesus, help me to... So that our community is more beautiful and more loving'*.

We can receive the sacrament of forgiveness or meet a pastor. The community meeting during Lent is a favourite moment to suggest to those who want it and in particular to the severely disabled persons, that they receive the sacrament of forgiveness which is sometimes difficult for them during parish celebrations.

Make me an instrument of Your peace!

Lord, make me an instrument of your peace!

Where there is hatred, let me show love



*Where there is injury, let me show forgiveness
Where there is doubt, let me show faith
Where there is despair, let me show hope
Where there is sadness, let me show joy
Where there is darkness, let me show light*

*Grant that I may not so much seek
to be consoled as to console
to be understood as to understand
to be loved as to love
for it is in the giving that I will receive
in the forgiving that I will be forgiven
and in dying that I will be born to eternal life.*

St Francis of Assisi

▶ **Prayer of a poor person**

'Come and forgive me Jesus! Jesus, son of David, have mercy on me, a sinner.'



Celebrating

With lively music, we organise a dance around the prodigal son to show him our joy. Form a circle around him, approach him raising your hands above his head, move away lowering your hands, move towards him... Turn twice to the left, twice to the right... You can also perform a large farandole.

For Lent, we can organise a fasting 'Bowl of rice' meal, to which we invite new friends. The money collected will be donated to international solidarity.

• **Craft**

Make a cross with two sticks of wood. We join the two parts with a coloured ribbon. We write our name on the ribbon. At the end of the



meeting, we exchange them, keeping in our prayers the person who has given us his/her cross.

- **Games:**

Being carried

A member of the community lies on the ground (bring a carpet or cover) or on a table. Six people place themselves alongside him/her to the right and left, slide their hands under his/her body to grab the hands of the person opposite. Together, they lift. The person who is going to be lifted must brace themselves and remain still. The six 'carriers' then begin to gently and carefully, centimeter by centimeter, to raise the person. When he/she is put back down, ask him/her what he/she felt at having been carried in such a way.

What am I carrying?

Make a circle. Designate one person who is going to go into the middle. Attach a drawing or an image representing an object, animal... on to his/her back. We have to explain to them, using actions not words, what they are carrying on their back and he/she must guess what it is. Every time he/she turns, everyone except him/her can see what he/she is carrying!

'Accordion leaflet'

We draw a pebble and we write: *'Come Jesus and forgive me'*.

At the end of the meeting

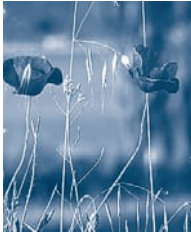
Each person receives a small 'aide-memoire' shell. It can be kept in his/her pocket. In this way, without anyone noticing, in the street, whilst shopping, waiting for the bus... I can turn the shell over in my fingers, remembering the process that I experienced during Lent: that my heart of stone is changing into a heart of flesh by believing the Good News.



The Charter

Faced with a severely disfigured person whose words and gestures are often difficult to understand or even non-existent, the spontaneous reaction is often to look the other way and flee. This reaction emerges often out of misunderstanding and fear but it can also reveal egoism and hardness of the heart. To create a real and liberating relationship with people with intellectual disabilities, 'our hearts of stone must be changed into hearts of flesh'. It is only Jesus and his Holy Spirit who can transform our hearts to enable us to welcome the poor and rejected person and to recognize them in all their human reality and spiritual depth. This transformation of love will lead us to recognize the face of Jesus in ourselves and in the other person. (11, 2)

Remaining in communion



In small friendship groups, if you can meet

We take part in a Holy Week service together. We can study in depth the Jean Vanier text: *'The community, place of forgiveness'*. (See page 85)



The community, founded on prayer





The Word of the Month

Jesus, through His life and message of love, has an immense desire to help everyone to be more happy, alive, joyful and open to others. He came to free us from our selfishness and to open our hearts to others and especially to the most unwell. Our community is a school of love. For that, we need a new strength, which comes from God: *'I will change his heart of stone into a heart of flesh and I will put my spirit in you'*. The prayer meekly puts you in the presence of God. It is recognised that it is God who calls us to grow in love.

The prayer, it is to say thank you to Jesus for the gift of his love, it is to say **thank you** for our community. The prayer, **it is to say sorry** to God when we have been unfaithful to Him and when we have shut Him out of our lives or when we have caused hurt to others ... The prayer, **it is to ask for His help**, to intercede on behalf of those who are suffering and who are in need. Jesus has promised to send us His Holy Spirit to help us to do what appears difficult, even impossible to us: *'Come, Holy Spirit, change our hearts of stone into hearts of flesh'*. The three stages of prayer: **thanks, forgiveness, come to help us**, are important in our community life.

Focus on the theme of the month:

'The community, founded on prayer'

Why this theme?

- Praying together is recognising the presence of Jesus in our lives, in our community, talking with Him and tuning into Him.
- Importance of prayer in community life.

Possible biblical references:

- Mat 6, 5-13: Praying in secret and Our Father
- 1 R 19, 4-9a.11-15a: The prophet Elijah meets God on Mount Sinai
- Jn 20, 11-18: Mary-Magdalene and the gardener of the New Life



Welcome and reunion

After the gesture or song marking the beginning of our meeting, we have the 'weather bulletin'.

We have brought an object, an icon representing a friend of Jesus or a verse from the Bible... something which helps us, which nourishes our prayer. The object is presented in silence, placed in the centre of our circle. These objects will be used for support at the time of sharing.



Sharing

The sharing will be focussed on prayer. We each have our own way of praying:

- How do I pray at home?
- In my every day life?
- What are our differences?

We get together in small groups

Whilst showing the object we have brought, we can explain why it touches us, how it helps collect our thoughts.

- What prevents me from praying or is an obstacle to my prayer?
- Am I happy with the way we pray together in the community?
- What do I want to say to God?

In the prayer corner, place a candle in front of the each of the objects that help us to pray and then carry out an exchange, until the next month, of the candles and possibly the objects that we have brought. Thus, during the month, when each person prays at home, he/she will also bear the prayer of another.



Praying

Using living scenes, we can act out these words: 'Thank you', 'Sorry', 'Come and help us', 'Yes' (adoration and praise).

To emphasise prayer time, we can begin with a blessing of the water in which, taking it in turns, we are going to dampen our hand to make a Sign of the Cross, or the chaplain will trace this sign on our foreheads with the water, reminiscent of our baptism.

Risen Jesus,

May the clarity of your face illuminate us,

You who has gone through rejection, suffering and death,

You join us where we are.

Stay with us when it is late,

So that the bad clouds do not assail us,

Light in us the happiness that marks your passing,

And may the light of your resurrection transform our whole life.

◆ Prayer of a poor person

'I speak with You because I love You'



Celebrating

- **Craft**

- Make a finger rosary
- Produce an icon

- Cut out small paper doilies to decorate the prayer corner, the meal table... (see pages 101 and 102)

- **Games:**

Look for Easter eggs that have been hidden in the garden or room.

As the Emmaus pilgrims went to Jerusalem full of joy, **let us go for a walk** in the countryside or in a beautiful garden...



'Accordion leaflet'

We draw the risen Jesus and we write: 'Thank you, sorry, come and help us'

The Charter

Jesus came to announce the Good News to the poor. They are loved by the Father. Jesus gave His life for his flock. He feeds them with his Body. That is why the personal meeting and the celebration find their culmination in prayer, in union with God and in the celebration of the Eucharist and/or in other religious celebrations. (1, 63)

Remaining in communion



In small friendship groups, if you can meet

We can meet together in one or other family to simply pray together. We can also allocate the work required to make 'the name tree' which will be used in May (see page 102).

The meditation 'Secret resurrection' will be able to nourish our prayer (see page 86).



The community,
a single spirit,
a single body





The Word of the Month

The Faith and Light communities have the same spirit: the Gospel spirit where disabled and fragile persons have a favoured place, where **all members are called upon to find their place and to commit to one another with love**. The spirit of Faith and Light is written in our Charter.

However, a community also has a skeleton and bones. The framework of a community is the way in which it is organised. This is detailed in the Constitution of Faith and Light. The latter, as well as the Charter, had been proposed to representatives from each country where Faith and Light was in existence in 1980, reworked and then adopted by them at the 1982 General Assembly. The Constitution explains the method of running a community, it details who represents the authority, how the latter is nominated and put into practice. These structures are necessary to avoid the communities closing in on themselves within a rigid authority or, alternatively, disintegrating.

It is never easy to exercise authority with clarity and compassion, helping each person to grow and to demonstrate his or her gifts whilst keeping unity. **All the community must keep the vision of the goals written in the Charter.**

It is never easy for a person to take on his role and not take that of another, as it isn't easy to accept authority, even when exercised with kindness on the part of another.



**Focus on the theme of the month:
'The community, a single spirit, a single body'**

Why this theme?

We are able to recognise ourselves in the group of first Christians who received the Holy Spirit at the Pentecost celebration and allow ourselves to be inspired by the Jerusalem community. They *'were one in heart and mind'* (Ac 4, 32). They formed a single body.

Reference:

The Faith and Light Charter, chapter II, paragraphs 2 and 3 ⁹(see page 95).

Possible biblical references:

- Ac 2,42-47: The first Christian community
- Mt 18,19-20: Communal prayer
- 1 Co 12,12-27: 'Our body forms a whole'
- Eph 4,1-6: Call to unity



Welcome and reunion

After the gesture or song marking the beginning of our meeting, we have the 'weather bulletin'.

Each person receives a small piece of coloured card in the shape of a leaf from a tree. He/she writes their name on it and then puts it into a basket. These leaves will be used to make 'the name tree' during the feast

time. We are thus able to visualise that we are all parts of one body. As real as each person having an unique name, we form a single community, gathered in the name of Jesus, in the Church. A large tree whose sap is the Holy Spirit: the ground where we are planted, our history; the trunk, the Faith and Light Charter...

⁹ Charter and Constitution can be downloaded from the website: www.faithandlight.org heading: 'Who are we?'



Sharing

If possible, each person receives a part of the text from the Charter or a drawing which symbolises an aspect of this passage.

You will have asked three people if possible: a parent, a friend and a disabled person to prepare a short testimony of more or less five minutes: an example of a real-life situation where one (or more) person from the community has been important to me. Explain why.

After having listened to the testimonies, the leader invites each member to reflect on the same question for a few minutes.

We get together in small groups with the support of the Faith and Light Charter from which a short passage will be read.

- What is the sentence or word that touches me most? Why?



Praying

*God our Father,
In the Faith and Light community,
we are linked to each other.*

We pray:

*Help us to see others as you see us
And through the strength of Your Holy Spirit,
make us build a real community,
A community where each person is able to find their place.
Through Jesus Christ, our Lord. Amen.*

► **Prayer of a poor person**

'Jesus, bless our coordinators and leaders. Give them wisdom and love.'



Celebrating

• Craft: Name tree

We have prepared a tree big enough for everyone to be able to see it (see page 102). We draw it on a large, quite wide roll of paper or use a real branch found in the forest and planted in a pot of sand. The trunk is our Charter: the roots, our history; the branches, the different continents... In a basket, the names of each person are written on a small piece of coloured card. One person takes a card and reads the name written on it. The person called is going to attach their leaf to the tree. Gradually, we see the tree take colour and life. Together, we will make this magnificent tree.

• Game

Conductor

We are sat in a circle, members of an orchestra. A first player leaves. A conductor is nominated: he is the one who makes the actions or dance steps that we must all copy. The player returns, the orchestra or dance begins. Who is the conductor? To confuse the issue, you can nominate one or two first violins.

‘Accordion leaflet’

We draw a tree and write a sentence or word from the Charter that we like.

Remaining in communion



In small friendship groups, if you can meet

We look again at such and such a passage from the Charter to study it in depth.

We are able to germinate small lentil, corn, sunflower or



May

chick-pea seeds... Each day, we watch them grow. The growth will be discussed at the next meeting. We pray the Faith and Light prayer together (see cover).

The meditation proposed for May: *'He prefers to rely on you'* will nourish our prayer. (See page 87)



The community, a path of growth





The Word of the Month

For a start, we are all in a state of growth from childhood to adulthood. Then, little by little, we get to know the stages of decline until our death. It is a physical and biological reality, written in our genes. However, there is also a human and spiritual growth: welcoming yourself with your own story and welcoming others with more attention, respect and love. Becoming more human during our life is to become more loving and less selfish.

Community life is a real school of love. Learn to get to know yourself better and learn to get to know others better, help them to live more happily, at least from time to time. It is so easy in community life to take refuge around those with whom you have an affinity, to move away from those with whom you have more difficulty. If **we truly want a living community, each person is called upon to make an effort with goodness, kindness, tenderness and understanding.** Some disabled people can cry or have gestures and attitudes that are difficult to put up with. It is necessary to reflect together to understand their needs, to make an effort to come to their aid. Sometimes, certain people can also seem apathetic to us. It is natural that in a community there are sometimes inhibitions between different sensitivities. It is essential for us to endeavour not to follow these tendencies and to ask the Holy Spirit to purify and trim the slightly warped branches in our being.

And then a community changes with new people arriving whilst others leave, new leaders are elected... Events mean life changes, it is necessary to change yourself in order to adapt to new realities. Yes, community life is a true school of love. It is necessary to learn, to adapt to the biological growth and decline, it is necessary to be well nourished. It is the same for growth in love and wisdom: it is necessary to nourish oneself spiritually in order to advance along the path to love.

At the start of community life, the enthusiasm is there. Then, bit by bit, difficulties arise. Some annoying people, habits form, you are no longer



creative. From the enthusiasm, you can sink into a form of depression. You lose the taste for community life. How can you make it return, not the enthusiasm from the beginning but a form of life wisdom which respects the initial momentum? Yes, **it is necessary to be vigilant, nourish yourself humanly, intellectually and spiritually in order to travel towards this wisdom of love.** It is also necessary to know how to work on yourself and look to eradicate certain flaws which push us to reject and judge others.

This growth implies for some a more and more loving and living commitment in relation to the community. Discovering in disabled people messages from God which lead us to God can necessitate, for parents, a certain relinquishment in relation to their child, with the help of friends the latter will be prompted to take more autonomy and to find a new inner freedom.

Focus on the theme of the month:

'The community, a path of growth'

Why this theme?

The community is a path of growth for each of its members. How do you make a community live and grow? We evaluate the year lived together. If we haven't already done so, it is the ideal moment to have the 'Day for a Renewal'¹⁰.

Possible biblical reference:

Ephesians 4:11-16

¹⁰ Cf booklet 'Day for renewal in the community', available free of charge from the International Secretariat at 3, rue du Laos 75015 Paris, France in French, English and Spanish.



Welcome and reunion

After the gesture or song marking the beginning of our meeting, we have the 'weather bulletin'.

You will have brought the small seeds planted since the last meeting. Look at the differences according to species, date of planting...



Sharing

We have '*The day for a renewal in the community*'.

If we have already done this, we can go back to the conclusions, see the road taken since... Have we put our good resolutions into practice? What new steps can the community take?

Or we can do a review of the past year together: review the history of the community during the year referring to the 'accordion leaflet' which has guided us over the months. Let's look at the path taken and give thanks...

In small groups of three persons, each of us can answer these questions:

- What have I liked during the year?
- What have I liked less?
- What is it that I would like to experience?
- What are my suggestions for the year to come?
- And myself, in all that, how do I feel at this end of year?
- Has the community helped me grow? to bear fruit?
- What efforts have I made this year?
- Am I ready to recommit next year?
- Do I want to give of myself to the community?
- What am I going to do, in practice, to invite new friends to join us? So that our community is more lively, to announce Faith and Light to those around me...



Upturn for all the community from the exchanges in small groups. A member of the coordination team takes notes on everything that is said. The clear leads will serve as a starting point for the appraisal of the coordination team.



Praying

*Lord our God,
At the end of this year, we want to thank you.*

Thank you for having been with us every day;

*Thank you for having given us the opportunity
to share so many good times.*

We have also had uneventful times and difficult times.

We want to place them close to you so that your love transforms them.

We pray also for the holiday time that is now approaching,

May it not be a forgetful time, a selfish digression,

But a time of returning to roots,

An opportunity to remain close to you and not forget others.

May your love guide us. Amen.

◆ Prayer of a poor person

'Take my hand Jesus and walk with me'



Celebrating

We organise a celebratory tea, we dance to celebrate all the treasures received and shared throughout the year. Take the time to laugh. We relax together and take advantage of the beautiful weather if possible! As always, we celebrate birthdays by being aware of the beauty and growth of each person from one year to the next...



- **Craft**

Prepare small treasure chests (see page 102). On coloured paper, write the treasures discovered during the year. Elaborately arrange them in our box.

- **Games:**

Flowers

All together or in two groups, we make ourselves small and when we hear a beautiful piece of music, like Vivaldi's 'Spring', we grow slowly, blossom, extend our arms, hold hands and dance...

Pass the parcel

We sit in a circle. A parcel holds a small treasure. It is wrapped in several sheets of wrapping paper and is passed from hand to hand while music is playing. When the music suddenly stops, the person holding the parcel takes off the first layer of paper. You carry on like this until a player takes off the final layer of paper. The present is then his/hers. He/she can share it, offer it... This game can be played for a birthday celebration and, with the help of the musician, the present will stop at the birthday boy/girl!

'Accordion leaflet'

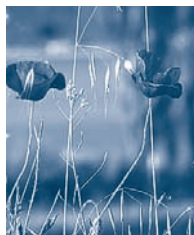
Each person writes what his/her treasure of the year is and decorates the page.

The Charter

In order to live his/her faith, everyone, even the person with the most severe disability, needs to meet real friends in order to create together a warm environment in which each one may grow in faith and love. Those who come to Faith and Light to meet people with intellectual disabilities must come in a spirit of receiving from them their specific gifts while sharing their own gifts with them. II, 2



Remaining in communion



In small friendship groups, if you can meet

We prepare our hearts for the July meeting with the help of the Family Album¹¹ and pray in particular for those communities in war-torn countries or in great poverty.

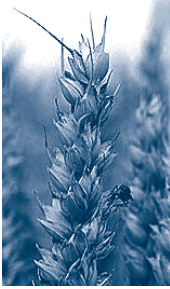
The meditation '*Live in thanksgiving*' will be able to nourish our prayer (see page 87).

¹¹ Available from the International Secretariat, 3 rue du Laos 75015 Paris, France



Faith and Light, a large family across the world





The Word of the Month

Our community wasn't spontaneously born. It has been 'begotten' by another community which, itself has been 'begotten' by another and so on until we have gone back to Easter 1971 when Faith and Light was born. Perhaps our community has also been created by parents, a friend, a priest... who discovered the gift of Faith and Light and talked about it to those around. This is how the Good News has travelled from person to person. This is how Faith and Light has spread across the world.

All our communities live by the same Charter and Constitution. In a country, the communities or their representatives meet in order to share, celebrate, develop and pray together. **The same spirit unites us all. It is the spirit of the Gospel.**

Faith and Light is the answer given by Jesus to the suffering of parents and their disabled children. It is a gift from God. Getting to know communities in different parts of the world helps us to realise that all the men and women on Earth are part of a large family. We discover that in our differences, we are all children of the same Father and that in each heart there are the same desires for peace and unity.

This becoming aware of our large family encourages us to pray for the communities in different parts of the world, to enter into a great solidarity movement, to share our property and more especially our different qualities and charismas in each country and culture.



Focus on the theme of the month:

'Faith and Light, a large family across the world'

Why this theme?

We belong to a large international family. The same spirit unites us: the Gospel spirit. Let us try to be more aware of this reality, to discover how other communities live and what they need. Let our hearts grow larger.

Possible biblical references:

- Mt 13, 32 Parable of the mustard seed
- Acts of the Apostles 2,1 - 13 or 2,43 - 47



Welcome and reunion

After the gesture or song marking the beginning of our meeting, we have the 'weather bulletin'.

On a map of the world, we mark out countries where Faith and Light is present using stickers¹². We look for our community.



Sharing

Since 1971, Faith and Light, small as a mustard seed, has become a large tree: 1500 small communities exist and are growing in 75 countries across the world.

¹² Cf 'Family Album' available from the International Secretariat, 3 € in French, English and Spanish



We can give a brief account of the history of the creation of Faith and Light in our country, that of our community and our own personal story with Faith and Light.

Or, in the Family Album, we can choose a particular country and build our sharing time around the testimony given.

- Do we know the other Faith and Light communities in our country, in our zone?
- Why is Faith and Light a large family?
- What is it that unites us?
- How can I be part of this family?



Praying

We spread the map of the world out on the ground. Each person is invited to pray for a country, particularly for those experiencing a war or poverty or the countries in our twin zone: 'Lord, I entrust to you the Sudanese communities'... and we place a small candle on the location of the country. We also pray for the national leaders and chaplains from all over the world who will be meeting at the General Assembly in October 2008.

Lord Jesus,

You have called upon us to follow you in a Faith and Light community.

We pray for the members of our community.

*We also pray for the other communities
spread over different parts of the world
[and especially for...]*

We pray for communities in both rich and poor countries.

We pray for old communities and for those recently created.

We pray for the communities from other denominations.

Make us open up our hearts to the large Faith and Light family.

May Your Spirit guide and unite us in prayer and sharing,

Now and forever. Amen.



► Prayer of a poor person

'I open my heart, Lord, I open my heart to all my Faith and Light brothers and sisters'.



Celebrating

We are organising a **small treasure hunt** across the world. With the help of clues, we are looking for little boxes on which there are drawings of clothes, tools, objects, names of typical dishes... We have to discover which country they are from.

On the **name tree** that we made in May, we attach real fruits or small balls in various colours. It is a sign of the richness of Faith and Light throughout the world. We can also attach the names of other countries where Faith and Light exists and where we have so many friends...

• Craft

- Organise a painting or drawing workshop. Let us try to show our community with something that characterises it. We can send these drawings to the communities which we prayed for during the meeting with a small message of friendship, or present them in the parish at the time of the next communal celebration by inviting the participants to visit us.
- Make a little cap for a walk in the fresh air. (See page 103)

'Accordion leaflet'

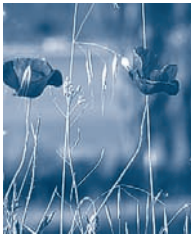
We stick a small map of the world on it and we can write : *Faith and Light: a large family in the world'.*



The Charter

Faith and Light communities across the world form the branches of one big international family. Within each continent, zone, country, we carry one another's burdens, sufferings and joys. Solidarity is expressed by sharing financial support for the life of Faith and Light but also by sharing the benefits of their particular gifts, their friendship, the wisdom of their experience, and their faithfulness in prayer. As members of a single family, communities seek to live in love and unity. III, 4

Remaining in communion



In small friendship groups, if you can meet

- During these summer months, perhaps the whole community will not be able to meet in the Northern Hemisphere due to the holidays... It would be easy to meet in a small friendship group or with a few who are not going away... Make small surprise visits...
- It is a time to evaluate the life of our little group. What can we change or improve?... Our evaluation is useful in all aspects of community life: it will be communicated to the leader.
- The summer is also a suitable time for the coordination team to be able to meet young friends committed to the community and have a special time with them.



The community,
welcoming
and mission ground





The Word of the Month

Welcoming is at the heart of the Christian community. When a frail person or a stranger is welcomed then so is Jesus (cf. Lk 9, 48 - Mt 25). There is a beautiful story in the Old Testament about welcoming: Abraham was sitting at the entrance to his tent and saw three men standing close to him. He ran to meet them, washed their feet and gave them something to eat. It was actually three angels that had come to visit him.

Welcoming new people into the community is important. There are still many parents with their children who do not know the joys of Faith and Light, many others who feel alone and who need a community. Perhaps it is necessary to go to these people who are awaiting a place of friendship and peace.

This welcoming is never easy. Time must be taken to listen and to understand each person, to explain how the community started, the Charter and Constitution, how we run these meetings. Welcoming implies 'presenting ourselves' as well as also receiving the other person just as he/she is with their needs and expectations.

A community is always a missionary. It has a mission to spread the Good News, the value of disabled people, not only understanding their importance but also their place in God's plan and in the Church and society. This mission occurs by allowing others to know the joys and demands of community life.

Thus, **by welcoming new people, we are preparing the creation of new communities.** In effect, a community should never be made up of more than forty regular members. When the number is too big, you do not know each other personally, you do not realise when someone is absent. It is hard to separate. Bonds of friendship and solidarity are created. It is not easy either to find a new leader, to get together a coordination team, to join a new parish...



Nevertheless, in spite of all the sacrifices that this implies, giving life to another community and discovering its richness is one of the greatest joys that a community can experience. Faith and Light is a treasure that has been entrusted to us to disseminate: *'Grow and multiply'*.

Focus on the theme of the month:

'The community, welcoming and mission ground'

Why this theme?

- Any community founded on Jesus seeks to be open, missionary, fertile. Let us open up our community to welcome new members so they can discover our treasure.
- If we already have a lot of members, have we thought about creating a new community?
- If the community does not meet in August, it would be good to begin the new year on this essential theme and to have each person prepared to invite a new friend to the September 2008 meeting.

Possible biblical references:

- Gn 18,1-10: The visit of three angels to Abraham.
- Lk 9,48 and Mt 25: 'Whosoever shall welcome one of this children...'



welcome and reunion

We each arrive with a new friend. After the gesture or song marking the beginning of the meeting, we have the 'weather bulletin' and we introduce the person we have invited. Between each introduction, let us take our instruments and sing to welcome them.



Sharing

All the community takes part in a mime starting with the visit of the three angels to Abraham. The first group mimes the visit of the angels to Abraham.

The two other groups then mime the updating of this theme in the context of today: it is our way to re-live the gospel all together.

From the theme of welcoming new friends, of hospitality, of the importance of home visits... **in small groups**, we can share our experiences:

- Can I recount the joy of an unexpected visit?
- A visit that I have made?
- Is the community a missionary? How?
- How can it be more so?



Praying

*Lord Jesus,
When you walked the roads of Palestine,*

*The numerous crowds came to listen to your words,
And many sick came to you to be healed.
You took the time to welcome each one as an individual.
We pray,
Give us a welcoming spirit,
Give our community a welcoming spirit,
Yes Lord, open our hearts.*

▶ **Prayer of a poor person**

'Jesus, open my heart, so that I know how to welcome my brothers.'



Celebrating

- **Craft**

A little confectionary for a **celebratory tea**: Sarah's galettes! (Recipe page 103) Could we bake them at a neighbour's home if our locale doesn't permit it? This time hospitality would be required. Our visit could be like that of the angels to Sarah! Make **postcards** and send them to those who have gone on holiday (see page 103).

- **Games:**

Rhymes

The first person introduces themselves by adding a qualification that rhymes with his/her name. For example: *'I am Matt, the hat.'* The second person has to name the person before and also introduce themselves with a rhyme: *'Here is Matt the hat and I am Hannah the spanner'*. Those following must then name all those previously before introducing themselves. Therefore, the last person will have all the names to say. To make it more difficult, you could go round twice. The rhyme could perhaps be replaced by a gesture...

The list of questions

The leader of the game gives each person a sheet to fill in with questions, for example: what is the quality that you appreciate most in others? What is your favourite animal? hobby? greatest wish?... When all the participants have answered, the leader collects the sheets, mixes them up and gives them out again in such a way that each person has a sheet from another person. Then, taking it in turns, each participant reads the sheet that is in their hands and tries to find out who it belongs to.

▶ 'Accordion leaflet'

We write the name of the friend we have invited to the meeting. We keep them in our prayers.



The Charter

Each meeting includes a time of getting together to talk and to listen to one another. The essential thing is to form personal relationships within which we discover the suffering and the gifts of one another, where we learn to know someone else by name. (...) In this way we seek to carry one another's burdens, to encourage and support each other and to respond to the needs of each one. Through friendship, made up of tenderness and fidelity, we become signs of the love of God for one another. I, I

Remaining in communion



In small friendship groups, if you can meet

Perhaps a few could get together to make and taste 'Sarah's galettes'.

These galettes could be offered to close friends of the community (former members who are no longer able to get around, for example) or families who have already heard about Faith and Light or at the time of a visit to people that you would especially like to invite to the community in the new year... Or even sell them to raise funds for solidarity? The ideas are numerous... Be creative.

♦ And if you are unable to meet

It is quite simple to organise a **newsletter**. The leader sends a letter to the first person on the list of community members, who completes it with their news, adds a photo or drawing... to the second person... and so on until everyone has received the letter with each person's news on it. Better is to add a list of addresses to the letter so that no-one is forgotten!

I. Meditations for each month

• For September: 'Canticle of Brother Sun'

Most High, all powerful, good Lord,

Yours are the praises, the glory, the honour, and all blessing.

To You alone, Most High, do they belong,

and no man is worthy to mention Your name.

Be praised, my Lord, through all your creatures,

especially through my lord Brother Sun,

who brings the day; and you give light through him.

And he is beautiful and radiant in all his splendour!

Of you, Most High, he bears the likeness.

Praised be You, my Lord, through Sister Moon and the stars,

in heaven you formed them clear and precious and beautiful.

Praised be You, my Lord, through Brother Wind,

and through the air, cloudy and clear,

and every kind of weather through which

You give sustenance to Your creatures.

Praised be You, my Lord, through Sister Water,

which is very useful and humble and precious and chaste.

Praised be You, my Lord, through Brother Fire,

through whom you light the night and he is beautiful

and playful and robust and strong.

Praised be You, my Lord, through Sister our Mother Earth,

who sustains us and governs us and who produces

varied fruits with coloured flowers and herbs.

Praised be You, my Lord, through those who give forgiveness through Your love,

and bear infirmity and tribulation.

Blessed are those who endure in peace

for by You, Most High, they shall be crowned.

Praised be You, my Lord, through our Sister Bodily Death,

from whom no living man can escape.

Woe to those who die in mortal sin.

Blessed are those whom death will

find in Your most holy will,

for the second death shall do them no harm.

Praise and bless my Lord,

and give Him thanks and serve Him with great humility

Saint Francis of Assisi ¹³

¹³ *During the autumn of 1225, one year before his death, when he was ill and bed-ridden, almost completely blind, St Francis dictated the 'Canticle of Brother Sun', a song about victory over despair surmounted.*

• **October: 'The gift of compassion'**

Being sympathetic is to become close to the person who is suffering. But we can only really become close to another if we accept becoming vulnerable ourselves. A sympathetic person says: 'I am your brother; I am your sister; I am a human being, fragile and mortal, just like you. I am not outraged by your tears and I am not afraid of your suffering. I, too, have cried. I, too, have suffered.' We can only be with the other person when they cease to be the 'other person' and become like us.

This is why it is sometimes easier to show pity than compassion. The person suffering reminds us of our own suffering. How can I help a single person if I have not taken on my own solitude? How am I to approach a disabled person if I refuse to accept my disabilities? How can I be with a poor person if I do not accept acknowledging my own poverty?

When I reflect on my life, I realise that the moments of greatest comfort and consolation are those when someone has said to me: 'I can't make your suffering go away, I can't offer a solution to your problem, but I can promise not to leave you alone and that I will support you for as long and as well as I am able.' Our life has a lot of pain and suffering, but what a blessing when we don't have to go through it alone! This is the gift of compassion.

Henri NOUWEN, *Vivre sa foi au quotidien (Living his faith daily)*

• **November: 'If the note said...'**

If the note said:

It isn't one note that makes a score,
... there wouldn't be a symphony.

If the word said:

It isn't one word that can make a page,
... there wouldn't be a book.

If the brick said:

It isn't one brick that builds a wall,
... there wouldn't be a house.

If the drop of water said:

It isn't one drop of water that can make a river,
... there wouldn't be an ocean.

If the grain of wheat said:

It isn't one grain of wheat that can sow a field,
... there wouldn't be a harvest.

If the man said:

It isn't one gesture of love that can save humanity,
... there wouldn't be justice and peace,
dignity and happiness
on man's Earth.

As the symphony needs each note

As the book needs each word
 As the house needs each brick
 As the ocean needs each drop of water
 As the harvest needs each grain of wheat
 The whole of humanity needs you
 as and where you are
 You are unique
 No one can take your place.

Michel Quoist, *The Breath of Love*

• **December: 'Something begins'**

Until now, we've been told:

It is essential to be first everywhere. Those who lead must be amongst the strong. It is necessary to use power to impose and mark his time and his entourage.

*With Christmas, something else is beginning,
 Because God is born amid the smells of the stable.
 There is no other power than his tenderness.
 There is only the desire to be small and be useful.*

Until now, we've been told:

It is essential to own, increase comfort, gain possessions like filling a void. It is necessary to buy, gather and place his money, because you never know... Times are uncertain.

*With Christmas, something else is beginning,
 Because God is born naked,
 And he tells us that the only wealth is the heart of man
 And his inside world and his dreams.*

Until now, we've been told:

Some are more capable than others and are born to be masters. Some are gifted, others not. Some are born to be dominated. The end justifies the means and you shouldn't hesitate to maim the man to safeguard order.

*With Christmas, something else is beginning,
 Because God is born amid the oppressed,
 those who have no right to speak
 And he tells us that any man is precious since he is the flesh of God.*

Until now, we've been told

Love cannot last because existence is too changeable and it is forced, which it wears away like an old rope.

*With Christmas, something else is beginning,
 Because God is born by love,
 In order to show love is capable of breaking down any barriers
 And lasting beyond death.*

Ch. Singer

Appendix 1

• January: 'I am learning day after day'

I am learning day after day,
What is necessary of seasons
In order to free the weather of what it must give,
What is necessary of ploughing
In order to free the seed of all its flour,
What is necessary of wine presses
In order to free the blood of a whole grape harvest,
What is necessary of great wind
In order to free the sea of all its violence,
And what is necessary of stones
In order to liberate the fire, prisoner of the stone!

And now I know
What is necessary of patience
In order to free the song which lifts the heart of man,
What is necessary of grief
In order to liberate the peace which torments the earth,
What is necessary of sorrow
In order to liberate the cry which makes of all a people.
And now I also know
What is necessary of silence
In order to free the love of with which I say that I love you.

Didier RIMAUD

• February: 'The light came into the world'

The light came into the world and illuminated it while it was bathed in darkness. It is for that reason that we go forward holding the candles, that we hurry, carrying the lights so as to signify the light which shone for us, but also so as to evoke the splendour that this light will give. Let us therefore run together, let us all go to meet God. This true light which lights up any man coming into this world, it is coming. Let it illuminate us all, let us all be resplendant.

May none among us remain, like a stranger, away from this light: may none, while he is overwhelmed, insist on remaining plunged into the night. Let us all go forward into the light, all together, lit, let's walk to his meeting, with the old man Simeon, let us welcome this glorious and eternal light. With him, let us exult all our heart and let us sing a hymn of thanksgiving to God, Father of the light, who has sent us the true clarity to chase the shadows and make us replendant.

SAINT SOPHRONE of Jerusalem

• March: 'The community, place of forgiveness'

Whilst I do not accept being a mix of light and shadows, qualities and faults, love and hate, altruism and egocentricity, maturity and immaturity; whilst I do not recognise that

we are all children of the same Father, I continue to divide the world into 'enemies' (the 'bad') and 'friends' (the 'good'); I continue to raise barriers around myself and my community, to spread prejudices.

However, if I admit that I have weaknesses and faults, that I have sinned against God and against my brothers and sisters but that I am forgiven and that I can move towards the interior freedom and a love more true, then I can accept faults and weaknesses in others. They too are forgiven by God and can move towards freedom and love. I can look at each human being with realism and love; I can begin to see in them an injury which creates fear, but also the gift that I can love and admire. We are all mortal and fragile people but we are unique and precious. There is a hope; we can all move towards a greater liberty. We are learning to forgive.

The community is the place of forgiveness. In spite of all the trust that we can have in each other, there are always words that hurt, attitudes where we put ourselves forward, situations where our sensitivities clash. That is why living together implies a certain cross, a constant effort and an acceptance that is a mutual forgiveness each day. If you enter a community without knowing that you are entering it to learn to forgive and to get forgiven seventy times seven times, you will be quickly disillusioned.

Jean VANIER, *The community, place of forgiveness and celebration*¹⁴

• April: 'Secret resurrection'

'Secret resurrection': I like this alliance of words that I found in the work of Pascal. Secret, that is what the resurrection of Jesus is, because it happened without witnesses, in the night. Secret, like great beginnings, like sources, like creation itself. It isn't the radiance of high noon, but the breaking of the day, the virginal light of dawn.

Secret, that is what the resurrection is because it did not impose on the outside, like an event that everyone can see and notice. It is a spouting of life which touches us inside. Had television cameras been there, there would have been nothing of this event to film.

Secret resurrection because it is a religious mystery which delivers its secret only in revealing that of the cross. The resurrection of Jesus is not a simple returning to life, like that of Lazarus. The Lord is not returning to his life before his passion as if nothing had happened, like he hadn't died. He didn't go back to the familiar framework of before.

The resurrection is not a denial of the cross, a revenge on the cross. On the contrary, it proclaims with strength that God was with the Crucified, up until in his abandonment, that the cross, far from being a failure, was the triumph of a Love stronger than death. This is why the Resurrection has nothing more to show than its wounds. He shows them as the manifestation of God's glory. Without the cross, without the wounds we would be able to speak of the glory of God, but we would not know what the word meant. Because the glory of God is the splendour of his Agapè.

¹⁴ Editions Fleurus Bellarmin, available from la Ferme website:
<http://www.lafermedetrosly.com/>

Appendix 1

The resurrection of Jesus is the manifestation of this glory: it makes us see, in the Crucified, the great theophany of the history, the height and the depth of the divine Love.

Eloi LECLERC, *Le Royaume caché* (*The hidden kingdom*)

- **May: 'He prefers to rely on you'**

Only God can give faith
But you can offer your testimony.
Only God can give hope
But you can give confidence to your brothers.
Only God can give love
But you can teach others to love.
Only God can give peace
But you can create union.
Only God can give strength
But you can support the discouraged.
Only God is the way
But you can show it to others.
Only God is the Light
But you can make it shine in the eyes of all.
Only God is Life
But you can give others the taste for living.
Only God can do the impossible
But you can make it possible.
Only God is self sufficient
But he prefers to rely on you...

Prayer of the Cumpinas Community (Brazil)

- **June: 'Live in thanksgiving'**

How can we really live in thanksgiving? When we look over all that has happened to us, we can easily separate our life into two parts: the good things, for which we can be grateful, and the bad things, to forget. But with a past so divided, we cannot go forward freely to the future. With so many things to forget, we can only go forward limping.

The real spiritual gratitude includes all our past, the positive as well as the negative, the joyful moments as well as the sad. All that we have experienced until now has contributed to leading us here. We want to remember all the moments like as many steps of our walk with God. That doesn't mean that all that has happened to us was good, but that even our bad experiences are not produced without the loving presence of God

Henri NOUWEN, *'Vivre sa foi au quotidien'* (*Living his faith daily*)

• July: 'A transformation of hearts'

Since the first pilgrimage [to Lourdes in 1971], the small communities which were created have continued to meet regularly. In these groups, transformations are seen that are sometimes deep: parents accept their child just as he/she is: young people, often disillusioned by or rebelling against the absence of a true ideal for them, find a sort of commitment which is both at a personal and communal level. [...]

Our action is obviously not political. However, it seems to me that we each have to do something in the transformation of mentalities and hearts with regard to the disabled person, so that they are not seen as a being who is missing something but as one whose life has a deep meaning. Hopefully, we can modify, not all of society, but the life of some families who bear the heaviest burden and who, because of this, are the poorest. It is, I believe, the deep significance of this Faith and Light experience.

Marie-Hélène MATTHIEU *'Better to light the lamp than to curse the dark'*

• August: 'Being man'

It is delectable to be 'man' and to live! To simply be man, look at the sky, the sun, the flowers and the stars at night. Look at children, laugh, play, work love, dream, open up your imagination, be joyful: it is a celebration every day. To live, quite simply, to be good, not to want to have everything, not to be jealous, not to groan, nor to complain but to help, sympathise, console, visit a sick person, be there when needed, wear yourself out for others, fall asleep in an armchair, eat and drink together... and all that not because you have to do it or because it is serious but because you want to do it, because you are man, man amongst others, because you see.

Do you know the danger that threatens our time? We live in the century of the 'useful'! 'What does it do?', people ask. 'What is its use?' 'What does that bring in?'. You calculate the book value, the efficiency and the production. You are busy. You bustle about. You are overloaded. You don't have time. You calculate. It must pay. And you forget that the beauty of life is in the moment when the calculation stops, when you are simply man, that you are living simply and joyfully. At the beginning, they work to live and in the end they work and forget to live.

Stand up for yourself! You are not a machine made for an exact return. You are a lot more than your function, your profession, your job, your work. You are first and foremost 'man' to live, to laugh, to love, to be quite simply a 'man'.

And that is the single most important thing in this world.

Phil BOSMANS

2. Small friendship groups

For several years, the guidelines have encouraged us to set up small friendship groups. They are provided for in the Charter which tells us: *'Between meetings, the members of the community like to spend time together in smaller groups. They talk about their life, fears, dreams, hope... They pray, do favours, relax, share a meal, or do other activities that nurture friendship: it is 'the time of fidelity' (1, 4)*

For what?

In a community of twenty or thirty people or more, it is almost impossible to know each person by their history, their occupations, their joy, their sorrow. Some members can have more frequent contact. But a large number must often wait a month to see, hear or meet a friend from the community.

How are these small friendship groups made up

It must take into account the best:

- geographic proximity,
- balance: disabled persons, families, friends,
- commitment opportunities of the leader

At the first meeting of the year, a list of friendship groups is given out to each member.

If we are not able to make up these small groups, an original initiative has been introduced in a Belgian community, testimony:

Forty five minutes of prayer

In our community, the coordination team was looking to adapt the small friendship groups into our real life.

For two years, on the last Monday of the month, a time of prayer is proposed to those who want to come at the home of one of the community members. Each family who wishes to, welcomes us, in turn, into their home. Just open the door, place some chairs in the middle of the living room, around a cross or icon, and of course a candle! For the moment, this quite simple prayer is prepared each month by the couple in charge of the community, with particular attention to how the family welcoming us lives. We pray specially for them.

At the end of the prayer time, (which always starts and finishes punctually), the family receives a card or a beautiful drawing which illustrates the word of the gospel which has been at the heart of our evening... We all sign it to express that we remain united in prayer until the next meeting. After a fruit juice, which allows us to exchange news, each person returns home early and happy. This moment of shared prayer has created a lot of unity amongst us. But what is also fabulous, is that by this means, dads, brothers and sisters and also new people, who have been invited to come with us to pray at the home of friends, have discovered Faith and Light and have then joined our community!

3. 2 February, Feast of Light

Why have we adopted 2 February, feast of the Presentation of Jesus at the Temple as the day of celebration for all Faith and Light communities in the world? There hasn't been a big discernment or official decision. This date came about quite naturally. From 1972, a French community (Allier) decided that its annual celebration would take place at Candlemas, the day when Jesus is presented as the Light of the world and where the symbol of candles is so telling. The idea of this celebration spread across the whole world like wildfire, as is evident. At the Presentation of Jesus at the Temple, as at Faith and Light, parents are reunited with their small child and his/her friends, Simeon and Anne.

The parents, members of Faith and Light, are felt and feel more often still in their flesh, the prediction of Simeon to Mary: 'A blade will pierce the heart'. And we see that their child is a sign of contradiction. He reveals deep thoughts which hide in the hearts. The person weak, disabled, ill, dying, ... deeply disturb us but it transforms us if we want to put our hand in theirs.

This year, we have the chance of being able to celebrate this feast on the same day since it falls on a Saturday. We will be particularly in communion with communities from all over the world, forming a large prayer and thanksgiving chain for Faith and Light.

Some ideas for organising the celebration

A Faith and Light community can organise the celebration with the parish or ecclesiastical community in which it is integrated. At the welcome, the priest, pastor briefly introduces the community. Faith and Light songs will have been specially chosen, like for example, *'Friends, let's sing our joy'*. Community members, parents, friends, disabled persons take part in the procession of offerings or can take the collection. At the end of the celebration, the community leader or a member of the coordination team introduces Faith and Light and invites those present for a drink to friendship or to a meal or even a party. Make sure each person, on leaving, receives a leaflet and a small note about the life of the community, its address...

The Feast of Light can also be organised by two communities who get together in one of the local parishes or Churches to which they belong.

Finally, the regional or national council can also meet all the communities for a communal celebration.

This celebration could be the opportunity to invite new people. If we have a shortage of young people, for example, let's focus our effort on them...

4 The 'Announcement and Sharing Day'

The Feast of Light is often also an opportunity to organise the **'Day of Announcement and Sharing'**. The announcement is widely marked during the celebration, only planning activities which will allow a large contribution to the solidarity will remain.

The preparation of this Day which will rally the whole community, is going to give quite a new momentum! Here are some ideas for a successful day:

– Prepare all together what will support the day: play; mime, concert; sale: cakes, pan-cakes, jams in nicely decorated small jars, flowers, second hand sales, car boot sale, bazaar, bingo... Calendars or cards that are easy to make with a computer! (The International Secretariat will be able to send you photos of communities from across the world...). You can even plan a meal, a dinner-dance... Invite all your friends, parents, neighbours, acquaintances...

– Announce Faith and Light in the parish, on Christian or local radio, in local papers... You can find a lot of information about this on the International Faith and Light website: www.foietlumiere.org

– All be there on 'D-Day' with your best smile.

– When it is all over, the coordination team should assess what has been good and what needs improving for next year and write it down. It is quickly forgotten! And finally, don't forget to send the money collected to the national coordinator.

5. The prayer of a poor person

We can experience this together when we do the community prayer during the meeting, or in small sharing groups, or in friendship groups, or at our own home and also of course in the coordination team meeting...

'The prayer of a poor person' is a prayer of the body which says: I am there because I love you. I am there because you are precious to me. I have put aside all other things, for you, you are more important than anything'. Our presence becomes a sign, a word, a word without words. It is the way friends show their friendship: *'I am happy to be with you'*.

It is not easy to persevere in a blatantly useless situation, without a result to be proud of. It isn't only *'being with'*. However, at Faith and Light we know that it is a sign of love, a school of love. Gradually the heart changes. We are no longer focussed on ourselves but on the Beloved.

Sit on a chair in a well-balanced position which lets you remain still, without losing concentration. We put our open hands on our knees and close our eyes, thus creating an inner space that nothing can enter. The back is straight. We breathe slowly and calmly. We can help ourselves with a word of love that we repeat inwardly, for example, *'I am there for you Jesus'*, or simply the name 'Jesus'. We remain there, trusting, in the silence of the heart, for at least ten minutes, letting Jesus love and transform us. At

the start, we will have a lot of distractions. The peace only comes after a while, perhaps only towards the end. We should not worry, it is our poverty. Peacefully, let us return to our little word of love. The prayer of a poor man is going to change us. It is going to bear a lot of fruit, fruit of an astonishing quality, 'Faith and Light' quality.

6. An Irish Blessing

for four-part men's voices, T.T.B.B., a cappella

Moderato, $J = 80$ Music by Rock Oakeson

1st Tenor *mf* May the

2nd Tenor *mp* May the road rise to meet you, *mf* May the

Baritone *mp* May the road rise to meet you, *mf* May the

Bass *mp* May the wind be at your back, *mf* May the

Piano (rehearsal only) *mp* *mf*

5

1. T. sun shine warm up-on your face, May the rains fall soft up-on your fields. Un-til we

2. T. sun shine warm up-on your face, May the rains fall soft up-on your fields. Un-til we

Bari. sun shine warm up-on your face, May the rains fall soft up-on your fields. Un-til we

Bass sun shine warm up-on your face, May the rains fall soft up-on your fields. Un-til we

Pno

7. Our bodies are the temple of the Holy Spirit: Experience of non-verbal communication¹⁵

Objective: to communicate in a different way with each other, test the trust and communion between us beyond words. To be more conscious of ourselves, of the value of the body, temple of the Holy Spirit. By our gestures, to be especially attentive to the smallest, to demonstrate what is at the heart of the community.

Duration: Plan for 30 to 40 minutes.

This process must take place at the rhythm most appropriate for the group. Everything can be adapted. It is necessary to remain creative, to create the most respectful atmosphere there is.

Some ideas:

All the community takes part in two groups successively. One group in the centre, which will take off its shoes. The other group sat all around, looking on in silence. Then, the two groups swap around.

After a brief introduction and the signs from the leader who is going to guide our process step by step, everything happens in silence, slowly and with beautiful classical background music (for example, Concerto 21 by Mozart), or birdsong, or the sound of the sea or candles....

The music begins. Respecting the rhythm of the music, start to walk slowly being aware of our body, our feet, bare on the ground, our balance, our slow breathing, we are concentrated, weaving in and out of each other without touching, respecting the space which each person needs so as to not feel jostled. Stop whenever the leader stops the music to listen to the instructions that follow.

The music continues: walk slowly again, amongst each other, being attentive to one another, looking with kindness at each person with whom we make eye contact, always without touching.

After a moment, hold hands in pairs, still in silence. One person closes their eyes, the other leads. Our walk of trust continues for a few moments. Then swap over... Then find someone else, our walk is like a slight dance to the rhythm of the music... Listen to their breathing, relax... Be aware of the space you are inhabiting together... relax. Carry on with our ballet, three by three.

When the music stops again, each person chooses a partner (the person closest to him/her): one will be the sculptor, who will try to get the other person to strike a pose on the theme 'Our body is sacred: it is the temple of the Holy Spirit'. The statue lets itself be made between the hands of the potter. After a few minutes, the sculptors stop their work, and contemplate their masterpiece.

¹⁵ Cf *The non-verbal communication workshop led by Oleg Romanchuk, at the International Meeting in Madrid in 2006.*

The sculptures keep their position and the sculptors circulate between the sculptures to admire them all. Then, still without words, the sculptures become the sculptors, and do the same thing, with a great mutual respect.

Then you carry on the walking, amongst the group... When the leader requests it, stop again, and turn to face the other person. Take the time to look at one another with kindness, being aware of the beauty of each person, of the gift that is this person to me, of the gift of each person in the community. Express towards one another by a gesture, all the friendship that unites us. Together, give thanks for the sacred history of each person, and for the communion that God has made exist between us..

Then change! The spectator group becomes the actor group.

8. Faith and Light, a school of unity and ecumenical work

'In our 'Faith and Light' communities, we have the experience of giving, of our call to move from fear to openness, as well as the experience of welcoming the other person every day (every time you use the words 'the other one', 'the brother', 'the weak person', try to replace with words like 'another Church', 'another rite', 'Orthodox', 'Catholic', 'Anglican'...).

In our communities, we learn to say to the other one: 'you are loved, you are welcome, you are beautiful.' We learn how not to force the others to become like us in order to love them, how not to push them to change, but to accept them such as they are. We also learn to make the difference a source of joy and wealth rather than being one of suffering and discord. Our communities form a mosaic picture made of wood, ivory and reed, but the reed is the most beautiful element because it is the weakest.

In our communities, we learn to say: 'You are well loved although you are different to me, although the colour of your skin and your Church are different. You are loved despite the difference of your rites and traditions, your culture and language, your strength and weakness, your illness and health, your success and failure and despite the characteristic of the relationship which links you to your bishop. You are my joy, just your presence is enough.'

† Father Georges Chehwaro (Syria)¹⁶

¹⁶ The complete text can be requested from the International Secretariat.

9. Extract from the Faith and Light Charter II, 2 and 3

The need for a community

In order to live his/her faith, everyone, even the person with the most severe disability, needs to meet real friends in order to create, together, a warm environment in which each one may grow in faith and love.

Those who come to Faith and Light to meet people with intellectual disabilities must come in a spirit of receiving from them their specific gifts while sharing their own gifts with them. Faced with a severely disfigured person whose words and gestures are often difficult to understand or even non-existent, the spontaneous reaction is often to look the other way and flee. This reaction emerges often out of misunderstanding and fear but it can also reveal egoism and hardness of the heart. To create a real and liberating relationship with people with intellectual disabilities, 'our hearts of stone must be changed into hearts of flesh'. It is only Jesus and His Holy Spirit who can transform our hearts to enable us to welcome the poor and rejected person and to recognize them in all their human reality and spiritual depth. This transformation of love will lead us to recognize the face of Jesus in ourselves and in the other person.

We are led along this path of conversion and of the faithfulness in love by the witness of Mary. Mary and the disciple whom Jesus loved, present with the suffering Jesus, show us a way of living this same loving and faithful presence with our friends in the community. Mary teaches us, like a caring mother, how to carry human suffering together and to live out of the resurrection. In spite of and through suffering, the community is a place of peace and joy, a mediator or revealer of the gifts that God has given to those with an intellectual disability: that is to say, their capacity for welcome and for love, their simplicity and their rejection of conventions. In a society based on usefulness and power, people with disabilities may not be efficient but they are nonetheless prophetic in the area of the heart and of tenderness, and in what is essential in the human person. And so those who are poor evangelize the rest of us.

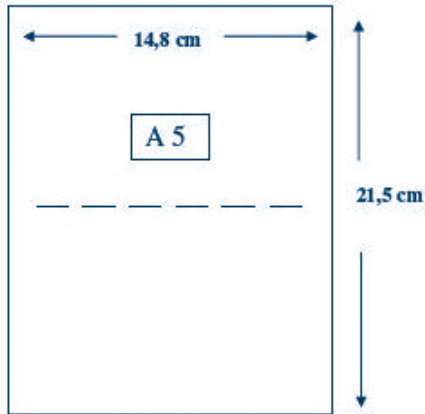
Guidance toward a deeper human maturity

In order to help people with intellectual disabilities to find peace of heart, hope and the desire to grow, it is certainly necessary to see them in the light of the Gospel, but also to understand their human needs in their suffering, and to know how to respond. For this, we must gradually acquire human experience and the necessary knowledge. Those who are involved in Faith and Light must become competent in the way they guide people who suffer or are in difficulties.

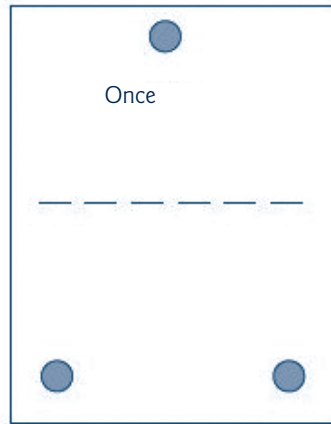
10. Craft and DIY

1. Make our 'accordion leaflet'

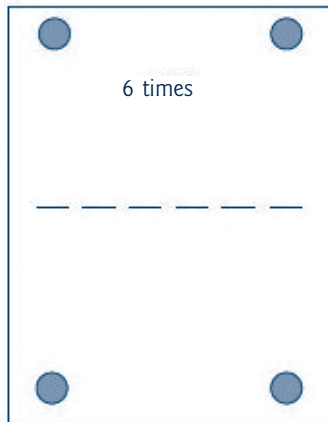
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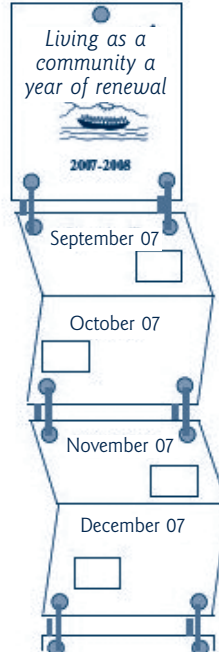
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3.



4.



2. **Finger puppet**

Felt

Scissors

Needle and thread

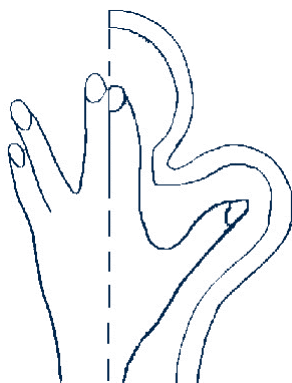
Glue

Strands of wool for the hair

Cotton wool

Beads

- Cut the doubled material using the pattern made for your hand size. Leave a margin for comfort.
- Sew the sides: turn the whole thing the right side out.
- Stuff the head with cotton wool
- Decorate the doll using your imagination



3. **Musical Instruments**

• **Tom Tom Drum**

Metal tin (without a lid)

Balloon

Scissors

Sellotape

- Cut the rubber balloon.
- Stretch the rubber balloon over the top of the can
- Sellotape all around to as to hold the balloon taut across the top of the can.
- Decorate the can



• **Maracas**

Drinks can

Seeds (and/or beads)

Cardboard

Scissors

Pencil

Sellotape

- Put the seeds (and/or beads) in the cans until you get a sound you like.
- Cut out a piece of card and sellotape it to cover the top of the can. Reinforce it with an elastic band.
- Decorate the outside.



• **Rainmaker**

- Cardboard tube
- Seeds
- Cardboard
- Tacks
- Sellotape
- Hammer



- Put the tacks in the cardboard tube using the hammer.
- Block up one end of the tube with a circle of cardboard (with the same diameter as the tube).
- Put the seeds in the tube and block the other end of the tube with a second circular piece of cardboard.
- Decorate the rainmaker using your imagination.

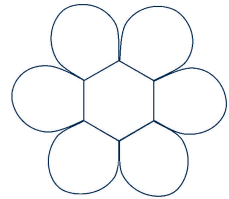
4. Cut out a heart

and decorate using your imagination.



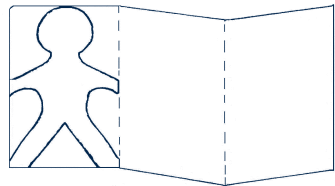
5. A flower that opens by itself in water!

- Cut out a flower using this template. In the centre of the flower, a word or name can be written.
- Fold the petals over the centre.
- Put into water on a plate or a salad bowl.
- Admire it as it opens up and blossoms!

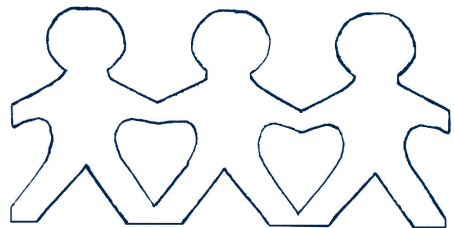


6. A paperchain of 'hearts'

- Fold a strip of paper as many times as you want people, each folded section should measure 7cm by 10cm.
- Cut off the shaded part



Result:



7. The silhouette of Jesus



10. Drawing of the Visitation



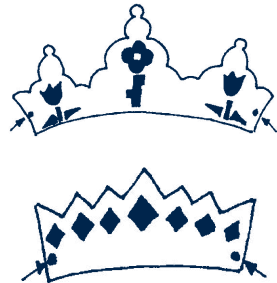
8. A crown

Cardboard

Elastic thread

Felt tips, crayons, stickers

- Cut out as per the template
- Decorate using your imagination.



9. Recipe for salt dough

1 cup of table salt

1 cup of warm water

2 cups of flour

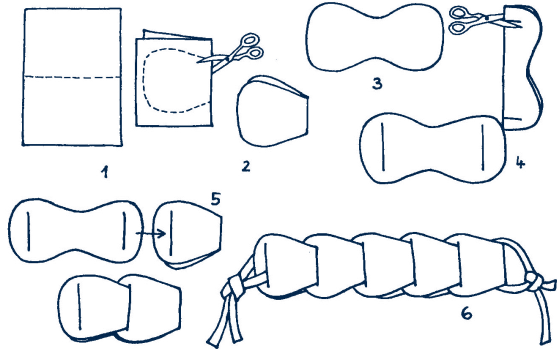
- Thoroughly mix the flour and salt together in a salad bowl or other large bowl.
- Add the water (all at once) and knead the dough with your hands. It must be pliable but not stick to your fingers.
- If it is too crumbly, or looks like grains of sand, add a little more water until it is pliable and easy to work.
- If it is the opposite, it is too wet and too sticky, add flour and work the dough.
- Be careful, always add the flour and water gradually, taking care to knead the dough each time.

11. A chain

Piece of oilcloth, PVC or cardboard

Scissors, cord

- Cut out rectangles measuring 10cm by 4cm
- Cut out a curved shape from each using the template and put in two notches.
- Insert the pieces into each other as shown in the diagram.
- Link the two ends with the cord.



We can decorate each section with a different cross:



12. A candle-shaped bookmark

13. Candles in a walnut shell

Walnut shells
Wax (old candles)
Cotton thread
Old saucepan



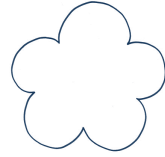
- Melt the wax in an old pan, in the oven or in a bain-marie. (Do not mix the colours or too gently, otherwise the mixture turns grey!).
- Fix the cotton wick into the bottom of the shell with a drawing pin or staple.
- Pour the melted wax in, holding the wick upright.

Appendix 10

14. A bunch of flowers

Coloured sheets of paper, glue, straws, green if possible, scissors, pencil, small pot (yogurt), sand, semolina or rice

- Draw flowers on the coloured paper using the template



- In a different colour, cut out a small circle for the centre and glue it to the middle of the flower.
- Cut out leaves from the green paper and glue them under certain flowers.
- Cut 3 slits at one of the ends of the straw and spread it out into a corolla.
- Glue the straw to the back of the flower.
- Glue the leaves on the stem.
- Fill the small pot with sand and plant your flowers in it.



15. A finger rosary

10 wooden or coloured beads

Cord

1 small cross

Nothing easier! Thread the ten wooden or coloured beads on a fine and strong cord. And close with a cross of your choice.



16. An icon

Picture

Piece of plywood

Wallpaper paste

Clear varnish

Cloth

- Choose a picture and cut out a piece of plywood slightly smaller than this image (5mm at least).
- Coat the picture and the plywood with wallpaper paste.
- Wait five minutes, then stick the picture down by pressing with a clean piece of material starting at the centre (to avoid bubbles forming). It must be left for 24 hours.



- With a craft knife, trim the excess closely, then sand the edges with glass paper.
- Coat the whole thing in clear varnish.

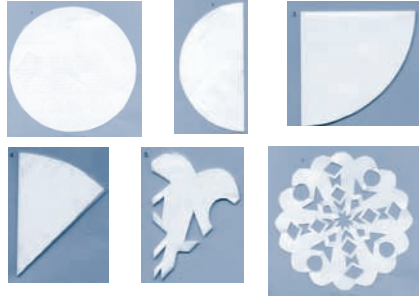


17. A paper doily

White or coloured paper

Scissors

- Draw a circle and cut it out
- Fold the circle into three
- Cut out random shapes on the folded edges.
- Open it up!

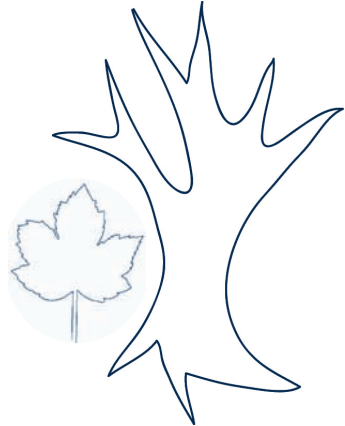


18. 'Name tree'

If you are unable to get hold of real tree branches, here is how you make your 'name tree'.

Large piece of cardboard, leaves of all colours, scissors, glue

- Draw the trunk on the cardboard and colour it in.
- Cut out leaves from different coloured papers
- Write the name of a Faith and Light continent on each branch.
- The trunk is the Charter.
- The roots, our founding history.
- On each branch, we are going to stick the coloured leaves with our names written on them.



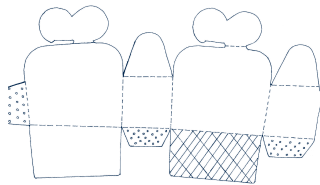
19. Treasure chest

160-gram paper

Scissors and glue

Felt tips or paint for decorating

- Cut out using the template.
- Fold along the dotted lines.
- Glue the sides and bottom.
- Decorate using your imagination



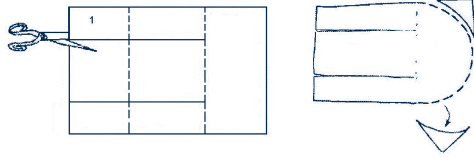
Appendix 10

20. Cap

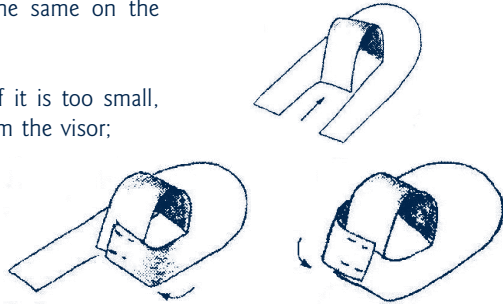
Sheet of wide A4 paper

Scissors, staples

- Cut out as shown in figures
- Fold up the centre part.
- Bend one of the sides to the centre part and staple. Do the same on the other side.



Before stapling it, try it on! If it is too small, cut the slits a little further from the visor; if it is too big, do the opposite.



21. Sarah's galettes

To make approximately 15 galettes: 250g flour, 140g sugar, 100g soft butter, 1 egg

- Mix the butter, sugar and egg.
- Knead by hand. Roll out the pastry to a thickness of about 1cm.
- Mould into small, round galettes.
- Put in oven (Gas mark 6 - 180°) for about 20 mins, until the galettes are golden.

22. 'Card Hearts'

Card paper

Coloured sheets of paper

Scissors

Glue

- Cut out hearts from coloured paper.
Write a wish on each card, or even just names.
- Stick the hearts on the card so it looks like a large bouquet.
- Decorate it using your imagination...



11. Evaluation of the 2007-2008 guidelines

Please return responses to the International Secretariat before 15 April 2008

Name of my community:

First name and name of leader:

Address:

Country:

Zone:

1. **Does the guidelines of 2007-2008 meet all your requirements?**
2. What do you like **most**?
3. What do you find **less good**?
4. Which **appendices** have you **used**? (Indicate their number)
Which ones **didn't you use**?
5. Has your community **created small friendship groups**?
How are they **made up**? **Who leads them**?
What are their main **activities**?
What are the **fruits** of the small friendship groups?
6. In what other ways do you spend the **time of fidelity**?
7. Could you describe a **typical meeting** of your community by freely indicating what is good, less good, not good at all?
8. What are your **suggestions** for the next guidelines?
If possible, it would help the next guidelines team a lot, if you could indicate what you think of the suggestions for the different times and also send us any new ideas that you have tried at meetings.
 - ◆ Welcome
 - ◆ Word
 - ◆ Sharing together
 - ◆ Sharing in small groups
 - ◆ Prayer
 - ◆ Prayer of a poor person
 - ◆ Celebration
 - ◆ Small friendship groups

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12. Internet sites

- Faith and Light International: www.faihandlight.org
- Games at the Faith and Light Canada East website:
<http://pages.infinet.net/canest/index.html> / Outils pédagogiques/ code d'accès: foi192 (in French)
- More than 4500 DIY, collage, modelling activities on the French website:
www.teteamodeler.com/, think about Scout and Guide websites, those for the catechesis...
- The Taizé community: www.taize.fr/
- Songs of Jean-Claude Gianadda (words, scores...) www.gianaddajeandclaude.com
- La Ferme de Trosly, to order all books by Jean Vanier: www.lafermedetrosly.com
- L'Arche International: www.larche.org
- l'OCH (Christian Office for Disabled Persons in Paris) and the magazine Ombres et Lumière:
www.och.asso.fr
- Orthodox pages: www.pagesorthodoxes.net/index.htm#index
- Catholic Church: www.vatican.va/phome_fr.htm
- World Council of Churches : www.oikoumene.org/en/home.html

13. Available documents

Building a community

The Charter and Constitution	gratuit
Our first guidelines	3 €
Leaflet for leading discernments and elections	gratuit
Sharing the responsibility to Faith and Light	3 €
Annual guidelines	5 €

Deepening our life together

The spirituality of Faith and Light	3 €
Prepare and run a Faith and Light retreat	3 €
Ecumenism in Faith and Light	3 €
Together towards a united ground. Jean Vanier Fioretti	gratuit 2,30 €
Faith and Light training weekends and sessions	3 €
Going on holiday together	3 €
Day for a renewal in the community	gratuit

Getting to know ourselves better, helping ourselves

The history of Faith and Light on DVD, Marie-Hélène Mathieu (French, English, Spanish and Italian)	22,00 €
The Family Album	3 €
Leaflets, posters in A4 and A5 format	gratuit
Messages from the Popes to Faith and Light	gratuit

The Faith and Light prayer

**Jesus, you came into our world,
to reveal the Father to us, your Father and our Father.
You came to teach us to love one another.
Give us the Holy Spirit, according to your promise,
so that he will make us
instruments of peace and unity,
in this world of war and division.**

**Jesus, you have called us to follow you
in a community of Faith and Light.
We want to say «yes» to you.
We want to live a covenant of love
in this big family you have given us,
where we can share our sufferings and difficulties,
our joys and our hope.
Teach us to accept our wounds, our weakness,
so that your power may be revealed.
Teach us to find you in all our brothers and sisters,
especially in those who are the weakest.
Teach us to follow you in the way of the Gospel.**

**Jesus, come and live in us and in our communities
as you lived first in Mary.
She was the first to welcome you.
Help us to be faithfully present, with her, at the foot of the
cross,
near the crucified of the world.
Help us to live your Resurrection.**

Amen.