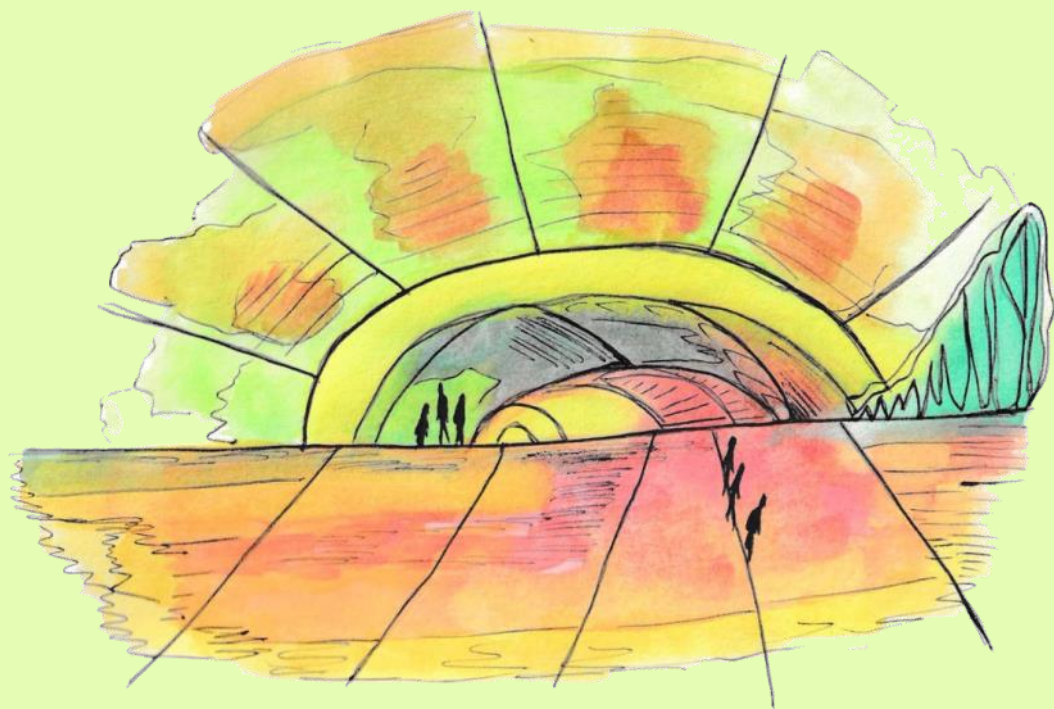


Go into all the world



Guidelines 2022-2023
Faith and Light international

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Illustrations: Chiara Revelli

Faith and Light international
3 rue du Laos 75015 Paris, France -T + 33 1 53 69 44 30
international@foietlumiere.org - www.foietlumiere.org/en



Introduction

Corinne Chatain, general secretary

Dear friends,
These new Guidelines have been produced by the three provinces from Italy. The theme, “Go into all the world”, was inspired by the speech from Pope Francis at the private audience he granted to Faith and Light on the occasion of its 50th anniversary. You will be able to read the full text at the end of this booklet.

Each month, you will find evangelic references as well as a passage from Pope Francis’ speech and proposals for facilitating your meetings. Of course, these are only suggestions and you will know how to adapt them to the culture of your country and the character of your community. You will find illustrations and the artist’s workshop on the website:

<https://www.foietlumiere.org/en/community/guidelines>

The paths that we will follow throughout this year will prepare our hearts for the international meeting that will be held in Strasbourg, France, from 4 to 11 July 2023. It will bring together about 150 delegates from all the provinces across the world. During this meeting, members of the general assembly will proceed with the election of the international coordinator and the deputy international coordinator, as well as members of the board of directors. They will also define the movement’s international priorities for the next five years. We now entrust these very important times of discernment to your prayers.

I would like to very warmly thank the teams that wrote this booklet as well as Carlo Gazzano who coordinated this work along with Don Marco Bove (international chaplain) who proposed the themes for each month from Pope Francis’ speech and wrote the meditations for Christmas, the Feast of Light, Easter and Pentecost.

May all these paths that we take during the year change our hearts and spread Faith and Light still further, still higher! ●

Teams 2022-2023

Province Peace River: Italy north - Galilee, months 1, 2, 3, 4



Cesarina



Don Pierantonio



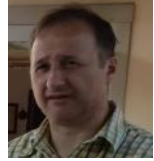
Cristiano



Chicca



Elvira



Valentino



Paola



Silvana



Suoad

Kimata: Italy centre - Cyprus - Greece - Albania, months 5,6,7,8



Elisa and Carla



Don Paul



Paolo



Federica



Entela

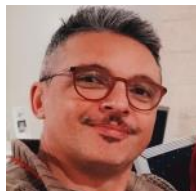


Peppinos

Seas and Volcanoes: Italy south, months 9, 10, 11, 12



Don Vito and his team



Carlo



Bruno

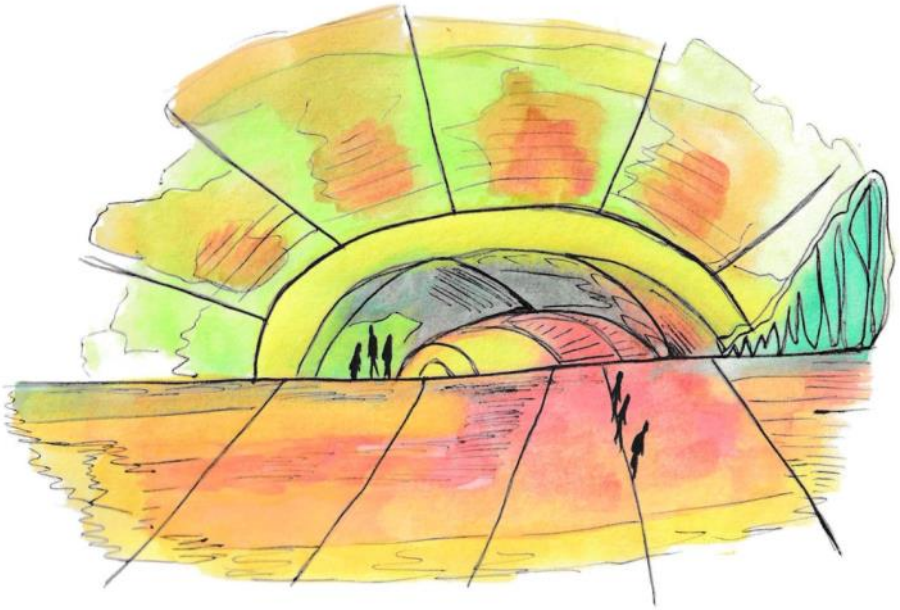
Explanation of the illustrations

Chiara Revelli is an Italian artist who lives in the north of Italy. A friend of Faith and Light, she agreed to produce the illustrations for these Guidelines at the request of the team and we thank her for this. Her drawings, very symbolic, require a small explanation. The central theme of the drawings is the presence of the earth, the sea and closed eyes that represent people dreaming of a world that is a better place.

- **Month 1:** People walking at sunset whose light represents joy and gratitude.
- **Month 2:** Circles that, overlapping, symbolise inclusion. Everything is directed towards the love of the neighbour.
- **Month 3:** A boat on a quest for salvation heads towards a house. The cold colours seek to join the dark colours. Two birds looking at each other represent smallness.
- **Month 4:** A message of hope creates a world made up of people who cross paths.
- **Month 5:** Our long road of hope heads towards a sun full of joy.
- **Month 6:** The candle represents the Church that lights the world.
- **Month 7:** Reconciliation transforms us and takes us through different phases.
- **Month 8:** A gesture of kindness, a symbol of unity and communion.
- **Month 9:** Faith and Light at 50. Like a web, many communities have been created in the world.
- **Month 10:** The Faith and Light boat keeps its passengers in the light.
- **Month 11:** A zip brings closer and unites different hearts.
- **Month 12:** A forest, houses, we always go forward on the road that surrounds the landscape.



The path of joy and gratitude



The word of the month

- **Evangelic reference:** The ten lepers, Lk 17: 11-19
- **Word of Francis**

You are celebrating your Jubilee: it is a great opportunity to give thanks, to recognise the gifts that the Lord has given you throughout the years of this journey and to express your gratitude.



Here we are at our jubilee, fifty years of the life of our Faith and Light communities, we give thanks for every gift received. Gratitude is a wonderful disposition of the soul. It is the attitude of those who have understood that life is a gift and live with gratitude for what they have received. To be grateful is to live big because you feel that everything you are and that you have built is a gift. The only way not to ruin your life is to live it as a gift by sharing your talents with those you meet, not feeling like a hero but simply a brother or sister. How often are we forced to admit that in opening ourselves to others, what we receive is much more? The expression "I don't have to say thank you to anyone" is really ugly and not true, just as it is also sad in the Gospel that only one of the 10 healed lepers returned to thank Jesus.

How many times have we heard: "I don't have to say thank you to anyone"? How many times do we say it ourselves? For sure, I have often thought of it.

But in reality, this is not the case. When I think about who I was and what I am now, I realize that I have lived many experiences with or close to other people: this is our journey in Faith and Light. I am absolutely convinced that the myth of the "self-made man" does not exist. The more time passes, the more I am convinced that what we are is the fruit of all those meetings that have sometimes

helped us, sometimes saved us, sometimes hit us, and pulled us down into the darkness. And however, negative the relationship with others may have seemed to us, it is what made us what we are today.

In a society that tries to divide us, it becomes more and more important to remember that nothing changes us and evolves us as much as sharing with others.

If there is something that gives meaning to this life of ours, it is making ourselves vulnerable so as to share in community with joy. There is no greater adventure than achieving what we are called to.

This is why I am happy to have shared the path with so many. Many to whom, for better or for worse, I can only say thank you. And especially, thank you Jesus.

Welcome

At the door, community members give each participant a small cardboard face without a mouth (see page 63).

Sharing

- **Together**

We bring to life the Gospel of the lepers.

- **In small groups**

- Of the ten people healed, only one returns to say thank you, why?
- Is there thanksgiving in my life? Why should I thank the Lord?
- Can I recount an incident in which the Lord helped me through the people close by?

Artist's workshop

A sign of thanks is often a flower. We will make one in the shape of a daisy, writing or drawing thanks on the petals (see page 63).

Celebration

Game: Form two teams. Each team mimes situations of thanks that the other team has to guess. For example, I fall in the street, someone helps me up and takes me home; I help a lost tourist to find his way; I give up my seat on the bus for an elderly lady...

Prayer

We complete the faces received on our arrival by adding our name and a smile that the healing of the lepers has brought to our faces. One by one, we stick them on the board around the silhouette of Jesus drawn in the centre.

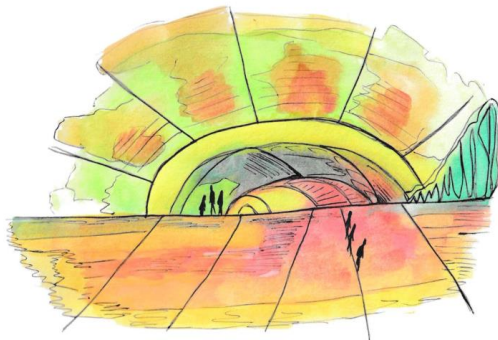
We sing a joyful or thanksgiving song.

• Prayer of a poor person

Thank you Jesus for the gift of Faith and Light that you have helped us to keep and to bear fruit during these first fifty years.

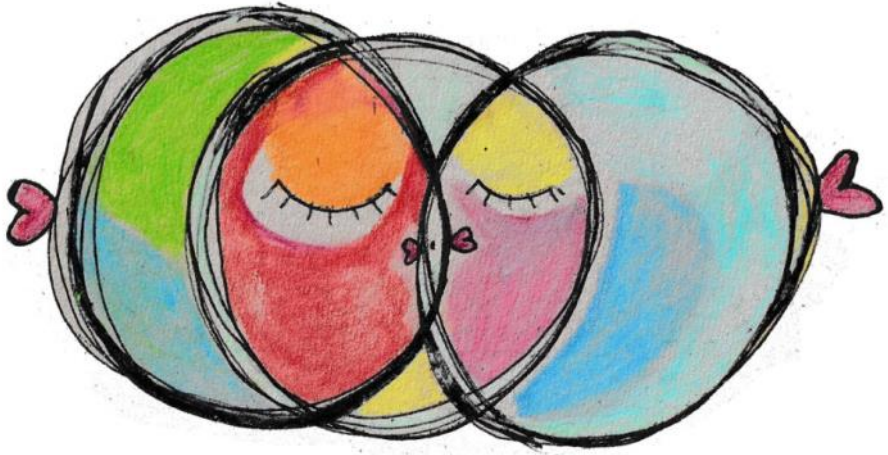
And until the next meeting

I commit to visiting friends who were absent today to offer a flower or a smile.



2

The path of acceptance and inclusion



The word of the month

- **Evangelic reference:** The man born blind, Jn 9: 1-41
- **Word of Francis**

The Holy Spirit proposed the birth of something that no-one had anticipated, that is to say, your communities where you celebrate joy, reconciliation and reciprocal communion. Thus, the light and the strength of the risen Lord has given Hope to many people who felt excluded and rejected, sometimes in the Church too.



The Holy Spirit has instilled in our hearts that in Faith and Light there is no culture of rejection, no walls or contempt for those who feel rejected and excluded. Even in the Church, the custodian of the Gospel of Jesus, it is important to alter our view, and this is what Faith and Light does in the Church. The Gospel and what we experience in our communities invites us to look at others with fresh eyes.

The man born blind is one of the many encounters in the Gospel that brings a great inner light. The blind man endeavours to understand what has happened but this dialogue is obscured by the religious prejudices of those he is talking to, who show in every way that they do not accept the truth and deny the testimony of the blind man. *"You were born entirely in sins, and you are trying to teach us?"*. How many times have we had to give up in the face of these barriers? How much suffering has this caused in people who feel judged and devalued by those who don't know them, even within the community of Jesus, that is to say the Church? Welcoming the light is welcoming Jesus and looking at life with his eyes, those of love, and loving means coming out of yourself. Giving without asking. Being discreet to the point of silence. Suffering to make the walls of selfishness fall. Moving away when you risk compromis-

ing the peace of a home. Wanting the happiness of the other one. Respecting it. Disappearing when you realize you are disturbing his mission.

“I believe Lord”, I believe that you deliver us from the darkness of evil and give us the strength to live in the light of good.

Welcome

People, different to those from the previous meeting, will welcome community members by giving them a long cardboard rectangle in a dark colour.

Sharing

- **Together**

We bring to life the Gospel of the man born blind.

- **In small groups**

- In the dark times in my life, how did I feel?
- Who helped me to find the light again and how?
- How do we open the eyes of those who are in darkness?

Artist's workshop

We decorate the rectangle received on our arrival to give it light again with bright colours, sticky paper, beads, ribbons... (see page 63).

Celebration

Game: One person is blindfolded and another guides them with their voice to an object. They will touch it and must guess what it is. To involve more people, two teams can be created.

Prayer

On a board, we draw a stylised version of the Faith and Light logo. Each person will come and stick their decorated rectangle around the sun to represent rays coming from the clouds.

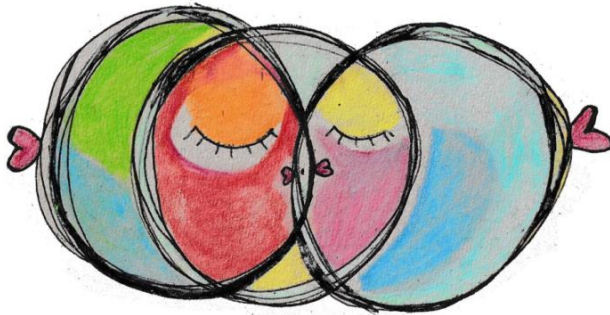
We sing the community song (*It's me, It's you, it's Jesus... that build community*).

- **Prayer of a poor person**

Thank you Jesus for having helped me to leave the darkness by giving me friends in Faith and Light.

And until the next meeting

We approach someone who is alone and invite them to the next Faith and Light meeting.



3

The path of the Gospel of smallness



The word of the month

- **Evangelic reference:** Let the children come to me, Lk 18: 15-17

- **Word of Francis**

The Holy Spirit accompanied the journey of your movement and many "Faith and Light" communities were born in many countries on the five continents, carrying a message of love and welcome. This message is the heart of the Gospel! It reminds us that any person, even and especially the smallest and frailest, is loved by God and has their place in the Church and in the world. It is "the Gospel of smallness".



The Holy Spirit who gives rise to the "Gospel of smallness" is the driving force of the unity and the sense of service of many Faith and Light communities. We are all truly loved by God for who we are and not for other reasons or interests.

Beautiful then are the words of Jesus with which he reprimands the disciples who wanted to push away the children, the little ones. In a society like ours, people seek their happiness in grandeur, in appearances, in having money, fame, success... Jesus, on the other hand, proposes the contrary: the image of a child. The child is weak, he needs help, he cannot live alone, which is why he has great faith in adults and abandons himself into the arms of those who love him. It is a beautiful image that Jesus proposes that goes against the flow. It shows the way to live the kingdom of God. "Whoever does not receive the kingdom of God as a little child will never enter it". It is the path of simplicity and trust, the path that leads us to salvation. May the Lord help us to go forward on this path, losing in the eyes of men but winning in the eyes of God; this is the path that Jesus himself followed.

Welcome

Before this meeting, we will have invited some children. A few community members give the photo of a child to each person who arrives.

Sharing

- **Together**

We bring to life the Gospel of the children.

- **In small groups**

- What does the presence of a child beside me evoke?
- Why did the disciples, as we sometimes also do, move the children to one side?
- Like Jesus and like at Faith and Light, how do I always place the small and fragile person at the centre?

Artist's workshop

Children like to have fun and make music. We can make maracas with small plastic bottles that have been filled with dried vegetables, rice or gravel...

(See www.pinterest.fr/pin/273664114841590448/)

Celebration

Game: Make a large circle or several small ones and turn to the sound of maracas music. Organise a game of hide and seek: the leader hides an object and a designated person goes to find it...

Prayer

We will use the photos of children given out at the start of the meeting. Each person sticks their photo on the Faith and Light boat that was prepared beforehand. We give thanks for our life when we were small, our life today where we support one another in Jesus. We sing a song about welcome and celebration.

- **Prayer of a poor person**

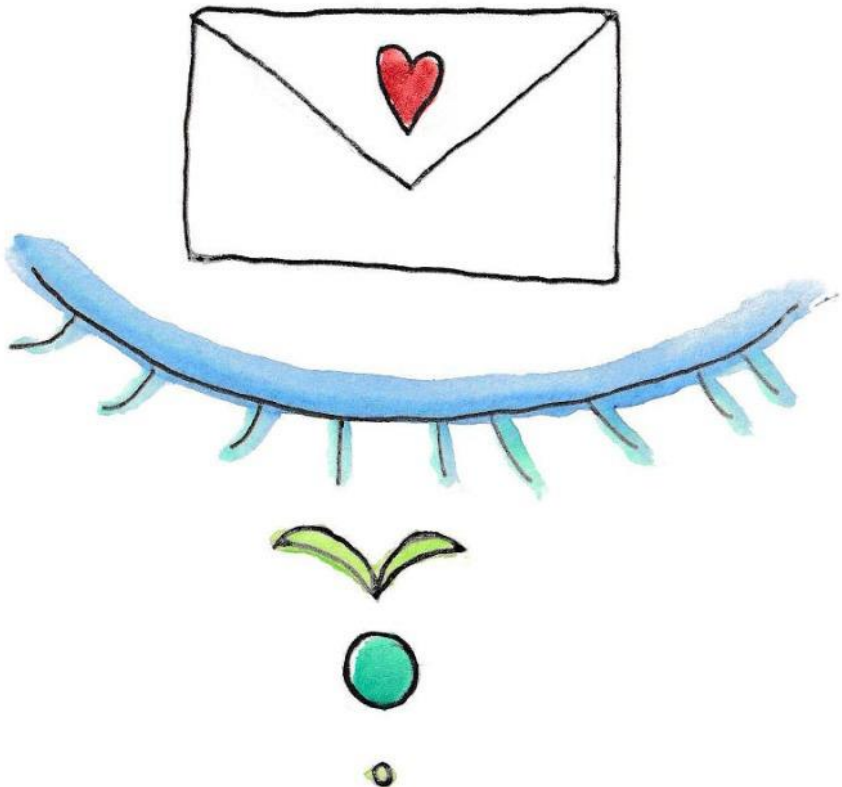
Thank you Jesus for the time when, with my smallness, I was welcomed into Faith and Light.

And until the next meeting

Through a visit or a telephone call, I hold out my hand to the most frail or ill people in the community or in my neighbourhood.



The path of prophecy



The word of the month

- **Evangelic reference:** The parable of the winegrower, Mt 21: 33-45
- **Word of Francis**

The presence of Faith and Light has been and is a prophecy because the most fragile people are often rejected and regarded as useless. And your prophecy is even more important today, to fight the culture of rejection.



By putting fragile people at the centre, Faith and Light communities become a prophecy bearers of a message not only with words but with testimonies. As Saint Paul VI said: *Contemporary man listens more willingly to witnesses than to teachers, or if they listen to teachers it is because they are witnesses* (General Audience 2. 10. 1974).

The message is clear: no one is to be dismissed because he or she does not follow the criteria of the world that we know well and that sometimes also take over our lives. After all, this is also what happened to Jesus, as he himself tells us in this parable.

A very hard parable that the high priests and elders did not take well. Through this story, Jesus summarizes the whole history of salvation, predicting his tragic death. But then comes the great teaching: *"The stone that the builders rejected has become the chief cornerstone"*, that is to say, the most important stone of the building. How do you not recognize Jesus in this abandoned stone? He who died on the cross, despised and rejected by everyone, who is the image of failure and defeat. But we know that, on the contrary, the cross of Jesus has become a tree of life and a source of salvation for humanity. At the foot of the cross, many mocked him *"If you are the King of the Jews, save yourself!"* (Lk 23: 37) and other things like that, but God's ways are different from those of men ... Saint Paul said it well: *"We proclaim Christ crucified, a stumbling block to Jews and fool-*

ishness to Gentiles". Let's think about when we give love freely and nobody acknowledges it, when we do everyday things, and nobody notices our tiredness... Above all, let us think that even if we are sometimes rejected by men, to God we are precious and unique.

Welcome

Community members give a pebble to each arrival.

Sharing

- **Together**

We bring to life the parable of the winegrower.

- **In small groups**

- What is the passage from this Gospel that strikes me the most
- Why are the servants and the son of the master killed?
- The prophecy of Faith and Light is to place the frailest at the centre. How do we fight against the culture of rejection that Francis is talking about?

Artist's workshop

We decorate the pebbles received on arrival (see page 63).

Celebration

Game: "You are the cornerstone"

All the participants are in a circle, they put their open hands behind their back. One player holds a pebble and goes around the circle. He places the pebble in someone's hand and runs off. The person who receives the stone also runs in the opposite direction. Whoever arrives first takes the free space and so on..

Prayer

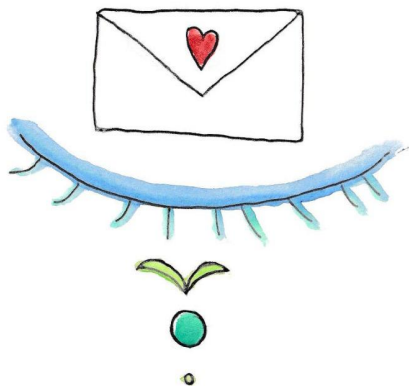
Each community member writes a short thanksgiving prayer for having been called by the Lord to be a "cornerstone". One by one, we carry our decorated pebble to the middle of the prayer corner while singing.

- **The prayer of a poor person.**

Thank you Jesus for showing us the way to welcome those who are rejected.

And until the next meeting

We nominate those who are “cornerstones”. We pray for each of them throughout the month.



5

The path of hope



The word of the month

- **Biblical reference:** When you search for me, you will find me, Jeremiah 29: 10-14.

- **Word of Francis**

I encourage you to continue your welcoming presence with the power of the Holy Spirit: may your communities always be places of meeting, of human advancement and celebration for all those who still feel marginalised and abandoned. For the families who are experiencing the birth of a child with disabilities, may you be a sign of hope so that no-one shuts themselves away in sadness and despair.



Jeremiah wrote these lines to the Jewish people who had been sent into exile, far away from the Holy Land, to Babylon, from the Mediterranean to the Iraqi desert. Today, many women and men are in geographical exile in foreign countries or in spiritual exile, far from what they had dreamed of for their lives. We, the parents and friends in Faith and Light, also have our dreams. For some of us, however, the world has collapsed. We made the choice to be in the company of people with an intellectual disability. It is our choice, not one of power but one of Love. The choice of giving our time, perhaps giving up other human relationships, to be with fragile people who have few human relationships. For Love. To form a Faith and Light community, to experience the joy that comes from it.

Faith and Light have a very ambitious purpose: to do as God does. This meditation was written in December 2021, shortly after Christmas. Christmas, an event of hope. God becomes a migrant, he leaves his divine world, he wants to go among the migrants, the people who have no roof to rest under or to protect themselves from bad weather. From now on, there will be no one who will be kept away from the Love. You will be able to

satisfy again the wish to meet your brothers and sisters. Love is not beautiful only when it pleases. It is beautiful when it welcomes without prejudice, when it gives us that simple happiness of accompanying and being accompanied by those who are in exile, outside the world of the privileged ones who have many easy relationships. God did not do things differently: he chose to be born among people who have few "important" relationships: God with us.

Where do you look for God? He may be found by you, who is seeking him with all your heart, because he is in your heart. Jesus said: "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbour as yourself" (Luke 10: 27). He added that in order to walk with him, it is necessary to leave everything behind, to be free of everything, to love everyone, and make a community. Shared love is a love free from oneself, selfless, a source of hope. Emanuel, God with us, every day of our lives.

Welcome

Two friends dressed in white stand at the entrance and give each person a "mini angel" in different colours on which is written a powerful quotation about hope (see page 64).

We sing the community song together.

Sharing

• Together

We bring to life the words of God to Jeremiah.

After the mime, those who want to can share a personal story that shows how hope has helped them not to give up!

• In small groups

- How is hope closely linked to faith?
- How is God a source of hope in our Faith and Light community?
- What use is hope in times of suffering?

Artist's workshop

We make a small boat from white or coloured paper (see page 64). On the side, we write what our hope is. Reading it aloud, we place our boat on blue material that represents a small lake.

Prayer

I come before you, my God, recognising my fault.

I have faith in the love that you give me as a son.

I open up my heart to you and offer you my misery.

Take my goods, I want to be filled with you.

All together: *May your spirit, Lord, embrace my whole being. Make me obedient to your voice, transform my whole life.*

I place myself in your hands. Lord, I feel poor and feeble
but you love me so much,

I bless you and praise you.

Father, in my weakness, you give me strength.

You love the weak man.

You give him your peace and your forgiveness.

All together: *May your spirit, Lord, embrace my whole being. Make me obedient to your voice, transform my whole life.*

- **Prayer of a poor person**

I thank you, my God, because in you I find my refuge and my salvation.

And until the next meeting

Each person can share their ideas to stay in touch with each other during this month.





The path of openness to the Church and the world



The word of the month

- **Evangelic references:** You are the salt of the earth, Mt 5: 13-16 and I send you on a mission, Jn 20: 19-23.
- **Word of Francis**
Within Christian communities, I invite you to have a leav-en gospel way of doing things: do not isolate or shut yourself away but take part in Church life in the parishes and districts, bring your experience and bear witness to the choice of God for the last, the small and the excluded.



If salt has lost its taste, how can its saltiness be restored? It would just have to be thrown away. However, there is a paradox here. In fact, how could salt give taste to food if it is not dispersed into it? Is salt used to give flavour? No, obviously, it is only useful if it dissolves into the food, which then becomes tasty.

It is the same for light. Is light useful for itself? Certainly not, it is there to illuminate around itself. Although we may be attracted to the flame of the candle, the light from the candle is not made for itself, but to illuminate us.

It is for this reason that John said that Jesus is the light that came in the darkness. For he did not come for himself, but for us who are in darkness. This is why the flame of the candle attracts us and we light it in the places where we go to pray because it illuminates us, it gives us the grace to illuminate ourselves. Its glow is a gift of joy for us.

The same applies to yeast. Yeast is not made for itself, but for the dough in which it is diluted and spread, so that it becomes more digestible.

Without the gift of salt, light and yeast, human life would be bland, dark and heavy.

We, in Faith and Light, are not *of* the world but *in* the world. If we are not in the world, the world will lack the flavour of life, the

light of the path and the lightness of hope. The light from our communities is not for us, but for our fellow travellers, for the communities of believers in God who loves us, for the world in which we live.

However, we should not try to be recognized by the people who accompany us in our many places of life as if we ourselves were the salt, light or yeast, but try to understand what to do so that our presence in these places makes them more flavoursome and enlightened, thanks to the Gospel, to which we want to be faithful witnesses.

It is the same for love. True love is not loving oneself but giving oneself to others so that their lives and ours may be more flavoursome, brighter and lighter.

Welcome

At the entrance to the room, we place a small container of warm water, a bowl of salt and as many teaspoons as there are participants in the meeting. On entering the room, each person takes a small spoon, a bit of salt and throws it into the container of water, stirring it until it dissolves.

Sharing

- **Together**

We bring to life the Gospel of John 20: 19-23.

Jesus explains to his disciples what their mission is: to spread his Word throughout the world. That will be done thanks to him but without his physical presence. We compare Jesus to salt, as highlighted in the word of the month. We know that salt can alter the composition of water invisibly. Jesus does the same. He supports his disciple invisibly. The words of Jesus reinforce our faith and enrich our hearts, just like the salt adds something special to the water.

- **In small groups**

- What is the “salt” of our community? How does it mix with the outside world?
- Can you describe an experience where you have shared your gifts with your community?
- How do you share your gifts with those around you?
- To what extent have you changed as a result of your presence in the community?

Artist’s workshop

Homemade salt dough: it will be prepared before the meeting (see page 64). The leader of the workshop explains what ingredients were used to make it. Each person will create a small figure.

Then, one or more boats are drawn and all the small figures placed on it to represent the Faith and Light boat.

Celebration

We propose two games:

- **Tasting**

We place fluid materials (for example, salt, sugar, water, vinegar) in small glasses. We blindfold each community member who wants to take part in the game. Each person in turn, the players taste the contents of a glass of their choice with a teaspoon that they have brought and try to guess its taste.

- **Recipes**

On small cards, the coordinating team will have written the name of three or four ingredients. Each community member chooses a card and is invited to name a dish, a desert or a drink made from the ingredients on their card.

Prayer

Light and salt of the earth

You ask us Lord to be the light of the world and the salt of the earth.

Who will guide us Lord, who will teach us?
How can we understand the world and the Gospel to be on this path?
Who other than you Lord is our true teacher?
Send us your Holy Spirit so that we are the light and the salt according to your truth.
Where you have been forgotten, help us to talk about you.
Where only material things are sought, let us bring the spiritual.
Where glory and honours are sought, let us bring simplicity and the essential.
Where you are sought in the extraordinary, let us show that you are to be found in the everyday.
Where you are sought in success, let us show that you are found in unity and peace.
Help us to be the light and not let the flame go out in the wind or storm.
Help us to be the salt that is not afraid to salt.
Keep us close to you and we will really be the light and the salt of the earth.
Amen.

- **Prayer of a poor person**

Thank you, Jesus, you are the salt of my life.

And until the next meeting

Each community member is called to use his gift, his own “salt” to help others.





The path of reconciliation



The word of the month

- **Evangelic reference:** Whoever welcomes a child in my name, Mk 9: 33-37

- **Word of Francis**

Fifty years have gone by since that pilgrimage to Lourdes at Easter 1971, to which people with intellectual disabilities, their families and many friends were invited. From that moment, beneath the loving gaze of Mary, the Faith and Light experiment began: the Holy Spirit proposed the birth of something that no-one had anticipated, that is to say, your communities where you celebrate joy, reconciliation and reciprocal communion.



The creation of Faith and Light in Lourdes, in 1971, was a prophetic act, the announcement of a grace from the Lord and of his blessings for the people he loves. The Lord's hope for us has always been very great. He has therefore given us a new way of living our humanity. He created us in his image and likeness, He who is good and who said after the creation that all his creatures were good. We know, however, that we have become a sinful people, often malicious. Reconciliation among us is a good thing to ask of the Lord and to implement among ourselves.

All of us would like to be recognized and loved. For this reason, we try to be good and strong. We try to "show it ". This is why various forms of jealousy emerge among us, always with the result that we turn away from the weakest. We become a source of unease for everyone, no longer knowing how to realize the human desire for communion and brotherhood. The intuition of Faith and Light is truly beautiful. It is so beautiful and so strong that it is not affected by our sins and weaknesses. It remains a gift that God proposes over and over again, day after day, to the humanity that He loves.

Our friends remind us of this gift. They teach us how to put up with our limitations and to live with them. We learn from them that we can live without always being excellent at everything and with everyone. They do not attach importance to faults, neither ours nor theirs: the important thing is to share life "together", a simple life, filled with friendship, faults included, always ready to forgive one another. They ask us to be what we are with love because love *"bears all things, believes all things, hopes all things, endures all things"* (1 Co 13: 7). Day after day, love transforms our limitations to make us more authentic witnesses of love. Together like brothers and sisters. Friends welcome us and love us, even before we love them. They teach us the true human values, those of communion and forgiveness, even with a bit of irony when we go back to claiming to be the strongest.

Welcome

The team welcomes the arrivals by asking everyone to stand in single file and say their number on entering (one, two, etc.). In the end, the last one in line will be the first to choose where to sit and all the others will sit after him.

Sharing

- **Together**

After reading the Gospel of Mark, we mime a scene in which a group is arguing. Each one tries to reject the other in front of a friend who represents Jesus. Seeing them, Jesus calls a child, takes him in his arms and placing him in the middle of them, says: *"Whoever welcomes a child in my name welcomes me, and whoever welcomes me welcomes not me but the One who sent me."*

- **In small groups**

- When we talk to someone, especially in the community, do we try to listen attentively?

- When we are in a group, we are sometimes involved in “chatter” and “judgements” on others. When that happens, how do we try to stop it?
- Do we feel that we are more willing to listen and welcome in our community than in other contexts? If yes, why?

Artist's workshop

We make a card heart. In the middle, we stick our photo and we write our first name. At the end of the meeting, we exchange them and pray for the person that we have received until the following meeting (see page 65).

Celebration

The community dance

To lively background music, we form a large circle, each person waves their scarf. In the centre, one person invites two others to join them, they tie their scarves together and they will invite two other players... and so on until everyone is linked to each other in a large farandole.

Prayer

Prayer of St Francis

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, 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 giving that we receive,

it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
Amen.

- **Prayer of a poor person**

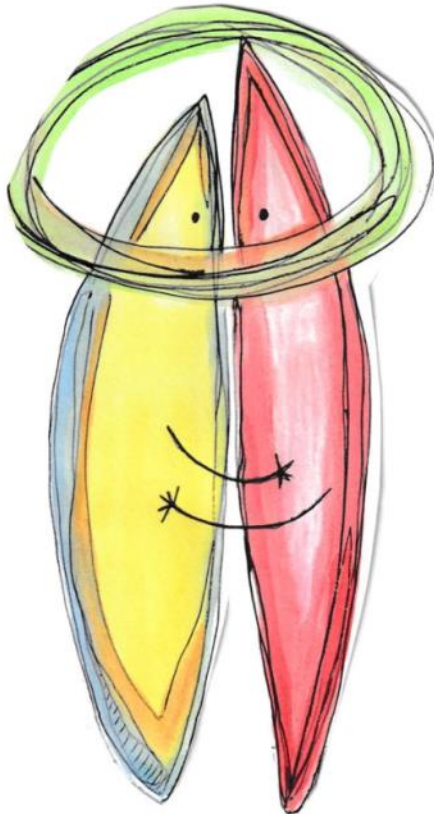
My Father, help me to forgive myself and others and make me free from my selfishness so that I can truly welcome the other one as you have welcomed me.

And until the next meeting

I am going to try to listen more to my friends, to call them more often, especially those who I feel less in step with, to find out what we have in common.



The path of communion and unity



The word of the month

- **Biblical reference:** A new spirit I will put within you, Ez 36: 24-27

- **Word of Francis**

May the spirit of communion and friendship that is part of your charisma, always make you instruments of reconciliation and peace, especially where there are conflicts and divisions.



In ancient times even non-Christians were amazed at the love that united Christians. They were not used to seeing communities like this. In fact, no Christian lacked what was essential for daily life. They shared their goods: the testimony of the first Christians was brilliant, but at the same time fragile. It is not easy to make a community.

According to John's Gospel, Jesus explicitly prays to the Father to take care of the unity of Christians: *"As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me."* (Jn 17: 21)

The testament to a religious spirit is first of all the concern for fraternal unity. We are all, together, sisters and brothers, daughters and sons of God who wanted to live among us and within us. *"I will give you a new spirit"*, the spirit of God who is Love. The heart is the centre of human life, the source of our thoughts, our feelings, our decisions. It is in the heart that the Lord meets us and makes us brothers and sisters and evokes in us the desire to make a community.

The prophet Ezekiel observed that the people who had denied God were in exile, in a difficult situation. Wouldn't wanting to push God out of my life be like going into exile, far from the one who gives life? This is why the prophet conveys God's promise that He never denies His love: *"I will give you a heart of flesh"*, be-

cause your heart is now like a stone. A heart of stone knows no one except a few allies and many enemies and rivals. A "heart of flesh" is the expression of another soul, sensitive to those who ask for help.

Faith and Light communities only live if they have a heart of flesh. A heart of flesh is attentive to people, it is faithful to them. We often receive this heart of flesh from our communities, or at least we feel the need to give it space. This choice is not easy.

Remaining in Faith and Light is sometimes a challenge because the dynamics of the "world" are not those of a "heart of flesh". The friends who share with us the experience of Faith and Light are our "teachers" and help us to remain faithful.

Welcome

The team welcomes the group with the community song and gives each person a card in the shape of a heart with their name on it.

Sharing

- **Together**

We spread out in the room. One friend places their hand on their heart and takes the hand of their neighbour. He then does the same by placing his hand on his heart and taking the hand of someone else. And so on until everyone is holding hands, we position ourselves so as to form a heart when seen from above.

- **In small groups**

- How many times have I met someone who seems to have a heart of stone? How many times have I realised that I behave as if I have a heart of stone?
- How can I make my community more united by stopping the behaviours of a heart of stone and by encouraging everyone to go forward with a heart of flesh?
- What can I do to resolve conflicts and divisions by making my community an instrument of reconciliation and peace?

- When someone wounds me and asks forgiveness, what are my feelings? Can I truly forgive?

Artist's workshop

We have prepared in advance one or more templates of a card silhouette. Different coloured dots (or pieces of paper) are stuck on it to form a multicoloured coat (see page 66).

Celebration

Game: Getting rid of our heart of stone

Each player receives a strip of material that they have to place in the belt of their trousers or skirt, behind their back. Each player must try to remove as many strips of material as possible from the others while defending their own, without using their hands to protect it. This material represents our heart of stone and our sin, which we often struggle to get rid of.

Prayer

Holy Father, you call all men to unity
to form but one family,
forgive us our acts of division
and help us to realise our vocation.

Lord Jesus, you who died
to return unity to the scattered children of God,
let us feel the shame of our separations
and aspire to fraternal communion.

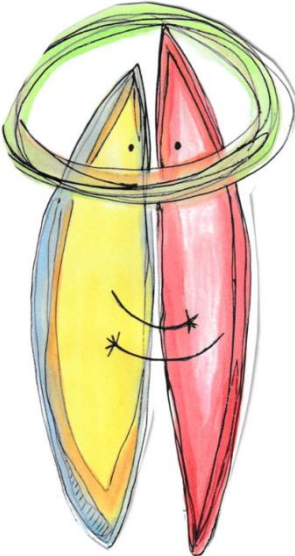
Holy Spirit, you who drives the Church
in all truth and who arouses love,
make us seek the truth
that we have still not been able to find
and let us love our brothers and sisters with a sincere love.

- **The prayer of a poor person**

Lord, I thank you for being part of a Faith and Light community. It makes me closer to You and my brothers.

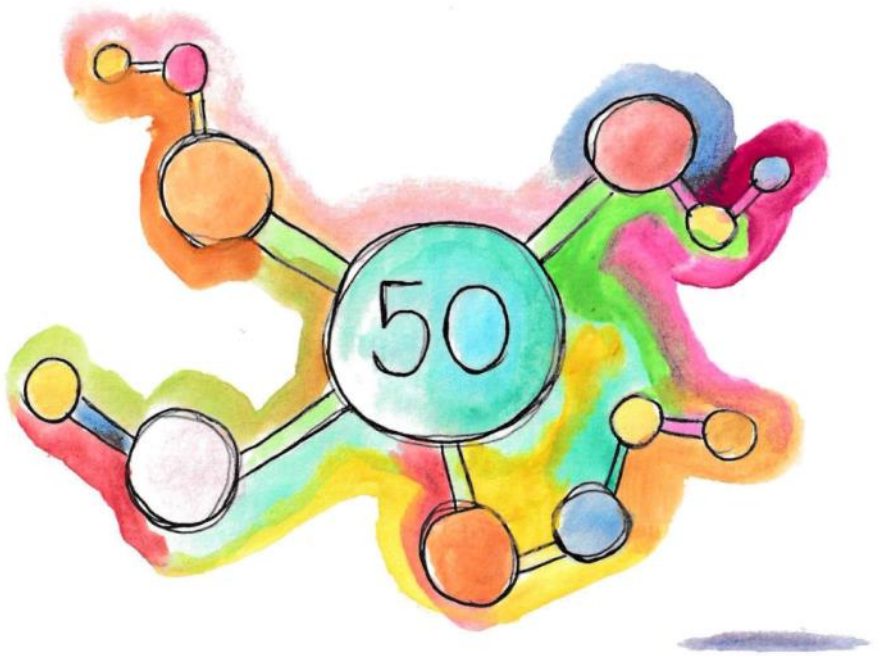
And until the next meeting

I will try to be more tolerant with others. I will try to accept forgiveness when I have been wounded and I will try in turn to ask forgiveness from those I have offended.





The path of ecumenism



The word of the month

- **Evangelic reference:** The Canaanite woman, Mt 15: 21-28

- **Word of Francis**

We can look at these fifty years of Faith and Light as a great pilgrimage, as an ideal continuation of the first pilgrimage. And it is also an ecumenical journey because people from different Christian denominations meet in your communities: Catholics, Protestants, Anglicans, Orthodox...



The prophecy of Faith and Light in its history and its mission is to be a sign of unity, building communities in which communion is lived. In this way, as the Pope reminded us, Faith and Light is characterized as an ecumenical movement, in which the various Christian denominations try to make a journey of reconciliation. The movement wants to respond to Christ who, before dying, prayed to the Father for his disciples to be as one, as He was with the Father.

In the proposed Gospel passage, Jesus is outside Palestine in a pagan land. He is having a break after encountering misunderstandings and hostility. His reputation for performing miracles reaches a woman whose daughter is sick and who is asking for a cure. At first, he seems indifferent. However, at the request of his disciples, annoyed by the woman's cries, he repeats to them that his mission concerns only the lost sheep of Israel. When the woman approaches him, kneeling to beg him, Jesus, still distant, replies that it is not fair to give children's food to dogs. The Jews contemptuously compared pagans to dogs. The woman is not discouraged. She replies that even dogs eat the crumbs that fall from their masters' table. So, Jesus stands up, praising the faith of this woman. Her request is granted.

This Gospel passage can illuminate our behaviour when, in living communion, we break down the walls that separate us. Walls that over time have been built from discrimination and contempt.

The Canaanite woman teaches us to believe, to persevere in the desire that it is good for brothers to live together because it is the wish of the Holy Spirit.

In this woman's prayer there is a strength that comes from the conviction that all creatures are invited to the Lord's table, no one is excluded from His love. Walking towards unity, with the strength of faith, we will face and overcome indifference. The Canaanite woman teaches us humility, essential to making gestures of forgiveness, like when we celebrate the washing of the feet following the example of Jesus.

During our meetings, we learn to live the communion when we share a meal, often prepared in our homes and then, in its many facets, enjoyed by everyone. Around the table, we learn to look into each other's eyes, to discuss truthfully and to accept our frailties by discovering the beauty of everyone's gift. Communion is deepened when communities have to face any kind of suffering. Let us think about the war affecting several countries. Suffering unites us and allows us to go beyond differences, opening the doors to universal recognition.

Welcome

When everyone has arrived, we form two groups. The first group receives some green ribbons (for example) and the second some blue ribbons that each person attaches to their wrist.

On a board, the team will have drawn a wall. It is placed between the two groups. If we find it difficult to make this wall, we can replace it by another obstacle. In turn, each group will attempt to knock down this barrier to meet the other one through verbal violence, physical force (paper balls made to look like stones). For the third attempt, they will launch balloons in the shape of a heart (or hearts made from cardboard) over the wall. Once the wall is beaten, the two groups greet one another by shaking hands.

The meal

Before the meal, one parent, one person with disabilities and one friend fetch a card from the prayer corner where there is a candle. On this card is written: *“So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift.”* (Mt 5: 23-24). They read it aloud and all of us go to one person to make a gesture of reconciliation.

There will be table service. At the end of the meal, the leftovers will be shared. Nothing will be wasted.

Sharing

- **Together**

We bring to life the Gospel of the Canaanite woman. We can split it into four scenes:

- 1: verses 21-23
- 2: verses 23-24
- 3: verses 25-27
- 4: verse 28

- **In small groups**

- As parents, how do we react when our children are victims of discrimination?
- Conflicts sometimes occur in our homes, in our communities. How does Faith and Light contribute to solving them?
- What opportunities do we seize, what gestures do we make to overcome the divisions that separate us?

Celebration

The two groups formed at the welcome dance independently. Then we come together for a large farandole.

Prayer

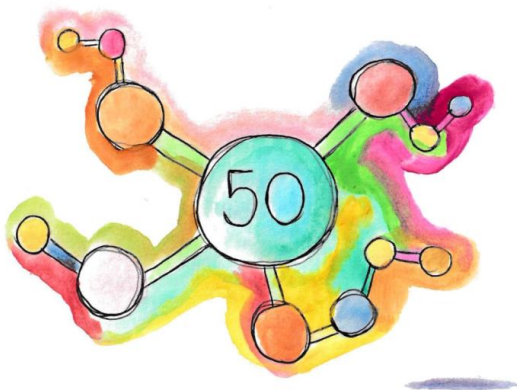
In turn, each person can give thanks to the Lord for the times of the meeting when they were touched by the gestures of affection and reconciliation...

- **Prayer of a poor person**

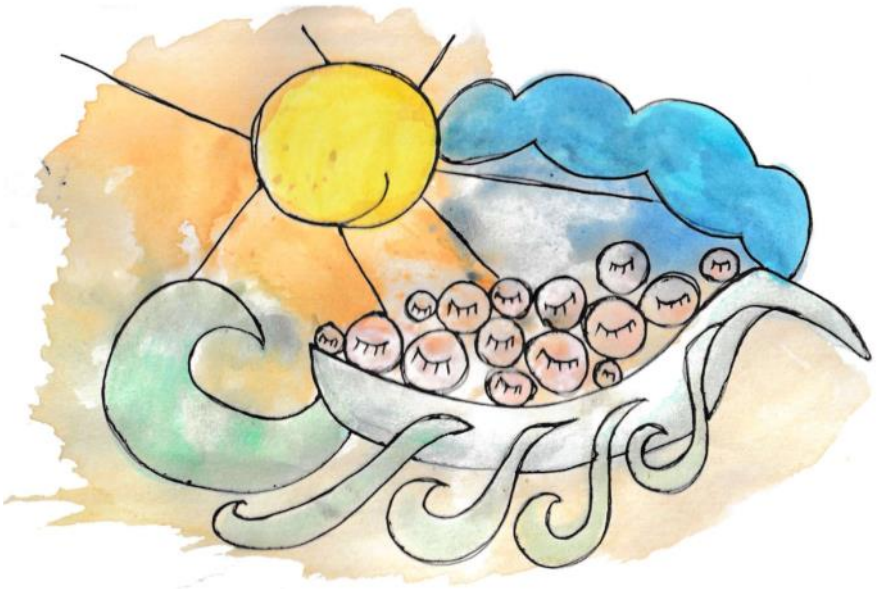
Thank you Jesus for uniting our hearts and making us a large family.

And until the next meeting

I will visit or telephone a person from the community who is alone or who does not have many friends.



The path of evangelical testimony



The word of the month

- **Evangelic reference:** The stilled storm, Mk 4: 35-41

- **Word of Francis**

The emblem that represents your experience, your “logo” is a boat on a rough sea whilst the sun rises above the clouds after the storm.

During this pandemic, I have remembered several times, thinking about the Gospel story of the disciples in the storm, that we are all in the same boat; and I therefore confirm you in your commitment: to be, in the storms that the people and their families experience, a small boat on which everyone can find a place, in the certainty that the Lord Jesus is on this boat.



Faith and Light, in living its bond with Jesus crucified and risen, is called to bear witness to the good news that God the Father, through his Son Jesus, saves us. For this reason, it is necessary to follow him as disciples, getting into the boat where he, as a teacher, teaches us how to live our lives.

His presence among us is often silent, especially in storms. When the prayer, born from the analysis of our poverty, awakens him from his apparent indifference, we will see that his Word makes us grow in faith. The dark clouds will be illuminated by the light of the sun and the risen Christ will walk with us to rekindle hope in those who curse the darkness instead of turning on a light.

Faith and Light was born at Easter 1971. The background to its identity is the paschal mystery. The Risen Jesus still has the wounds of the passion. Faith and Light testify that it is not necessary to be afraid of its wounds. We are able to welcome them and transform them into a mirror in which each of us experiences their own poverty. Faith and Light also reveals hidden gifts and places them at the heart of friendly relationships within the community and Church.

Faith and Light is called to make the commitment that every person, especially those wounded in mind and heart, is welcomed

into his Church and into society, integrated and valued. For God often confuses the wise of this world with the foolishness of the cross. The person with disabilities, their family and friends, guided by the Holy Spirit, will testify to their grateful love for the Lord by spreading the joy, the fruit of a path of liberation. Faith and Light will shine with a light that does not blind but warms, a light that undoes the knots of loneliness. Through small gestures, each person in the community is called to weave an alliance and a solidarity in fidelity.

Welcome and reunion

Members of the team give each community member a badge with the Faith and Light logo on it or a card to wear as a necklace (see page 66).

Sharing

- **Together**

We want to bring to life what was experienced in Lourdes at the first pilgrimage. We propose three scenes for you :

1. Camille and Gérard Proffit with their disabled children, Loïc and Thaddée, in Lourdes in 1967. Marie-Hélène Mathieu, in her book "Never again alone" tells of the obstacles met : *"Once they arrived in the holy city, they unfortunately were unable to find any room, at least not for the children. (...) They finally convinced a hotelkeeper to take them in, but only if they would agree that all meals would be served in their room! (...) They were hurt by the looks, the comments of pity or disapproval. "When you have children like that, you should stay at home!"* (page 9)
2. We can mime some of the gestures of the children of Lourdes, as told by Josette Audret, a journalist: *For me, this pilgrimage was nothing grandiose or sensational. The essential is that Jean-Luc who, blind and weak, felt his way forward to meet Jacky in his wheelchair and comforted him because he was in tears; François, who is said to have an IQ of 40, who hummed all day*

"My friends, let's sing all our joy", the little unknown girl with Down syndrome who came to hug me; Michel also blind and with limited intelligence, at the adoration of the cross, who waved a small wooden cross each time the crowd chanted "amen" (page 70).

3. All the community members can form a procession in rows of two or three people, all around the room, a lit candle in their hands, singing "My friends, let's sing all our joy".

The above mime can be replaced by the mime of the passage of the Gospel of Mark.

- **In small groups**

We have reproduced the Faith and Light emblem. We cut it into 4 pieces. The first is the rough sea. The second is the boat and the sea around it calm. The third: the sun that shines through the clouds. The fourth: the black clouds (see page 66). We place the different parts on the floor in the middle of the group. Next to them, a lit candle. As the answers to these four questions are given, we will assemble the pieces.

- What difficulties has our community met in testifying in the Church and in society about the message that we live in Faith and Light?
- What help, what encouragement have we received from people or other groups?
- Our journey in Faith and Light has been inspired by the Holy Spirit. What gifts have our disabled friends given us? Our community, has it grown spiritually and humanly?
- Over these 50 years, what are the goals achieved by Faith and Light? Which ones still have to be pursued?

Celebration

Game: Guess the emotions.

We form two teams. We suggest one group made up of parents and people with disabilities and another made up of friends and people with disabilities. In turn, each team will choose different members who will express on their face an emotion that the other team has to guess. We can end with a dance that expresses the joy we experience at Faith and Light.

Prayer

The prayer leader can invite everyone to thank the Lord for the path journeyed by the community over the years. Let us ask the Holy Spirit for the courage to testify to the message of Faith and Light in the Church and society. We can end with this prayer: *"Teach us Lord about your bread, about our shared bread, teach us how much you love each of us, in your way so secret, so discreet, so direct, that goes beyond all justice and is called charity."*

- **Prayer of a poor person**

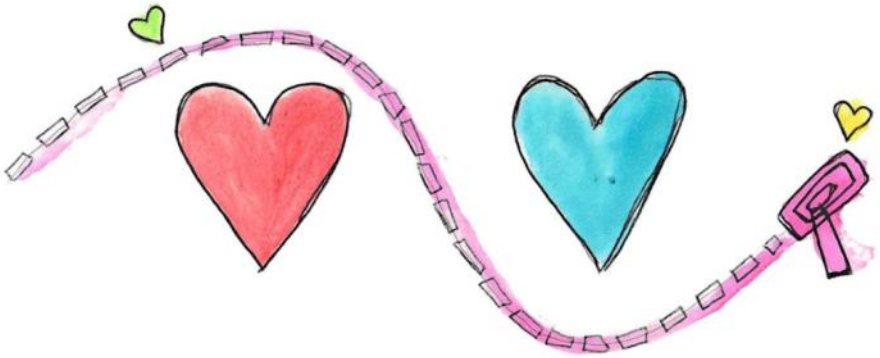
Thank you Jesus: *"The clouds have opened and your light, Lord, has come to us"*.

And until the next meeting

I will contact people likely to be interested and I will invite them to the next Faith and Light meeting.



The path of diversity, a richness



The word of the month

- **Evangelic reference:** The guests at the banquet, Lk 14: 15-24
- **Word of Francis**

Diversity is an asset and must never become grounds for exclusion and discrimination (...) This is why I encourage you to continue your welcoming presence with the power of the Holy Spirit: may your communities always be places of meeting, of human advancement and celebration for all those who still feel marginalised and abandoned.



In this Gospel, Jesus says: "Blessed is anyone who will eat bread in the kingdom of God!" He continues by telling the parable of the great banquet, where none of the guests showed up. The master told his servants to go out into the streets and squares of the town inviting all the poor to come to his palace. There was room for everyone... Just like our communities, where everyone can find their place.

Francis encourages us to be ever more welcoming to everyone and especially to those who, even now, feel marginalized, alone in this world.

The "poor" wait for everything, alms, a show of affection, a bit of help, but they certainly weren't waiting to be invited to a feast, a feast that can change their lives.

Until that moment, they had always lived on the side of a road, full of obstacles, closed doors, no eye contact. Their hearts are filled with fear and loneliness. And here, in the darkest moment of their life, someone turns to them with an invitation to attend a meeting, then another and yet another.

This "poor person" discovers that others like him, who feel different, are welcomed with love. He discovers that his life is a gift from God. And during this banquet, their fear is transformed into the courage to trust and to confide. This is how "Luciano", on this

path of diversity, became "the first cartwheel "and led all his family to live in peace and joy.

Welcome

On arrival, two people from the team give each participant a card on which is written: "*You are welcome!*"

Sharing

- **Together**

We bring to life the Gospel of Luke.

- **In small groups**

- How many times in my life have I refused an invitation by giving any excuse?
- How many times have I accepted an unexpected invitation that has changed my life?
- Have I already invited "strangers" to one of our meetings?

Artist's workshop

We can make invitation cards to our next meeting. We write the date, the place and we decorate them. We give them to people who have never been before.

Celebration

Game: Guessing game

One person is blindfolded and is invited to approach another member of the community who, while blindfolded, touches their head and face to guess who it is. "Let's see. The hair is straight, the face is round... he has a fringe... You are... Matteo!" - "Let's see. What curly hair! Earrings.. I have guessed! You are Laura!"

Prayer

I was also "poor" that day when one of your servants called me to join Faith and Light. Thank you for this invitation. Thank you for welcoming me. Thank you for transforming my heart. Thank you

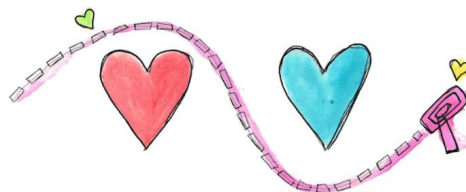
for transforming me into your servant. Thank you for helping me to carry your invitation to other "poor people".

- **The prayer of a poor person**

Thank you Lord for inviting me to your banquet!

And until the next meeting

We will be able to call new people to come to our next meeting by giving them invitation cards.



The path of pilgrimage, always being on a journey



The word of the month

- **Evangelic reference:** Unless a grain of wheat falls into the earth, Jn 12, 12-36

- **Word of Francis**

The road that you have taken is long and full of fruits but still today in the Church and the world, there are many who, in smallness and fragility, are forgotten and excluded (...) May the sun of faith and hope that rises above the clouds of our fears and insecurities accompany you always on the journey that still awaits you. May the Lord bless you and the Virgin Mary watch over you



The Faith and Light journey begins with a pilgrimage. The history of our communities is a pilgrimage.

In his Gospel, John talks about Jesus entering Jerusalem among a crowd of festive pilgrims. Among them, there were also some Greeks who asked Andrew and Philip to "see Jesus". The two apostles welcome the strangers and go to inform Jesus.

Jesus responds, not only to the Greek strangers, but to everyone.

He explains that if the seed falls on the ground and dies, it bears much fruit. Jesus invites us to go on a pilgrimage together and promises that the Father, through him, will raise us up to him: our journey is therefore a journey of happiness.

It is not the easy answer of someone who plays with words. In his answer, Jesus reveals his troubled spirit: it is not easy to suffer and we all want to flee from suffering.

It is as if Jesus were saying, "Do you want to see me? Here I am: come on a pilgrimage, in a few days, to the shadow of the cross".

The expectations of friends, often disappointed and in search of values; the emotional and material needs of children; parents'

questions about their own history and their future are the pilgrimage in which we move forward in Faith and Light, trying to always welcome everyone and being attentive to the rhythm of each person.

Lord, support the friends, children and parents so that we are always on a pilgrimage and let us discover a new path of poverty and surrender.

Welcome

Each participant, on their arrival, will receive a paper bag containing: a small jar, a sachet containing about twenty grains of wheat and another with some earth to fill the jar.

Sharing

• Together

We bring to life the Gospel of John.

We can divide it into several scenes and choose one to three key words for each. For each scene, we form groups made up of disabled people, parents and friends. Each group decides the tone in which the chosen words will be spoken by all the group. Then, we express them group after group.

• In small groups

- What types of comfort prevent me going on "a pilgrimage" and experiencing real relationships in the community?
- What would I like to say to Jesus?
- When have I felt like "going to meet Jesus" has given me life?
- What has helped me to see Jesus and to see the beauty of life despite the difficulties of the daily "pilgrimage"?

Artist's workshop

The seed that falls on the ground bears fruit. It is the time of sowing. A leader directs the group. In small groups or pairs, we open our bag and fill the small jar with earth up to 2 cm from the top. We put the wheat grains in, spacing them out. We cover with earth

and water them. We can decorate our jar and take it home. Every day, I will take care of my plants. It a time of expectation and hope.

Celebration

Game: Walk at your pace

The participants stand in a line. Each one places their hand on the shoulder of the person in front of them. To music, the first in line, a lit lamp in their hand, starts to walk as he wants and everyone follows imitating their gait.

When the music stops, the first person passes the lamp to the second one and goes to the end of the line and so on.

The game is about everyone proposing their own gait: slow, swaying, jumping, quick, zigzagging... and choosing the direction they want to go. The game continues until all the participants have had the opportunity to propose their gait.

Prayer

We want to see you Lord!

We want to discover your gift,

believe in the disarming strength of your love.

Lord Jesus, crucified and defeated by injustice,

we want to see in you and in your resurrection,

the omnipotence of love.

We want to know you and follow you,

to be like you,

a seed that dies and bears fruit, restores life,

that engenders the resurrection. Amen.

Sister Mariangela Tassielli

- **Prayer of a poor person**

Jesus, I love you.

And until the next meeting

I will stay in touch with the community members to exchange news about my plants.

With another community member, I will go and visit a church or community that he loves.





Meditations, Don Marco Bove

Christmas, the path of peace

Because of the tender mercy of our God, the dawn from on high will break upon us, to shine upon those who sit in darkness and in the shadow of death, to guide our feet to the path of peace (Lk 1: 78-79). The evangelist Luke describes the birth of Jesus as the visit from God who comes to bring us his tenderness and mercy. Nowadays, many people dwell in darkness and some even in the shadow of death due to hatred or illness, to loneliness or war.

Christmas, this extraordinary gift that can bring a new light into our life: we are no longer alone. The Lord comes to live with us, in our homes and in our Faith and Light communities. However, he asks us to travel paths of peace. Indeed, he himself will guide our steps on this path of peace, to overcome hatred and divisions, to fill our relationships with tenderness and mercy, to conquer all war and all violence. It is a path to be travelled every day because our heart is likely to retreat into itself so easily in fear and selfishness, but we must believe that peace is always possible because it is above all a gift from God and not only the fruit of our efforts.

The Feast of Light, the path of light

God is light and in him there is no darkness at all. If we walk in the light as he himself is in the light, we have fellowship with one another and the blood of Jesus, his Son, cleanses us from all sin (1 Jn 1: 5-7). Every year, the Feast of Light accompanies the path of our communities and reminds us that Faith and Light has received the gift and the mission to bring a bit of light into our lives and into the lives of



so many families: *It is better to light a light than to curse the darkness.* The source of this light is God because God is light, there is no darkness in Him. The evangelist John invites us to walk in the light of God because only then can we be truly in fellowship with one another. Our communities are an extraordinary gift for walking together in the light, but there are two enemies against whom we defend ourselves: loneliness and divisions. We fight loneliness every time that we don't forget someone, every time that we go looking for someone who has gone astray or has lost themselves. We can overcome divisions if we always value what unites us and not what divides us, by learning to forgive ourselves whenever necessary. May the Feast of Light help us to walk every day on the path of light, a gift of fellowship and reconciliation.

Easter, the path of life

For the gate is narrow and the road is hard that leads to life, and there are few who find it (Mt 7, 14). Every year, Easter reminds us that life is stronger than death and the resurrection of Jesus always brings us a new hope. But Jesus has travelled a difficult path, not always easy to find, it is the path of free love, of life given and dedicated to others. Jesus gave us his life by transforming the death sentence on the cross into a gift of love. This is Jesus' Easter secret. We too, in Faith and Light, wish to learn to live, that is to say, to build bonds of love by transforming death into life, hate into love, indifference into friendship. This is the path that Jesus has shown us, the path of life, a beautiful life but not always so easy to navigate. By following Jesus, we have the chance to find it again every day. With Jesus by our side, we can overcome moments of exhaustion and despondency. Easter is a gift of new life: *Jesus, lead us on this path of life and help us to travel it with you, together with all our brothers and sisters.*



Pentecost, the path of the Holy Spirit

If we live by the Spirit, let us also be guided by the Spirit. Let us not become conceited, competing against one another, envying one another (Gal 5: 25-26). We all received the gift of the Holy Spirit on the day of our baptism and the feast of Pentecost renews this gift in us so that we can live every day in the light and the strength of the Holy Spirit. St Paul, writing to the Galatians, reminds us that it is not enough to have received this gift, but it is important to be guided by the Spirit following his path. Faith and Light was born fifty years ago in Lourdes under the inspiration of the Spirit. We too, therefore, after receiving the gift of this call from Faith and Light, are invited to invoke the gift of the Holy Spirit to continue our journey with him. Indeed, we are tempted to let ourselves be guided by our pride, believing ourselves better than others, running the risk that it is envy that guides our communities instead of mutual love. Come, Holy Spirit, into us and into our communities, give us your light and your strength so that we can always live according to your breath of love rooted in our hearts.



Artist's workshop

All the illustrations can be downloaded from the website:
www.foietlumiere.org/en/community/guidelines

- Faces

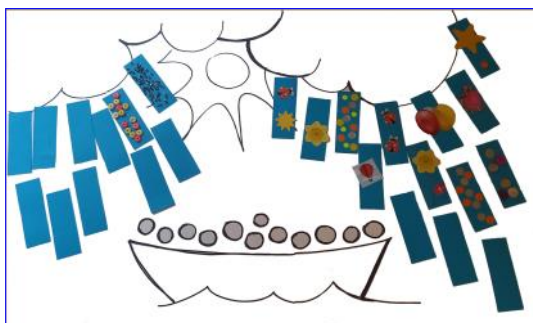


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- A Daisy



- Decorated rectangles



- Decorated pebbles or representing the Faith and Light logo

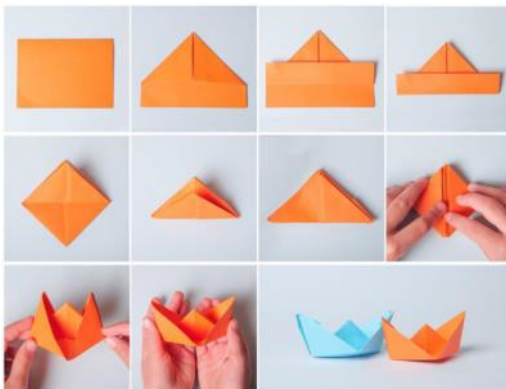


- **Angels**



*Hope is the one thing that can help us get through the darkest of time.
Hope is being able to see that there is light despite all of darkness.*

- **A small boat**



- **Salt dough recipe**

Recipe: 2 cups of flour, 1/2 cup of salt, 1 cup 1/2 hot water, 2 tablespoons of oil.

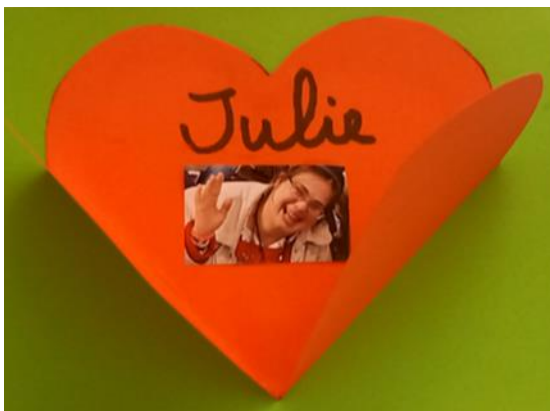
- Place the flour and salt in a large bowl and mix.
 - Add the oil.
 - Gradually add hot water and continue to mix.
- Your salt dough will be ready when it no longer sticks to your fingers. If necessary, add a bit of flour.



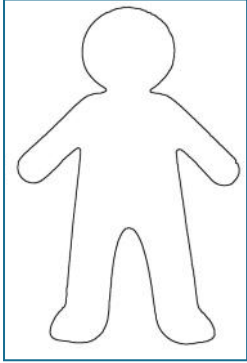
- **A card heart**

Equipment: thick coloured paper, scissors, glue, pen.

Cut out the templates that the team will have printed before the meeting and fold along the dotted lines. Stick on a square of thick card in a different colour. Stick your photo inside and fold again.



- Silhouettes to decorate



- A badge or necklace



- Faith and Light emblem



Speech of Pope Francis

Private audience with Faith and Light on 2 October 2021

Dear brothers and sisters, hello!

I welcome you and thank Mr Raul Izquierdo Garcia, your International Coordinator, for his introductory words. You are celebrating your Jubilee: it is a great opportunity to give thanks, to recognise the gifts that the Lord has given you throughout the years of this journey and to express your gratitude. And at the same time, this Jubilee also becomes an opportunity to look to the future, to the task that the Holy Spirit still entrusts to you with the fruits that the Church still awaits from Faith and Light, because of the vocation and mission received from the Lord.

Fifty years have gone by since that pilgrimage to Lourdes at Easter 1971, to which people with intellectual disabilities, their families and many friends were invited. From that moment, beneath the loving gaze of Mary, the Faith and Light experiment began: the Holy Spirit proposed the birth of something that no-one had anticipated, that is to say, your communities where you celebrate joy, reconciliation and reciprocal communion. Thus, the light and the strength of the risen Lord has given Hope to many people who felt excluded and rejected, sometimes in the Church too.

From that moment, the Holy Spirit accompanied the journey of your Movement and many “Faith and Light” communities were born in many countries on the five continents, carrying a message of love and welcome. This message is the heart of the Gospel! It reminds us that any person, even and especially the smallest and frailest, is loved by God and has their place in the Church and in the

world. It is “the Gospel of smallness”, as St Paul reminds us when he writes to the Corinthians: “Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God” (I Co 1, 26-29).

The presence of Faith and Light has been and is a prophecy because the most fragile people are often rejected and regarded as useless. And your prophecy is even more important today, to fight the culture of rejection and to remind everyone that diversity is an asset and must never become grounds for exclusion and discrimination.

We can look at these fifty years of Faith and Light as a great pilgrimage, as an ideal continuation of the first pilgrimage. And it is also an ecumenical journey because people from different Christian denominations meet in your communities: Catholics, Protestants, Anglicans, Orthodox... A sign of communion, a tangible seed of unity. It is precisely the most fragile people who become a source of reconciliation because they call us all to a path of conversion.

The road that you have taken is long and full of fruits but still today in the Church and the world, there are many who, in smallness and fragility, are forgotten and excluded. This is why I encourage you to continue your welcoming presence with the power of the Holy Spirit: may your communities always be places of meeting, of human advancement and celebration for all those who still feel marginalised and abandoned. For the families who are experiencing the birth of a child with disabilities, may you be a sign of hope so that no-one shuts themselves away in sadness and despair.

Within Christian communities, I invite you to have a leaven gospel way of doing things: do not isolate or shut yourself away but take part in Church life in the parishes and districts, bring your ex-

perience and bear witness to the choice of God for the last, the small and the excluded. May the spirit of communion and friendship that is part of your charisma, always make you instruments of reconciliation and peace, especially where there are conflicts and divisions.

The emblem that represents your experience, your “logo” is a boat on a rough sea whilst the sun rises above the clouds after the storm.

During this pandemic, I have remembered several times, thinking about the Gospel story of the disciples in the storm, that we are all in the same boat; and I therefore confirm you in your commitment: to be, in the storms that the people and their families experience, a small boat on which everyone can find a place, in the certainty that the Lord Jesus is on this boat. May the sun of faith and hope that rises above the clouds of our fears and insecurities accompany you always on the journey that still awaits you. May the Lord bless you and the Virgin Mary watch over you. And please, do not forget to pray for me. Thank you!



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 in 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 ways of the Gospel.

Jesus come and live in us and in our communities
as you first lived 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.

Available documents

at the international secretariat or on the intranet of the website www.foietlumiere.org/en

Never again alone, the adventure of Faith and Light,
Marie-Hélène Mathieu (www.amazon.com)

- Charter and Constitution
- Annual guidelines
- Leader's handbook
- Our first guidelines
- Identity and mission of Faith and Light
- On holidays together
- General rules of financial management
- A few easy recipes to raise funds

- Day for a renewal in the community
- Spirituality of Faith and Light
- Letters to my brothers and sisters, Fr Joseph Larsen
- The Mysteries of Faith and Light, Ghislain du Chéné
- The Way of the Cross, Ghislain du Chéné
- How to prepare and live a retreat
- Retreats in Faith and Light
- Ecumenism in Faith and Light
- Fioretti, Fr Joseph Larsen
- Experiencing the essential of Faith and Light
in the midst of a pandemic
- The way of the heart, chaplains bear witness
- Messages of the Churches to Faith and Light

- Leaflets
- Faith and Light posters

"Up Sails!", the Faith and Light international letter

