

# A treasure to share



Guidelines 2020-2021

Faith and Light international

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Illustrations: Amgad Edward, vice international coordinator, Egypt

**Faith and Light international**

3 rue du Laos 75015 Paris, France

T + 33 1 53 69 44 30 - [foi.lumiere@wanadoo.fr](mailto:foi.lumiere@wanadoo.fr)

[www.faithandlight.org](http://www.faithandlight.org)

## Introduction

Raúl Izquierdo, international coordinator



**F**irst of all, I would like to warmly greet each one of you, dear sisters and brothers from the Faith and Light communities around the world.

Here are the guidelines for the year 2020-2021. This document has some novelties and differences compared to the guidelines of previous years.

This time, it was carried out by the entire international coordinating team. Each of the twelve months has been prepared by an international vice-coordinator. You will be able to enjoy the diversity of the months, which corresponds to the cultural diversity of the twelve international vice-coordinators. Of course, these also reflect all the cultural diversity that makes Faith and Light a family.

But it also has a different flavour because we are approaching the year 2021 when we will celebrate our fiftieth anniversary as a movement and as an international family with a common mission.

Our small communities, made up of big-hearted people, are fifty years old! This should be a reason for celebration, to make us better known and to thank God for the treasure that we have in our hands. Many provinces are already preparing events to celebrate these 50 years. We strongly encourage you and your community, which is the main place of belonging in Faith and Light, to think about how you are going to celebrate this anniversary. That is why, this time, we wanted the guidelines to focus on aspects, dimensions or themes related to the life of the communities and to which we must return from time to time.

We encourage you to use this valuable document with freedom and creativity. It is not a document which must be followed to the letter, but can be adapted to the reality of each community according to its religion, its culture, its own history and its style: that is your

role. The calendar is not the same for everyone, because the liturgical calendars vary. This is why you will find at the end a meditation on Easter and another one on Pentecost: may everyone use them as and when they think appropriate.

Remember that it is also a document of communion that unites us all and reminds us that we are one family throughout the world.

Another innovation is its format. Hard copies will not be printed by the international secretariat. The guidelines will be sent by email and published on the Faith and Light International website and posted on the Facebook page. This decision was taken for two reasons: firstly, to make our guidelines compatible with a policy of sustainability and respect for the environment and, secondly, to save Faith and Light time and money. Thus, each community will be able to download the guidelines and use them in the best way. The only exception will be for some African countries that have real difficulties in accessing the new technologies.

Finally, as you know, any project requires work, time, dedication... That's why I would like to thank the twelve International vice coordinators for their work on these very special guidelines. The drawings are by Amgad (international vice-coordinator for Egypt, Lebanon...) and the Easter and Pentecostal appendices are from our international chaplain, Don Marco from Italy. And of course, I would like to thank the international secretariat for the work of coordinating these guidelines. Without them, this project and so many others would be impossible.

May these guidelines help you to grow and deepen the essence of our fiftieth anniversary and to become more deeply rooted in the heart of the Gospel of Jesus, by today being credible witnesses to the love that God has for every human being, especially the littlest and the weakest ones!

United in Jesus.



The vocation of Faith and Light

**You have called us**



## Word of the month

**E**very day, someone calls us by our name. Do we respond to this call with joy, anger, fear? God also calls us every day in the beauty of the nature around us and even in the challenges of life. The call of God invites us to a relationship. In Faith and Light, God calls us to a relationship with those who have an intellectual disability. They accompany us. Is our view of disability a mixture of fear, anxiety, confusion, sadness, terror and discrimination? These people live transparently and simply without any pretensions. They comfort and heal us, we who are injured. Are we open to this call to a relationship?

### Reference texts

*The Vocation of Faith and Light: Charter I.*

*Those called by God, 1 Co 1: 18-31*

*The miraculous catch of fish Lk 5: 2-11.*

### Welcome and reunion

As people arrive, they are given a card with their name written on it. The one who welcomes the person who has arrived says, “(Name), *you have been called by your name to be a member of (Name of the community)*. The person called takes his card and pins it onto the community banner. Everyone sings “Halle Halle Halle...lu.. uia (3x) Hallelujah, Hallelujah!

### Sharing

#### • Together

We suggest that you watch the movie clip on YouTube; *Jesus calls Peter*, a scene from the movie *Son of God* : [www.youtube.com/watch?v=xUSAoICqmD8](http://www.youtube.com/watch?v=xUSAoICqmD8) and continue with an action song: *I will make you fishers of men*: [www.youtube.com/watch?v=krIlzTbupsw](http://www.youtube.com/watch?v=krIlzTbupsw))

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- **Together**

We can live the Gospel of Luke 5: 2-1.

- **In small groups**

- How were we called to Faith and Light?
- Peter, a skilled fisherman, was tired and sceptical of Jesus' request to cast the net. He knew it was impossible to catch any fish at this time of day. But he listened to Jesus and received in abundance. Since our call to Faith and Light, what have we received in abundance that we never imagined we could receive?
- Like Peter, have our doubts and fatigue been transformed into abundant joy and renewed mission? The weakest and the most fragile persons with a learning disability do not doubt. They live the Gospel with their unique intelligence and ability to bring joy.

## **Artist's workshop**

We make origami boats that can be used for the prayer (see page 59).

A small tea light candle will be placed in the boat, a sign that Jesus is in the boat and transforms our lives when we answer yes to his call to meet in a Faith and Light community.

## **Prayer**

We thank you Lord that Simon Peter, James and John learned to fish in order to feed people. Help us to share love around us like our friends with a disability do. Thank you Lord. You care for us and through Jesus, help us to share your love.

The leader then invites each person to come forward to receive their name card and sends them off with the words: *(Name), you have been called by your name. Go and share the good news of Faith and Light.*

- **Prayer of a poor person**

Jesus, I give you thanks for calling me and I love you.



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## Celebration

### Game of Dongdaemun (traditional Korean game)

Two people face each other and hold their hands high enough to represent the door of the community.

Singing an easy song known to all, each person passes through the door of Faith and Light. (If there are many of you, you can make several doors.) The two people facing each other (the door) can drop their hands and trap a person on the way, especially a new person. The captured person takes over and becomes one of the doors of Faith and Light.



A community that meets

**You came to reveal to us  
your Father, our Father**



## Word of the month

**T**he icon is a window to heaven, to eternity. Before it, we are in the presence of God. This image does not only give us a lot of information, but it helps us to participate in a beautiful secret that we do not fully understand.

This icon of the Trinity (see page 60) reminds us that one day, three angels appeared to Abraham and Sarah. Through them, God spoke to them. This is why Abraham answered them as if he was addressing one God. This was a beautiful encounter, Abraham was very welcoming. God loved Abraham a lot, liked talking to him. God accepted the meal that Abraham offered him. Abraham also received a gift from God: a strong faith, a blessing and a promise of offspring.

More importantly, this icon represents God the Father, the Son of God Jesus Christ and the Holy Spirit, the Holy Trinity; the most beautiful and most perfect community. Three people who form the unit. The sign of this unity on the icon are the identical faces of the divine people. However, to distinguish them, the author has placed important symbols behind them: behind God the Father: our common house in Heaven; behind the Son of God: the tree of life that resembles the tree of the Cross; behind the Holy Spirit: the rock, because it confirms our faith.

The three people lean towards one another, expressing their love and their mutual respect. The Father looks at the Son, the Son looks at the Father. The Father, through love for us, sent us his Son, Jesus Christ agreed to this because he also loves us. They seem to be talking to each other, it gives the impression of hearing the most beautiful sentence in the Bible: *For God so loved the world that he gave his only Son.* The Holy Spirit is looking at the chalice on the altar. The sacrifice of the Lamb – the Son of God who died and rose again for our salvation. It is the Holy Spirit who makes the bread and wine the body and blood of Jesus Christ. God wants to stay with man forever. This is possible thanks to the Eucharist.



The Community of divine people is inscribed in a circle: perfect unity! But it is also an open community. We receive God in the Communion and he receives us.

Because God became man in Jesus Christ, we can be children of God. The Holy Spirit helps us to say to God *Abba, Father!* As children, we receive a mission. The Eucharist gives us the power to be like the Holy Trinity when we form a community that meets together: we talk to each other, we listen to each other, we know one another, we love one another. We are a gift for the others and we accept one another.

### Reference texts

*A community that meets*, Charter I, 1.

*The community, like the icon, is a sign of God's love. We recognize God by being at the service and breaking bread*, Lk 24: 28-31.

*God visits Abraham and Sarah*, Gen 18: 1-6.

### Welcome and reunion

Four team members symbolize the door of the community by holding hands. As soon as a person arrives, the two people in the middle let go of their hands and move away to let them in. They sing for example: *All are welcome* ([www.youtube.com/watch?v=js8RtTomJpc](http://www.youtube.com/watch?v=js8RtTomJpc))

### Sharing

- **Together**

We present a scene from the book of Genesis (18: 1-16). God decides to visit Abraham and his wife Sarah. Three angels appear in their house. They are greeted with great hospitality, Sarah prepares flat breads, Abraham serves roasted meat. The angels warn that next year they will return for the birth of their child. However, they are both old and Sarah laughs at this. The Lord asked Abraham why his wife did not believe the promise and laughed. The woman, afraid, denies this. The guests leave for Sodom, accompanied by Abraham.

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The room can be decorated with panels representing a house, a tree and a rock (mountain). At the end of the mime, we can place the icon of the Holy Trinity in the prayer corner.

- **In small groups of parents and friends**

- Have I ever doubted God's promise? When? What was the solution?
- Do I find God in the community? How?
- What do we need to make the community a place of meeting, growth and sharing? What can we change?

- **In small groups of people with disabilities and friends.**

- Do I like coming to the community meetings? Why?
- What would I like to talk about during the meetings?
- How do you make new people feel good in the community and want to stay there?

## **Artist's workshop**

In a corner of the room, we will represent a tree (see page 61) or we will use what we have at hand: coat rack, umbrella...

Abraham said to his guests: *Rest under the tree* (Gen 18: 4). The community is like a tree under which we can rest. Each member of the community will cut out a leaf from the oak tree (see page 61) or draw it. We write our name and stick it on the tree.

You can take pictures of the community members resting under the tree!

## **Prayer**

The prayer can be read using the illustrations, symbols... prepared before the meeting.

*Praise our Lord and our God, you guide our steps.*

*May your blessing be with us as we leave home and return.*

*You who take care of us from the moment we are born until we die, bless the door of our house on this earthly journey.*

*Every time we cross the threshold,  
we want to be even closer to you,*

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*to discover the unimaginable love that you have for us.  
You are the gateway to the Kingdom of Heaven,  
through you we come to eternal life.  
You lead us to eternal peace; you are our path and our life.  
Forgive us our sins and open to us the doors of salvation.  
Lord, protect us when we leave our home and when we return.  
May all those who enter our house be welcomed and served.  
May the poor and the hungry find rest and relief.  
Direct our steps to you in your mercy and lead us to heaven.  
You who live and reign forever. Amen.*

• **Prayer of a poor person**

Jesus, thank you for always being present with us in the community.

**Celebration**

**Game:** We are building a house!

We walk or run across the room saying: we are building a house! We stop and put our hands on top of each other's hands from the ground up and higher and higher as if we were building the walls of the house.

Then the leader of the game says: we are building the roof! Then everyone joins their arms above their head to form a triangle.

Again we run around the room saying: we are opening the windows! We stop, cross our arms and quickly open them wide. We run again saying: we are turning on the lights! We raise our hands and turn them as if we wanted to screw in a light bulb. We are setting the table! We all form a circle and stretch out our hands towards the centre so that all the hands are touching each other, creating a kind of round table.

A community of celebration

## Sharing our joys and our hope



## Word of the month

**A** day of celebration is a special time, different from our everyday life. We know the date in advance and we prepare for it. For example, for Christmas or Easter, for our birthday or our community meeting, we know the date and we have to be ready, it is very important.

Everyone has something to do. Each person has their own ritual for preparing for the celebration. One is going to clean the house, another is going to make cakes and design a nice menu, another is going to choose the music that will be played to the guests and another is going to buy themselves some new clothes to look nice. Before a time of celebration, a time for preparation and a time for waiting is needed.

When the day arrives, we are eager to create a special atmosphere of joyfulness and cheerfulness so as to remember this day of celebration.

Joy can also be experienced differently when we admire something, we can feel a quiet joy in contemplation or we can even be overcome by the joy of what we are experiencing. We can be happy to taste the cake that seems to have been made just for us. We can be filled with a gentle feeling when we dance to the sound of our favourite pieces. Joy is a special moment that each of us experiences in our own way.

It is very important that we are able to share our joy. Joy comes with something specific: it is richer when it is shared. The birth of Jesus was shared with the shepherds who welcomed him and beheld him. Our birthday is shared with parents, friends and the community.

The joy of contemplation is God who is always in our hearts. How good is it that He is always so close.



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## Reference texts

*A community of fiesta and celebration, Charter I, 2.*

*And God saw that it was good, Gn 1: 11-12.*

*Glory to God in the highest heaven. Lk 2: 10-18.*

## Welcome and reunion

The team have brought raisins, walnuts, dried fruits or sweets.

Everyone will be welcomed with the phrase that begins with: "(First name), *I'm so glad to see you that I jump for joy... that I smile...that I dance... that I clap...* We can each write our first name on the board and the feeling of joy felt upon arrival.

## Sharing in small groups

Today in small groups, we invite everyone to experience the joy that God gives us through taste.

A few more details:

- We need as many raisins as there are members in the community.
- Hands must be clean.
- We will try to do everything in silence without rushing.

We sit comfortably. The facilitator puts a raisin in everyone's hand. We look at the raisin. What color is it? Purple? Yellow? Golden? What is its shape? Is it wrinkled? What does it smell like?

Then we gently put it in our mouth. Let's not rush! Let's try to slowly study the raisin with our tongue and take the time to feel it in our mouth. Let's chew it and swallow it.

This exercise is quite difficult because we want to eat quickly. But if we take the time to taste this raisin, then we can experience how beautifully our body has been created. We discover how we can taste step by step.

- How did I live this experience? What was successful? What was not?
- What do I like to taste?
- What is the taste that I like the most and for which I would like to thank God?

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## Artist's workshop

We cut and glue the dice that we will use during the time of celebration (see page 61).

## Celebration

The dice have various meanings and we can come up with several games. For example, if we like to invent and tell stories, we can roll the dice with the numbers. If it lands on 5, our story starts with 5 words. The next player rolls the dice and continues the story, adding as many words to the story as the number that appears on the face of the dice...

We can also choose one or two dices with pictures and tell a story based on the images that appear.

If we like to dance and mime, let's roll the dice with musical instruments and mime the trumpet player, let's dance to the sound of the violin...

Let your creativity flow!

## Prayer

Lord, in you dwells everlasting joy,  
you are the source of all goodness and true joy.  
Bring joy in the quiet or restless course of our lives.  
Bring joy when it is warm and when it is cold.  
Bring joy when it is sunny and when it rains.  
Bring joy in sadness and joyfulness.  
Bring joy in our summers and our autumns.  
Bring joy in our broken hearts and when tears flow from our eyes.  
Lift up joy from the depths and bring it down from the heights.  
Come and fill our sight and our thoughts with joy.  
Come and fill our actions with joy.  
Help us to discern joy beyond the darkness of the night  
and the pain of suffering;  
may it pass through our own sickness and anger.  
Give joy when I carry a cross and when I rise again.  
Give joy in failures and in victories.  
Give the joy of life at every birth and the joy of eternal life

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when we are facing death.  
Give the joy of true kindness, discreet or exuberant.  
Give the joy that transcends my weakness  
and that grows by your willingness to constantly forgive.  
Give joy in compassion and empathy.  
Give joy in action and contemplation.  
Give joy when we are tired and rested.  
Give joy for each new day.  
and give joy at the hour of death.  
Give joy during the harvest  
and give it in the midst of struggles.  
May your contagious joy be, in me, the most beautiful sign  
of my faith in you and of the merciful hand that you place on me.  
Lord, you are all and you give all, give me your joy.  
You are the God who fills the heart of man with joy;  
may every moment of my life, every moment of joy give you glory.

(From Father Andrey Zelinsky)

- **Prayer of a poor person**

Jesus, thank you for making us messengers of your joy.



Christmas  
A community of prayer  
**Jesus, come and live in us**



## Word of the month

**D**uring this Advent time, we can ask ourselves: but where is Jesus today? We are waiting for him but where is he hiding? What is stopping us from finding him? He told us that he was with us and yet often we do not see him. What is hiding him from me? And if it was my need...

- to be first?
- to keep the best for me?
- to believe myself to be better than everyone else?
- to have, to consume even more?
- to stop making an effort?

Jesus does not impose himself; he is discreet to the point of relying on our desire to give him first place. It is about moving away from my superficial needs by taking the time to pray and have a heart to heart with him. Yes, Jesus is hidden but he is hidden in me. It is in these moments of silence and listening to his word that I will find him. Just like Joseph and Mary did not find their place in the noisy lodgings in Bethlehem but in a silent and secluded stable.

This Jesus, who is the heart of our lives, is also the one who brings us together. He is the centre and the heart of our community: he draws us together as he did the angels, the shepherds and the wise men at his birth and with the times of prayer should have their place in our meetings especially the one today.

## Reference texts

*A community of prayer*, Charter I, 3.  
*Story of the Nativity*, Lk 2: 6-20.

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## Welcome and reunion

In the prayer corner, we will place baby Jesus (from the crib) on a cloth. Upon arrival, everyone will put down their photo or their first name or an object representing themselves, so as to form a circle around Jesus.

## Sharing

- **Together**

Relive the nativity: everyone participates. There is Mary, Joseph, the angels, the people who live in Bethlehem divided into five houses. The five houses of Bethlehem are prepared beforehand at the meeting place, and far away from these houses, a very simple shelter represents the stable where Jesus will be born.

In the evening, Mary and Joseph arrive in Bethlehem. They are tired from their long journey and are looking for a place to stay. They go knocking on five doors one after the other. But the people of these houses are affected by one of the deadly sins (5 out of 7).

- The house of the "Smugs" (the vain and proud) say: *You've seen how big and clean our house is... it's the most beautiful in Bethlehem, with horses and stables... Look at you with your donkey and your baskets. Look at us and our beautiful clothes, while you come from the countryside, dusty, old-fashioned... There's no question of you dirtying our house... Go and look elsewhere!*
- The house of the "Gourmands" (the Gluttons) say : *Sorry, we're too busy, we're in the middle of cooking. We are very hungry every day and we have chickens to roast, chocolate cakes to make, salads, pies... We really don't have any time to waste... Go and look elsewhere...*
- The house of the "Greedys" (The misers): *Maybe we could find a place for you, but life is expensive: lights and water do not come free. And food... Can you afford to pay for it? You can't? Then go somewhere else..*
- The house of the "Crankys" (The hot-tempered) : *What's that? Can't you see you're bothering us? You're not the only ones in Bethlehem! We look after our customers, not the wanderers. Be-*

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*sides, you can't read: this is an inn, it doesn't say "maternity" on the door! Go and look elsewhere...*

- The house of the “Sluggard” (the Lazy). The people bask in arm-chairs or on cushions: *What a time for someone to knock at my door! The day has been long: we had to cook, clean, work... we are exhausted. Now, we are resting, we stay quiet. Leave us in peace! Go and look somewhere else...*

Rejected everywhere, Mary and Joseph have to look elsewhere. They continue on their way and find a barn in the distance. In peace, gentleness and humility, Mary gives birth to Jesus.

Then, angels appear and in the presence of this beautiful family, they sing the joy of heaven and the glory of God (Gloria in excelsis Deo...). But such good news must be shared! So the angels go knocking at the doors of the houses, one after the other and ask the families:

- *Are you really happy?*
- No!
- *And why not?* (They explain how pride, gluttony... is an obstacle to their happiness).

At that time, the angels announce to them the birth of the Saviour, this child God who sets us free. Then, one after the other, the inhabitants follow the angels from house to house, up to the stable. There, everyone asks Jesus' forgiveness for... And together, they all start to sing because joy comes back and fills their hearts again: *He is born the Divine child!*

### • In small groups

- What's stopping me from being truly happy?
- What can I decide during this time of Advent to make more room for Jesus in my life?
- How can I live even closer to Jesus in community so that he is truly the centre and source?

### Prayer

We give thanks that we can learn to leave more room for Jesus in our life with our community.

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- **Prayer of a poor person**

Jesus, I choose to give you the first place in my life, always and everywhere.

### **Artist's workshop**

Make a baby Jesus with burlap cloth and a small party ball. Place it on straw or raffia strings in the centre of a large star. Write the first names or stick the photos of the whole community on it (see page 62).

### **Celebration**

Provide costumes or accessories that are easy to put on (hats, necklaces, scarves, swimming goggles, etc.). We put them in the centre of the room. We stand in a circle all around. Place a chair with the little Jesus on it outside the circle. When the music or singing starts, the circle rotates. When the music or singing stops, the person in front of the chair with the baby Jesus will choose and put on one of the accessories. Then he goes back into the circle and the music or song is played again. And so on until everyone is dressed up.

Don't forget to take a souvenir photo of the community dressed up in this way.





# 5

A community of friendship and faithfulness

**This family you have given us**



## Word of the month

**T**he crowd did not stop the mercy of God touching the paralysed man. Four men carried him, made a hole in the roof and lowered him on his stretcher to the spot where Jesus was.

What were they really carrying? Who were they carrying? They were carrying the suffering of this man: a physical suffering due to his disability, a social suffering because he did not have a place in society and a spiritual suffering because he did not have any value in the eyes of those around him. But his friends knew what they had to do and they carried him to the Lord. Jesus, before curing him of all his suffering, said to him: *My child...* Then he forgave him his sins and healed his paralysed body. The Gospel concludes: *They were all amazed and glorified God* (Mk 2, 1-12).

Just as we still need to know, today, how the Lord regards us: we are his sons and his daughters and he treats us like his children. He restores our place in the community and in the Church.

Once cured, the paralysed man picked up his stretcher and left. Was he grateful to those who carried him to Jesus? Does it matter? Their aim was to take their friend to Jesus and put him at the centre of the story. The important one was the paralysed man, not them.

As for us, in our community, let us pay attention to the others and their suffering and help the others to carry us with our suffering, reaching Jesus together and meeting him face to face despite the obstacles. Let us listen to God telling us, through the mouth of Jesus: *You are my son... You are my daughter...* Let us help Jesus to heal our spiritual or social suffering through our community, even if it is not a physical healing like that of the paralysed man. This is how our community will become a source of astonishment for those who see it and they will give glory to God.

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## Reference texts

*A community of friendship and faithfulness, Charter I, 4.*

*The healing of the paralytic, Mk 2: 1-12.*

## Welcome and reunion

On a musical background, a person stands at the entrance dressed as a guardian angel, holding a basket with the names of the members of the community. Each name is written on a small piece of cloth tightened at both ends to symbolize a mat. Each person draws a name (at random) without showing it. During the meeting he/she will pay all sorts of special attention to the person whose name was picked, showing how important it is to have a friend who takes care of us. (He may also pray for him/her after the meeting).

At the end of the meeting, we will ask each person if he/she has found out who was his/her special friend.

## Sharing

- **Together**

Friendship deepens through time and presence. Between the monthly gatherings the members of the community choose to spend time together in smaller groups or just meeting one-to-one. They share stories, fears, dreams, hope... (Charter 1, 4)

We can relive some passages from the Gospel of the paralytic, his friends and Jesus. We can also paint them or represent the scenes with puppets.

The four friends look for ways to bring their friend to Jesus.

Jesus loves the way we care for each other.

- **In small groups**

The four friends had many difficulties in taking the paralytic to Jesus (crowd, stairs, weight...).

Jesus is still waiting for us and loves the way we take care of each other...

- How should we be and live to reach Jesus?
- As a friend in the community, what does the fourth time with my friends outside of the community meetings mean to me?

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## Celebration

### Game: Snakes and ladders

We reproduce the game board (see page 62). The goal is to reach Jesus (like the paralytic) who is at square 30 via an adventure between the squares, using a dice with numbers from 1 to 6. If your dice lands on a ladder, next round the marker will go up; if the dice lands on the snake, next round the marker will go down. If your dice lands on a square with a ladder or a snake, we will have to:

On a ladder:

- Perform a song about friendship.
- Tell whom are my friends in the community?
- Ask everyone to shake hands.
- Tell who will I pray for this month?

On a snake

- Name a former member of the community.
- With three friends, we carry the paralytic.
- Tell how I first came into the community.
- I am the paralytic who has been healed. I get up, take my mat and walk happily around the room.

## Prayer

- Jesus enters the house. The whole community enters in turn to listen to the word of Jesus and forms a circle around him.
- The paralytic stays outside the circle.
- Four friends come to pick him up and go towards the house but they do not manage to enter the circle.
- They finally manage to come in and lay him at Jesus' feet.
- Jesus sees his faith and heals him.
- Everyone gathers around Jesus with lit candles and it is a time of spontaneous prayers to the glory of God.

### • Prayer of a poor person

Thank you, Jesus, for your healing love and for the friends you have given me.

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# 6

One world-wide family

**Live in a covenant of love**



## Word of the month

**F**aith and Light has a mission from Jesus, *Go around the whole world and proclaim the good news to all creation.* What is this Good News?

God loves His people. In 86 separate nations Faith and Light is carrying out Jesus' command.

The particular and unique good news message entrusted to Faith and Light from Jesus is that each person is beloved of God. Nobody is excluded. We are made in God's image, regardless of our looks, abilities or usefulness. God counts each one of us as precious. A person with a disability can reach some people that other people cannot reach.

*See how they love each other*, this is what reach people said of the early church.

On their return from the 2001 Faith and Light Pilgrimage to Lourdes, a Faith and Light mother and her child with developmental disabilities were seen by the young mother of a newborn child with a disability at the airport. The young mother rushed up to the older mother. *Please*, the mother asked, *tell me how I can be like you. You obviously love your son very much, and are not bothered by his obvious disability.*

The older mother patiently spoke of her relationship with her son. *When I look at my son, I see my beloved child. I don't see a person with a disability. I have learned to see with God's eyes, and the life in our Faith and Light community has helped us immensely.*

The young mother went away with a new hope and a desire to experience this love.

## Reference texts

*Communities across the world form the branches of one big international family*, Charter III, 4.  
*Go out to all the world*, Mk, 16: 15 and 19-20.

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## Welcome and reunion

We can invite someone different to our Faith and Light meeting. Is there a person from another country that some of us know? Can we invite him or her and the family?

Is there someone from a different denomination or faith that we could invite to our Faith and Light meeting?

Let us take the time now to ask of the visitor: *What is life like in your country? What is life like in your Church?*

## Sharing

- **Together**

We can relive the Gospel of Mark, 16: 15; and 19-20.

Jesus gives the Great Commandment: *to go out into the whole world and proclaim the good news to all creation.*

Afterwards, He is taken up into Heaven and the disciples go out and preach everywhere. The Lord inspires them to perform wonderful signs (healing, serving, loving...).

- **In small groups**

Some of our members can describe a trip to a different country or another region.

- Did these people live like us?

- Is there a Faith and Light community in the country or state you visited?

We can also tell about a visit to another community, or about a camp or pilgrimage...

## Artist's workshop

We hand out a copy of the map of the world and some crayons or felt-tip pens. We will use these maps to see how close we are to other Faith and Light communities and provinces.

First, let us color the place of our community 'red.'

Then let's color the provinces using different colors (see page 62).

Finally, let us draw a line between our community and the communities. How are we connected with them?"

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## Prayer

*See how they love each other...* Let us pray for those Faith and Light communities and provinces which are close to us. We used a line on the paper to show the connection. Let us make that connection strong with our prayer.

Are there sick or suffering people in other Faith and Light communities whom we can pray for?

- **Prayer of a poor person**

I thank You, Jesus, that I can share Your love with people that I have never met before.

## Celebration

We can learn the community song in French or Spanish.

*Par moi (x2)*

*Par moi vit la communauté (x4)*

*Par toi... Par nous... Par l'amour... Par Jésus*

**Par delà les frontières, par delà les mers**

**Vas et bâtis la communauté (x2)**

*Soy yo (x2)*

*Soy yo que hace la comunidad (x4)*

*Y tu que hace la comunidad...*

*Nosotros que hacemos la comunidad...*

*Es Dios quien hace la comunidad...*

*Es Jesús quien hace la comunidad*

**Surcando los mares, sea aquí o allá**

**en todo lugar, hago comunidad (x2)**





Finances in Faith and Light

## The sharing of the goods



## Word of the month

**T**he multiplication of the bread is, without a doubt, one of the most famous of Jesus's miracles. The four evangelists remembered this event but St John specified that the bread and fishes came from a young man who agreed to share his food. It is a little and it is a lot: Philip, one of the apostles, noted realistically that it would require the wage from two hundred days work at least to feed all those that Jesus had brought together. So here was a crowd that found itself without supplies, a crowd heading for a fall.

Without bread, no life, without bread, death threatens and lies in wait. It is a deadlock situation. The apostles gave up and appealed to their master. There was nothing they could do.

So on the mountain, as in Jerusalem after Easter, God was going to act through Jesus. Jesus was going to save this crowd; he was going to feed this crowd. Jesus was going to give it life. This is what he had come to do. Give back hope, give back a future to mankind on behalf of God and this miracle demonstrated the meaning of his mission.

Jesus was going to multiply the food from an offering. A paltry offering in itself, five loaves of bread and two fishes! In fact, it wasn't just the bread that Jesus was multiplying, he was multiplying the gift from the young man. What saved the people was the gift. The gift from God and the minute offering from men.

In order to multiply the food, Jesus required the gift from someone and the work of the apostles. They found the young man, they gathered the crumbs and, in the parallel stories by the other evangelists, they gave out the bread themselves on receiving it from the hands of Jesus.

Instead of calling this story the multiplication of the bread, we should instead talk of the multiplication of the offering. On the mountain, Jesus worked with the gift, the gift from God, the gift from mankind and revealed one of the secrets of life, one of the components of Easter. *Everything is a gift.*



We too are invited to give, to be included in the offering, small though it is, of our lives.

We know through experience at Faith and Light that a gift, however small, is useful to the whole of a group, the whole of mankind. We all, whoever we are, have something to give, something to share: a possession, a gesture of mutual aid, a smile...

We believe in God but God believes in us. He believes we can share the life he has given us.

### **Biblical reference**

*The multiplication of the loaves*, Jn 6: 1-13 and Mk 6: 30-44.

### **Welcome and reunion**

We will highlight the notion of community, of family. As in a family, everyone is called to participate in the daily life of the community, to be of service.

We will talk about the international dimension. We are called to help in our community, but also to participate in the movement throughout the world. We will remind each other of the existence of the international letter "Up Sails!" which is a good way to see what is experienced at an international level and how the money of the contributions is used.

### **Artist's workshops**

We draw the outline of our hand. Once on red paper and once on yellow paper (see page 63). We will use these hands during times of sharing and prayer.

### **Sharing**

- **Together**

We can relive together the Gospel of the multiplication of the loaves.

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- **In small groups**

- What have we learned from this Gospel?
- There were not enough loaves and fish for everyone, but they still shared everything...
- Sometimes we don't feel like sharing. On our red hand, we represent what we do not like to share. In turn, each one of us will show the others our hand and explain.
- But often, like Jesus, we want to share and that makes us happy. We represent what we share on our yellow hand and we explain.

### **Prayer**

We will have prepared two panels, on the first one we stick our yellow hands, side by side with our fingers turned outwards. On the second panel, we glue our red hands, fingers turned inwards.

In front of the yellow panel, we light small tealight candles and we can say this prayer: *Jesus, you who love us, open our hands, our eyes, our ears and our heart to be attentive to the needs of those around us, to respond to their needs, to give happiness!*

We can contemplate him; he looks like a sun. When we share, we bring a bit of sunshine to the other. Sharing makes life more beautiful and people happier.

- **Prayer of a poor person**

Jesus, I offer you the most precious thing I have, I offer you my five loaves of bread and my two fish.

### **Celebration**

**Game:** form a long human chain

This game is played without words. All participants are blindfolded. They move alone in a limited space in search of an extraordinary bird. When they meet someone, they say "tweet-tweet". If he answers "tweet-tweet", they continue searching, because this extraordinary bird is silent. In fact, at the beginning, a person is designated by the facilitator, he/she will keep his/her eyes open and remain silent

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when any request is made. When someone has met "the bird that doesn't answer", he takes it by the hand, opens his eyes and also becomes a mysterious and wonderful silent bird. The game ends when the whole community forms a big chain in silence.

We end with a large circle singing the 50<sup>th</sup> year song that unites us with all the communities around the world (see the home page of the website "Faith and Light is 50 years old": [www.faithandlight.org](http://www.faithandlight.org)).



A community for taking root and integrating

## **Make us instruments of peace and unity**



## Word of the month

**T**he aim of the initial Faith and Light pilgrimage in 1971 was to demonstrate that all people, including those with a disability, needed to fully belong to their Church community and to participate in its activities of giving and receiving.

From these first roots this message spread to different Christian traditions. Little by little, each community became integrated in their Churches and church life. It also gives communities the opportunity to gather and experience the richness of one another's religions. We can learn so much from one another. It is a time of joy; it need not be one of pain but a way of being in communion with one another in our churches.

Our friends with a disability lead us in proclaiming Jesus' loving call to bring others into the light of his love.

## Reference texts

*A community for taking root and integrating*, Charter I, 5.

*The call of the disciples*, Jn 1, 35-49.

## Welcome and reunion

We introduce John the Baptist as Jesus' cousin who was trying to prepare his disciples to welcome Jesus.

## Sharing

### • Together

We can relive three scenes from the gospel:

- John 1: 35-39, John the Baptist appoints Jesus to his two disciples.
- Verses 40-42: Andrew takes Simon to Jesus.
- Verses 43-49: Jesus and Philip, then Philip and Nathanael.

Finally, John the Baptist addresses everyone in the community: *Come all follow Jesus!* Everybody is happy and embraces one

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another, shakes hands... expresses his joy in having found the Messiah.

- **In small groups**

- Why did John the Baptist point Jesus out to his disciples?
- Why did Andrew go get his brother and then why did they go get other people?
- Do all the people they tell believe them?
- Do they all follow Jesus and become his close apostles?
- Are our families all the same?

Like Jesus friends we come from different families, different places, different Churches.

## **Prayer**

Let's thank Jesus for bringing us together, for calling us to follow him, to share our trust and joy with each other. Let us sing with joy in our hearts for our 50<sup>th</sup> year journey which, since 1971 has been made of ups and downs but we go forward with celebration in our hearts. Thanking God for all He has made possible.

Song: *Give thanks with a grateful heart* ([www.youtube.com/watch?v=cgplng\\_ykBk](http://www.youtube.com/watch?v=cgplng_ykBk)).

Or *We want to see Jesus lifted hig* ([www.youtube.com/watch?v=6oaIMnABTfE](http://www.youtube.com/watch?v=6oaIMnABTfE) (waving flags or scarves)).

- **Prayer of a poor person**

With a heart full of gratitude, I thank you, my God, for having given us Jesus your Son.

## **Artist's workshop**

We can make little cardboard figures for each member of the community. We write our name and glue them together in a circle. In the centre, we place an image of Jesus or we write his name. (see page 63).



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## Celebration

- **Game** : dance with scarves

Material: a music player and coloured scarves.

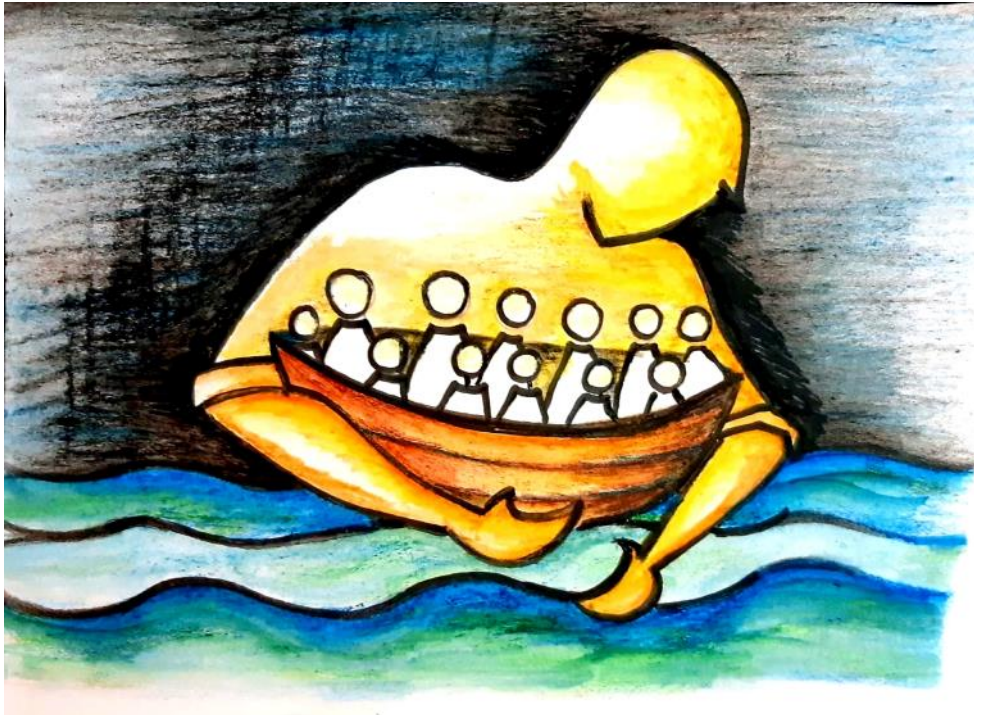
To a lively musical background, we form a large circle, each of us waving his or her scarf. In the centre, one person comes and invites two others to join him, they tie their scarves together and invite two others... until they form a big farandole and dance joyfully all together.

- Or the team prepare flags of all the countries where there is Faith and Light. We try to guess the country of each flag.



Exercising responsibility

**Teach us to follow you  
in the ways of the Gospel**



## Word of the month

**T**hrough you, through me, through us, the community lives. It is each one of us that forms the community, each one of us that has the responsibility for bringing it to life. Harmony comes from us letting the light of God that is hidden in each person shine.

Each person is recognised for what they are and not what they can do. Here, they have the opportunity to express their unique character. Anyone who exercises a responsibility in Faith and Light is putting themselves at the service of others so that they can exercise their gifts. He/she supports, encourages and guides. We are not saying that they *understand everything* but they are the ones to trust because they know that the Spirit will continue to guide them. Yes, we recognise it: *It is He who builds the community!*

## Reference texts

*Exercising responsibility*, Constitution III.

*The harvest is plentiful*, Lk 10: 1-12

*The lost sheep*, Lk 15: 1-10

## Welcome and reunion

Each person receives a card: we write our name and paste our own photo that we have been asked to bring. Then everyone will stick their card on the image of a big boat placed in a corner of the room (see page 64). The sail will be decorated with images of celebrations, prayers, times of discernment experienced together. We begin with a joyful song of hope.

## Sharing

### • Together

We can relive together the Gospel of Luke 10: 1-12.

The characters are: Jesus, the disciples sent two by two, the people who welcome them and those who don't listen to them.

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Each one of us has a treasure hidden in our heart, we must pass it on to others. We have the responsibility to make our community grow but also to announce Faith and Light and give birth to other communities. Jesus never sends us alone, but two by two: this is already a seed of community.

- **In small groups**

- In what ways can I renew my commitment to the community? How do I give life to my community?
- Do I recognize the gifts of other community members? Am I able to let each one shine his or her light?
- What gift do I have? What is the one I would like to have?
- Do I feel responsible for sharing the values of Faith and Light where I live, at work, in the parish?

We thank Jesus for having called us into a community and for experiencing a true sharing there.

### **Artist's workshop**

We make masks and costumes of pets or wild animals such as lions, elephants... (see page 64). Everyone will choose his favourite.

### **Celebration**

Let's go back in time and act out the episode of the lost sheep in Noah's time. Our boat, prepared at the beginning of the meeting, will be the Ark ready to go. We organize a parade with the masks and costumes made during the workshop. We can rewrite the story by adapting it to the people who are part of the group. One of the animals, the sheep (or whichever we prefer), has been lost and we cannot leave without it. We will not be able to prepare for the renewal of life after the flood if it is not found. All the animals go looking for her, each one with its own particular cry. Finally, the sheep is found.

To celebrate the joy of this return, we dance together an English dance: [www.youtube.com/watch?v=W8RK9eKWKdE](http://www.youtube.com/watch?v=W8RK9eKWKdE). We look into each other's eyes rediscovering the beauty of the other. At the end, we will symbolically board the boat in pairs by standing on the sides:

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the boat, our Faith and Light boat, is the community. It is a sign of salvation for all.

### **Prayer**

We know that community is a place transforming our hearts. Jesus, the good shepherd, does not forget any member of the flock. And he asks us to do the same, each one becoming responsible for the other. From the Gospel of Luke (15:1-10): The lost sheep

- Reader: *Jesus, don't let anyone stay on the side of the road so that he doesn't get lost.*
- All: *Help us to recognize all those in need of conversion.*
- Reader: *Jesus, make us discover the change in people's hearts.*
- All: *Help us to see the light of your presence in the eyes of the other.*
- Reader (Letter from 1 Peter 5-2).

*To the elders among you, I appeal as a fellow elder and a witness of Christ's sufferings who also will share in the glory to be revealed: be shepherds of God's flock that is under your care, watching over them, not because you must, but because you are willing, as God wants you to be; not pursuing dishonest gain, but eager to serve; not lording it over those entrusted to you, but being examples to the flock.*

- All: *Jesus, accompany with love those who exercise responsibility in the community, the province, at the international level. Let them know how to bring joy and feel that they are not guides but humble servants.*

- **Prayer of a poor person**

Jesus, you said to me: *go and build the community.* Thank you, Jesus, you fill me with your Spirit to make the way smooth.

The inspiration of Faith and Light

## Learning to love one another



## Word of the month

*Lord, 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.*

Our friends with disabilities are at the heart of our communities and have a special place there. We are called to create a welcoming environment around them, to help them find the place where they will be accepted, loved, valued and treated with respect, each one with their gifts, their faults and their issues.

Loving them as God loves us is treating them with kindness, delicacy and humility, respecting them just as they are. Loving them is committing to be their friend, listening to them, putting yourself in their place. It is walking together, being with them, strengthening the bonds of friendship, establishing an alliance, because only love is enough.

Faith and Light was born from the love of the person with an intellectual disability. Let us continue to relay this message of love and celebrate the joy of love. Throughout these 50 years, we have become stronger and have learnt to love them even more. Let us keep hold of this wonderful treasure: at Faith and Light, the person with disability is the most important one and touches our hearts.

In this year of grace for the Jubilee, let us highlight the presence of our friends with disabilities, let us seek to make the world see them as people with the same rights. Let us continue to announce that love, justice and respect can put an end to the indifference and the precariousness of their rights.

May our friends with disabilities continue to be an endless source of grace, unity and peace for our communities and for the whole world. They are unique and precious in the eyes of God and are the living expression of love.

We are a family where friendship is mutual, sincere, unique and loyal, where we love one another as God loves us, united in the spirit of Faith and Light.



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## Reference texts

*The inspiration of Faith and Light*, Charter II, 1.

*Love one another*, Jn 15: 12 et 17.

*Whoever welcomes this little child in my name*, Lk 9: 46-48.

*Whatever you did for one of the least of these brothers and sisters of mine*, Mt 25: 35-4.

## Welcome and reunion

At the front door, one person will greet everyone and say: *Jesus loves you*. He will pin a heart on his clothing on which is written: *You are unique and I love you*.

## Sharing

### • Together

We can mime the Gospel of Matthew 25: 35-45.

- A person is sitting at the table, his glass is empty. *Can you give me some water? I am thirsty*. A man comes by and fills the glass.
- A child with an empty plate says: *I haven't eaten anything for days*. A man comes by and puts a loaf of bread on the plate.
- A man sitting down says: *I am cold*. A man comes by and puts a blanket on his shoulders.
- A man lies down with a blanket over his shoulders. *I am sick*. A man comes by and gives him some medicine.
- *I had an accident; I have a broken arm*. A man comes closer and heals his wounds.
- A woman is crying. *I am sad*. A woman hugs her to comfort her.

We finish the mime by reading verses 37 to 40.

### • In small groups

- How can I bear witness to the love we have for one another?
- What am I doing in my community out of friendship for the person with a disability?
- What can I do so that my special friends are welcomed and respected in my parish?
- Does society respect and value the rights of persons with disabilities?



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## Prayer

The team has decorated the prayer corner. Little hearts with the first name of each member are placed on a large heart.

*Lord, teach us to love as you love us.*

*Lord, may our special friends see your face  
and love you more and more.*

*Lord, you called us to a mission of love,  
help us to stay true to it.*

*May the power of love heal our hearts  
and once released, we may love you more,*

*Lord, give us a big heart to love.*

Then with one voice:

*I was hungry: you gave me food.*

*I was thirsty: you gave me something to drink.*

*I was cold: you gave me a coat.*

*I was naked: you clothed me.*

*I was in prison: you visited me.*

*I was sad: you comforted me.*

*I was sick: you cured me.*

*I was wounded: you healed my wounds.*

- **Prayer of a poor person**

Jesus, I want to love the way you loved me.

## Artist's workshop

A garland of hearts or/and a bouquet of hearts (see page 64).

## Celebration

**Game:** Scarves

We are two teams. Scarves are placed at a certain distance. At the top, one player from each team runs to find a scarf. The first one who returns to his place is warmly applauded.

We need the community

**Teach us to find you  
in all our brothers and sisters**



## Word of the month

**W**ith our children who have a disability, we have been devastated, confused, we have seen a lot of doors closing. And one beautiful day, we ended up in a Faith and Light community, driven by the Spirit like Mary carrying the infant Jesus to the Temple to present him to the Lord. There, we met friends who helped us discover the hidden beauty of our children. God chose what is foolish in the world.

In the community, through the Gospels, Jesus teaches us to look at our different friends with compassion, which means with love. *Each of us must please our neighbour for the good purpose of building up the neighbour* (Rm 15, 2). Each member of the body of Christ (the Church) has received one or more spiritual gifts and these gifts, as Paul says, testify to the presence of the Holy Spirit in our lives, natural and spiritual gifts that each person has received from God and which must contribute to the building of the community.

## References texts

*The need for a community*, Charter II, 2

*Each of us should please our neighbours for their good, to build them up.*, Rm 15, 2

*We are one body*, 1 Cor 12: 12-26.

## Welcome and reunion

In the prayer corner we will place a panel with a large wheat sheaf drawn on it (see page 65). Each person receives a cardboard grain of wheat on which his or her first name is written and goes to stick it on the drawing.

## Sharing

- **Together**

Mime: Two or three people are sitting down and one of them is in pain.

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Reader: *If one member suffers, all suffer together with it* (1 Cor 12: 26).  
A person approaches, gives him a glass of water and wipes his face.  
On the other side someone makes the gesture of calling: *Hello doctor...*  
Stretcher-bearers come and take him away: The Lord wants us to help each other.

### **We need the community**

Reader: *God did not want division in the body, but that its parts should have equal concern for each other.* (1 Cor 12: 25).

Jesus himself lets himself be helped: Simon of Cyrene carried his Cross, Veronica wiped his face. The charter tells us: *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* (II, 2).

We sing a song of thanksgiving: *Oh, how good it is :*

[www.stuarttownend.co.uk/song/oh-how-good-it-is/](http://www.stuarttownend.co.uk/song/oh-how-good-it-is/).

### **• In small groups**

Let us repeat our way of serving and being. Everything we share (retreat, camp, meeting...)

- In Faith and Light I need the others... How?
- The others need me... How?
- Do I allow myself to be helped? How can I be helped? Do I run the risk of thinking that I don't need anyone?
- Do I take the time to listen to everyone?
- Am I open to others or closed in on myself?

### **Celebration**

Everyone draws (or tries to draw) the face of their neighbor. We mix the drawings and we try to find out who they represent.

### **Prayer**

Give us Lord what we need to grow in faith, be responsible in our relationships and renew in us the grace of our baptism.

Through this Sacrament Jesus gives us the strength that opens us to the service of our brothers and sisters.

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Mimed prayer : *O Father, I am your child* (raise your hands),  
*I have a thousand proofs that you love me* (hands on your heart),  
*I want to praise you with my song* (open your hands),  
*the song of joy of my baptism* (raise your arms).

We turn to the drawing of the ears of wheat.

*Many grains make an ear, many ears make a feast, a harvest that satisfies the hunger of men on earth, united like grains of wheat, we form the community.*

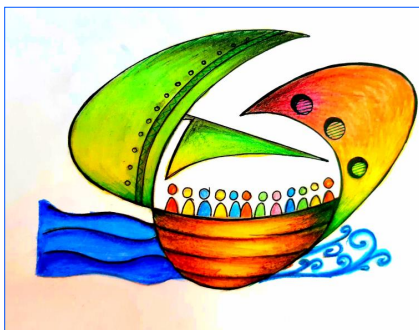
Then we join hands: *O Father, here are your children, forming one family, one spirit animating them, the same faith, the same life.*

- **Prayer of a poor person**

Jesus, I give you thanks for being part of my community, we all need each other.

### **Artist's workshop**

We need each other. We're going to make paper chains (see page 64).



X-ray of our community

**We want to say yes to you**



## Word of the month

**T**he community is a place where everyone has the freedom to be. Each member has different needs because each person is a different person and experiences things differently. The community must be this home, in which the needs of each member are welcomed and carried by all. As for the community, we travel together through the various stages of our history and we have needs that have to be read in the light of the needs of its members. The gifts of each member are put at the service of the needs of each person. Everyone can express their needs and share them with freedom and confidence because they know they are surrounded by real friends. This is how we can grow together.

The community must be built on faith in Jesus as on a rock. Each member is called to experience in their life the inspiration that Faith and Light describes in the Charter: in the community, we discover that we are called to be signs of the love of God for each other. This love of God, expressed by the presence of a friend with whom we can share what we are (our gifts) and what we need, will become a joyful experience.

This month, each person has received an invitation: I am invited to take the time to find out how I feel in the community, what supports me and what is missing and what my needs are. We will share and from there, reflect on the way in which we are going to work in the community. The results of this evaluation can help the coordinating team to know what aspects of community life respond best to the needs of members today and those that need to be strengthened. Doing this evaluation as a community will also be an opportunity for each of its members to find out what the others need and be committed to helping them find it.

## Reference text

*A house built on rock, Mt 7: 21-29.*

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## Welcome and reunion

The team welcomes everyone and gives them a stone that will be transformed during the artist's workshop and that we will take home to remember the commitment we have made.

## Sharing

- **Together**

We live the Gospel of Matthew.

We often say that our community is like our second family, the community is like our home. A home is a place where the needs of the people who live there are recognized and met. The Faith and Light community is a *home* in four different ways. The community is truly a home or a house when it serves as a place for:

- **Being welcomed and getting together.** When I am accepted as I am, when no one wants to change me, when I find a space where I can share what I am, a place where I listen and where I am listened to. We explain that the room we are in is a home. Some members mime people saying hello and go to sit down.
- **A place of prayer and celebration.** The community is the home where I can meet God, where I can grow in the experience of loving and being loved by God. The house where I give thanks because it is Jesus who calls us together. This is where we celebrate him.  
Some can mime a time of prayer.
- **A place to celebrate.** The community is a house where I express and share the joy of a heart that has received the gift of communion with others. Some can mime times of joy and celebration by singing and dancing with instruments.
- **A place of fidelity.** The community is a house where I can always rest, through the faithful friendship that the other members share with me and also through a meeting. Some members mime a fourth time like a walk...

But we do not always feel support within each of these four houses. Sometimes the community is not able to offer each member a response to their needs related to the points mentioned. Some-



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times we can feel that instead of being inside, we are rather on the outside.

We will be assessing each important time in the community based on the needs we have right now and the support that we have in each of them.

- What do I need the most?
- What do I find today in my community in the time of welcome, sharing, prayer, celebration and in the time of fidelity?

### • Workshop

This month, instead of meeting in small groups, we will hold a workshop to assess the current situation in the community.

### Materials and preparation

The coordinating team has represented four houses (see page 65) on four panels that are hung on the wall so that they are clearly visible to all. They have also prepared eight paper silhouettes, four red and four blue (see page 65) ready to be distributed to each community member, as well as pens for each member to write down their feelings. Those who cannot write can draw happy faces or sad faces that indicate which home I need most at the moment or where I receive the most support. The coordinator will explain the meanings of each home. And will ask two questions (see below).

### Development of dynamics assessment

The coordinator asks the first question: *What do I need at this moment for each time of the community? Welcome, sharing, celebration or fidelity?* Leaving time for personal reflection (or accompanying those who need it). The important thing is that each one can write down what he or she feels). Each member answers the question by explaining and writing it on the four red silhouettes (one for each house). Then, he/she will place them in each house inside or outside, depending on his level of comfort in each one.

The coordinator asks the second question: *What do I find in my community today?* Each person will answer the question, explain it

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and write their answers on the blue silhouettes. Then he/she will place them inside or outside the four houses.

### **Conclusion**

Once everyone has participated, the coordinator asks the community to reflect on what they have heard and seen... What are our needs? How can we improve the needs of each house? What can we do as a community? Each person chooses a commitment to improve community life and make it a true home for all.

### **Artist's workshop**

We write our commitment on the stone received at the beginning and decorate it to represent our intention to make our house more beautiful.

### **Prayer**

We repeat our commitment at the time of prayer or the Eucharist and we offer it to Jesus. We know that he is the true builder of the community. These stones symbolize our faith. If we ask him, we know that Jesus will give us his strength to keep our commitment. We can also organise a celebration of commitment/re-commitment (see page 68).

#### **• Prayer of a poor person**

Jesus, I have faith in your love and in the love of my brothers.

### **Celebration**

All members of the community hold a scarf or a strip of cloth. When the music starts, they begin to dance around with the scarf. The facilitator points to body parts (shoulder, knees, elbows, arms...) and everyone points at them with the scarf while they continue dancing.

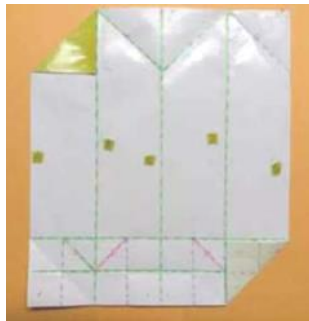
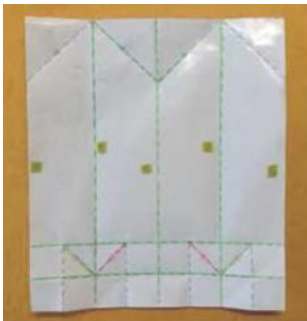
# Artist's workshop

You will find all the illustrations on the website  
of Faith and Light international  
[https://www.faithandlight.org/rubriques/haut/album\\_photo](https://www.faithandlight.org/rubriques/haut/album_photo)

## Paper boats

**Material:** a sheet of A5 paper coloured on one side and white on the other side, cardboard, clips, glue, double-sided stickers.

1. On the white side, draw lines as in the picture. Then fold all the lines and stick the small pieces of double-sided sticker as shown in the picture.
2. Begin with the V-fold in the centre. Fold the left corner to the side. Then fold the right corner onto the centre fold: we have the bow of the boat. The small stickers in the centre will hold the paper better.
3. Fold in the stern of the boat. Begin by folding in the direction of the arrows. Then fold the end of the paper into the boat to make the stern firm and stable.
4. Draw a large circle in the cardboard for the body and a smaller circle for the head and cut them out to make the figures.
5. Use drawing clips to hold the character and stick the bottom of it with the double-sided sticker in the bottom of the boat. The names of community members can be written on the characters and placed in the boats.





### **Icon of the Trinity**

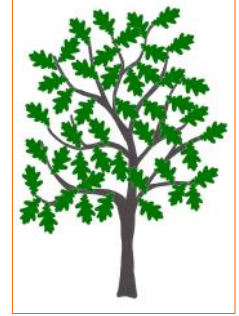
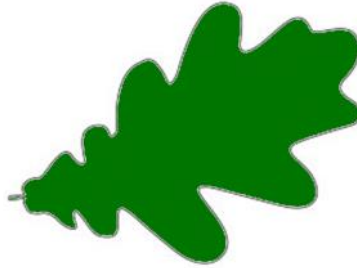
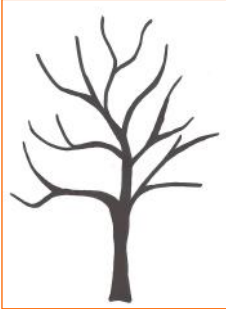
Also named icon of the hospitality of Abraham written by Andrej Rublev, an Orthodox monk, in the 15th century.



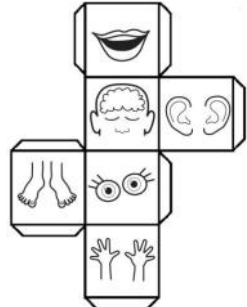
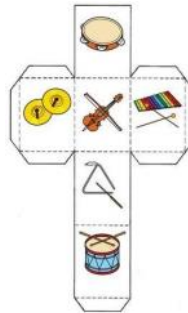
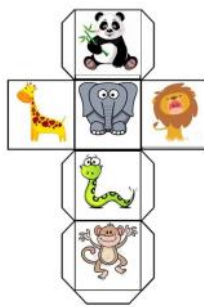
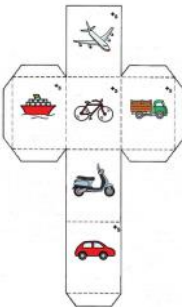
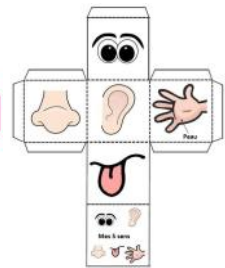
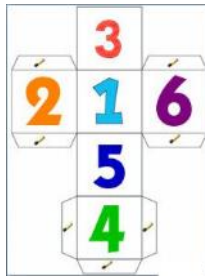
## The tree

**Material:** green paper, felt tip pens, scissors, glue.

We can draw a tree like this one. Make it big enough so that each community member can put his or her name on it.



## The dices



## Jesus at the heart of the community

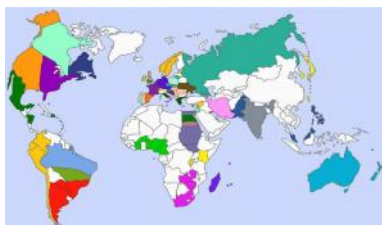
**Materials:** cardboard, scissors, glue, felt, raffia strands, burlap cloth, party ball, cork.

Roll up the burlap cloth around the cork, glue the head. Place the baby Jesus on a bed of raffia in the centre of the star.



## Snakes and ladders game

## Map of the provinces



### List of the Faith and Light countries

Albania, Argentina, Armenia, Australia, Austria, Belgium, Benin, Bosnia Herzegovina, Brazil, Burkina Faso, Burundi, Cameroon, Canada, Central African Republic, Chile, Columbia, D.R. of Congo, Croatia, Cyprus, Czech Republic, Denmark, Dominican Republic, Ecuador, Egypt, El Salvador, Estonia, France mainland and overseas

(French Guyana, Martinique, Reunion Island and New Caledonia), Galilee, Georgia, Germany, Greece, Honduras, Hong Kong, Hungary, India, Iran, Italy, Ireland, Japan, Jordan, Kenya, Kuwait, Lebanon, Lithuania, Luxemburg, Madagascar, Malaysia, Mauritius, Mexico, Netherlands, New Zealand, Nicaragua, Nigeria, Norway, Uganda, Pakistan, Paraguay, Peru, Philippines, Poland, Portugal, Romania, Russia, Rwanda, Serbia, Seychelles, Singapore, Slovakia, Slovenia, South Africa, South Korea, Sudan, South Sudan, Spain, Sweden, Switzerland, Syria, Taiwan, Togo, United Kingdom (and Gibraltar), United States, Ukraine, Zambia, Zimbabwe.

## Sharing

**Material:** A panel, 2 thin pieces of cardboard (1 red and 1 yellow), scissors, glue, markers.

We trace the outline of our hand, then we draw on the red hands what we don't like to share.

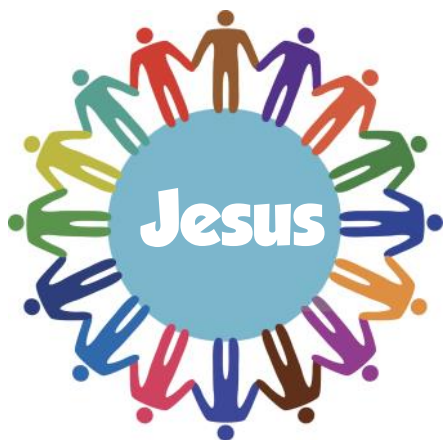
On the yellow hands, we draw what we like to share and glue them on a heart-shaped panel.



## Figurines

**Material:** Panel, thin cardboard, scissors, markers, glue.

Cut out the figures in a white cardboard, color them and glue them in a circle around the name of Jesus.

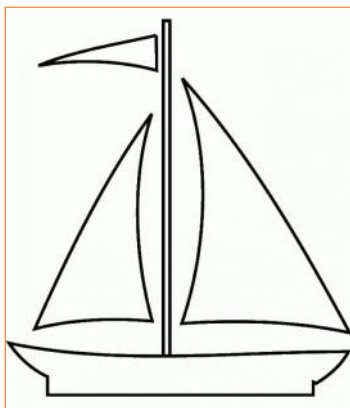




## Masks



## Boat



## Bouquet of hearts



## Garland of hearts



Cut strips of paper 2 cm wide and 30 cm long. Fold the cut paper in half, clearly marking the fold. Join the two ends inwards and staple.

Join all the hearts together to form a garland.



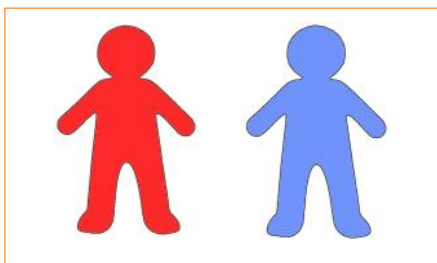
**Wheat sheaf**



**Ribambelle**



**Silhouettes**



**Houses**



# Appendices

## Easter Communities born from the Resurrection

On Easter morning the women had gone to the tomb, but they had not found the body of Jesus: *As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed. "Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples and Peter, "He is going ahead of you into Galilee. There you will see him, just as he told you."* Mk 16:5-7.

Faith and Light was born fifty years ago at Easter 1971, a gift for us and for the whole Church. No one had planned this beginning, no one had imagined it, only a great pilgrimage had been prepared. In truth it was the Holy Spirit who planned everything and now here is this great treasure in our hands, a treasure to be shared!

God always amazes us, he goes beyond our predictions and plans, we go in search of him, but where to find him when we do not know the right place. As the Gospel reminds us, from Easter morning onwards, Jesus always precedes us, he walks ahead of us and shows Peter and all of us the way. Since Easter 1971, Jesus has been leading the way for Faith and Light and he gives us an appointment in Galilee. Where is our Galilee? Galilee is the place where the disciples and Jesus began their journey, it is the place of their daily life with their families and work. Even today, Jesus gives us an appointment in our daily life, and there He is waiting for us so that we can meet Him.

So, it is in our lives that we can see and meet Jesus. Galilee represents our homes, our Faith and Light communities, our places of work. Every time we listen to Jesus' call and go to the given appointment, we have the chance to see and meet him.

The Risen Jesus is still alive and continues to accompany us. We do not have to seek Him because He is not hiding, it is up to us to simply listen to His call, obey His Word and let ourselves be led. This is the gift of Easter, this is the gift of Faith and Light for us, for all those who are searching for Jesus and perhaps also for friends with whom to share the journey of life.

### **Pentecost** **Communities guided by the Spirit**

On the day of Pentecost, the Holy Spirit descended upon the Apostles who were waiting in Jerusalem for the gift that Jesus had promised them. It was an extraordinary moment for the disciples and for the Church which, at that time, was beginning its journey through history: *Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability, Acts 2, 3-4.*

The journey of Faith and Light looks like the journey of the universal Church born thanks to the Spirit and which, during its first 50 years, began to speak the languages of the whole world! In fact, our communities are present in 86 countries and so the miracle of Pentecost continues even today: the Holy Spirit continues to lead the Church and all of us.

Being able to speak a different language means being able to communicate, understand and be understood. It is therefore something very important because we don't often understand what a person is saying to us or it happens that we are not understood, even when we speak the same language because we don't know how to listen, because we lack the ability to listen heart to heart. As on the day of Pentecost, the Holy Spirit continues to enlighten and warm our hearts, making us ready to welcome all people and stay close to them.

What we have received, thanks to Faith and Light, is a very precious gift, a gift that must not remain in our hands. On the contrary, it is up to us to share it with everyone. Every day, the Holy Spirit urges us not to remain locked up in Jerusalem, but to move on and share the gift of our communities, the gift of fraternity and friendship with many other families.

From Pentecost onwards, the proclamation of the Gospel reached the whole world and among us too: the light and energy of the Holy Spirit continue to guide and sustain the journey of Faith and Light. We only need to let ourselves be led by his light and energy.

### Commitment celebration

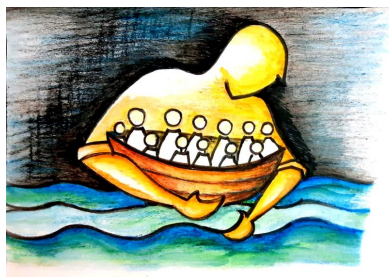
In the chapel or in our prayer corner, a large candle is lit near the altar or in front of a large cross. Next to it is the banner of the community. The coordinator and the chaplain are side by side. Candles are lit. The chaplain calls the first person. The person walks in front and says: *Jesus, you call me to be your witness, your messenger and your servant in the community. I (first name) want to say yes.*

Then the coordinator addresses the same person and says: *You made a commitment to...* The person replies: *Yes, I am committed to it.*

Or

- Do you want to follow Jesus in our community?
- Do you want to commit yourself to participate in the meetings with all your heart?
- Do you want to be a friend to everyone in the community?

We can end with a song of joy.



## Notes

## Notes

## Notes

## **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.**