

THE ANGELS, MESSENGERS OF GOD



2025-2026 Guidelines
Faith and Light international



Contents

• Introduction from Raúl Izquierdo Garcia	3
• Presentation of the theme of the year	5
• Prayer for each meeting	6
• 2025 - 2026 Team	7 et 8
• Practical information	9
1. Hagar's angel • God does not abandon	10
2. Abraham and Isaac's angel • God who can be trusted	15
3. The angel of Samson's mother • God who heals	19
4. Elijah's angel • God lifts the spirit	23
5. Daniel's angel • God responds to Faithfulness.....	28
6. Our guardian angel • God protects us on all paths	33
7. Joseph's angel • God would like us to listen	37
8. Angel of the Resurrection • God gives hope	42
9. Zechariah's angel • God who gives signs	46
10. Angel of the Annunciation • God has a plan for us	50
11. Angels of Christmas • God is among us	55
12. Peter's angel • God gives freedom	59
• Meditations	
– Christmas	64
– Feast of Light	66
– Easter	68
– Pentecost	70
• Artist's workshop	72
• Faith and Light prayer with pictograms	82
• Faith and Light prayer	back cover



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



Raúl Izquierdo García
International coordinator

We are in good hands!

To all the Faith and Light communities around the world: We are pleased to introduce to you the new guidelines for the coming year, which will help us to live our community meetings more deeply.

I would like to begin by thanking the team that made this possible, made up of people from the four provinces of Poland. They worked hard, but also with enthusiasm and passion, contributing their ideas, reflections, drawings, and suggestions. Thank you from the bottom of my heart for this!

This time, it is God's "angels" who will accompany us and help us strengthen our bonds, pray together, and celebrate our faith. According to tradition and the Bible, angels are beings sent by God to convey messages to human beings, or to protect and care for them in one way or another. Thus, these "messengers and guardians" of God give us strength in so many situations that seem too heavy to bear. Ultimately, in one way or another, the underlying message is that God does not abandon us and cares for us, because each of us is loved by the Father in a unique and distinct, special, unconditional, and unconditional way. We are in good hands!

In chapter 1 of the Gospel according to Saint Luke, there is a magnificent account of the encounter between the angel Gabriel,

sent by God, and “a virgin betrothed to a man named Joseph, of the house of David, and whose name was Mary.” And the first thing Gabriel says to Mary is, “Do not be afraid.” Of course, every message from God to us will always be a message of salvation and love, even if it sometimes means passing through the Cross. But there can be no fear when we know that we are in such good hands, the best hands there are.

In the various suggestions you will find in this guide for monthly meetings, you will encounter angels accompanied by biblical characters. Ultimately, it is not the angel itself that is important, but the message he brings from God and what it means for the person receiving it. This usually translates into greater clarity in decision-making, joy in the face of a dramatic situation, courage in the face of adversity, confidence in the face of doubt, or courage in the face of the many fears that arise along the way.

Ultimately, the encounter with the angel (the encounter with God) gives rise to an increase in faith, hope, and charity. How much we need to have more faith, more hope, and more charity!

I hope that each of us, members of the Faith and Light communities, can learn from the angels to be bearers of the Gospel message to all men and women today, especially those who suffer most.

I hope that Faith and Light will be an angel for all humanity.

United in Jesus.

Raúl Izquierdo García
International coordinator



Presentation of the theme of the year

The "Faith and Light" movement was born during a pilgrimage and has now been growing for more than half a century. Throughout our common journey, spiritual guides, God's helpers, the angels, have been accompanying us. In the Bible, their discreet presence, care and help is there with each step. They appear unexpectedly, but always in accordance with God's plan, and many of their interventions begin with the words "Do not be afraid".

This year we would like to invite you to journey with angels. Those whom God sends to the heroes of biblical stories and also those who have accompanied each one of us since our birth, our guardian angels.

Sister Faustina Kowalska first met her guardian angel during a train journey and continued to meet him in the most ordinary moments of her life. Angels are with us all the time, we just need to be able to notice their presence.

This year, four Polish provinces of the Faith and Light movement were asked to prepare the guidelines. Working together was a great joy and a wonderful spiritual experience for us. We believe that our angels accompanied us during this time. Here we offer you twelve biblical stories in which, with the help of the angels, you will find God's presence, power and mercy!



Prayer for each meeting

Let's pray together to our Father, who sends Angels
to help us discover the goodness of God.

Our Father, thank you for your Angels
whom you send to Earth
for the good of humanity.

May they protect us, our communities
and our Faith and Light movement
in every aspect of our lives.

May they be for us the Messengers
of the Good News.

May they be our guides
and our strength in the fight for good.

May they be for us the first witnesses
of the Risen Jesus.

May they be our friends in this earthly life
and lead us to eternal salvation.

Angels of God, be our protectors
on the way to heaven.

Amen



2025-2026 Team

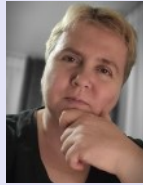
SOUTH POLAND PROVINCE



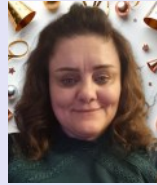
Izabela Rabiasz
Vice international
coordinator



**Fr Łukasz
Mańkiewicz**
Provincial chaplain



Anna Wolska



**Magdalena
Kamińska-Chudy**



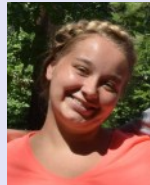
**Marta
Szczepaniak**



**Magdalena
Pokorzyńska**



**Małgorzata
Krawczyk**



Natalia Nycz

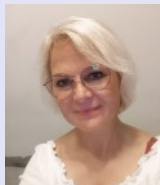


**Jarosław
Szczepaniak**

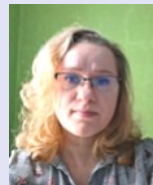
CENTRE EAST POLAND PROVINCE



Fr. Paweł Zalewski
Provincial chaplain



Anna Lauter

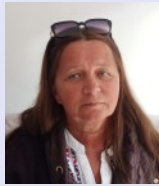


Karolina Grajewska

NORTH POLAND PROVINCE



Fr. Andrzej Nowak
Provincial chaplain



Barbara Zaręba

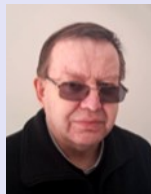


Alina Klonecka



Maryla Młyńska

WEST POLAND PROVINCE



Fr. Piotr Frankowski
Provincial chaplain



Joanna Kuriata



Joanna Kujawa
Illustrator



**Marcin and Marta
Wierchosławscy,**
adapted the Faith and Light
prayer with pictograms.

Practical information

- Available for download from the website -

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

- **The Faith and Light prayer with pictograms** (pages 82-83) has been adapted by Marta and Marcin Wierzchosławscy for all our friends who are more comfortable with other forms of communication (AAC: Augmentative and Alternative Communication). We hope that this will help them to better understand its beauty and spiritual richness.

Link: <https://www.foietlumiere.org/en/community/guidelines/prayer-of-faith-and-light-in-pictograms-pdf>

- You can download the blank pictograms (without text) from this link: <https://www.foietlumiere.org/en/community/guidelines/blank-pictograms-for-the-faith-and-light-prayer>

- **Visuals from the Artists' Workshop**

Link: <https://www.foietlumiere.org/en/community/guidelines/artists-workshop-of-the-2025-2026-guidelines>

- **Illustrations for each month**

Link: <https://www.foietlumiere.org/en/community/guidelines/2025-2026-guidelines-illustrations>

- Available for download from the intranet -

https://www.foietlumiere.org/en?set_language=en

- **The songs featured in certain chapters** (lyrics, scores and Youtube links)
The Intranet access codes can be requested from the international secretariat international@foietlumiere.org

1

HAGAR'S ANGEL

God does not abandon



The word of the month

Reference text: Genesis 16:1-16

In this chapter, we meet Hagar who is the Egyptian servant of Sarah, Abraham's wife. Sarah was unable to have children, so she suggested to Hagar that she become the concubine of her husband, Abraham, in order to give him an heir. Hagar conceived a son, Ishmael, but serious tensions arose between the two women. The sudden social upgrade awakens a sense of pride in her. She starts to ignore Sarah who is left feeling severely humiliated. In return, Sarah mistreats Hagar, who runs away pregnant to the desert. There the angel finds her.

The angel meets Hagar twice. The first time (Genesis 16: 7-13) is in the desert near a spring when she is fleeing to Egypt. The angel asks her two questions: Where are you from? Where are you going? Even though he knows the answers, he wants Hagar to think about her attitude towards Sarah.

The second encounter also takes place in the desert (Genesis 21: 9-20) and is preceded by a dramatic event. After years of infertility, Sarah finally gives birth to a son, Isaac. She can no longer bear the presence of Ishmael, the child of Hagar and Abraham, so she forces Abraham to send them away into the desert. Hagar is dying of thirst and her son, hungry and thirsty, is crying. However, she is unaware that she is sitting near a well. Then an angel opens her eyes. Sometimes, the solutions to our problems are right there, but to see them we need to be attentive.

We are surprised to read that God approves of Sarah's desire. Nevertheless, did He forget the promise he had made to Hagar? She gets lost in the desert and loses hope, stops

praying and calling God. She is resigned in waiting for death. But God does not abandon her and, once more, He sends the angel as He hears the child's cry. God keeps his promise; Ishmael lives to the age of 137 and becomes the father of many nations (Genesis 25:12-18).

Through this history, God proves to us that He remains faithful to His promises even in times of trial. When misery and loneliness afflict us, when our children with disabilities feel different and it seems that no one can help, God is there.

Even when all seems lost, God has a plan for everyone, He never abandons us and discreetly keeps an eye on his children.

Welcome and reunion

The coordinator greets the community with the words: « It's a joy to see you again! Let our meeting be like a well - full of kindness, joy and the water of life for each one of us! »

We can add a simple gesture when greeting, e.g. everyone demonstrates symbolic "angel wings" to the person on the right or smiles at them "like a ray of sunshine".

Sharing

Together

Mime an extract from Genesis 21:15-19.

Characters: Hagar, her son Ishmael, an angel, and several people forming a well (they stand in a tight circle next to each other, with a container filled with water in the middle of the circle). Hagar and Ishmael sit on the floor far apart from each other. Ishmael is crying. The angel comes to Hagar and tells her that God has heard the child's cries and that He will bring forth a great nation. Hagar sees

the well, takes a container of water, gives Ishmael a drink, drinks herself, and they leave shouting for joy.

In small groups

1. What does it mean to humiliate someone? Have you ever witnessed someone humiliating another person?
2. Humiliation brings people down, but love lifts them up. How can you help lift up those around you?
3. And you, how would you like to be encouraged and supported by others?

Artist's workshop (see page 72)

A stone well

On paper stones, participants write a word or draw a symbol that reminds them of God's presence in difficult times. At the end, we place the decorated stones around the well, as a symbol of unity.

Celebration

Game : « The Blind Seeker »

One person (Hagar), who is blindfolded, searches for a “well” (e.g. a bottle, a container filled with water or the well prepared during the artist's workshop), guided by the suggestions of the other players (the voices of the helpful “angels”).

This game shows how often we need someone else's guidance to find a solution.

Prayer

Lord, you heard the cry of little Ishmael, and you watched over him and his mother Hagar. Hear our prayers today.

Let us repeat together: **Lord, hear us!**

Hear the cry of the victims of armed conflicts.

May wars and fights end and may there be peace.

Lord, hear us!

Hear the voice of the sick and those who have disabilities.
Ease their suffering. Send people who will bring them comfort.

Lord, hear us!

Hear the lonely, discouraged and depressed.
Pour new courage into their hearts.

Lord, hear us!

Hear those suffering persecution. Give them strength and faith
and transform the hearts of their persecutors.

Lord, hear us!

Finally, hear those who, like Hagar, can no longer call out to you.
Send them your angel and give them living water.

Lord, hear us!

Prayer of a poor person

Lord, you hear my voice.

And, until the next meeting

The members of the community draw a stone at random, on which they have all written their first names. They will then become the “secret angels” for the person whose name is written on the stone they have picked. Throughout the month, they will send that person a kind word by text message, postcard, e-mail, or in the form of a little surprise (e.g. a prayer or drawing).

Song

Open the eyes of my heart by Michael W. Smith

or

Beautiful by Debby Kerner & Ernie Rettino



2

ABRAHAM AND ISAAC'S ANGEL

God who can be trusted



The word of the month

Reference text: Genesis 22:2-18

Abraham lived 4000 years ago, in the Middle East, at a time when people worshipped many gods. When he was already an old man, God came to him and proposed a covenant. Abraham trusted God and allowed himself to be guided. As a friend of God, he experienced his care, kindness and blessings.

But his relationship with the Lord also went through difficult times, times of trial. The greatest of all the trials was the call to sacrifice the son, for whom he and his wife Sarah had waited a long time, and who God himself had promised would be born.

Although God's command seemed cruel, Abraham responded with obedience - he was ready to sacrifice his son. When everything was ready for the sacrifice, and God saw that Abraham's faith was unconditional, he sent his Angel to stop him and said to him - "and through your offspring all nations on earth will be blessed, because you have obeyed me." (Genesis 22:18).

God sent his angels to Abraham several times to tell him « Follow me and trust in me! » His story reminds us that faith requires courage and trust. A believer is a person who places their faith in God and know that they are loved by God. Even in difficult situations, we must trust that God has a plan that we often do not understand.

Welcome and reunion

An appointed person greets each member of the community with the words, "I'm glad to see you," and offers them a piece of bread.

Sharing

Together

Mime the encounter between Abraham and the angel (Gn.18:2-18).

In small groups

1. What are my dreams today?
2. Am I able to trust?
3. What things are stopping me fulfilling my dreams?

Artist's workshop (see page 72)

A blooming clock

Celebration

With background music playing, get into several pairs: a person with a disability guides another blindfolded player in order to safely navigate various obstacles placed in the way (chairs, bottles, bags, etc.).

Prayer

Lord, you know my heart.
You know when I am sad,
when I lose hope,
and when I doubt.
You also know my deepest desires.
I believe that I can trust you
in every situation.
Because you are the God of comfort, of hope
and the God who answers our prayers.
I trust in you, and I am not afraid.

Prayer of a poor person

Lord, I praise you for never having abandoned me.

And, until the next meeting

Let's try to dedicate more time to our loved ones, whether they are sick or lonely, because sometimes all you need to do is be present.



3

THE ANGEL OF SAMSON'S MOTHER

God who heals



The word of the month

Reference text: Judges 6:3-24

When the Jewish nation was conquered by the Philistines and fell into slavery, God decided to intervene once again in its story.

However, he did not do this through prophets, priests, kings or warriors. The instrument in God's hands was a woman, name unknown, the wife of Manoah, who was barren, which was considered at the time to be a curse. But God does not see things that way. Manoah's wife was very pious and, despite the suffering she experienced, she sought God constantly.

And one day He sent his angel to her, who promised that she would conceive and give birth to a son. He told her: "This boy will be God's Nazirite from the moment of birth. He will begin to deliver Israel from the hands of the Philistines" (Judges 13:5).

The boy was given the name Samson, which means "sun", in the hope that, according to the angel's announcement, after years of darkness in the story of the chosen people, light would finally appear thanks to him.

The angel of God did not reveal his name, but Manoah and his wife knew that only God could do the impossible and come to the aid of those who in the eyes of the world were worthless. One of the Hebrew names for God recorded in the Old Testament is "Rafa", meaning "He who heals", because God wants to care for our sick bodies and heal our wounded souls.

The Faith and Light communities are part of the Christian Churches and, following the words of Pope Francis, they should also be "field hospitals" where wounds inflicted by rejection, indifference, loneliness and humiliation are treated. We too, members of the communities, are called to be messengers of God, bringing love and God's mercy to others.

Welcome and reunion

A person from the group greets the members of the community with the words: "Welcome! May every moment of today's meeting bring a smile to your face."

Sharing

Together

Like Samson's mother who led her husband to the angel, we too will guide our friends to an angel. A person dressed as an angel calls a member of the community. When they approach, the angel takes them in their arms and says, 'Bring me one of your friends.' Then the person returns with a friend, and so on until everyone has been led to the angel and received their embrace.

In small groups

1. Samson was a strong man. Do you know anyone who is very strong?
2. What is spiritual strength? Can you give some examples?
3. How can you develop stronger willpower by working on yourself?

Artist's workshop (see page 74)

"Happy characters"

At the end of the meeting, we can swap them.

Celebration

Charades

Before the meeting, a few members of the coordinating team write down a number of medical specialties (dentist, surgeon, ophthalmologist, etc.) on small cards. There may also be terms such as strong, brave, etc.

The game consists of picking a card, drawing the word and getting the group to guess what it is.

Prayer

Lord, you looked upon Your servant,
the wife of Manoah,
and healed her barrenness.

Look upon me
and come dwell in the barren places of my life.

Where my heart closes itself to love
and withdraws into itself,
come and open it with your tenderness.

Where my words hurt instead of giving life,
come and bring your peace.

Where I seek to put myself forward
instead of proclaiming your name,
come and strip me of myself.

Prayer of a poor person

« Lord, remember me.

Please, God, strengthen me just once more.» (Judges 16:28)

And, until the next meeting

Let's try to support our loved ones in their daily duties.



4

ELIJAH'S ANGEL

God lifts the spirit



The word of the month

Reference text: 1 King 19:1-8

Helplessness, frustration, and lacking motivation: this is the state in which we find the great prophet Elijah, lying under a juniper tree and waiting to die. Will God let him die?

The prophet Elijah, sent by God, a fervently defends the purity of His word. He constantly reminds the Israelites, who have taken to Baal worship, that Yahweh is their God. He works many miracles by the power of God. He wants to make King Ahab and his wife Jezebel believe in Yahweh, yet he fails. Fleeing the threat of death, he loses hope.

At that moment, the angel of the Lord comes and brings him baked bread and a pitcher of water. The angel wakes Elijah up and encourages him to eat, quench his thirst and rest. God is concerned about Elijah, who has lost himself in his mission, and gives him the strength to carry on.

He invites him to go on a forty-day journey to the mountain of Horeb to find a new life, reconnect with God and fulfil the mission entrusted to him.

The angel who comes to Elijah feeds him, but that is not all. The "bread of God" given to the prophet is what gives him the strength he needs to nourish and grow his spiritual life.

The angel is also a symbol of the community. His words and his presence are a source of comfort and strength to Elijah.

The experience of the meeting in the Faith and Light communities is reminiscent of Elijah's encounter with the angel. Sometimes we may arrive hurt or exhausted. The power of prayer, of communion, and of sharing in union with our God strengthens us and gives us the chance to change our lives in line with His will.

Welcome and reunion

The coordinator of the community greets everyone with the words: "Hello, dear friends! Today we are meeting to remind ourselves that, even in moments of tiredness and doubt, God sends his angel to lift our spirits and give us strength. Just as Elijah received food and rest, so today let us draw joy and support from the community."

Sharing

Together

We mime Elijah's meeting with the Angel. It can be presented based on the reference text (1 Kings 19:1-8) or told in your own words.

In small groups

1. Do you have moments of doubt and exhaustion? What do you find most helpful?
2. What part of the meeting helps you the most (prayer, singing, sharing, giving praise, excursions, celebrations, etc.)?
3. Do you feel that God is taking care of you?

Artist's workshop (see page 75)

Angel's wings

Let's make angel's wings and hang them on a wall or a curtain; everyone can have their photo taken standing in front of them, as a unique and marvellous angel.

Celebration

Suggestion of song with gestures: **Come and seel**

(Song of Guardamar 2017, by Raúl Izquierdo García)

Prayer for enthusiasm

Lord, sometimes I don't feel like doing anything
and I'm fed up with everything.

When I am overcome with weariness,
indifference, discouragement, apathy,
boredom or "worldly sorrows" (2 Cor 7:10),
do not abandon me.

Send me an angel who will rouse me from my lazy torpor.
Jesus, who worked hard for our salvation,
I beg you, take away from me all spiritual heaviness.

Remove bitterness from my heart,
renew zeal in doing what is good,
holy, and useful.

Give freshness to my prayer,
zeal in work,
joy in serving You and others.

Teach me to use wisely the gift of time.

Let the angelic call wake me up:
"One more day, one more, do what you can."

Amen.

Czesław Miłosz - Polish poet
Nobel Prize for literature laureate

Prayer of a poor person

Jesus, support me with your strength.

And, until the next meeting

Be an angel for a friend in need: prepare a meal or help to do his/
her shopping.



5

DANIEL'S ANGEL

God responds to Faithfulness



The word of the month

Reference texts:

Daniel 3:19-24 ; 46-50 / 6:17-23 / 10:4-12

When the king of Babylon conquered Jerusalem, he enslaved many Israelites. Daniel and his companions were among them. In Babylon, attempts were made to shatter their faith in one God by throwing them into a furnace or into the lions' den. The only weapon Daniel and his companions had was prayer and their unlimited trust in God. He responded to their loyalty by sending his angel, who extinguished the flames and shut the lions' mouths.

The Angel sent to Daniel and his companions brings peace, God's protection, comfort and support. His presence is proof of God's love, which never abandons His faithful and saves them from the most desperate situations.

Each one of us sometimes has to deal with complex situations, face malicious people, and make difficult decisions. At such times, we can either remain alone or ask for help from the Lord, who will protect us from all evil. We have to believe in the power of His love, which is ever-present.

The members of our communities bear witness to their faithfulness to God and to one another. Remaining faithful is often difficult, because it means staying at the foot of the cross. God responds to faithfulness with faithfulness and is only waiting for our YES!

Game (with the ball of yarn)

The players stand or sit in a circle. The first person holds one end of the yarn ball and throws it to the second. When the second person catches the string, they hold on to the thread and immediately throw the ball back to the next person, saying, "I'm with you, I can always count on you." In this way, each participant receives the ball while holding part of the thread in their hand, creating a web that connects the entire group.

Creating the "Web of Faithfulness": Once all participants are holding their piece of yarn, the facilitator encourages everyone to move gently, creating a moving web. Participants can move forward or backward while holding the thread, symbolising how loyalty helps us stay together, even in difficult times.

Reflection: After the activity, the facilitator invites the participants to reflect on the importance of being united, supporting each other and remaining loyal in all circumstances. He reminds them that the thread held by each participant represents the strength of the community.

Prayer

Psalm 89:1-5 and 27, 29

1. I will sing of the Lord's great love forever;
with my mouth I will make your faithfulness known
through all generations.
2. I will declare that your love stands firm forever,
that you have established your faithfulness in heaven itself.
3. You said, "I have made a covenant with my chosen one,
I have sworn to David my servant,
4. 'I will establish your line forever
and make your throne firm through all generations.'
5. The heavens praise your wonders, Lord,
your faithfulness too, in the assembly of the holy ones.

Welcome and reunion

At the beginning of the meeting, the coordinator invites everyone to sit in a circle. Community members then take turns sharing what happened in their life since the last meeting.

Sharing

Together

We read the story of Daniel (see reference texts) and answer the following questions together:

- What did Daniel do to show that he believed in God, even in difficult times?
- What happened when Daniel put his trust in God and prayed?

In small groups

1. When do you feel like Daniel in the lion's den? What difficulties are you facing?
2. How does God help us when we face difficulties?
3. What can we do to show God that we trust in Him?

Artist's workshop (see page 75)

Paper lions

Let's make paper lions, which are made harmless by the angel of God.

Celebration

Material: A ball of yarn.

The facilitator explains that faithfulness also means being together and supporting one another. In this activity, we will create a "web of faithfulness" that will connect everyone, just as faithfulness connects us in a community. Each person will hold a piece of the yarn thread, and together we will weave bonds, signs of our presence and our faithfulness to one another.

27. And I will appoint him to be my firstborn,
the most exalted of the kings of the earth.

29. I will establish his line forever,
his throne as long as the heavens endure.

Prayer of a poor person

God, give me the grace to always remain faithful to Your love.

And, until the next meeting

During the fourth time, we can visit some members of the community, call them, suggest going for a walk or out for dinner, or simply spend some time together until the next meeting.



6

OUR GUARDIAN ANGEL

God protects us
on all paths



The word of the month

Reference texts:

Psalm 91:11-12 / Exodus 23:20-23 / Matthew 18:10

The Book of Exodus describes the journey of the Israelites through the desert to the Promised Land. They are accompanied by an angel who acts as a guardian of the entire people. During the day, he goes in front, showing where to go. At night, he moves to the rear, protecting the people from the enemy.

Our life is a journey to the Promised Land, to Heaven. On this journey, we are accompanied by Angels sent by God. They are completely devoted to the task of supporting us. We are important to them; they do not lose sight of us for a moment. We do not bore them or tire them. One of them is sent especially for us, only to accompany us from the very beginning to the very end of our life. This is our Guardian Angel, because his task is to watch over us on our journey, protect us and intercede for us with God.

God sent us an angel because He cares about our lives. His greatest desire is for us to reach our home in Heaven. God knows that this path can be difficult and dangerous, that we may lack strength or lose our way, which is why he sends an angel ahead of us.

When things are difficult and dangerous, "no harm will overtake you, no disaster will come near your tent" (Psalm 91:10), because "he will command his angels concerning you to guard you in all your ways ; they will lift you up in their hands, so that you will not strike your foot against a stone" (Psalm 91:11-12), and when you get lost, God will send " an angel ahead of you to guard you

along the way and to bring you to the place I have prepared" (Exodus 23:20).

We all have our own guardian angel - a powerful defender and advocate. That is why Jesus warns us to "see that you do not despise one of these little ones. For I tell you that their angels in heaven always see the face of my Father in heaven" (Matthew 18:10).

Angels watch over each one of us, our families and our communities. They carry our prayers before God's throne, advise us and inspire us. We must listen to them, love them and believe in their constant and discreet presence at our side. Here is the example of an Irish businessman who, when opening the door to his office, would let his guardian angel pass in front of him. In his car, he never placed his briefcase on the seat next to him, leaving the space free for his angel.

Welcome and reunion

The community coordinator greets everyone saying : "Hello, my dear friends, I have something in a box". Then he takes out small figurines or pictures representing a guardian angel, which he/she will distribute to everyone.

Sharing

Together:

We meditate together on Psalm 91:11-12: "For he will command his angels concerning you to guard you in all your ways". This psalm confirms that the angel is sent by God to protect us.

In small groups

1. What is the role of the guardian angel in your life?
2. Does everyone have the same guardian angel?
3. Does the guardian angel leave us when we forget about him/her?

Artist's workshop (see page 76)

Let's make our guardian angel

Celebration

Poem with gestures

Angel, Angel, messenger of Heaven, stand by me
(arms opened),

Stand by me in the dance
(both hands raised and hands twirling)

And also when I pray,
(hands folded),

Angel, Angel, messenger of God
(right hand raised and 2 fingers shown as if to salute),

Stay awake, stay awake
(2 fingers of the right hand touch the forehead),

Because the road is full of obstacles.
(hands on hips)

Prayer

Lord, you have sent us a guardian angel to watch over us.
We thank you for his guidance and protection.
Amen.

Prayer of a poor person

We give thanks to you, Almighty God,
for our guardian angel.

And, until the next meeting

Everyone will think often of their guardian angel.



7

JOSEPH'S ANGEL

God would like us
to listen



The word of the month

Reference texts:

Matthew 1:18-25 / 2:13-15 / 2:19-2

Joseph came from the royal house of David, but he had no wealth and earned his living as a carpenter and joiner. He was a pious and hard-working Jew. He was Mary's husband, and God had chosen him as the guardian of his Son. A total of 26 verses are devoted to Joseph in the Holy Scriptures. However, the Evangelists did not record a single word spoken by him. Because, above all, Joseph was a man who listened to the voice of God. Perhaps because the most important commandment of the Old Testament begins with the word Sh'ma - Listen!

The angel of the Lord quietly enters Joseph's life while he is asleep. He encourages him "do not be afraid to take Mary as your wife...", guides him through difficult situations and helps him make decisions "Rise, take the Child and his mother, and flee to Egypt", warns him of danger "...stay there until I tell you, for Herod will search for the child to kill him", and shows him the right path "And being warned in a dream, he withdrew into the district of Galilee. He came to a city called Nazareth and settled there".

Joseph listens and obeys the orders of the angel of the Lord without hesitation. "When Joseph woke up, he did as the angel of the Lord commanded him" (Matthew 1:24).

Often, life confronts us with situations that we do not understand and that seem hopeless. We are afraid of the dangers that

threaten us or those we love. This is especially true for parents, who are concerned about the lives, health and futures of their children. So let us therefore listen to the voice of God in prayer and persevere in seeking His presence in silence and in service to others.

In our Faith and Light communities, we are particularly called to listen to those whose voice is hidden from the world: our sisters and brothers who know only the language of love. Sometimes they are angels sent by God to help us overcome our fears. Let us give thanks to the Lord for those who teach us to hear and to listen.

Welcome and reunion

The group sits in a big circle and everyone closes their eyes. It's important to keep some space between people. The facilitator chooses one person (by touching his/her arm or making another agreed sign). The chosen person goes to the middle and welcomes everybody, then goes back to the circle. The others try to guess who was greeting them. This welcome can be repeated several times with different people.

Sharing

Form 3 groups. First answer the questions below, then each group will prepare a short mime.

In small groups

Each person talks about what they like the most (a few words). The others listen carefully and try to remember. Then, switch places and try to say what the person on your right likes.

1. What do you feel when someone listens to you carefully?

2. How can we listen better to others when they speak to us?
3. Prepare a short mime based on the suggested Bible passage.
(Group A: Mt 1:18-25, Group B: Mt 2:13-15, Group C: Mt 2:19-2)

Together

Each group presents their mime, showing how essential it is to listen to God and follow Him.

Artist's workshop (see page 77)

Let's make a telephone to call God.

Celebration

Game : Telephone whispers

Participants sit in a circle and choose one person to start the game. The aim is to whisper a short sentence to the person next to you. That person repeats it quietly to the next person, and so on until the last person says the sentence out loud. Is it the same sentence as the initial one?

Variation: Players stand in a line. The leader shows the first player a piece of paper with a word written on it. He/she must mime the word to the next person. This continues until the last person in the line, who must say the word out loud.

Prayer

Lord, we ask you for the ability
to listen to one another with kindness
so we can understand each other better.
Teach us to listen to your Word
and wait patiently for the answer.

Prayer of a poor person

“Speak, for your servant is listening”
(1 Samuel 3:10)

And, until the next meeting

Call or meet a community member whom you haven't talked to much and listen to this person with care.



8

ANGEL OF THE RESURRECTION

God gives hope



The word of the month

Reference text: Matthew 28:1-7

It was a Sunday morning. For the Jews, the Sabbath had ended, day of rest, prayer and waiting for the Messiah. For the disciples of Jesus, it was probably the saddest Sabbath in their lives, their Master was lying in a tomb, and with His death, the hope for Israel's liberation was at an end. The disciples were still asleep, but the women, driven by their desire to see the Lord, got up and went to Jesus' tomb.

When they arrived, extraordinary things happened: the earth shook beneath their feet and an angel of the Lord appeared to them. He appeared like a flash of lightening, and his clothes were white as snow. He had rolled away the stone from the tomb and was sitting on it. The angel gave the women a message that would change their lives forever: the tomb is empty, death is not the end, Jesus is alive!

God has the power to act in this way in each of our lives: he sends us his angels with a comforting message, he turns our lives upside down, he removes the stones blocking our paths, he draws us out of the shadows into the light, he restores our lost hope.

The Faith and Light communities are particularly connected to the Resurrection of Christ, as they were founded on Easter morning. On 12 April 1971, in Lourdes, pilgrims encountered the "Angel of Hope", who showed them the empty tomb and the joy of a new life in community. Let us hurry to announce this Good News to our brothers and sisters. This is the mission entrusted to us!

Welcome and reunion

The coordinator of the community welcomes everyone with the words: Just as Mary Magdalene and the other Mary saw the empty tomb and heard "Do not be afraid!", so we hear these words today. Welcome to this place where joy conquers fear!

You can start by crying out joyfully together:

The coordinator: "Christ is risen!"

All: "He is risen indeed! Alleluia!"

Sharing

Together

Let's read together the Gospel of Matthew 28:1-7

In small groups

1. Did someone come into my life and comfort me? Who was it?
2. How can Faith and Light communities bring the Good News to the world?

Artist's workshop (see page 77)

The angel of Hope

Once the angels are finished, we can hang them on a wall, a branch, or a string attached along the wall. Each angel although made individually, then becomes part of a larger shared prayer and hope that unites us.

Celebration

Game: Roll the stone

Provide balloons to be used as 'stones'.

Get into several teams. Participants must roll the stone from one point to another. The difficulty lies in the fact that they can only use their breath or a fan to move the stone.

Prayer

God, source of all life,
fill our hearts with the joy of Easter.

You who feed us with the fruits of the earth,
grant us to remain in the new life
that Christ has given us through his death and Resurrection,
and which he shares with us in his mercy.

Prayer of a poor person

Jesus, Risen Lord, I place my hope in you.

And, until the next meeting

Choose a common time for prayer, for example every day at 9 p.m.
Let everyone, wherever they are, take time to pray for the
community.

Song

Come on and celebrate

Words and Music by Patricia Morgan & Dave Bankhead



9

ZECHARIAH'S ANGEL

God who gives signs



The word of the month

Reference text: Luke 1:5-25

Lord God, I am old and weary. I have been waiting so long for a sign from you. I have been calling for you, but you do not answer my prayer. I am losing my faith. Can a priest doubt? Has God forgotten me? God, give me a sign!

We meet the priest Zechariah in the Temple during the sacrifice before God. He and his wife Elizabeth are quite old and have not had a child. After many years of fruitless prayer, Zechariah closes his heart and loses hope of God's blessing. And it is then that God sends the Archangel Gabriel to him with the good news that Elizabeth will bear him a son.

Zechariah does not believe the words of God's messenger and asks for a sign that will confirm this, as it seems humanly impossible. Gabriel's response is firm: Zechariah loses the ability to speak until the time his son is born. This silence is necessary for Zechariah to understand and receive God's answer to his prayers.

The name Zechariah means "Yahweh remembers," and his story is a sign that God always keeps His promises. He hears our prayers but answers them "in His own time" often just when, like Zechariah, we are losing hope and faith.

Let us persevere in prayer and stay close to God! Let's pay attention to his signs! Sometimes they are big, other times subtle and gentle or sometimes hard to understand. That is why the

archangel begins his conversation with Zechariah with the words, "Do not be afraid!". These words of the angel remind us that God always acts for our good. And we should not fear God's interventions in our lives. Welcoming His will with trust opens our hearts to unexpected graces.

Welcome and reunion

The coordinator greets the community with the words:

Hello, dear friends! Today we are going to listen to the words that the angel said to Zechariah: « Do not be afraid! » Even if we are sometimes silent or doubtful, God always remembers us.

We can add a simple gesture when greeting, for example the participants put a finger to their lips (a symbol of Zechariah's silence) and then they smile broadly (expressing joy).

Sharing

Together

Mime the Gospel of St. Luke 1:5-25 with a mime, using various characters.

In small groups :

1. Can I trust in God? How can I show it?
2. When am I able to trust God? What do I have to give up?
3. Have I already witnessed a miracle? If so, share this experience.

Artist's workshop (see page 78)

Paper candles

We all make a paper candle and write our name on the back of it.

Celebration

Game : Do not be afraid!

Participants get into a circle. One person stands in the middle and throws a ball to someone at random, saying, 'Do not be afraid!' The person who catches the ball must name something that does not scare him/her (e.g., 'I'm not afraid of the dark'). Then they switch places, and so on.

This game helps us to overcome fears and strengthens our trust in God and in others.

Prayer

Lord, You always remember me,
You are always close to me,
although I often fail to notice.

But I know that You are present.
Lord, be glorified for Your holy presence,
for knowing what I need and wanting to give it to me.

Teach me to trust,
teach me to be attentive to Your signs.

Prayer of a poor person

Lord, help me see Your signs.

And, until the next meeting

At the end of the meeting, each person randomly selects a paper candle. Over the next month, we will try to meet up for coffee or tea with the person whose name was on the candle we chose, or give them a call, or strengthen our friendship in some other way.

Song

Nothing can trouble (from the original in Spanish "Nada te turbe")

Taizé



10

ANGEL
OF THE ANNUNCIATION
God has a plan for us



The word of the month

Reference text: Luke 1:26-38

Of all the tasks entrusted to angels in the history of the world, this one was the most important. In a small village in Galilee, in the house of Anna and Joachim, a young girl named Mary lives. One day the Archangel Gabriel comes to her to announce that God has chosen her to be the mother of his Son. Mary is to become the mother of the Savior!

God knows that his proposal is overwhelming, so he sends an angel whose name means - "God is my strength". Gabriel's task is not only to reveal God's plans for Mary, but also to assure her of God's support. Immediately after greeting Mary, Gabriel says the sentence: "The Lord is with you", which usually appears in the Holy Scriptures when a person has to perform a particularly difficult task. This sentence provides assurance of God's help, which will give him or her the strength to perform this task. By saying these words to Mary, the Angel assures her of God's special closeness. Gabriel's words are incomprehensible to Mary, but the angel explains everything to her, answering all her questions and doubts with gentleness and patience.

The Annunciation is a mystery. It means accepting God into our hearts and placing our lives in His hands. To those who trust in Him, God will send His angel to give them strength, confirm them in their decisions and surround them with tenderness.

In the Faith and Light communities, we are particularly called to discover God's plans for each person, including the poorest, because God has chosen what is weak in the eyes of the world to

confound the powerful. Our vocation is to announce to each of our brothers and sisters that God is calling them to extraordinary things, and to support them in the fulfilment of His plan.

Welcome and reunion

The community coordinator is dressed in a white sheet and wears a headband with the words 'Angel Gabriel' written on it. He/she greets everyone by saying, 'The Lord is with you.' He/she hands out a piece of paper to each person with a prayer to God, which we all read together:

"Lord, guide us on our journey through life with confidence. Help us to remain attentive to the messengers you send to strengthen us, enlighten our discernment and surround us with your tenderness."

Sharing

Together

Let's read together the passage from the Bible (Luke 1:26-38).

In small groups

1. Why does God have a plan for us? Are we following His plan?
2. Where can we find God's teachings? Do we need them?
3. Love, joy, sadness, suffering. Why does God allow us to experience all these emotions?

Artist's workshop (see page 79)

Angel of the Annunciation

Let's make angels together to decorate our Christmas trees.

Celebration

We choose one person to ask the first question below. We distribute paper and pencils to the other participants, who will answer by drawing.

Questions:

1. What would you do if you came across a dangerous wolf on the road?
2. You are very hungry, what would you do?
3. You are in a dark forest, what do you need?
4. Suddenly, there is a flood, there is a lot of water around you, what do you think?
5. You are very cold. What do you dream of having in this situation?

Ideas for answers to draw: a light bulb, a cage, a candle, a bread roll, a campfire, a hat, a roll, a boat, some meat, the sun, or another answer...etc.

The facilitator asks each person what they have drawn and invites another participant to ask the next question.

Prayer

Father,
I abandon myself into your hands;
do with me what you will.
Whatever you may do, I thank you.
I am ready for all, I accept all.
Let only your will be done in me,
and in all your creatures.
I wish no more than this, O Lord.
Into your hands I commend my soul;
I offer it to you with all the love of my heart,
for I love you, Lord,
and so need to give myself,
to surrender myself into your hands, without reserve,
and with boundless confidence, for you are my Father.

St. Charles de Foucauld

Prayer of a poor person

Jesus, teach me to sit at your feet and listen to your words.

And, until the next meeting

Before leaving, everyone receives an invitation card to give to a new person who they would like to bring along to our next meeting.



11

ANGELS OF CHRISTMAS

God is among us



The word of the month

Reference text: Luke 2:8-15

In a meadow near Bethlehem, shepherds were tending to their sheep. Night had fallen, and they were watching over their flocks. They were probably counting their animals, dressing their wounds, protecting the sheepfold from nighttime predators, perhaps lighting a fire and preparing dinner for themselves – an ordinary, simple life.

Suddenly, an extraordinary light burst into the darkness and silence of the night – the angel of the Lord appeared to the shepherds. He spoke in their language but said things so extraordinary that they had difficulty understanding him. However, his message was very clear, he told them what happened and where to go to find the Messiah. According to the Angel's instructions, the path was very simple – Bethlehem was only a few minutes' walk away, and the door to the stable was certainly not locked.

When the frightened shepherds thought that the meeting was over, tens, hundreds and thousands of Angels joined God's messenger. The shepherds saw their glow and heard their singing. Angels descended from heaven to show that now God was there, on earth, among us, in even the poorest heart and the poorest home! This is what the name Emmanuel means – God is with us!

The history of salvation is a history of presence and faithfulness. God is always with us, and with His help everything is possible, even the impossible. God is alive in His Word and in each one of us. We need to discover that everything that happens to us and everything we experience has a connection with God and takes place in His presence.

In our Faith and Light communities God is among us in a special way. As the Charter says (Chapter II, 1 page 10) "Faith and Light also believes that every person, whether they have a disability or not, is equally loved by God and that Jesus lives in them, even if the person concerned can barely express this." We are like shepherds on Christmas night, far from the splendour of the world, but close to Bethlehem. God is among us!

Welcome and reunion

Prepare star templates in different colours. Each participant writes on the star a word of hope, a prayer, or a wish that they have in their heart for this holiday season. This can be done alone or in a group. Then, everyone hangs their stars on a large Christmas tree prepared in advance, or on a special stand, creating the symbolic "Christmas Tree of Hope." The stars will represent these good thoughts that will accompany the community during the holidays. At the end, admire the Christmas Tree full of hopes, prayers, and wishes.

Sharing

Together

Let's relive the Gospel of Luke 2:8-15 together and play the role of the shepherds who meet the angels, paying tribute to the infant Jesus.

In small groups

1. Do I pay more attention to my imperfections and weaknesses, or do I believe that I am a special and unique person?
2. What do I like most about Faith and Light?

Artist's workshop (see page 80)

Christmas cards

Together let's prepare cards with Christmas angels and send them to our friends to share the Good News.

Celebration

We pay homage to the infant Jesus and the Holy Family. Let us joyfully sing Christmas carols.

Prayer

Every time you smile at your brother
and reach out to him... it's Christmas

Every time you remain silent
to listen to each other...it's Christmas

Every time you reject principles
that marginalise the poor... it's Christmas.

Every time you hope with those
who are in physical or spiritual misery... it's Christmas.

Every time you recognise with humility
your own limitations and weaknesses... it's Christmas.

Every time you let God
love through you... it's Christmas.

Mother Teresa

Prayer of a poor person

Jesus, just as your mother Mary carried you in her womb,
I want to carry you in my heart.

And, until the next meeting

We exchange Christmas decorations to hang on our Christmas tree at home. Let's keep in our prayers the person who gave one to us.



12

PETER'S ANGEL

God gives freedom



The word of the month

Reference text: Acts 12:1-11

By order of King Herod, Peter was captured and locked up in the toughest prison. He was guarded day and night by four guards: two slept next to him, and two others guarded the door to the cell. Peter had chains on his hands. While the apostle was in prison, “the Church prayed to God for him constantly.” The Passover feast was just ending, and the next morning Peter was to be executed.

On the night before his execution, something extraordinary happened in his cell. In the darkness of Peter’s dungeon, the light of an angel shone and woke him up, although Peter seemed to be dreaming. The angel lulled the guards to sleep, broke the chains, opened the prison gates, led Peter to safety, and even gave him shoes and cloak. When Peter stood outside the prison walls, he understood that it was not a dream, and that God had freed him through his angel.

Each of us can lose our freedom in many ways, and prison does not necessarily mean walls, bars or chains. Loneliness, lack of connections, limitations due to age or illness, addictions, sadness or a lack of forgiveness can imprison us. In each of these situations, God can bring light and freedom and send his angel.

The Church prayed tirelessly for Peter in prison, and God answered those prayers by sending his angel. Our communities are like small churches where we can pray for one another. Our concern can also be expressed through concrete actions: the angel woke Peter up and found him clothes and shoes.

We too can be an angel sent to a brother or sister: an afternoon spent together, a conversation... can break the chains of loneliness, free us from the prison of sadness, rekindle hope, and give us strength. Freedom is when we follow the Lord with love!

Welcome and reunion

One or more people dressed as angels welcome everyone, saying, "Welcome! Follow me." The angel leads people to a place where they can sit down.

Sharing

Together

The community leader asks the group what they think are the causes of addiction today. Everyone shares their answer (e.g. sin, alcoholism, drugs, control, or other forms of addiction) and these are then written down on pieces of paper. A person from the group stands in the centre of the room to symbolise those who are prisoners of these addictions. The pieces of paper are then attached to his/her clothes with clothes pegs.

Next, all the participants place their hands on the shoulders of this person as a sign of the Church's collective prayer for those who are victims of some form of control.

To conclude, a member of the community dressed as an angel comes and removes the pieces of paper one by one to symbolise the freedom that has been regained.

In small groups

1. Have you ever felt dependent on something? Share your experience.
2. How can we help those enslaved by sin or addiction?
3. Do you know of any stories of people who have been unjustly imprisoned?

Artist's workshop (see page 80)

Let's prepare origami fish

Celebration

Spread the fish you have made out on the floor of the room, between cushions representing rocks. Each person must pick one up and then make up a story about the fish.

Fishing game

Preparation

- Two fishing rods: chopsticks and string, paper clips for the hooks attached to the string with tape.
- Paper fish cut out. Paper clips bent into loops and attached with tape to the fish.
- Two scarves to collect the fish caught by each team.

Rules of the game: Get into two teams. Give a fishing rod to the first player on each team. Once they have caught a fish and placed it on the scarf, they pass the fishing rod to another player on their team, and so on until everyone has had a turn. The aim is to catch as many fish as possible.

Prayer

Lord, You have called us to live in freedom,
to praise You with joy and to serve You with love.

Never allow us to fall into the bondage of sin
and walk away from You.

When we are overcome with anger
Lord, deliver us

When we feel insignificant
Lord, deliver us

When we are sad
Lord, deliver us

When we feel discouraged

Lord, deliver us

When we lack hope

Lord, deliver us

When we feel lonely

Lord, deliver us

When we feel unappreciated

Lord, deliver us

Lord, You are our God and may be the glory to You forever.

Prayer of a poor person

Jesus, I trust in You.

And, until the next meeting

Let's be vigilant. When we meet someone who seems sad and depressed, let's smile at them, talk to them, help them carry their shopping, cross the street, and ask if we can do anything for them. We can say a kind word to them.

Let's try to take note of these gestures and, the next time we meet, we'll share our experiences and tell how the people we helped reacted. Let's be like Peter's angel; let's be God's messengers.



CHRISTMAS

Night had fallen on Bethlehem and the first stars had appeared. The moon, like some great lamp suspended in the sky, illuminated the fields and pastures. The shepherds had gathered their sheep in a pen protected by a high fence to keep out wolves or other wild animals. The youngest lambs were probably placed in a barn or stable to protect them from the cold. Then the shepherds counted all the sheep to make sure none were missing. Reassured, they then lay down to sleep.

Suddenly, however, one of the shepherds looked up at the sky and saw a bright light. He cried out to his companions: "Look, something extraordinary is happening!" The shepherds jumped to their feet and, rubbing their eyes, stared in amazement at the unusual brightness at such a late hour. They had never seen anything like it before. The night became as bright as day, yet it retained something mysterious, almost unreal.

Then they saw an angel appear. They were terrified and very frightened. But the angel reassured them: "Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Saviour, who is Christ the Lord. And this will be a sign for you: you will find a baby wrapped in swaddling cloths and lying in a manger." (Luke 2:10-12).

Encouraged by the angel, the shepherds went to the stable. And there, their amazement was even greater. This was not how they, like other Jews, had imagined the birthplace of the Messiah. Instead of a sumptuous palace, they saw a small stable, and inside two simple and poor people: Mary and Joseph. The Messiah, the Saviour and King of Israel, lay there: a little infant in a manger.

Jesus, however, was greater than the most powerful emperor or all kings combined, for they were only men, while He was both man and God. He did not leave a palace, but Heaven itself, to be born in a place even poorer than the homes where the children of shepherds and peasants were born.

Many of us would have loved to be in Bethlehem that night. But we can, in our thoughts and imagination, see ourselves among the shepherds of Bethlehem. When we arrive, we first bow before Mary and Joseph. We offer them our small gifts, because like the shepherds we are not rich. Then we smile at the Infant Jesus. Each of us would like to say something to Him. Of course, silently or only in thoughts. Jesus knows our thoughts well, so there is no need to say them out loud.

Then we entrust to Him all our needs and desires. Every year we relive that Christmas night, when Jesus became the smallest and poorest for us. He came to teach us how to love as He does, with a gentle and humble heart, full of tenderness and mercy, close to the poor, like the shepherds, like the sick or disabled, like sinners...

He came to teach us how to become close to those who are weak, to become their friends, to let ourselves be transformed and taught by them.

Fr. Piotr Frankowski
Chaplain of the West Poland province





FEAST OF LIGHT

Jesus said, “You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.” (Matthew 5:14-16)

The ancients believed that nothing was more useful than sunlight. Perhaps that is why Jesus called his disciples the salt of the earth and the light of the world. Jesus said to them, “You are the light of the world.” The disciples of Jesus need to be a light for the world.

How? First of all, the true light is, as Jesus himself tells us: “I am the light of the world. Whoever follows me will not walk in darkness but will have the light of life.” (John 8:12). When a disciple of Jesus follows him, he himself becomes the light of Christ for others.

What does this mean? A person who leads an honest life shows others that such a life is possible in a corrupt world: an employee who does his job well, even when no one is watching his hands, is a shining light on the horizon; someone who can help in a selfless way proves that not everything should be reduced to a question of money.

The disciples of Christ, often discreet and faithful to the Gospel without fanfare or pomp, are certainly a light in their family,

professional, and daily lives, but also for the world because, thanks to them the light of Christ continues to shine in the shadows of a troubled contemporary world and sustains the hope of the victory of good.

May Faith and Light help us to become the light of Jesus Christ, and thus a light for others.

Fr Paweł Zalewski
Chaplain of the Centre-East Poland province





EASTER

Today we celebrate the Resurrection of the Lord. After three days, Jesus rose alive from the tomb, pushing away the stone that covered it! This truth is the foundation of our faith. Yet it is difficult for us to believe.

I think that in almost every culture; eggs are a symbol of Easter. It reflects the nature of Easter very well. We have all seen an egg, perhaps eaten an omelette or a hard or fried egg. But now let's imagine this situation. I cut out two large ellipses from wrapping paper, you could say two large fried eggs. Then I stuck the edges of these large paper eggs with glue and placed one on top of the other. In this way, the edges stuck together.

I waited until they were dry and then I cut off the edge of the egg on one side with scissors, similar to how we cut off a soft-boiled egg. Then I placed the egg on this cut edge. Then I lifted it up and went inside. So that everything looked as if I were a walking egg. That meant that only my legs were visible, and I was inside a paper egg.

And then I imagined how a chick might feel inside an egg. It must be dark inside the egg. There is no light. And I wondered if the chick was warm. It must be warm, considering that the hen incubates the eggs, which means it keeps them warm. And does the chick have anything to eat inside the egg?? Hmm... probably yes, because we have all eaten eggs in various forms. And can the chick see the sun, flowers, sky, the colourful world? Unfortunately not, because the shell covers it all. But it has not seen this colourful world yet, so it probably does not miss it.

To sum up, it can be said that it feels good inside this egg and the chick does not want to leave it at all. Unfortunately, however, it grows and grows. And the Egg becomes like an outfit that is too small for it. And at some point, it cracks the shell and emerges. I do the same. I will break this paper shell of the egg and come out of this shell. And what happens then?

Suddenly the chick discovers a beautiful world. Suddenly he sees all the colours of the world, and the sun and the sky and the trees and the flowers and everything. And above all, his mother - the hen. And then he says to himself, why did I stay in this shell for so long? Why didn't I come out earlier?

Our life here on earth is similar. It seems that we have everything in abundance. It is warm and we have something to eat. We feel good. But when we break through this shell of the surrounding world everything changes. We see a completely different world and above all God, whom we had not seen before. He watches over our lives and warms them. Through this He makes us grow spiritually, we mature to see Him face to face.

Resurrection means breaking through the shell of sin and death and entering a completely different world, which God gives us. Jesus shows us this by rising from the dead. Our life here on earth is only a foretaste of the REAL LIFE, which the Lord is preparing for us. Therefore, living here on Earth, we live in hope that we will discover this new world when, like Christ, we follow this path of the Passion, Death and Resurrection.

Fr Andrzej Nowak
Chaplain of the North Poland province





PENTECOST

When I was a child, I had a very good catechist priest. He wanted to explain to us the mystery of the Holy Spirit: what it is; how it works. To our delight, he arrived with a football, so we thought he was going to take us outside to play together. But the ball was actually a prop to help us understand the person of the Holy Spirit.

The ball was not inflated, so it was really useless. I remember that one after another we asked him to inflate it, because without air it was useless. He took out the pump, filled it with air and after a moment, the ball was beautiful and ready to use. Our faces lit up with joy.

The priest explained to us that the Holy Spirit is like the air that filled the ball. No one can see It, but we know perfectly well that It is with us. It IS! Without air, the ball is just flat. It is not itself. The air hidden inside gives its shape. And once filled, it becomes beautiful and can fulfil its purpose.

This ball is like the community of the Church, filled with the Holy Spirit. It makes the Church shine with its spiritual splendour and hidden beauty, enabling it to serve others.

The ball is made up of many patches sewn together. Each patch is different. One is beautiful and shiny; another is marked by many kicks; another is dirty; another has the signature of a football star on it. However, each is important and necessary. But each one is important and necessary. Each has its own history. Together they form a Community: the Church.

Our communities of Faith and Light are part of the community of the Church. They are a reflection of it. In them, with the help of the Holy Spirit, we discover our beauty and our wounds. In the communities and in the Church, we learn joy, celebration, forgiveness and faithful presence. And all this is made possible thanks to the accompaniment of the Holy Spirit.

All the patches create one ball. When we look closer, we will discover that they are sewn together with a hidden thread. It connects them and unites them. This thread is a bond of love, which is supported and built from the inside by the Holy Spirit. Thanks to Its presence, which unites us, the Church becomes more than just a group of people gathered together, it becomes a communion.

Thanks to the Holy Spirit, the Faith and Light communities are a place for building mutual relationships, bonds and friendships. The inflated ball becomes flexible, ready for use. In the same way, the Holy Spirit also makes us flexible. It opens us up to the brothers and sisters we meet. It teaches us to listen to one another. It softens what is rigid in us. It breaks down what is hard and rigid in us.

It also leads us to places and situations we never imagined or dreamed of. The Holy Spirit is also what led us one day to the Faith and Light communities. To my community, to the community of the Church. It is there that it shapes us and makes us friends of God and of our neighbours.

And for that, may God be glorified.

Fr. Łukasz Małkiewicz
Chaplain of the South Poland Province



ARTIST'S WORKSHOP

The images can be downloaded from this link:

<https://www.foietlumiere.org/en/community/guidelines/artists-workshop-of-the-2025-2026-guidelines>

1/ Hagar's angel - God does not abandon



A stone well

Materials: a large square piece of cardboard, brown paper or kraft paper to make the stones, scissors, glue.

Preparation

- Roll up a square piece of cardboard to make a well (don't worry if it's not perfectly round, we'll stick paper stones on it to hide any imperfections).
- Glue the ends together to form the walls of the well.
- Make the stones with larger pieces of paper. You can crumple them up a bit to get irregular shapes.
- Glue them around the edge of the well to create a stone wall effect.
- Then cut out more irregularly shaped stones from the paper and place them at the bottom of the well.



2/ Abraham's and Isaac's angel - God who can be trusted



A blooming clock

Materials: a paper plate, white and green card, a cork or rubber stopper, a pin, scissors, glue, a ruler, felt-tip pens, water.

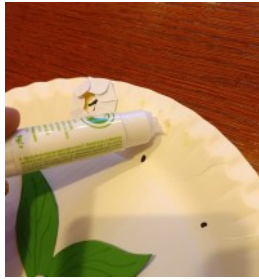
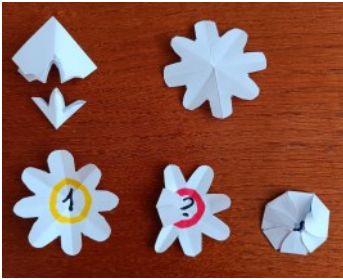
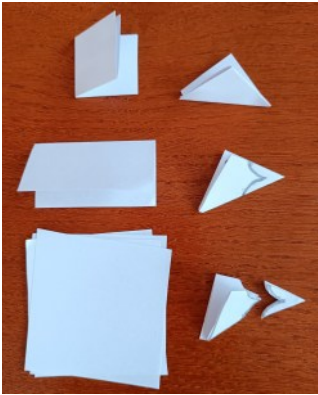
Preparation

- Cut two pre-drawn leaves out of the green card (one larger than the other).
- Cut twelve 6 cm squares out of the white cardboard.





- Draw 12 dots on the plate to represent the hours.
- Secure the green leaves in the middle with a pin on the back of the cork.
- Fold the white squares in half to form a triangle, draw two petals on each triangle and cut them out.
- Number the flowers from 1 to 12 and draw a coloured circle around the number.
- Fold the petals inwards.
- Stick the petals onto the plate, marking the hours.
- Spray the flowers or pour a little water over them to make them bloom.



3/ The angel of Samson's mother - God who heals

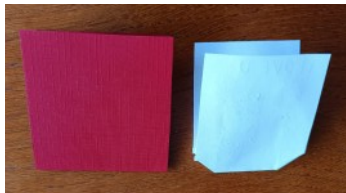
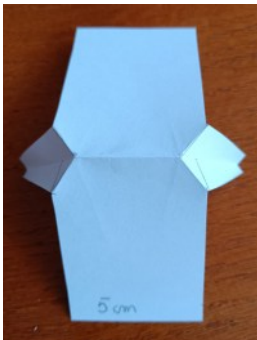
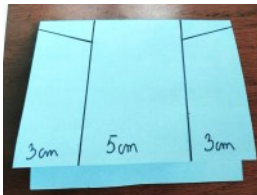


Happy Characters

Materials: a sheet of coloured paper, a sheet of white A4 paper, scissors, a ruler, glue and a pencil.

Preparation

- Cut a 11 cm x 12 cm piece of white paper and fold it in half.
- Cut a 13 cm x 6 cm rectangle out of the coloured paper.
- On the white paper, draw two 3 cm strips on each side, leaving a 5 cm section in the middle.
- Then fold it according to the model so that the arms are folded inwards to make the figure.
- Fold the coloured paper in half.
- Stick the figure in the middle and fold it in half with the arms inside.



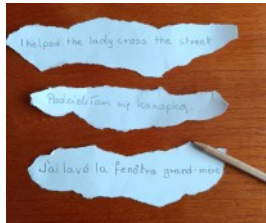
4/ Elijah's angel - God lifts the spirit

Angel's wings

Materials: Two pieces of cardboard measuring 40 cm x 60 cm, a few sheets of A4 paper, glue, a pencil, scissors, a tape measure, thumbtacks or string to secure everything in place.

Preparation

- Draw two wings on a piece of cardboard and cut them out.
- Tear up sheets of paper to make feathers and write good deeds on them.
- Stick the feathers onto the wings, with the text facing inwards.
- Hang the wings on a wall or curtain.

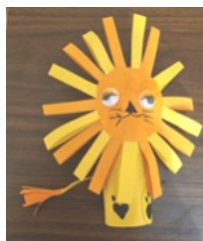
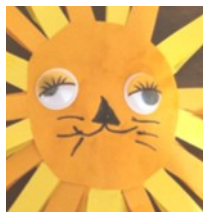


5/ Daniel's angel - God responds to faithfulness

Paper lions

Materials: a roll of toilet paper, paint or card, glue, scissors, a black marker or felt-tip pen, googly eyes, orange and yellow paper (or paint), a small paintbrush.





Preparation

- **Lion's body:** Paint the roll yellow or stick yellow paper onto it. Leave to dry.
- **Lion's mane:**
 - Cut a circle out of orange paper that is larger than the diameter of the roll.
 - Prepare strips of paper, fold them in half and stick them onto the circle to make tufts that will represent the lion's mane.
 - Stick the mane onto the top of the roll.
- **Lion's face:** On the front of the roll, draw eyes, a nose and a smile or use "googly eyes". You can make the nose with a piece of brown paper cut into a triangle.
- **Legs:** Cut two small oval legs out of yellow paper. Draw claws and stick the legs to the bottom of the roll.
- **Tail:** Cut a small strip of yellow paper and stick a small orange pompom to the end. Stick the tail behind the roll.

6\ Our guardian angel - God protects us on all paths



Our guardian angels

Materials: sheets of paper, a pencil, a pair of scissors, coloured pencils.

Preparation

- Trace the outline of an angel and mark the two lines to cut along.
- Cut out the angel and the lines marked on the template.
 - Paint and decorate the angel as desired.
 - Roll up the angel's robe and join the cut lines together to form a cone.



7\ Joseph's angel - God would like us to listen



A telephone to call God

Materials: a box of tissues, coloured card, tape, scissors, glue, markers, a long stick.

Preparation

- Cover a tissue box with glue and stick card stock onto it.
- Cut out the small phone screen and the background for the numbers, and glue them onto the phone.
- Cut strips of paper to create buttons and mark the numbers with a marker.
- Finally, attach the stick to the top of the phone to form the antenna.
- You can also make a slit next to the antenna, write your questions to God on a strip of paper, and slip it inside.



8/ Angel of the Resurrection - God gives hope

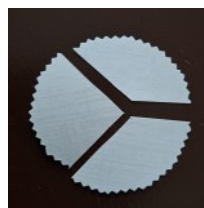


The angel of hope

Materials: coloured paper, glue, scissors, additional materials for decorations.

Preparation

- Cut out two circles: one 9.5 cm in diameter and the other 2.5 cm.
- Divide the large circle into three: two equal parts for the wings and a smaller part for the body, then cut them out.

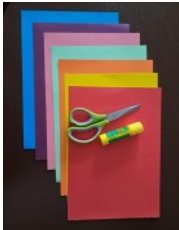




- Assemble and glue them together to form an angel, following the model in the photos.
- Then glue a small circle to make the angel's head.
- Decorate the angel with paint, glitter, coloured pencils or beads to make it unique.
- On the angel's robe, you can write a little message of hope, a prayer or an inspiring quote.



9/ Zechariah's angel - God gives signs

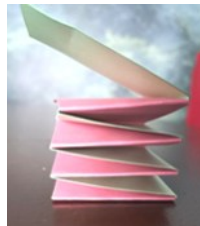


Paper candles

Materials: coloured paper, scissors, glue.

Preparation

- Cut two equal strips 3.5 cm wide lengthwise from a sheet of A4 paper.
- Glue the ends of the two strips at right angles.
- Place the bottom strip on top of the top strip, alternating and glue it to the end until you have a standing banner.
- Glue the ends of the two strips at right angles.





- Make a flame with the triangles you cut out and stick it on top of the banner.
- Stick the candle onto a circular base and write your name on it.



10/ Angel of the Annunciation - God has a plan for us

Angel of the Annunciation

Materials: one A4 sheet of paper, glue, scissors, 20 cm of string, one pierced bead (1.5 cm), coloured pencils.

Preparation

- Cut an A4 sheet of paper into two identical halves.
- Draw a pattern of your choice on the shortest edge of one of the two sheets.
- Fold the sheet like an accordion, fold the accordion back to 1/3 of its height and add a dot of glue.
- Glue the two halves of the angel together, sliding a folded piece of string between them.
- Thread the bead onto the string to form the angel's head.



11/ Angels of Christmas - God is among us

Christmas card



Materials: a piece of blue card measuring 10.5 cm x 15 cm, a piece of beige paper measuring 5 cm x 8 cm, a white circle with a diameter of 7 cm, 3 small light pink circles, glue, scissors, a dark felt-tip pen, a little straw.

Preparation

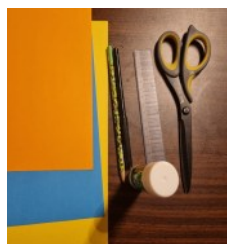
- Cut out a rectangle and a circle in half.



- Glue the pieces onto a sheet of paper to create angels with connected wings.
- Draw a manger between the angels, glue on the straw and the head of Jesus.
- Decorate the card.
- Write your Christmas wishes on the back and send this card to a friend to share the Good News.

12/ Peter's angel - God gives freedom

Origami fish



Materials: a square sheet of paper, a small piece of paper in a different colour to make the fish's mouth, a ruler, a pencil, a black felt-tip pen, scissors and glue.

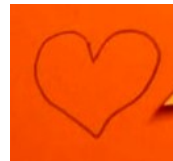
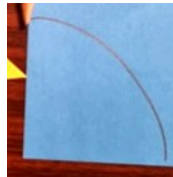
Preparation

- Fold a square sheet of paper diagonally.





- Draw a guide line with a pencil parallel to the fold (0.5-1 cm).
- Cut strips at equal distances from the line you drew.
- Unfold the cut sheet and glue the strips to the left and right, alternating.
- Put glue on the end of each strip and glue them to the opposite ends (see photos).
- Cut out a rounded triangle to make the cheek.
- Cut out a heart-shaped fish mouth.
- Draw an eye with a felt-tip pen.



The prayer of Faith and Light with pictograms



FAITH AND LIGHT



PRAYER



JESUS



YOU CAME



INTO OUR WORLD



TO REVEAL



THE FATHER



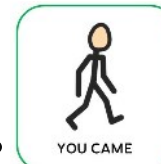
TO US



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



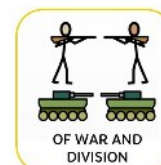
INSTRUMENTS



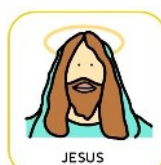
OF PEACE AND UNITY



IN THIS WORLD



OF WAR AND DIVISION



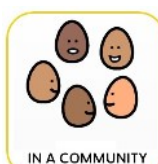
JESUS



YOU HAVE CALLED US



TO FOLLOW YOU



IN A COMMUNITY



OF FAITH AND LIGHT



WE WANT TO SAY



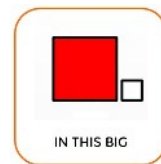
YES TO YOU



WE WANT



TO LIVE IN A COVENANT OF LOVE



IN THIS BIG



FAMILY



YOU HAVE GIVEN US



WHERE WE CAN SHARE



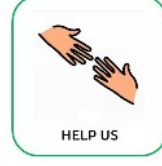
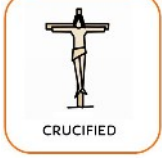
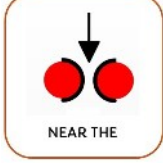
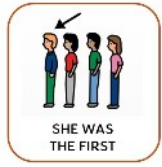
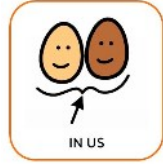
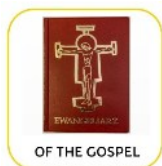
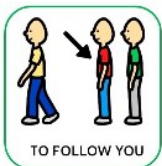
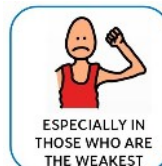
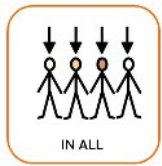
OUR SUFFERINGS



AND DIFFICULTIES



OURS JOYS



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.