



MANY STORIES ONE LIGHT



This resource has been produced by the St Vincent de Paul Society. The St Vincent de Paul Society (SVP) is a Catholic international volunteer organisation whose members work with anyone in need in their local community – the homeless, the elderly, prisoners, struggling families, people who are sick and lonely. Young people are an important part of the Vincentian family. We are all called to be like Jesus by helping people, becoming their friend and working with others to make a difference. Find out more and view our school resources by visiting svp.org.uk/youth-svp

Leaders Guide

Which light best represents you right now?

God did not create one kind of person, one type of work, or one way of being. He created a human family where each of us is called to reflect His love and become a light for others.

Many Stories, One Light celebrates the diversity of people, experiences, gifts, and vocations that make up our communities, united by a shared commitment to putting faith into action. Through four themes – Belong, Grow, Serve, and Shine – the SVP invites people of all ages to journey together. We are called to belong to communities rooted in friendship and faith, grow in compassion and confidence, serve with purpose through acts of love and justice, and shine as signs of hope in the world around us. These resources support young people to explore the Vincentian mission and discover how their unique story can help bring Christ's light into the world. Together, though our stories may be different, we share one light.

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This short reflective activity could be used as part of an assembly, form time or as a stand alone reflection.

What you need:

- PPT Slide and/or printed out lights
- Leaders guide
- Pens

If you choose to use the printed lights, then to prepare the space, spread these out so that participants can come and pick up the one that they most relate to.

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Leader: Which light best represents you right now, and why?

Allow a few moments for people to have a look at the images.

Leader: There are no right or wrong answers.

Perhaps you feel like a lighthouse: steady and ready to help others.

Perhaps you feel like a torch: looking for the next step rather than seeing the whole journey.

Perhaps you feel like a campfire: energised by being surrounded by friends and community.

Perhaps you feel like fairy lights: bringing joy, creativity and colour.

Or perhaps you feel like a candle: your light is there, but you need time, encouragement and support for it to grow stronger.

Again, allow a few moments for further reflection.

If you have printed the lights out, you could invite participants to pick up the one that they were thinking of, and invite them to write on the back during the next section.

Leader: Every light shines in its own way. As you think about the year ahead, what light do you hope to bring to others? Perhaps you hope to bring:

- Kindness to someone who feels left out
- Courage to stand up for what is right
- Patience when things don't go to plan
- Friendship to someone who feels alone
- Creativity to solve problems in new ways
- Faith that inspires and encourages others
- Joy that lifts people's spirits
- Encouragement that helps others believe in themselves
- Hope when life feels difficult

Invite participants to write a word, phrase or short sentence on the back of their chosen light, describing the light they hope to share this year. Or, if you haven't printed them, you could invite them to share this with the person next to them.

You could then create a display with the printed lights, or encourage pupils to carry this light with them as a reminder of what they would like to bring this year.

