



Faith and Light – Mary, Vanessa and Jaclyn

Transcript

Part 1

Mary: My name's Mary Bastedo and I've been lucky enough to be part of a Faith and Light group with Vanessa and Jaclyn, for about nine years, that meets in Markham. And the way it started was I met with your two moms and some other moms and what I said to them was that Faith and Light was a place that could offer friendship. That's what your moms really liked about it, and we started a little group.

Faith and Light was started by Jean Vanier and another woman (Marie-Helene Matthieu) in France back in 1971. They wanted it to be a support for families who had someone with special needs, a place that we could bring people together, where we could discover each other's gifts and create community together and really celebrate the gifts that especially people with special needs have to give. And it was a great support for the parents, as well. So now, it's amazing, it's an international movement. There's 1,600 communities around the world, and it's based on this monthly meeting where we gather, doing—

(to Vanessa and Jaclyn) What do we do at the beginning? We always have a welcome and check-in and we share our news, and then we have a theme, and the theme is prepared by the international group. We have some guidelines to follow. We have a little planning committee that plans what we're going to do and, like you were saying earlier, we do some crafts and mime and we have a celebration at the end, usually something to eat. And some dancing.

Part 2

Jaclyn: Faith and Light is a place to bring people together in one community and see what's going on in our lives together.

Mary: *(to Vanessa)* Anything else you want to add?



Vanessa: Faith and Light is coming together, as Jaclyn was saying, and we are friends in Faith and Light.

Mary: You're friends in Faith and Light. And I like the way, when we have our check-in every month, you always come prepared. You bring your journal, right?

Vanessa: I have my journal with me.

Mary: And you read the highlights of your month. So that's a good exercise—to remember what you've been living and what you're grateful for.

Vanessa: Yeah, because I can't speak right. I read my book better.

Mary: It helps you when you have your book. I like when you do that.

