



Why join Salt and Light?

Simon and Amy talks about their aspirations at the beginning of their year as Salt and Light team members...



Hi there, I'm Simon and I am 16.

I have just finished my GCSEs and am about to start my A levels, yay! I love playing the guitar; I have been teaching myself for about 2 years now and have recently started to write my own songs. Also I really, really love my sport, I play football for my local team and at school I play hockey but I also love tennis, rugby and swimming. As well as this I'm a bit of a bookworm, I really enjoy just sitting and reading a good book. Also I really enjoy drama and photography.

I go to St Teresa's Catholic Church in Princes Risborough and I am a reader and an altar

server. As well as this I am a leader at the church youth group for years 4-6. I live out my faith in my daily life, partly by playing my guitar, by playing worship songs and writing my own worship songs I also go to Lumos weekends which are so much fun. Also I am a leader at the Christian youth group at school.

I joined the salt and light team because having been to 4 Lumos events and seen what the leaders do I feel ready to take that step to become a leader. I really want to get more involved with youth leadership and to learn the skills of being a youth leader. Ultimately I really want to be able to make a difference for the youth in my parish, as well as join the leaders at Lumos.

I am hoping to find out how to be a good leader and generally how to lead a group of young people who want to know more and understand more about their faith.

When I became aware that the course involved running a project in my parish I got so excited I was like WOW because it left such a great gaping hole of opportunity. My first thoughts for a project were either a small cell group for the 'older' youth or maybe to start a worship group at church, but whatever I do for my project I can't wait to get it going.



Hey, I'm Amy. I'm 16. I have just finished my GCSEs and I'm about to start my AS levels at college in St. Albans. I'm studying Maths, Physics, Chemistry and Latin. When I'm not at school, I enjoy shopping and relaxing with my friends. I love listening to music and going to gigs. I am a huge fan of comedy - my favourite is the Mighty Boosh and I can't wait to see them live in December!

My church is the Holy Ghost Parish in Luton. I am a reader and I am heavily involved in the Youth Group there - known as the Holy GhostBusters - and I have been a part of it since it first started. Being part of the Holy GhostBusters, we have helped with the Confirmation classes and often have been a part of the Nativity play and the Good Friday masses. As a youth group, we have been to many of the Lumos weekends - I have now gone to

three of them and loved them! At the most recent Lumos, I found out about Salt & Light.

I have joined Salt & Light after being influenced by a couple of people at the recent Lumos. One of the members from a previous Salt & Light, Ellie, highly recommended it and my leader Don heavily hinted to me that he could "see a future leader when I watch you working in a group, you have a natural talent." - I reckon that is quite a big hint, along with him giving me quite a number of the forms for Salt & Light!

I know a few people from Lumos who have also signed up to Salt & Light and so I hope that I can catch up with old friends. I also hope that I can learn some new leadership skills and organisational skills - mine really need improving! Overall, I hope I can have as many good times as I have had at Lumos and also strengthen my faith - giving it that boost that Lumos always gives me.

To be completely honest, I am slightly unsure as to what my project will be as part of Salt & Light. I have thought about a Youth Prayer Group - however I am unsure if that would be a

success! I know many people who find it difficult to pray but enjoy meditation. Knowing this, I think I would like to incorporate this into my project. I would also like to be more involved in the Confirmation classes as I can relate to that age group but I think I need more leadership skills before I can get more involved.

Overall, I'm really looking forward to participating in Salt & Light!