



Based on the 2024 MLF theme: **FIRST LIGHT - Reveal the Spirit**, this presentation connects the imagination of the Spirit with the colours in our lives and in the life of the Church.

SPIRIT SHINING THROUGH explores the theme of Charism as the freely given gift of God shared through the Holy Spirit. Using the concept of Light and Colour, this workshop connects the Spirit as the First Light and the many charisms are the colours expressed through the many saints, martyrs, founders who reflected the Spirit in their respective historical contexts.

Participants will have the opportunity to make connections between Charism and Colour through sharing their own perception through the various dimensions of the cognitive, the affective and the spiritual.

AIM: To recognise and appreciate the many charisms within our world.

OBJECTIVES:

1. To develop greater confidence in expressing one's own sense of their spirituality and how we echo what many saints have expressed before us.
2. To make connections with the gifts the spirit with courage and vulnerability.

FORMAT: Input, sharing in large group, small groups and in pairs.

DURATION: 40 - 50minutes.

RESOURCES: Running Sheet
A3 Colour Posters (x8)
A5 Quote Cards (x54)
(PDF files can be sent to print locally if required.)