

LIGHT OF HOPE

School Resource Pack



LICHFIELD
CATHEDRAL

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Supported using public funding by
ARTS COUNCIL
ENGLAND



In Collaboration with
Peter Walker Sculptor

Lichfield Cathedral is delighted to partner once again with our Artist-in-Residence, Peter Walker, and we would love you to join us on a journey through All Saints and All Souls, to Advent into Christmas, a journey from the darkness of winter into the light of Christmas

This year our project is called 'Light of Hope'. Together we want to explore the great power of light over darkness; how light can bring new colour, brings new life, and always bring hope.

As well as thinking about Hope and Light, this project encourages us to be the light, and to make light too!

Join us on this journey from darkness into light.

“For with you is the fountain of life; in your light we see light”

Humans as hope: Saints and Souls

Our project starts in early November, after Halloween. Halloween is not just a party night. It marks the night before All Saints Day.

At this time Christians remember people whose lives have shone brightly with love. Saints are human 'lights of hope.' We recall well known 'heroes' of faith, and the next night we remember our loved ones who have died, a celebration called 'All Souls'.

On these days, we remember the people who were special to us who have died, those people we knew who shone brightly with love.

From darkness to light: Advent to Christmas

Christmas falls in the middle of winter. At least one reason that this date was probably chosen by early Christians was because it fell in the long, dark days of winter. Jesus called himself 'the light of the world', and he promised hope. The best time to celebrate a new light, and a new hope, was in the middle of a dark and cold winter.

We've had some tough times this year. At times it might have seemed a bit hopeless, gloomy or dark. This project reminds us that the light replaces the darkness, and that we can make and be the light, and we show how we can even make light to light up the darkness.

“the light shines in the darkness, and the darkness has not overcome it”

St John's Gospel

The Activity - Making your light holder

Can be done as a whole class activity or in small groups

Resources Required

- A square of plain white paper for each student. Ideally 20cm sq.
- Pens, pencils, coloured pencils, felt tips

The following slides explain the process. You can also follow a short video tutorial here www.lichfield-cathedral.org/education/light-of-hope-1



Step 1

Invite the students to decorate one side of their square with messages of hope, thoughts, prayers or drawings. This can be done with pencil, pens, coloured crayons or felt tip.

- ◆◆ Top Tip! Encourage students to decorate the corners and centre of their paper!



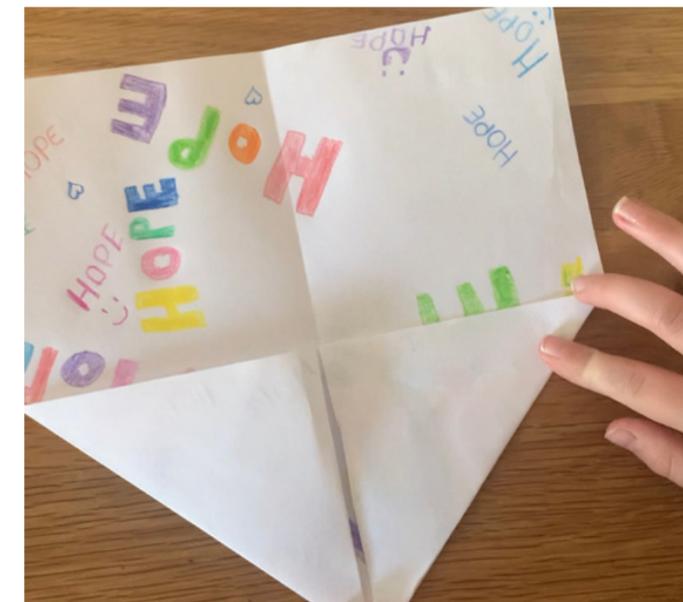
Step 2

Start with the decorated side face up. Fold the square of paper in half horizontally. Press the fold down firmly before opening out again.



Step 3

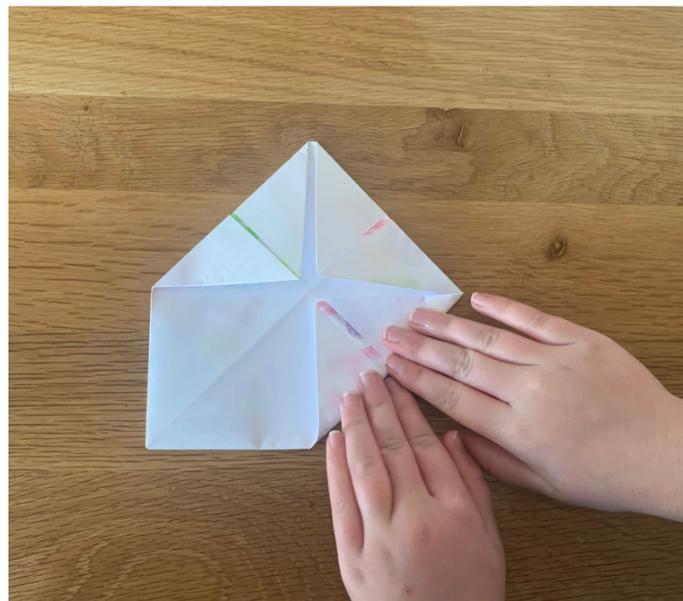
Fold the square in half vertically. Press the fold down firmly before opening out again.



Step 4

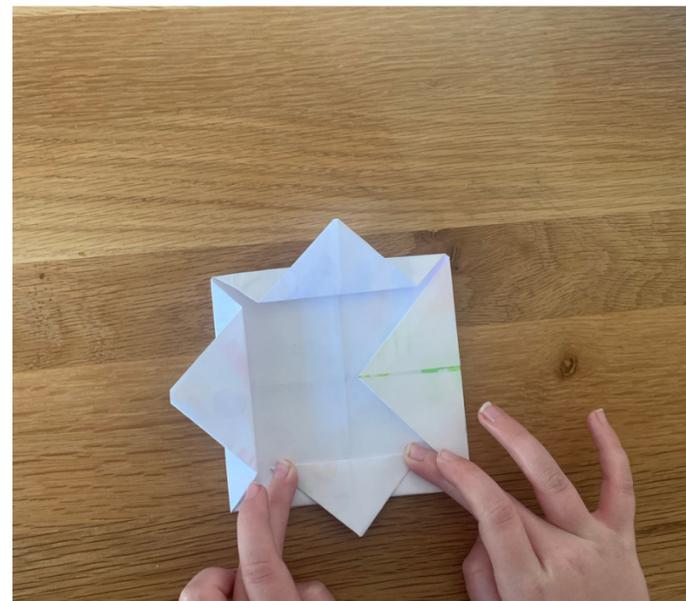
Fold each of the four corners into the middle and press firmly.

- ◆◆ Top Tip! Make sure all the folds are pressed firmly



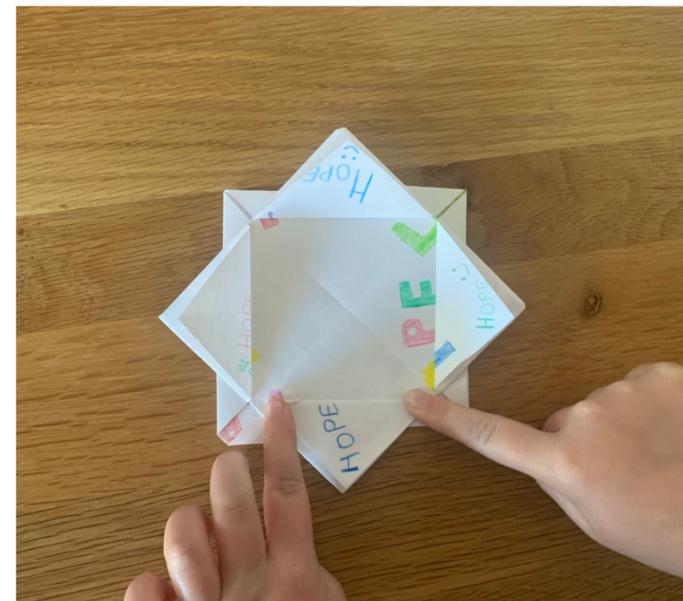
Step 5

Once all the corners are folded in, turn the square over and again fold all the corners into the centre.



Step 6

Fold back each of the corner flaps.



Step 7

Turn the square over and again fold back the four corner flaps.



Step 8

Use fingers to open the pockets and shape the tea light holder. Please note that if adding a tealight, we are recommending electric tealights and not naked flames.



Step 9

Collect all your student's work together to create your school's Light of Hope Installation to share with us and all the other schools and communities taking part.

Share photographs of your Light of Hope display on social media to mark All Saints Day and All Souls Day on Nov 1st and 2nd to unify the Lights of Hope across the region. Please use the hashtag

#LightOfHope

Please tag in @pwalkersculptor and Lichfield Cathedral on social media
(Twitter @LichfieldCath, Instagram @LichfieldCathedral)

Keep an eye on the hashtag on social media on Nov 1st and 2nd to also see coverage of Light of Hope at Lichfield Cathedral as Peter Walker casts beams of light into the night sky on the same dates.

Lesson Planning

You are welcome to use any of the information provided in this pack to introduce the project and to facilitate discussions in a context suitable for your setting and specific class age.

There are opportunities to connect learning across the following areas:

- Religious Education
- Science
- Personal Development, Mutual Understanding, and Wellbeing
- The World Around Us

For the youngest learners you may also wish to use the accompanying colouring pages, which can be found here www.lichfield-cathedral.org/education/light-of-hope-1.

Lesson Planning - Key Suggestions

What is light?

How do we get light? How do we use light? How does light help us?

Consider sources of light that guide people, for example lighthouses, street lights, stars, torches and car lights.

Maybe think of how we feel in the dark? How can light help this?

Why is Light Important to Christians?

What does it mean to hope? How might hope make us feel?

Jesus 'light of the world' as a symbol of hope. What might Jesus have meant by asking his followers to be the light of the world? Could it have been to show people how to live or how to set a good example?

How is light significant in other faiths?

Other faith festivals of light, for example Hanukkah and Diwali.

What are my hopes and wishes? What things do I hope for in the world we live in?

Can we think of a story where a light in a dark place gave a message of hope?

In the Beginning – darkness and light

“Suddenly light was everywhere...the Universe lit up like a Christmas tree.”

You might think that these are words from the Bible. But they are not. Instead, they are the words of Abraham Loeb, the head of Harvard University's Center for Astrophysics. As far as scientists can tell, the world began in a great explosion. Great light emerged from what scientists call 'dark energy' - although not much is known about the exact nature of dark energy, it gradually emerged into what has been called 'the Big Bang.'



Thousands of years before these scientists came to these conclusions, the writers of the Biblical stories came to the very similar conclusion. In the story used to describe the beginning of the world, called the Book of Genesis, the world is described as emerging in stages. The third verse of the whole Bible begins:

In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. And God said, “Let there be light,” and there was light. God saw that the light was good, and he separated the light from the darkness. (Genesis 1.1-4)

Science tells us that we need light to live - trees need light to grow, as do human beings, and animals. Light guides our waking and our sleeping, and even controls how long and how well we sleep. We need the dark to sleep, and we need light when we are waking.

Light wins. Hope wins.

New every morning is the love ...
through sleep and darkness safely brought,
restored to life and power and thought.

John Keble

After a hard day, it can feel good to wake up on a new morning. Sometimes we say, 'a new dawn', when we talk about a fresh start. Whilst we need darkness to sleep, sometimes darkness (in the middle of winter or when we cannot sleep) can seem scary and it can make us unhappy. With the dawn comes the light and if we look at it positively, we can see a new beginning, a chance to start again, a fresh hope.

You may well have been to a carol service at Christmas, where you have a candle? You may have been to a special service called a 'Christingle', where you make your own candle? These occasions always use candles, as a reminder that light, in dark times, like hope in unhappy times, is always able to win. Hope wins, like light wins. The candles remind us that God promises that hope will always win. Sometimes it can be hard to believe and accept this, but St Paul suggests that we see light almost like a superpower, and that we have to work hard at being people of light - in our acts, and in seizing the positive gifts of life.

This is the journey that Christians, just like the world from its earliest beginning, take from a great and deep darkness into light that cannot be made dark again. It is a journey of hope and light.

Light wins. Hope wins.

In the four weeks before Christmas we remember the sadness of the world, things that can make the world seem like a dark place. But each week, whilst remembering the darkness, we light a candle on a wreath (that's where the Christmas wreath comes from).

There are four candles, each one reminds us that Jesus is a light and a hope that comes into the world that can seem very unhappy, dark and sad. It is a reminder too that light wins. Hope wins. The final candle on that wreath is lit on Christmas day. By this stage, the beautiful wreath, full of bright candles will make you smile. Life, light, beauty, and hope. Or as the Bible puts it, in the Gospel of John (1.5): 'The light shines in the darkness and the darkness did not overcome it'.

The message of Christmas, with its candles in the middle of a cold, dark winter, reminds us that the world was created as light out of darkness, and Christmas reminds us of Jesus' birth, a reminder that, even though things still feel dark and gloomy sometimes, hope wins and light wins. It's not just a message for Christians, because John says Jesus is the true hope and true light and (Jn 1.9):

The true light.. gives light to everyone



Humans as Lights of Hope some case studies

Saints, in religious tradition, are special people – who light up God's love.

In this section, we are going to explore some extraordinary human lives. Some are well known, some less well known. Some of these lights of hope are from a little while ago, some are still living. None have been made saints (yet!)

- Jesus
- Gordon Wilson
- Malala Yousafzai
- Mother Maria Skobtsova
- Dame Doreen Lawrence

They all remind us that even in dark times, light and hope survive, and sometimes they even thrive.

Humans as Lights of Hope

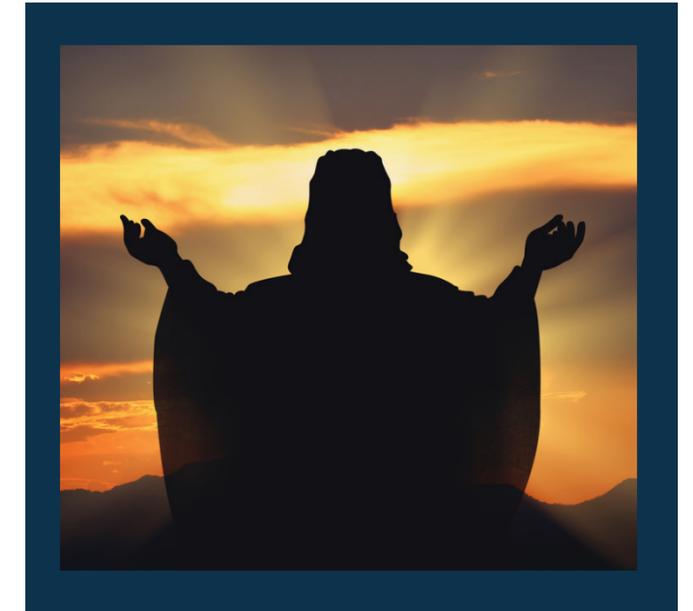
Jesus, light and reflection

Jesus, whom Christians call their hope, calls himself the light; he has lots to say about both hope and light. Just as he calls himself 'the light', he also tells people that he meets 'you are the light of the world'.

In science, you will learn how light beams reflect off surfaces. Jesus says goodness is like light, and that we can reflect the goodness of God to other people.

In fact, he tells us that we shouldn't hide our light or our goodness. He jokes that 'people don't hide a light under a bowl. They put the light on a lampstand. Then the light shines for all the people in the house.'

If you've got talents or goodness to share, don't hide them! Like the scientist will tell you, darkness does not exist if there is light to take its place. Where there's light there is no darkness. So, if we are the good, the light, then darkness is banished.



“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

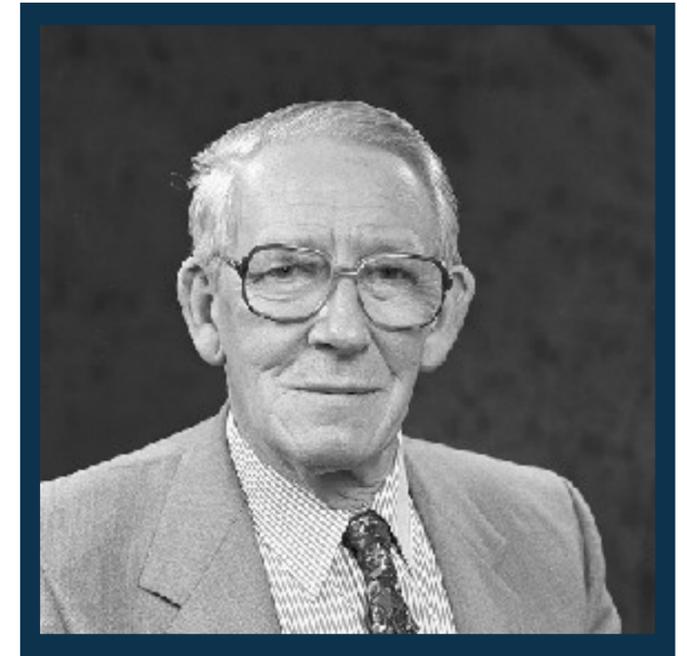
Albert Schweitzer, Writer and Philosopher

Humans as Lights of Hope

Gordon Wilson (1927-1995)

Gordon Wilson was born and brought up in Northern Ireland, at a time when the country was so deeply divided between different Christians of different beliefs, that serious violence – bombings and killings, were common.

Gordon ran a family shop in the town of Enniskillen. Gordon was a faithful but modest Christian. On Remembrance Sunday 1987, Gordon and his daughter Marie, who was a nurse, attended the parade with their church. That day, a terrorist group, known as the IRA, planted a bomb. Gordon and his daughter were caught in the middle of the explosion. Gordon was only slightly injured, but Marie was very badly hurt. She was buried under rubble. Holding her hand, and keeping her company as the medics arrived, Gordon stayed with her. Marie's last words were 'I love you very much, Daddy', and she soon after died of her injuries.



Only hours later, Gordon was interviewed. He was, of course, so very upset, but he said these extraordinary words: 'I have lost my daughter, and we shall miss her. But I bear no ill will. I bear no grudge. Dirty sort of talk is not going to bring her back to life. I shall pray for those people [the bombers] tonight and every night. May God forgive them.'

This is not to say Gordon found it easy. But he went on to become a leading peace campaigner, and even met with members of the IRA, who had killed his daughter. So tireless was his search for peace, that his forgiveness became known as the 'Spirit of Enniskillen'. Like the great 'Saints', Gordon brought light to the darkest situation of his life and he kept shining.

Humans as Lights of Hope

Malala Yousafzai

Malala, like Gordon, is an extraordinary person. She can easily be described as a 'light of hope.' Born in 1997 in the Khyber Pakhtunkhwa region of Pakistan, Malala is a Sunni Muslim. Brought up by parents keen to see her educated, her father is a poet and educational activist who owns and runs his own school. He was keen that his daughter should, like his sons, enjoy education.

Malala speaks three different languages, and has been able to since being a teenager (Pashto, Urdu, and English). As a teenager, she began to campaign for other girls to receive an education like her. Not everyone agreed. Certain groups, including a powerful

and often violent organisation in Pakistan and Afghanistan called the Taliban, threatened that they would kill her if she continued to pursue her campaigns. On 9th October 2012, on her way to school, a Taliban gunman attempted to murder Malala. She was badly injured, and for her own safety, she was brought for treatment at a hospital in Birmingham in the UK.

After complex surgery and care, she made a good recovery, and continued her education in the UK, where she now lives in exile. She has recently finished a degree at Oxford University. Malala now works full-time to promote education for girls and woman who are not usually able to access it. She runs a fund, called the Malala fund (<https://malala.org>). She travels across the world to promote this work. She retained her hope in the face of death threats and murder attempts, and in so doing, became the youngest ever recipient of the Nobel Peace Prize. You can watch a talk with Malala here: https://www.ted.com/speakers/malala_yousafzai



Humans as Lights of Hope

Mother Maria Skobtsova

Mother Maria of Paris (as she is sometimes known) is a little known modern-day saint, a 'light of hope'.

Born in 1891, as Elizaveta Pilenko in Latvia. Although devoutly religious when she was very young, she was 14 when her father died, and it made her doubt whether there was a God. She turned to politics: the political world in the Russia of the early 20th century, was very stormy. Over the following years, her faith in God gradually returned, as she realised that to believe in God meant to change the world for the better.



Her attempts to improve life for people, led her into conflict with the Communist regime, and after a long journey as a refugee through many countries, she settled in Paris in 1923, where she worked with the Student Christian Movement. During the years before her move, she had married and had a family. Sadly, during this time her child, Anastasia, contracted influenza and, despite Maria's prayers, died.

Following her daughters' death, Mother Maria began to commit herself to working with those in great need. Moving to central Paris, she worked with Russian refugees. She decided to become a nun in the Russian Orthodox Church, and immediately began to offer hospitality through her charity Orthodox Action, in the small house she shared with a priest in Paris.

Humans as Lights of Hope

Mother Maria Skobtsova contd.

In the final phase of her life, Maria was called to her greatest work. During the Second World War, the Nazis had occupied most of France, including Paris. She understood the threat to the vulnerable, and particularly to the Jewish people, whom Nazis sought to eliminate from society.

In July 1942, Jewish people were banned from all public spaces in Paris and forced to wear a Yellow Star of David, and shortly afterwards Nazis began to herd Jewish people into makeshift camps in sports stadiums, and treated them in terrible ways. Mother Maria gathered Jewish people into her house in Paris, and afforded them forged baptismal

documents, to avoid their persecution. Somehow the Nazi secret police, called the Gestapo had found her secret refuge, and soon found proof that she had been offering help and hospitality to persecuted Jews. Her priest colleague was executed, and Maria was sent to Ravensbrück Concentration Camp, where she was later executed, shortly before the end of the war.

In her final letter, her hope and the light she shared throughout her life still shine out clearly. She wrote: 'I can write in all honesty that I am not afraid of anything any longer...I ask anyone whom I have hurt in any way to forgive me.'



Humans as Lights of Hope

Dame Doreen Lawrence

Born in Jamaica in 1952, Baroness Lawrence moved to Britain at the age of nine and grew up in South East London. As well as raising her family, Baroness Lawrence studied for a humanities degree as a mature student. Whilst she is, without doubt, a 'light of hope', in her own words, she 'didn't set out to make a difference.' She has though, through the most tragic circumstances.

Her son, Stephen Lawrence, an intelligent sixth-former, planning to become an architect, was murdered in an unprovoked attack, by white racists, whilst waiting for a bus in Eltham, South East London in 1993. Not only was the murder brutal, but the investigation by the police revealed racism within the police and wider society. It meant that his death was never properly investigated. His killers were not brought to justice. Despite a number of trials, the suspects kept walking free, even though there was a great deal of evidence against them. Baroness Lawrence fought tirelessly to find justice for her son, often to the cost of her own wellbeing and health. She brought her own court cases against those who were suspects. Her work led to more court cases and publicity, Even newspapers openly accused the suspects, which is really unusual.

Baroness Lawrence's campaign for her son, and for civil rights for all people has been continued since her son was murdered. She would not rest until she could find at least some justice.



Humans as Lights of Hope

Dame Doreen Lawrence contd.

Baroness Lawrence's campaign eventually formed into the Stephen Lawrence Charitable Trust. Her work led to the MacPherson report, tackling racism in the Police force. She has also highlighted racism and all forms of equality in wider society, inequalities that she believes, in part, contributed to her son's death.'

It was not until 2011 that another court case was finally brought against two of those who had long been suspected of murdering Stephen Lawrence. The two were found guilty and given life sentences.

Baroness Lawrence was awarded an MBE for 'services to the community' in 2003. She was appointed to Parliament, the House of Lords, in 2013.

Her tireless work, in the face of deepest tragedy, shows us a woman dedicated to hope for a better world, and a woman who has worked to bring radical change and justice to the world. Now the Stephen Lawrence Charitable Trust celebrates Stephen Lawrence Day on 22nd April - a day of hope - hope for change, hope for justice.



Humans as Lights of Hope

Words of Wisdom

“as darkness is known through light... what evil is must be known from the...good.”

St Thomas Aquinas, Philosopher

**“Let us pick up our books and our pens,” I said.
“They are our most powerful weapons. One child, one teacher, one book and one pen can change the world.”**

Malala Yousafzai

“I don't want to be thought of as the "girl who was shot by the Taliban" but the "girl who fought for education." This is the cause to which I want to devote my life.”

Malala Yousafzai

“Love one another’, so long as it is love to the end and without exceptions. And then the whole of life is illumined [lit up].”

Mother Maria Skobtsova

“The way to God lies through the love of people.”

Mother Maria Skobtsova

‘I have not spent my years focusing on all the bad things, I don't think I could have carried on if I had done that,” she said. “Instead I look forward and work to make change - and that's what I hope the Stephen Lawrence Day will inspire others to do too, especially young people.’

Baroness Doreen Lawrence

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

Martin Luther King, civil rights campaigner and Christian minister

Extension Activity - Making an Advent lantern

Can be done as a second lesson in school or as part of home learning.

The decorated jar can be displayed at home in windows throughout Advent as we remember how hope came out of darkness.

Resources Required

- An empty clean jar
- Tissue paper
- PVA glue
- Paint or permanent pens for decorating
- Tea light (battery powered LED)



Step 1

Cut out shapes from the tissue paper and stick to the **outside** of the empty jar. The design can be simple or elaborate!

- ◆ Make sure only the outside of
- ◆ the jar is decorated!



Step 2

Once the glue is dry, the outside of the jar could be further decorated with words of hope, thoughts or prayers using paint or permanent pens.



Step 3

Display the finished lantern in school or at home throughout Advent! Please note we're recommending electric tealights not naked flames.

- ◆ Please share a photo of your
- ◆ lantern via #LightOfHope

Additional Resources

Link to instructions for a more advanced origami tea light holder for older students and adults
<https://origami.guide/origami-boxes/origami-star-box/>

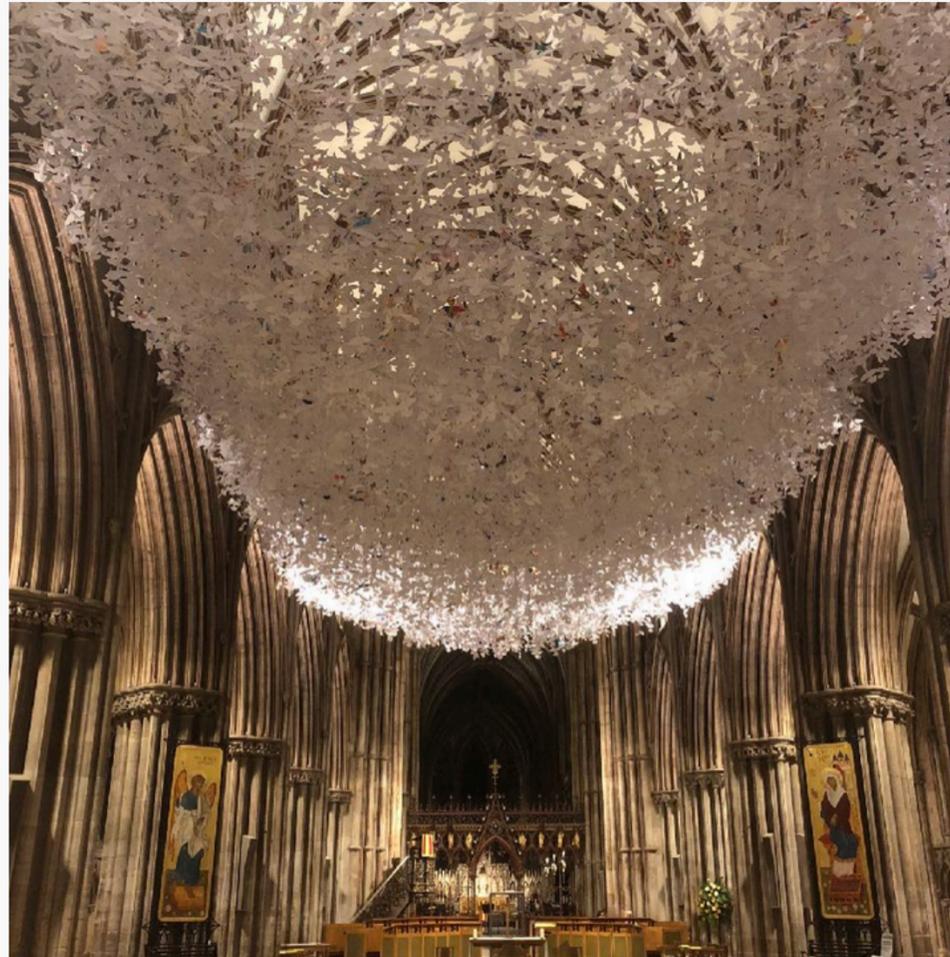
Information on the history of Origami
[www.britannica.com /art/origami](http://www.britannica.com/art/origami)

Advice on addressing coronavirus (COVID-19) in PSHE lessons
www.pshe-association.org.uk/advice-addressing-coronavirus-covid-19-pshe

Previous Projects



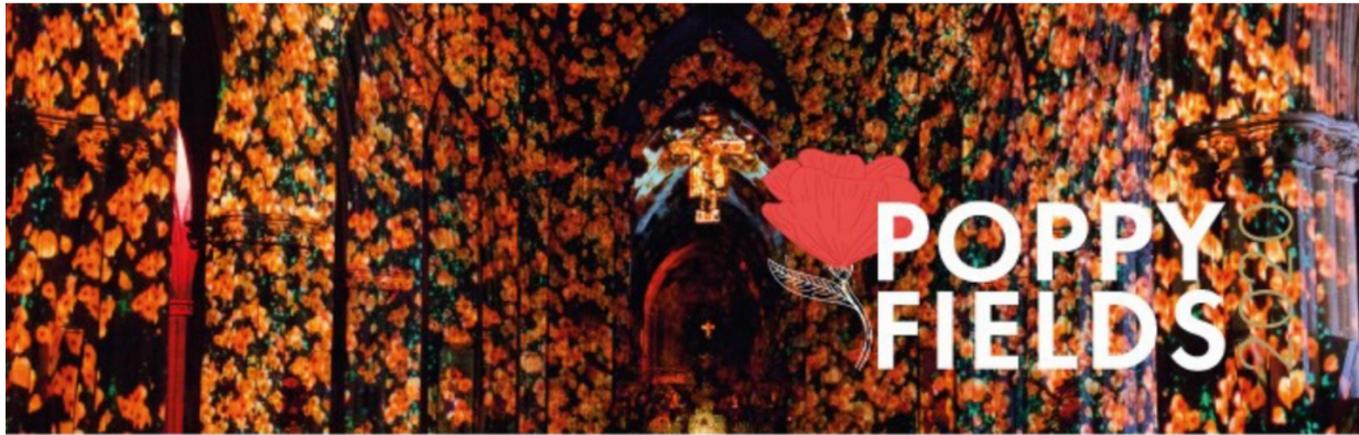
In The Image & Likeness 2019



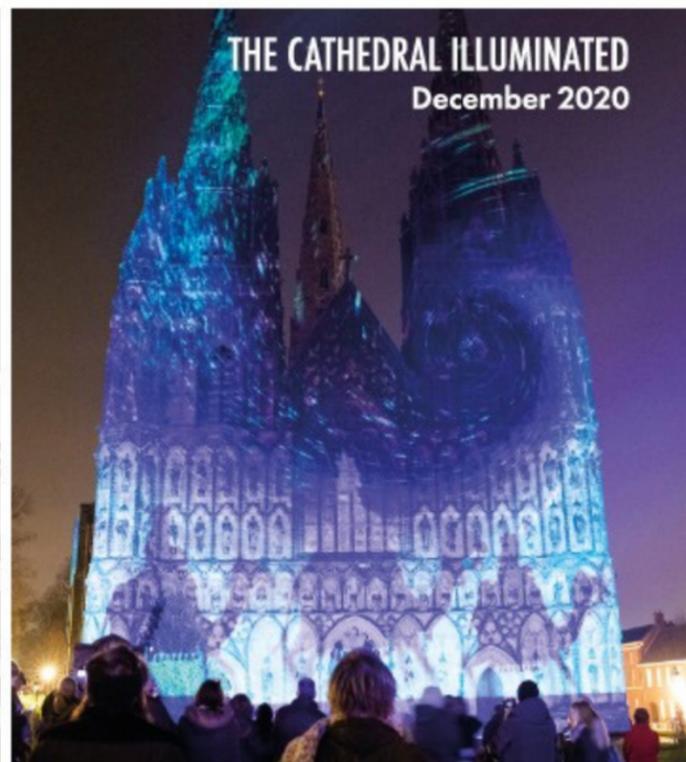
Peace Doves 2018



Angels 2017



Something to look forward to
at Lichfield Cathedral



Reasons to Visit Lichfield Cathedral this Autumn and Advent

Light of Hope at Lichfield - 1st-2nd November (evening)

The Leaves of The Trees - November

Poppy Fields - 5th-8th November (evening)

Cathedral Illuminated - 16th-22nd December

St Chad statue and Hope Garden- coming in spring 2021

For more information and for details of services
throughout Advent and Christmas please visit
www.lichfield-cathedral.org



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In Collaboration with

Peter Walker Sculptor

www.peterwalkersculptor.com

With thanks to grant funding by

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