

## Arundel & Brighton Diocesan Pilgrimage to Lourdes – Role of the Helper

Helpers are volunteers who offer their service to others on pilgrimage in a spirit of love and generosity. The service is varied and can be demanding both physically and emotionally. Because of the nature of the service, helpers must be fit and be willing to participate fully with reverence, respect, generosity and consideration in all of the following ways.

### *On a spiritual journey...*

With reverence, a helper is ready to:

- Pray together with other pilgrims.
- Go to the Grotto and services together, including daily Mass, and take part in Processions.
- Share the life and liturgy of the Pilgrimage with others.
- Be patient, welcoming and humble.
- Take time to experience your own pilgrimage.
- Be ready, willing and able to fulfil whatever task is needed.

### *...give personal care...*

With respect, a helper may be asked to:

- Assist pilgrims on the journey to and from Lourdes.
- Assist with mobility, eg by helping a sick or disabled pilgrim into or out of bed or from a chair to a wheelchair.
- Share a hotel room with a sick or disabled person.
- Assist with washing, dressing and other personal needs.
- Assist at mealtimes.
- Ensure that pilgrims' needs are met eg. with water, shade and rest.

### *Love in Action*

### *...and friendship...*

With generosity, a helper will:

- Listen to and chat with pilgrims, and be a companion.
- Be present at mealtimes and sit with different pilgrims.
- Take pilgrims shopping and to places of interest in Lourdes; this may involve pushing someone in a wheelchair up and down steep hills.
- Go to a café together.
- Spend time together.
- Be of service to those in need.

### *...in a thoughtful way*

With consideration, a helper will:

- Be respectful and sensitive to the needs of others.
- Put the needs of the sick or disabled person, the Pilgrimage and other pilgrims first.
- Adhere to the Pilgrimage Code of Conduct and to the Health & Safety Guidelines.
- Exercise self-control, only consume alcohol in moderation, sleep well and be fit for the role each day.

- **FIRST TIME HELPERS MUST attend the New Helpers Day at St Wilfrid's School, Old Horsham Road, Crawley on Sunday 24 June 2018 from 10am to 4pm**
- **ALL HELPERS MUST attend a Briefing Day at St Wilfrid's School on Sunday 22 July 2018 from 9.30am to 5pm**
- **Helpers must be between 17 and 75 years of age by 31 August 2018**

**You will be given support throughout your pilgrimage – you should never feel alone, since you will be surrounded by people who will be more than willing to help and guide you.**