

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.
- Be open to the opportunities of sharing joy and faith in Lourdes.

...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 another pilgrim.
- Assist with dressing and other personal needs alongside a nurse or experienced helper.
- 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 and share mealtimes 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, Safeguarding and Health & Safety Policies.
- At all times, be fit and able to provide assistance for others, making sure judgement is not impaired through over-consumption of alcohol.
- 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 23 June 2019 from 10am to 4pm**
- **ALL HELPERS MUST attend a Briefing Day at St Wilfrid's School on Sunday 21 July 2019 from 9.30am to 5pm**
- **Helpers must be between 17 and 75 years of age by 31 August 2019**

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.