

LIGHTS OF HOPE

As the days become shorter and the evenings grow darker, it can be easy to focus only on the cold, the rain and the grey skies. November reminds us that even in dark times, light is always shining somewhere.

Hope is like a little light inside us. It helps us to keep going when things are difficult. It reminds us that brighter days will come again. Sometimes hope comes from a kind word, a helping hand or a smile from someone who cares about us.

Jesus asks us to be lights for one another. We can shine our light by showing kindness, including others and helping people who may be sad or lonely. Don Bosco believed that young people could bring joy and goodness into the world. He encouraged children always to spread hope wherever they went.

You do not have to do something huge to make a difference. A simple "Are you okay?", helping someone in the playground or cheering up a friend can brighten another person's day more than you realise.

November is also a time when we remember people we love and think about those who may need extra prayers and support. Even when we miss someone or feel worried, hope reminds us that we are never alone. God walks with us through every season of life.

So here is your challenge this month: try to be a light for someone each day. Share kindness. Speak gently. Notice who might need encouragement.

A small light can shine brightly
in the darkness
and your light
could help someone
more than you know.

God bless,





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The SALESIAN Bulletin

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