

Flame 2025 – What Next?

Thank you for coming to Flame 2025 – the largest gathering of young Catholics in the UK! From conversations and feedback forms, I can see that it was a highpoint for many of you, as it was for me! I see Flame - and events like it - as a vitamin shot that sometimes we need to give us a faith boost. Everyone needs a mountain-top moment of inspiration and encouragement ☺ If you received something from the event, it is a great idea not to let that good experience stand in isolation, but to use it as a catalyst to go deeper with your Catholic faith and to take the opportunity to discover new ways of praying and deepening your relationship with God. Whilst it can sometimes feel difficult to feel engaged on Sundays, or even feel welcomed at times, there are so many in the parish who are so happy to see you there! And isn't it good to know that there are at least 40 others who shared in the same experience as you on Saturday? So lean on this mini community within our church/local school, as you continue on the road of life, inviting Jesus into the journey alongside you.

To that end, below, I offer a list of books, videos, retreats, events & other resources that may equip you for the next stage in your journey. Some of it you might like to access and reflect on personally, and other opportunities would be things to do as a family or to talk about with your parents. It's a long list, so do take your time to read it - I hope you find something that is of interest for you! Please always feel free to contact me with questions or to gain insights into what an event might involve.

- The basic biography/info regarding the musicians and speakers is available on the CYMFED FLAME 2025 website: <https://cymfed.org.uk/flame/>
- If sharing on social media use these: #Flame2025 #Unstoppable
- You can see highlights of the Flame congress on Instagram: <https://www.instagram.com/flamecongress/>
- And... <https://www.youtube.com/watch?v=gehHmX4NSrI> A day in the life: Flame 2017 (in case you want to give your parents a flavour of what went on)

Musicians @ Flame2025:

Guvna B – Official Website: <https://www.guvnab.com/>

YouTube channel: https://www.youtube.com/channel/UCD082TgM1c-cAeJ_D2x_DqA

An interview about how he found his faith: <https://www.youtube.com/watch?v=PcaEbWuHcdw>

Sample Song – Nothing but the Blood: <https://www.youtube.com/watch?v=C-be3l6RulQ>

Guvna B is also on Instagram: <https://www.instagram.com/guvnab>

Adeniké – Her blind audition on the Voice 2021: <https://www.youtube.com/watch?v=rDYxc9Y6E>

YouTube Channel: <https://www.youtube.com/@adenikemusic>

Sample Song – Best Version of Me: <https://www.youtube.com/watch?v=noMSDbEc4x4>

Adeniké is also on Instagram: https://www.instagram.com/adenike_music

LilyJo – Official Website: <https://www.lilyjo.co.uk/mentalhealth>

YouTube Channel: <https://www.youtube.com/@LilyJo>

Sample Song – Unstoppable: <https://www.youtube.com/watch?v=RaZfxKKOx3Y>

Lily Jo is also on Instagram: <https://www.instagram.com/xxlilyjoxx>

One Hope Project – OHP Official Website: <https://www.onehopeproject.co.uk/>

YouTube Channel: <https://www.youtube.com/@OneHopeProject>

NB their YouTube channel now has a Flame 2025 playlist of all the songs featured on Saturday, so check it out!

Sample Song – Yesterday, Today, Forever: https://www.youtube.com/watch?v=ne6O_gbzUTo

OHP are also on Instagram: <https://www.instagram.com/onehopeproject>

OHP also run a mentorship programme for those interested in developing their musical talents and deepen their love for God, called the OHP Academy: <https://www.onehopeproject.co.uk/ohpacademy>

The Academy is currently only open to those over 18 or over, but is an amazing programme. Ask me, if interested and I can find out when applications for next year open.

Speakers/Creatives @ Flame 2025:

World Youth Day Dance Crew – WYD dance crew facebook page: <https://www.facebook.com/worldyouthdancecrew/>
YouTube Channel: <https://www.youtube.com/@worldyouthdancecrew>
WYD dance crew are also on Instagram: <https://www.instagram.com/worldyouthdancecrew/>

David Wells – David is great friend of Flame and was the one who interviewed Bear Grylls and read a self-written poem at the end. David is, himself, a gifted and inspiring speaker and has shared some of his own reflections with the young people, which can be found on youtube from previous Flame events:

<https://www.youtube.com/watch?v=V5Tdb-9lroi> Love Chooses You

https://www.youtube.com/watch?v=_NwtHN-oA8A 10,000 Reasons to Build a Wall

He has also written a number of books, including The Reluctant Disciple and The Grateful Disciple:

[https://www.amazon.co.uk/Reluctant-Disciple-Daring-](https://www.amazon.co.uk/Reluctant-Disciple-Daring-Believe/dp/0852314213/ref=sr_1_1?crid=2PP8JWD2T5UMJ&keywords=the+reluctant+disciple&qid=1678111932&s=books&sprefix=the+reluctant+disciple%2Cstripbooks%2C150&sr=1-1)

[Believe/dp/0852314213/ref=sr_1_1?crid=2PP8JWD2T5UMJ&keywords=the+reluctant+disciple&qid=1678111932&s=books&sprefix=the+reluctant+disciple%2Cstripbooks%2C150&sr=1-1](https://www.amazon.co.uk/Reluctant-Disciple-Daring-Believe/dp/0852314213/ref=sr_1_1?crid=2PP8JWD2T5UMJ&keywords=the+reluctant+disciple&qid=1678111932&s=books&sprefix=the+reluctant+disciple%2Cstripbooks%2C150&sr=1-1)

Bear Grylls – Official Website: <https://www.beargrylls.com/>

Youtube Channel: <https://www.youtube.com/@beargrylls>

Isaac Harvey – Wheel and Wheelchairs Website (of which he is president): <https://www.wheelsandwheelchairs.co.uk/>

Empowering Inclusion: A conversation with Isaac Harvey: <https://www.youtube.com/watch?v=0PQowYLRbY>

Isaac Harvey Olympic Torch Bearer 2012: <https://www.youtube.com/watch?v=Ddpqidhy-A>

Interviews: <https://www.designwhine.com/isaac-harvey/>

<https://intrepidenglish.co.uk/interview-lessons-learned-with-isaac-harvey/>

Br Chris Patino FSC – Why he chose to be a De La Salle Brother: <https://www.facebook.com/watch/?v=511840633646241>

Interviews: <https://www.delasalle.org.au/patino>

De La Salle brothers UK - <https://www.thekintburyexperience.com/our-history.html>

Bryan Enriquez (Hallow) – Instagram: <https://www.instagram.com/bryan.at.hallow/>

Official Hallow Website: <https://hallow.com/> Do note that – for full access to the app, a financial commitment is involved.

Funding a Faith-Based Business (the story of how Hallow was established with CEO Alex Jones):

<https://www.youtube.com/watch?v=-iUh46cuZ3w>

Hallow App Overview and Demo: <https://www.youtube.com/watch?v=TGeg8hnWK4g>

Social Action @ Flame 2025:

Cafod - The organisation that works in partnership with Brian Maeba and his colleague, Ashley, to make a difference to their local communities. There's lots that you can do to get involved with overseas aid and fundraising!:

<https://cafod.org.uk/>

Salesians – Founded by Don Bosco and St Mary Mazzarello, the Salesians are a group of priests, religious and lay people who seek to use education and mission to share the good news. There are lots of opportunities to volunteer with an overseas project, partnered with the Salesians.: <https://www.salesians.org.uk/>

Youth SVP – The St Vincent de Paul Society are serious about turning concern into action and making a change for the better in the world! They support young people to help those around them, for example with those who are homeless or suffering from addictions: <https://svp.org.uk/youth-svp>

National Office of Vocation – It's never too early to consider if God is calling you to a vocation to the priesthood or religious life. Find out more here: <https://www.ukvocation.org/>

Other Catholic Organisations/Podcasts/Videos/Websites:

DOWYM – Diocese of Westminster Youth Ministry Website: <https://youth.rcdow.org.uk/>

DOWYM are our local Diocesan Youth Ministry Team for Westminster, which our parish is in. Keep checking this site for an update of event that you can get involved with!

Westminster Youth Ministry Team invite you to a Young Adults Mass – 1st April & 6th May 2025 – Once a month for Young Adults (16+) in the Cathedral Crypt @ Westminster Cathedral, Ambrosden Ave, SWIP 1QN

The Chosen – www.thechosen.tv (where you can view it for free!) or available on Amazon Prime

The biggest crowdfunded series of all-time is now in its 5th season. Based on the life of Christ, as seen through the eyes of his disciples (“the chosen”), this is a high quality TV series which uses thought-provoking fictional depictions of familiar people from the gospels to tell “the greatest story ever told, whilst staying true to the Bible and bringing Jesus to life in a fresh way. If you’ve not seen it yet, start at season 1, episode 1 and take it from there – I recommend watching this with your family. The first few episodes take a bit of getting used to, but you’ll soon be hooked!

Catholic Voices – <https://www.catholicvoices.org.uk/>

CV are a Catholic group focussing on getting the Catholic voice heard in the media (newspapers, TV interviews, speakers etc), with the aim of expressing a positive Catholic outlook. On the Catholic Voices website you can access a lot of their media interviews on a variety of recent topics

Across – <https://www.across.org.uk/>

HCPT – <https://www.hcpt.org.uk/>

Both of these organisations organise pilgrimages to Lourdes and invite helpers to come and assist with enabling the sick and elderly to access this wonderful site, which attracts thousands of catholic pilgrims every year. Lourdes is the tiny village in Southern France where St Bernadette, as a young girl, received a series of visions of Our Lady, the Mother of God. Now a busy pilgrimage site – arguably the most famous in the world – Lourdes draws many people, especially those seeking prayer and healing for their ailments.

Across, in particular, is a local charity to Bishop’s Stortford and regular pilgrimages are organised from our own parish. Do come and have a chat if you think you might like to take part.

A Beautiful Thing podcast – <https://podcasts.apple.com/gb/podcast/a-beautiful-thing/id1652792346> Also on all

podcasts channels and on Instagram: https://www.instagram.com/a_beautiful_thing_podcast/

Angela Alves, an actress and former teacher, writes and performs audio dramatisations of the stories of the women in the Gospels and of the Old Testament.

Sycamore Seek – <https://www.youtube.com/@SycamoreSeek>

Fr Stephen Wang gives bite-size explanations for a number of key aspects of the catholic faith. A great starting point if you want to know more...

Ascension Presents – <https://www.youtube.com/channel/UCVdGX3N-WIJ5nUvklBTNhAw/videos>

This American organisation which presents the truth of the Catholic faith in an accessible way

HM Television – <https://www.youtube.com/@hmtelevisionen>

A Channel founded by the “Home of the Mother” Organisation, who seek to share the beauty of our catholic Faith with others, using television as the medium. This channel includes many young people’s personal stories of faith.

The Chaplaincy – <https://www.youtube.com/thechaplaincy>

Deacon Liam Lynch, who works as a chaplain for St Joan of Arc Secondary School in Rickmansworth, has created some excellent content, commenting on the Sunday readings, along with some of the special days in the Catholic calendar. Go to the videos playlist and scroll down to the bottom to see videos you may find of interest. You’ll have to be discerning, as some of the videos are specifically related to his school community, including fundraising they have been doing for various members of their community, but Deacon Liam speaks at your level of the things of God in a clear and accessible way.

Saints:

Blessed Carlo Acutis – This young man, a millennial who died in 2006, is on the path to sainthood! Carlo Acutis was made a “Blessed” in 2020 and is being made a Saint on 27th April 2025! He has an inspiring story for all young people. This presentation, following the first lockdown of 2020, gives a summary of his life:

<https://www.youtube.com/watch?v=PLFusUobkJ4>

Mentoring Programme:

The Ascent UK – Wanting to take a deep dive into faith? Then the Ascent may be for you! It's a three year discipleship process for young Catholic, from years 10-12 at school, who want to embrace their faith in Jesus Christ at a whole new level and learn how to share it with others. There are three venues for this: At the SPEC Centre (Pinner in N.London), at Worth Abbey (Sussex) and at Keswick (in the Lake District, Cumbria). The process involves 3 retreats a year, online small group and mentoring. Do note, there is a financial commitment involved, but it is a solid programme that will provide life-changing experiences: <https://www.theascentuk.co.uk/>

Catholic Art/Book Shops:

Therese Withers (First Saturday) – Therese is a gifted artist, who lent her talents to Flame2023 two years ago. She runs an online shop, selling all sorts of Catholic treasures!: <https://firstsaturday.co.uk/>

Tanglewood Atelier – A UK-based creative studio specializing in Catholic resources, art and products: <https://www.tanglewoodatelier.co.uk/>

St Paul's Bookshop - <https://stpauls.org.uk/>

Good News Books - <https://goodnewsbooks.co.uk/>

Retreats/Family Camps/Festivals:

Retreats and Festivals can be great ways of finding uplifting opportunities to grow in faith and to gather with like-minded people – these come highly recommended!

D weekends (yrs 7-9) / D Max weekends (yrs 10-12) – Run by the Sion Community, these retreat weekends provide young people the opportunity to explore their faith further and to experience more of the Holy Spirit in their lives: <https://sioncommunity.org.uk/youth/#DWeekend>

Sion Family Days/ Sion Family Camp – For the entire family, whatever your age, these days and the summer family camp are great opportunities to experience fellowship and have fun in a faith-filled atmosphere. The next family Day is on 25th May and the Family Camp is running this year from 24th-27th July 2025: <https://sioncommunity.org.uk/family-and-children/>

Celebrate Festival – This festival is organised by the Celebrate Trust, a Catholic Charismatic organisation which seeks to build church through positive relationships and family encounters. This year's festival takes place from 16th-20th August at Worth School in Sussex. Kids streams will be available for all ages: <https://www.celebratetrust.org/festival>

We Believe Festival – This camping festival is a brand-new offering for 2025! It's aim is to enthuse participants with an experience of the Christian vision of Life by drawing on the rich traditions of the Catholic Church. It takes place from 25th – 28th July 2025 at Oscott, near Birmingham: <https://www.webeliefestival.com/>

New Dawn – A fixture of the summer Catholic Calendar, New Dawn is a festival taking place in Manchester this year, from 1st-3rd August 2025: <https://princeofpeace.org.uk/>

Holiday Bible Week – A local offering for children in own town, HBW is a long-standing initiative of Churches Together here in Bishop's Stortford! A week of fun with art and craft, puppets, prayer & scripture and music – it is a huge celebration of our shared Christian faith. There's activities for all those 12 and under, with over 12's able to be young volunteers. More adult volunteers are also needed this year. Just ask me for more details or sign up here: <https://holidaybibleweek.co.uk/>

Big Church Festival – This Christian Festival is now an established feature, with some of the biggest Christian Artists taking to the stage for a few days of praise & worship, fun and fellowship. It takes place from 22nd – 24th August @ the Wiston Estate in West Sussex. Think the Christian version of Glastonbury!: <https://www.bigchurchfestival.com/>

Let me know ASAP if you want to come to this event coming up after Easter:



THE BIG HERTFORDSHIRE SUMMIT

-  26 April 2025
-  12:00-17:30 (Mass at 6pm)
-  St Joseph's Catholic Church
Bedwell Crescent
Stevenage
SG1 1NJ

God bless you one and all

Know you are worth so much
and that God's love is unstoppable!