
CLC-CVX EUROPE MIGRATION NETWORK



ACCOMPANYING REFUGEES AND MIGRANTS WITH TRAUMA

Online Conference 2025

November 30th



WELCOME!

CLC Europe Migration Core Team 2024- 2027

Aris Gude - Prison Chaplaincy Worker

Deborah Debono - Youth Worker JRS Malta

Hiske Gude - Funding Manager ZOA Relief & Recovery

Sophie Bahé - Eurolink CVX France, Expert in Crisis
Management and Strategic Foresight





AGENDA OVERVIEW

Speaker Presentations

- Sara Zingariello, JRS Malta
- Leo de Weerdts sj., Justice Chaplaincy Belgium

Interactive Dialogue

- Questions
- Sharing wisdom and experience

Closing Prayer

SARA ZINGARIELLO,
COUNSELLOR JRS MALTA



REFLECT:

What do I really believe about refugees in my heart?

What are my experiences of refugees?

Where might I need to consider working to restore right relationships?

How can I shine a tiny candle in the darkness?



FATHER LEO DE WEERDT SJ: FINDING HOPE AND PRESENCE IN DETENTION



WHO DO I SEE?

ILLEGAL? CRIMINAL?

Failing System and Unjust Policies

Recognize Inherent Human Dignity

Show Compassion, Bring Hope

BEING THERE

Presence is the first language of love.

Listening without judging, using their name, receiving their story — that already says: *“You exist, you matter.”*

Let the darkness be seen

Hopelessness is real. Prayer can become the space where pain is not denied, but carried.

Speak a language of hope

Not cheap optimism, but noticing small signs of life. Ignatius would call this *“finding God in all things.”* Even behind bars.





IGNATIAN SPIRITUALITY AS A WAY OF SEEING

Ignatian spirituality is not theory — it's a way of **being present**.

Contemplative in Action

Even in a noisy, tense place like prison, you can learn to see with the eyes of the heart. Silence is not only the absence of sound — it's inner attention.

Discernment

When things feel hopeless, try to notice what gives life and what drains it. Even small choices — how you speak, when you stay silent — can bring peace.

Trust in the Spirit

Ignatius believed that God's Spirit keeps working, even in failure. That trust can keep us going when we see no results.



PRACTICAL TOOLS FROM THE SPIRITUAL EXERCISES

Daily Examen Practice

The daily examen is a brief reflection fostering gratitude, honesty, and openness to divine presence.

Discernment of Inner Movements

Discernment helps distinguish feelings that bring peace from those that cause fear, aiding emotional navigation.

Praying with Christ's Eyes

Praying with the eyes of Christ cultivates compassion and truth in how we perceive and respond to others.



STAYING FAITHFUL IN HOPELESSNESS

Sometimes, the most Ignatian thing we can do is
to **stay present without answers.**

To stand beside the crucified, to keep faith in the
dark, believing quietly that life will rise again.

*“We may not be able to do much, but we can put
much love into the little we do.”*
— *(Inspired by Teresa of Ávila)*

Interactive Dialogue:
Pose questions, share
wisdom and experience

CLOSING REFLECTION



*“Come, let us walk in the light of the Lord.”
(Isaiah 2:5)*

Advent begins with hope - the hope of a people longing for God’s promise to be fulfilled. Refugees embody this hope: after experiencing great loss, they set out on uncertain journeys, trusting there will be light ahead. As pilgrims of hope, we walk with them, believing that even in the darkest nights, Christ is coming to bring safety, healing, and belonging.

God of Hope, You call to us to walk in Your light
even when the path is uncertain.
Be close to refugees who journey through the darkness and fear.
Strengthen our faith, that we may walk with them
as true pilgrims of hope, trusting in Your promises.

source: JRS - Advent with refugees



Let's connect and support each other in this apostolic mission.

Please feel free to reach out to us: migration@clc-cvx.eu.

We invite all to share your CLC Migration project, personal or professional experiences regarding this mission, relevant resources, questions or prayer points in the whatsapp group of the Migration Network in the CLC in Europe WhatsApp group.

