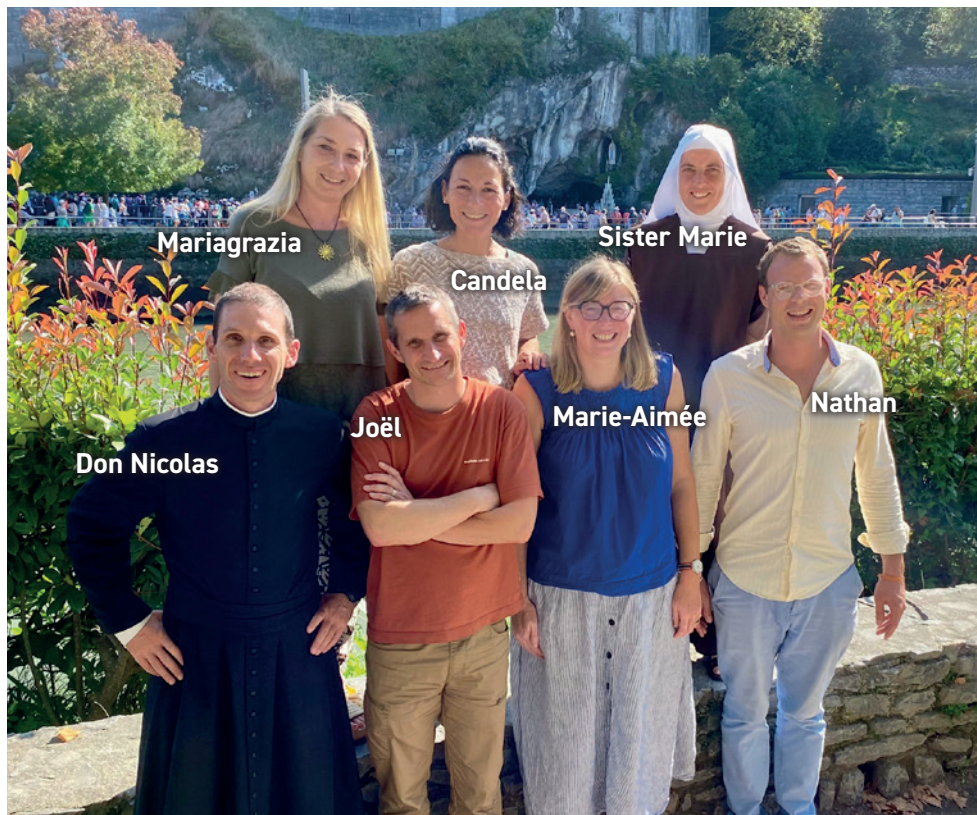


PASTORAL MINISTRY  
*for young  
families  
and vocations*



LOURDES  
SANCTUAIRE



**Planning and booking activities (pages 4 to 19)**  
 IN ADDITION TO REGISTERING ON THE NEW PLATFORM

<https://lourdes-opal.fr/>

sjeunes@lourdes-france.com / 05 62 42 78 38

# « Welcome to the Sanctuary of Our Lady of Lourdes »»



Dear friends,

If you are reading this, it means that you are planning to come to Lourdes: what a joy! It is a gift from heaven, both for you and for the souls who will follow in your footsteps.

Our team is at your disposal to help you make the most of your stay here! Places to pray, to marvel at, to sleep, to eat, to play... Essential activities you won't want to miss... Great tips and new things to discover... It's all here!

Guiding us is the theme for 2026: *'Hail, full of grace, the Lord is with you.'* Our goal: to become saints! And why not, after all? Others have achieved it, and God loves us at least as much as He loves them.

Don't wait any longer: browse through, plan, and contact us for a tailor-made programme in which blessings will abound.

May the Virgin Mary envelop you in her mantle and lead you straight to her Son, Jesus.

**Don Nicolas**



## YOUTH MASS AT THE GROTTTO



**Dates:** Every Tuesday in April, July and August at 11.15 a.m. + 20th and 27th October 2026.



**Duration:** 1 hour.



**What?** Jesus invites you to experience the sacrament of the Eucharist through a solemn celebration, led by and for young people. All languages and countries are welcome.



**Location:** at the Grotto

## IN THE FOOTSTEPS OF BERNADETTE



**Dates:** Activity available all year round..



**Duration:** approximately 1.5 hours.



**What?** Walking 'in Bernadette's footsteps' means discovering the relevance of Lourdes' message today, starting from the places where Bernadette lived. Following Bernadette's path means walking with her, learning from Mary.

**This route can be tailored to suit the makeup of your group and the time you have available.**



**Location:** Sanctuary and town of Lourdes (Bernadette Museum, Boly Mill, Cachot, parish church, presbytery and hospice)



# SUGGESTIONS FOR TOURS



**Dates:** Activity available all year round.



**Duration:** approximately 1.5 hours.



**What?** Bernadette, the saint for the 21st century, inspires us in all areas of our lives. Let's look to her as an older sister to guide us in our daily lives.

These tours can be done independently, depending on the makeup of your group and the time you have available. They can be downloaded and printed at: [lourdes-france.com/jeunes-a-lourdes](http://lourdes-france.com/jeunes-a-lourdes)



**Location:** Sanctuary and town of Lourdes



## Bernadette and the Sanctuary

The basilicas



## Bernadette and the priests

The mission of a fourteen-year-old girl



## Bernadette and God

Baptism, first communion and confirmation



## Bernadette and the mills

Moving and precariousness



## Bernadette and the Blessed Virgin Mary

Representations of the main apparitions



## Bernadette, a way of life

The statues in the Sanctuary

## CATECHISM

### GESTURES AND SIGNS OF LOURDES



**Dates:** Activity available all year round.



**Duration:** 45 mins.



**What?** To delve deeper into the message of Lourdes, we offer this catechesis to help you learn about and understand the significance of the rock, the water and the light.

**Please note: there are no visits to the Grotto during Masses (in the morning).**



Feel free to go and pray the rosary with your group, in English, at the Grotto at 3.00 p.m.

## CATECHESIS AND THE GESTURE OF WATER

### FROM MUD TO PURE WATER



**Dates :** Activity available all year round.



**Duration:** 45 mins.



**What?** A catechesis on the meaning of water and the opportunity to perform the Water Gesture yourself with our help if required.



Feel free to explore the Museum of Miracles on the first floor of the Accueil John Paul II. **To request a meeting with the doctor from the Bureau of Medical Observations, please contact him at [bmedical@lourdes-france.com](mailto:bmedical@lourdes-france.com).**

**PLEASE NOTE: PLEASE CALL AND BOOK YOUR SLOT AT THE BATHS DIRECTLY ON 05 62 42 78 74 (FOR FULL BATHS ONLY).**





## OTHER CATECHESIS



**Dates:** Activity available all year round.



**Duration:** 45 mins.



**What?** To delve deeper into the message of Lourdes, we offer several catechesis sessions tailored to different groups of young people and children.

**1. The history of the apparitions and the message of Lourdes: 'Welcoming the Good News of the Gospel with Mary'**

**2. Theme of the year: 'Hail, full of grace'**

**3. The joys of Bernadette.**

**4. Video on the life of Bernadette Soubirous and the Sanctuary, from 1858 to the present day (at the Information Centre).**



**Location:** Youth Tent

## MISSION AND VOCATION

### THE VOCATION OF SAINT BERNADETTE



**Dates:** All year round..



**Duration:** as requested by the group.



**What?**

- Teaching on vocation: How can Saint Bernadette help us choose our path in life?
- Testimonies of commitment to Christian life or life consecrated to God.
- Meeting a religious community close to the Sanctuary to serve/share/pray.



**Location:** Youth Tent.



## STAKING PART IN PRAYING THE ROSARY

AT THE GROTTTO



**Dates:** Every Wednesday, from April to August, a few children and/or young people from your group can take part in the rosary.

2.30 p.m.: preparation – location to be specified

3.00 p.m.: prayer of the rosary



**Duration:** 1 hour



**What?** Discover the prayer of the rosary, learn to pray like Bernadette. This prayer was a part of Bernadette's life, at each apparition and every evening with her family. It is a daily event for pilgrims at the Sanctuary

## THE PROCESSIONS IN THE SANCTUARY



**Dates:** Every day from April to October, a few children and/or young people from your group can actively participate. The meeting time gives you time to prepare. The location is still to be confirmed.



**Duration:** 1½ to 2 hours



**What?** Create a unique memory of:

- helping with the offertory procession during the international Mass (young girls). Every Wednesday and Sunday, meet at 8.30 a.m.
- serving during the international Mass (young boys). Every Wednesday and Sunday, meet at 8:30 a.m.
- serving during the Eucharistic procession. Every day, meet at 4.15 p.m.
- serving as statue bearers during the Marian procession. Every day, meet at 8 p.m.
- carrying candles during the Marian procession. Every day, meet at 8 p.m.



## LITTLE HOUSE OF BERNADETTE CHILDREN & FAMILIES AREA



**Location:** In the hemicycle (hall and small rooms upstairs), the 'Little House of Bernadette' welcomes children aged 0 to 12, accompanied by their families or their activity leaders and catechists.



**What?** The purpose of this space is to nurture in each child a desire to grow closer to God through the Virgin Mary, following the example of Saint Bernadette. A team of experienced activity leaders is on hand to assist you throughout your time in this space, which is dedicated entirely to children and families.



**Dates:** Open all year round:

- Spring holidays (April), summer holidays (July and August), All Saints' Day holidays: Monday to Saturday from 10.00 a.m. to noon and from 2.00 p.m. to 5.00 p.m., Sundays from 2.00 p.m. to 5.00 p.m.
- Winter holidays: Monday to Sunday from 2.00 p.m. to 5.00 p.m.
- During term time: Saturdays from 2.00 p.m. to 5.00 p.m. and open every day for organised groups by prior arrangement.



**Various fun and educational activities are offered to children, for example:**

- A variety of colouring pages on the theme of the apparitions and Saint Bernadette
- Making a personalised lantern for the Marian torchlight procession
- Making a personalised rosary with a short lesson on the rosary
- Story of the apparitions: the beautiful story of Saint Bernadette and the apparitions told in a fun way, with little characters to move around.
- Different games for discovering the message of Lourdes and the life of Saint Bernadette (board game, puzzles, Playmobil figures of the grotto, etc.)
- Children's procession to the garden of contemplation, opposite the Grotto.

**A special area has been set up for toddlers (play mats, building blocks), and a changing table and microwave are available for families with babies. The chapel at the entrance allows those who wish to do so to conclude their visit with a moment of prayer.**



**Time required for groups:**

Allow 45 minutes to 1 hour for each workshop led by a facilitator (making rosaries, lanterns, stories of the apparitions, etc.).





## WEDNESDAYS IN JUNE



**Dates:** Wednesdays 3rd, 10th, 17th and 24th.



**Times:** between 10.30 a.m. and 4.00 p.m.



**What?** On Wednesdays in June, the youth ministry offers a day of pilgrimage for groups of children and their chaperones, parishes, schools and families.

Three activities are available:

**1- Mass at the Crypt (in French)**  
**11 a.m.: preparation 11.30 a.m.: Mass (40 min)**

**2- The signs of Lourdes: a fun tour of the signs (Rock, Water, Light) (1.5 hours)**

**3- Praying the Rosary 3.00 p.m.: preparation, 3.30 p.m.: Rosary at the Grotto (in French)**



**Location:** Sanctuary



## COME TO LOURDES WITH YOUR FAMILY



### Family Session

For the third consecutive year, the Youth and Family Ministry team at the Sanctuary of Our Lady of Lourdes is organising a Family Session during the summer of 2026.

Five days to gather around the Virgin Mary, with a programme specially designed for families: teaching sessions for parents, supervised activities for children, times of spirituality and pilgrimage, and opportunities for socialising in a happy and friendly atmosphere!

More information will be available soon on the Sanctuary website: dates, prices, accommodation and registration details. [lourdes-france.com/venir-en-famille-a-lourdes/](https://lourdes-france.com/venir-en-famille-a-lourdes/)



### Organise your pilgrimage to Lourdes with families

Our team is at your disposal to help you organise a pilgrimage to Lourdes with families: suggestions for suitable accommodation, tailor-made activity programmes for young and old. Please contact us to discuss your plans!



## YOUTH VIGIL AT THE YOUTH TENT



**Dates:** Every Thursday in April, July and August



**Duration:** 1 hour (from 9.00 p.m. to 10.00 p.m.).



**What?** We offer an evening of worship and prayer centred on encountering Jesus (songs, teachings/testimonies, adoration, sacrament of reconciliation, etc.).



**Location:** Prairie Tent

**For your information:** there is a reading area with sofas and comics, as well as sports equipment, which is available free of charge but must be returned for the next users. Thank you on their behalf.

## TESTIMONIALS

### CENACOLO

Cenacolo was founded in Italy near Turin in 1983. It was established by a nun (Sister Elvira) in response to the distress experienced by many young people who were struggling with addiction and often marginalised.

Contact: 06 43 20 82 06 / [lourdes.cenacolo@gmail.com](mailto:lourdes.cenacolo@gmail.com)

### CHRISTIAN OFFICE FOR HANDICAPPED PEOPLE (OCH)

Raising awareness about meeting people who are ill or disabled through:

- > A testimony from the life of a person with a handicap.
- > Listening and counselling for young people who have a parent, brother, sister, etc. who is ill or disabled.

Contact: 05 62 42 79 92 / [lourdes@och.fr](mailto:lourdes@och.fr)



### COUPLES, MARRIAGE AND MISSION

It is important to draw on the grace of the sacrament of marriage when choosing to build a lasting relationship, to radiate Christ's love and to proclaim His name as a couple.

Contact: 05 62 42 78 38

[sjeunes@lourdes-france.com](mailto:sjeunes@lourdes-france.com)

### EMOTIONAL, RELATIONAL AND SEXUAL EDUCATION

It is difficult to think about sex education at a time when sexuality tends to be trivialised and devalued. It can only be understood in the context of education about love and mutual self-giving. In this way, the language of sexuality is not tritely trivialised, but rather explained.

Contact: 06 84 84 11 81 / [clairemarielatré@sfr.fr](mailto:clairemarielatré@sfr.fr)

# YOUTH VILLAGE



For your groups of children, teenagers, students or young professionals, the Sanctuary's Youth Village offers accommodation and catering designed and tailored to young people!

A 10-minute walk from the Sanctuary, in a large green space, you will find everything you need for a simple and welcoming pilgrimage: chalets, dormitories, simple rooms, camping pitches, a self-service restaurant, a chapel of course, a sports field and large outdoor areas for playing, running, singing, praying...

Rates start at around €10 per night.

**Information and reservations:**  
**[village.jeunes@lourdes-france.com](mailto:village.jeunes@lourdes-france.com)**  
**05 62 42 79 95**

# BUILDING WORK

In 2026, renovation of dormitories with outdoor toilet facilities; and construction of two rooms for accompanying persons close by.

Project underway to replace the dormitory marquees (depending on funding received) with tented lodges.

Our work is funded solely through generous donations.

For information and donations, visit:  
[www.lourdes-france.org/village-des-jeunes/](http://www.lourdes-france.org/village-des-jeunes/)





### SCOUTS

Every year, numerous Scout groups are hosted, representing different nationalities and all Scouting movements. There is a place for everyone in Lourdes!

The Sanctuary offers periods of organised service (caring for the sick, maintaining the Village, community projects, etc.), opportunities to discover Lourdes and its history, times of prayer, worship and encounter...

A few minutes' walk from the Sanctuary, the Youth Village offers a fully equipped campsite (communal kitchen, fridges, showers, toilets, etc.).

We look forward to welcoming you for a personal and spiritual experience.

Contact: [scouts@lourdes-france.com](mailto:scouts@lourdes-france.com)

Tel: 05 62 42 79 95

**Marian procession on 15th July 2026.**

**Departure from the Youth Village at 8.00 p.m**

### COMPLETING A WORK EXPERIENCE PLACEMENT AT THE SANCTUARY

Work experience placements, more commonly known as internships, offer students the opportunity to discover the world of business and work, to experience the realities of working life and to clarify their career plans.

Places are available depending on the time of year and the number of applications received.

Transport, accommodation and meals are the responsibility of the student.

Contact: [sjeunes@lourdes-france.com](mailto:sjeunes@lourdes-france.com) Tel: 05 62 42 78 38

### BEING A VOLUNTEER AT THE SANCTUARY

Volunteering means embracing the adventure of meeting, listening, sharing and collaborating with those you welcome. It means giving a little of your time to help others. And without even realising it, you'll gain so much in return! The International Centre for Volunteers at the Sanctuary of Our Lady of Lourdes welcomes volunteers from 1st April to 31st October.

[www.lourdes-france.com/benevole/](http://www.lourdes-france.com/benevole/)



### SERVING THE SICK

The Hospitality of Our Lady of Lourdes is an archconfraternity founded in Lourdes (Hautes-Pyrénées) in 1885, which became an association in accordance with the French law of 1901. Its members are hospitaliers. They are volunteers from many countries around the world. Their mission is to welcome and accompany thousands of pilgrims, especially the sick and disabled, who travel to Lourdes.

Contact HNDL (Hospitalité Notre Dame de Lourdes) directly: <https://hospitalite-nd-lourdes.com/fr/>



## EXPLORE FURTHER: DISCOVER BARTRÈS...

Take advantage of your pilgrimage to discover the village of Bartrès, near Lourdes, where Saint Bernadette once lived and worked.



Discover Bartrès, a charming little village nestled in the Bigorre countryside, with its evocative and historic sites linked to Bernadette Soubirous.

It was in this village that, from November 1845 to April 1846, Bernadette Soubirous, aged just ten months, was entrusted to Marie Lagües, who had recently lost her baby boy. In September 1857, at the age of 13, her former nanny needed help and asked her to return to look after her young children and tend to a few sheep. Bernadette then returned to her family in Lourdes in January 1858, just a few weeks before the first apparition of the Virgin Mary at the Grotto of Massabielle.

A pretty signposted path (5 km – 1 hour 15 minutes' walk) connects the Sanctuary of Lourdes to the village of Bartrès, where you can visit the sheepfold where Bernadette used to tend her flock, as well as the Church of Saint John the Baptist.

**For all bookings (church services, group visits), please contact:**  
**Sœurs Capucines de l'Immaculée de Lourdes La Pastourelle**  
**20 rue de l'église 65100 Bartrès**  
**reservation@la-pastourelle-bartres.fr - +33 (0)5 62 94 10 41**

## ... AND DISCOVER MORE SAINTS!

For the 2026 season, a new addition and a suggestion...

### Veneration of relics

The Village chapel now houses a reliquary of Saint Carlo Acutis. If you wish, you can organise a time of veneration of Saint Carlo's relics at the Village chapel (whether you are staying in the Village or not).

**Information and reservations:**  
**sjeunes@lourdes-france.com / 05 62 42 78 38**



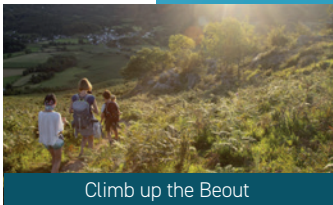
### SUGGESTION of the day

(or for every day). Seeing groups of young people come and go throughout the season, it's clear that every minute of the pilgrimage is wfull on... Perhaps it's too much? If possible, make sure your programmes include moments of silence, peace, tranquillity, reflection, personal prayer and introspection for your young people; they will be grateful to you for it ;-)



## TESTED AND APPROVED BY THE TEAM

### *On foot:*



Climb up the Beout

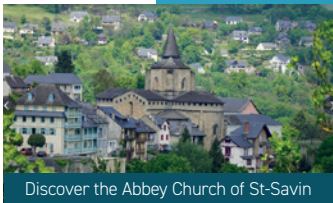


Visit to 'Little Lourdes'



Visit to the fortified castle

### *By bus:*



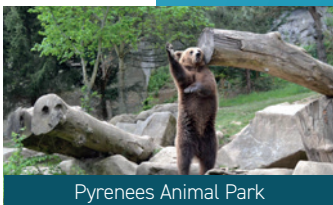
Discover the Abbey Church of St-Savin



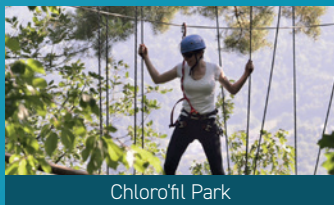
Hike to the Lourdes Lake



Pic du Jer Trail



Pyrenees Animal Park



Chloro'fil Park



Eagle Dungeon

**Lourdes Tourist Office:** [www.lourdes-infotourisme.com](http://www.lourdes-infotourisme.com)





# *In the words of Saint Bernadette:*

*Jesus alone as my Purpose,  
Jesus alone as my Master,  
Jesus alone as my Model,  
Jesus alone as my Guide,  
Jesus alone as my Joy,  
Jesus alone as my Wealth,  
Jesus alone as my Friend!*

