



SJAF e-Magazine

ST JEANNE ANTIDE FOUNDATION

Ċentru Antida

51, Tarxien Road. Tarxien TXN1090

Reception Desk Tel. 27672367; 21808981; 21809011

Email: miriam.sjaf@gmail.com

Website: www.antidemalta.com

Facebook: Fondazzjoni St Jeanne Antide

VO/0005/4th May 2008

a monthly e- magazine – Issue No.65, February 2013

SOAR – survival of abuse with resilience

SOAR is a support and advocacy group initiated by a group of survivors and victims of domestic violence with the on-going support of the St Jeanne Antide Foundation. In March 2012, a group of victims and survivors of domestic violence approached the Foundation for support to start a self-help support and advocacy group. A planning group was formed. It met regularly to formulate objectives, map out a start-up strategy, develop information materials in Maltese, link up with key service providers in the field of domestic violence, solicit professional pro bono assistance from professionals and start a series of regular meetings and self-development sessions.

Why 'SOAR'? SOAR members view themselves as resilient persons who are able to move away from their unacceptable painful existence so as to face life with the spirit of someone who is able to fly and glide to become who they are meant to be – persons worthy of love, compassion and respect. The symbol of the Phoenix was chosen as a group logo as it represents a being rising from the ashes.

Membership: SOAR is a group of women who have experienced the horrors of domestic violence. What links them is a shared experience of domestic violence and a desire to be of support to others in a similar situation with the support of professionals.



Kontenut:

SOAR Group – survival of abuse with resilience.....pg 1,2
Family Club - Żabbar.....pg 3,4
Kif Tgħin Qarib b'Bi-Polar Disorder.....pg5,6
Rokna Poeżija.....pg 6
Mid-Djarju tal-Fondazzjoni.....pg 7
Appeal for Volunteers.....pg 8

Training for Parents on Positive Discipline.....pg 8
Farga Kulturali – Mellieħa.....pg 8
Centering Prayer Group.....pg 9
Malapropiżmi.....pg 9
Avviżi.....pg10

SOAR objectives

- ✚ To provide an opportunity through which members can provide fellowship and support;
- ✚ To provide members' children with a group-based therapeutic experience that draws on their innate resourcefulness and creativity and help them nurture positive relations with others;
- ✚ To analyse relevant legislation so as to pinpoint aspects that are oppressive to victims of violent relationships, and presenting recommendations to policy makers.
- ✚ To step up measures through which the general public will become more aware of attitudes and practices of community leaders and practitioners that prevent suffering families from moving on.
- ✚ To raise awareness about attitudes and practices that are helpful and empowering to victims and survivors.
- ✚ To train persons who have experienced violence in intimate relationships to provide front-line information, guidance and support.

SOAR Committee

The SOAR committee was composed of 6 members who met practically weekly during the planning phase between March and November 2012. Following this, meetings were held fortnightly.

Two Committee members started participating in a training course for Voluntary Organisations organised by the Malta Council for the Voluntary Sector.

During the planning phase, the SOAR Committee worked on an introduction pack useful for new members. SOAR started to feature on Facebook with information inputted daily. In December 2012, the SOAR facebook page enjoyed a following of 469 individuals.

SOAR at R_U_Online? Seminar in Finland

Between the 2nd and the 7th of October, a SOAR Committee member and a young Volunteer from the Learning Support Service of the Foundation participated in Youth-in-Action training course in Oulu, Finland, organised Cimo – the Youth-In-Action Finnish national agency. Over the span of 6 days, the internet and its effect on young person's daily lives was discussed and analysed. Workshops were held using creative ways to explore methods of using the internet to reach out to people and so as to disseminate useful and positive messages.

During the seminar, SOAR focused on learning more about the opportunities that lie within

Youth In Action for young people to get involved. It focused mostly on the possibility of a youth initiative which can either be national or transnational, opening the opportunity for youths from disadvantaged backgrounds to plan and organise an awareness raising project focusing on a young person's perspective on violence in intimate relationships.



Images: networking sessions during R_U_Online? Seminar in Finland

In September, the SOAR Committee contacted service providers in the field of domestic violence to inform them about SOAR group developments and to invite referrals to the support group. A meeting with the group of shelter managers that meets regularly was held. The SOAR Committee leader started accepting invitations from the media to publicly speak about the group.

On the 27th October, the group started receiving referrals following which a meeting for new members was held at SJAF on 17th November 2012. Fortnightly meetings were subsequently held at different venues to determine what works best for the group. With each meeting, membership grew.

On the 25th September, three SOAR members participated in a Conference organised by Malta Institute of Management about violence on women.

On the 23rd of November, SOAR participated in the organisation of a *Walk of Solidarity* which took place in Valletta to mark the *International Day For the Elimination of Violence on Women*. SOAR members also

participated in the seminar held on the same day organised by the Commission on Domestic Violence, introduced SOAR to the audience and made several interventions regarding members' own appalling experiences.

Also in November, a funding application was submitted to the Small Initiatives Scheme (SIS) of the VO Fund of the Malta Council for the Voluntary Sector (MCVS). Funding will cover the building of a website, printing of materials and other start-up running costs.

On the 8th of December, with the support of Wing Tsun Academy, SOAR organised a Self-Defence training activity in Mosta.

During the year, SOAR contacted journalists and TV and Radio programme presenters to suggest more discussion on violence in intimate relationships. SOAR was invited to take part in a number of TV and radio programmes:

ONE TV: *Ilsien in-Nisa* on 22nd November 2012 at 21:30

Breakfast News on 5th December 2012 at 8:30

ONE Radio: *Ma' Pauline* on 5th December at 10:30

RTK: *NewsRoom* on 26th November at 17:30

The Times of Malta featured three articles about SOAR and its activities.

Collaboration with other NGO's

During 2012, SOAR actively collaborated with:

- NGO *Victim Support Malta* which provided training and other support to SOAR Committee members.

- Shelter Managers Group.

- *Millenium Chapel Foundation* which agreed to provide free access to and use of its facilities at St. Julians including access to counselling services and the provision of courses designed for SOAR members, such as financial planning and parenting.

Information leaflets in Maltese

A SJAF graphic designed assisted SOAR in the development of a logo for use in letterheads and printed materials. The following resource materials were produced in Maltese:

Information pack

Cycle of Violence Wheel (Duluth Wheel)

Information about SOAR regularly featured in the monthly SJAF e-Magazine which is widely circulated. SOAR also featured in the *Helping Hands Magazine* sold across Malta and Gozo in December 2012 and January 2013.

You can contact us on: [99927872](tel:99927872)

Email: soarmalta@gmail.com

Facebook: [Soar Malta](https://www.facebook.com/SoarMalta)

FAMILY CLUB ŻABBAR - APRIL TO DECEMBER 2012

This club commenced on the 20th April 2012 with 7 service users from the locality of Żabbar taking an active part. Led by a Community Worker and a Volunteer, the Family Club meets weekly for an hour and a half. Being a non-formal, lifelong learning, group-based process, the broad aim of the Club is to empower single parents to raise their children in a safe, positive and supportive environment. The specific objectives are the following:

1. To create a space where very vulnerable single parents can work on issues of common concern while at the same time develop supportive friendships.
2. To enable members to develop a positive self-concept and self-esteem.
3. To support members in building stronger family relations by learning about intra- and inter-personal communication and the importance of boundaries in one's interactions with others.
4. To provide guidance about self-care and sustainable family management practises such as budgeting and buying according to one's means and only what is most needed by the family, preserving food, cooking basic but highly nutritious meals, recycling, energy saving methods, discovering very low cost quality clothes from charity shops, basic handyman skills and home hygiene.
5. To strengthen one's parenting skills despite many odds in one's life situation.

Adult learning methods used include participatory discussions, presenting a situation and analysing it, demonstration, brainstorming, outings to markets and bazaars undertaken with an agreed aim and plan, and role-plays.

Between April and December, various topics related to daily living were identified and tackled through a range of group activities.

20 April: Introductory session: The aims of the Family Club were discussed and issues of common concern identified so as to build a programme around them. During the second part of the session, a Beauty Therapist treated members to a facial.

24 April: The session focused on budgeting. Members were helped to calculate their daily essentials and to prepare a shopping list with an estimation of cost. The second part of the session focused on using leftovers to prepare a nutritious breakfast and school lunch. Very low cost nutritious cookie recipes were discussed.

4 May: The session focused on budgeting for a whole week. Participants worked on their personal family expenses chart and then evaluated them on the basis of what was essential and what was not. Healthy and cheaper options to buying food items were discussed.

8 May: The group went to the well-known Birgu open market. The idea was to look at what is available with a critical eye, keeping in mind one's disposable income and the real family needs as opposed to personal wants. The varying prices of needed items were evaluated so as to reach an informed decision.

18 May: Budgeting was the theme for this session as well. The idea of involving one's children in preparing the weekly family expenses chart was discussed. This strategy would clear misconceptions about unpopular decisions as to what constitutes a real need and a want. The importance of saving was delved into and linked to paying one's outstanding bills.

22 May: Participants continued to tackle the issue of budgeting and teaching one's children to save by showing them how. An evaluation of the session on budgeting was done. The second part of the session consisted of a visit to the Ċentru Antida drop-in Centre in Tarxien to familiarise the group with the organisation behind the Family Club.

29 May: A cooking session was held at Ċentru Antida in Tarxien followed by a meeting with the CEO of the Foundation to share how the Family Club is impacting members' lives. One of the members decided to become a volunteer and arranged for an interview. The session ended with a meal which they had cooked themselves – a cottage pie.

8 June: Group members learnt about manicure and how to make their own hand cream and hand masks using very common and low cost ingredients. Simple recipes were shared.

12 June: The session picked up on a previous issue which group members wished to discuss in more depth - how to help children with budgeting. Various ways of discussing the family's financial situation with one's children were explored.

19 June: The session was deliberately without an agenda so as to discuss and pressing issues that are in members' minds. The session gravitated towards boundaries – an unfamiliar notion for members. Problem-solving and access to support services in emergencies were also discussed.

25 June: The session dealt with time management and parenting. A range of very practical and fun activities that can be undertaken with one's children during the summer were presented.

13 July: The group visited another NGO - the Millenium Chapel Foundation in St Julians. A member of the organisation talked to the group about parenting issues and then invited the group to choose clothes and shoes for their family from a supply held at the premises.

The rest of the sessions dealt with a range of themes selected by members. These included:

| | |
|--------------|---|
| 20 July | Parenting skills and self-esteem and the link between them. |
| 3 August | Revisited budgeting skills. |
| 10 August | Analysed many examples of bad parenting and how to turn the situation around. |
| 22 August | Child development stages. |
| 18 September | Quality time with children: mothers practiced drawing and beading with their children. |
| 28 Sept | Parental responsibilities. |
| 5 October | Using fresh, in season vegetables especially in baking. A vegetable pie was planned, costed and cooked. |
| 10 October | Communication and parenting. |
| 17 October | Grooming: a hairdresser treated members to haircuts and trims and discussed hair care. |
| 26 October | Communication across generations. |
| 9 November | How to teach children about responsibility-taking at home. |
| 13 November | Simple recipes for Christmas tried during the session. |
| 23 November | One of the members taught her peers how to make curtains. |
| 30 November | How to help children build their self-esteem. |
| 7 December | Recycling old materials for craft-making activities with children for Christmas. |
| 14 December | Planning and preparing a Christmas meal and involving one's children in cooking it. |

Xejn ma jġri b'kumbinazzjoni - minn Ramona Privitelli

Din il-frazi toġġobni wisq. Hija frazi li, flimkien ma' affarijiet oħra, nista' ngħid li bidlitli hajti. Il-Mulej laqqagħni ma' persuni u taġġni l-opportunità ngħix ċerti esperjenzi li bilfors iwassluk biex tgħid: "xejn ma jġri b'kumbinazzjoni".

Jien'għandi 27 sena. Dejjem niftaħar li tgħammid il-Birgu u noqgħod Hal Tarxien. Ili naħdem għal dawn l-aħħar 5 snin bħala nurse ġewwa l-isptar ta' Rijabilitazzjoni Karin Grech. Fl-20 ta' Jannar 2013, wara li domt naħrab lil Mulej 10 snin, ċedejt, u għidtlu IVA. Dħalt postulanta mas-Sorijiet tal-Karità ta' Santa Giovanna Antida. Postulanta huwa l-ewwel pass fi hdan il-kongregazzjoni; huwa pass fejn inkompli tnfhem iżjed is-sejħa li għamilli l-Mulej u jekk il-ħajja religjuża hix vera tgħodd għaliġa.

Jiena tfajla normali. Inħobb ingawdi, insiefer, noħrog ma shabi, inħobb ħafna t-teknoloġija u nħobb norganizza affarijiet ix-xogħol, bħal per eżempju Hens' Parties. Relazzjonijiet ma' ġuvintur ġieli kelli wkoll. X'taħsbu? Kelli kollox hux? Hekk kont naħseb jien wkoll. Imma l-Mulej kuljum kien isaqsini biex nagħtih dan kollu u nkun tiegħu biss. Kif jista' jkun? *Jien?* Kont qed naħseb li qed niġġennen jew qed nimmagina. Imma din is-sejħa bdiet dejjem tikber. Kont nieħu parir mingħand qassis u mingħand 2 sorijiet ħbieb tiegħi.

Il-Mulej tefagħli xewqa f'qalbi li mmur nagħmel esperjenza ġewwa l-missjoni. U hekk għamilt. Fis-sajf ta' l-2012, flimkien ma' qassis Ġizwija u xi zġħazagħ oħra, mort nagħti servizz lill-ifqar fost il-fqar ġewwa l-Ethiopia. Il-Mulej kellimni permezz tal-qassis, li ma kien jaf xejn dwari u kellimni permezz tal-fqar. Ma stajtx nibqa' naħrab. Ġejt dahari mal-ħajt. U allura għidtlu IVA ħa nħalli kollox biex niddedika ħajti għaliħ.

Għazilt lis-Sorijiet tal-Karità mhux għax kont nafhom u għax kont immur skola għandom biss, imma għaliex il-motto ta' Santa Giovanna Antida huwa li taqdi kull tip ta' fqir u kull tip ta' persuni. U jien hekk inħoss - li għandi nkun strument f'idejn Alla u nkun disponibbli għal kulħadd.

Fl-aħħarnett, nitlobkom titolbu għaliġa biex inkompli nagħmel ir-rieda tiegħu. Jekk forsi hemm xi ħadd qed iħoss li l-Mulej qed isejħu għal xi ħaġa ftakar li l-Mulej ikellimna b'ħafna sitwazzjonijiet u li xejn ma' jġri b'kumbinazzjoni.---



KIF TGĦIN MEMBRU TAL-FAMILJA LI JSOFRI MINN BI-POLAR DISORDER - by Connie Magro and Kim Vassallo

Bi-polar disorder hija marda mentali serja li taffettwa l-burdata u l-imġieba ta' l-individwu. Bosta nies bla għarfien ta' mard mentali jiġġudikaw lil persuni li jsufri minn xi marda mentali u jgħidu li l-persuna marida tkun gabet il-marda fuqha nnifisha. Dan mhuwiex il-każ. Persuni bil-bipolar disorder jew mard mentali ieħor ma jagħżlux li jimirdu daqs kemm ma jagħżlux persuni li jimirdu bid-dijabete jew bl-artrite.

Bi-polar disorder tfegġ meta xi haġa tmur hażin ġewwa l-moħħ. Din id-dizordni hija waħda mill-mard mentali l-aktar komuni. Id-dizordni taffettwa bejn tlieta u ħamsa fil-mija tal-adulti kollha madwar id-dinja. Irgiel, nisa u tfal jistgħu jiġu affettwati minn din il-kundizzjoni. Għal ħafna, din il-kundizzjoni tipersisti tul ħajjithom kollha waqt li għal oħrajn din il-marda tibqa' magħhom għal perjodu qasir ta' żmien.

Individwi li jbatu minn bi-polar disorder ibatu ħafna. Qrabathom u ħbiebhom isofru ħafna wkoll għax jgħixu mal-marda. Il-marda tikkawża bidliet serji fil-burdata –

minn dwejjaq kbar għal ewforija jew *mania*, jew minn eċċitament u ferħ kbir għal disperazzjoni. Dawn il-bidliet jieħdu lil dak li jkun minn estrem għall-ieħor. Il-persuna tista' tgħix fil-burdata tal-waqt għal ġimghat shaħ u ġieli anka għal xhur. Tkun xi tkun in-natura tal-burdata, ma tantx tista' titqies bħala waħda 'normali'. Xi uħud jistgħu jkunu aktar suxxettibli għall-istat ta' *mania* jew dipressjoni, filwaqt li oħrajn

jalternaw b'mod ugwali bejn iż-żewġ estremi perjodikament.

Dawn huma ftit mis-sintomi li juru li persuna tkun qiegħda f'*mania*:

- Żieda kbira fl-enerġija u fl-attività ta' matul il-jum;
- Tgeġwija ta' ideat u thewadin minn ħsieb għall-ieħor;



- Żieda esagerata fis-self confidence u fis-self esteem;
- Diskors esagerat;
- Tkun faċilment aljenata minn dak li tkun qed tagħmel;
- Ferħ esagerat li xi kultant faċilment jinbidel f'rabja;
- Il-persuna issir ħafn'aktar soċjevoli;
- Żieda fix-xewqat sesswali;
- Nuqqas ta' għarfien;
- Żieda fl-affarijiet li jagħtu pjaċir bħal per eżempju xiri ta' affarijiet li jiswew ħafna flus li mhux neċessarjament ikollha flus għalihom u lanqas ma jkollha bżonnhom. Tiddejjien b'konsegwenza jew iddaħhal lill-familjari fi djun bla ma jafu.

Din il-marda twassal persuna għal imġieba diffiċli. Tiżviluppa f'relazzjonijiet problematiċi, kif ukoll taffaċċja diffikultajiet serji waqt il-ħin ta' l-iskola jew fuq il-post tax-xogħol. Sfortunatament, din il-marda iġġorr magħha stigma li tista' faċilment twassal għal diskriminazzjoni ingusta u iżolament ta' l-individwu. Dan kollu inaqqas b'mod sinifikanti l-kwalità tal-ħajja.

Fortunatament, din il-kundizzjoni tista' tiġi ikkurata għal darbha issir dijanjosi minn Psikjatra. Permezz ta' trattament xieraq, il-bidla fl-imġieba u fil-burdata jistgħu jiġu ikkontrollati. Għal darbha tibda tittiehed il-medicina bil-mod preskritt mill-Psikjatra, l-atteggjament tal-marid jinbidel u flimkien mal-familjari tiegħu ikollhom l-opportunità li jgħixu ħajja aktar trankwilla. Madanakollu, dan il-perjodu jista' jgħib miegħu sfidi kbar

għaliex matulu l-persuna jeħtiġilha titgħalliem ħiliet godda u bidla fl-istil ta' ħajjitha.

Individwi li jbatu minn bi-polar disorder jistgħu wkoll jgħixu ħajja sodisfaċenti u produttiva. Jistgħu ukoll jilħqu l-ambizzjonijiet u l-miri tagħhom. Eżempju ta' dan huwa l-lista twila ta' ċelebritajiet li jbatu minn din il-kundizzjoni fosthom l-atturi Catherine Zeta-Jones u Mel Gibson.

Il-Familjari affettwati wkoll

Il-Bi-polar disorder ma taffettwax biss lill-individwu iżda ukoll lil ta' madwaru. Ħafna drabi il-familjari jbatu daqs kemm ibati l-marid. Il-familjari għandhom tendenza li jsufri minn stress qawwi u anka minn iżolament minħabba l-fatt li ħafna mill-ħin tagħhom jiddedikawh lill-marid.

X'jistgħu jagħmlu il-familjari?

- Aqra, staqsi u tgħalliem aktar dwar il-kundizzjoni.
- Kun af x'servizzi jeżistu kemm fil-lokal tiegħek kif ukoll in ġenerali.
- Hu sehem f'xi support group għall-familjari ta' persuni li jbatu minn problemi ta' saħħa mentali. Permezz ta' dawn il-gruppi, inti tingħata l-appoġġ li jkollok bżonn kif ukoll jgħinuk tirrealizza li mintix waħdek f'din is-sitwazzjoni diffiċli.
- Għalkemm forsi mhux dejjem faċli, importanti li żżomm relazzjoni tajba mal-marid anka meta dan ma japprezzax l-appoġġ li tkun qed tagħmel miegħu w is-sagrifiċċji.
- Żomm kuntatt regolari mal-Psikjatra tal-marid u żomm rendikont ta' l-appuntamenti.
- Għalliem lill-marid ikun indipendenti kemm jista' jkun.
- Aċċerta ruhek li l-marid qed jieħu l-medicina kif suppost. Jekk le, tkellem mal-Psikjatra u ara jekk hemmx bżonn tinkiteb mal-MMDNA biex ners żżur d-dar biex tagħtih il-medikazzjoni hi.
- Żomm lista ta' numri tat-telefons importanti bħal pereżempju tal-Crisis Intervention Team fl-isptar Mater Dei sabiex ikun faċli għalik issibhom fi kriżi.
- Żomm komunikazzjoni miftuħa mal-marid.

Meta tkun qed tiehu hsieb lil membru tal-familja b'din il-kundizzjoni, importanti li:

- Torqod biżżejjed halli moħħok u ġismek ikunu mistrieħa u ma tikkrollax minħabba nuqqas ta' mistireħ.
- Sib ħin għal xi tip ta' eżerċizzju u żomm l-appuntamenti miegħek
- innifsek għal dan it-tip ta' serħan daqshekk meħtieġ.
- Kul dieta bbilancjata halli tkun b'saħħtek.
- Żomm ftit ħin kuljum għalik personali. Thossokx ħatja li qed tagħmel dan!
- Tgħallem ifhem l-emozzjonijiet negattivi li tista' thoss waqt li tkun qed tiehu hsieb il-membru tal-familja marid.
- Aghraf l-affarijiet pożittivi li jkunu qed jiġru f'ħajtek anka jekk dawn ikunu affarijiet żgħar.
- Żomm ruħek pożittiva u aghmel l-umorizmu parti importanti minn ħajtek.
- Tgħallem aghraf l-prijoritajiet f'ħajtek. X'inhu l-aktar importanti?

Li tiehu hsieb lil xi ħadd b'mard mentali mhuwiex xogħol faċli u dan l-irwol ħafna drabi jipprezentalna sfidi kbar. Biss, ta' min iżomm f'moħħu kwotazzjoni ta' Winston Churchill: "Meta thossok li għaddej minn żmien diffiċli ħafna, kompli għaddej u qatt taqta' qalbek. ("When you are going through hell, keep on going. Never never never give up.")"



Rokna Poeżija

M'inix żgur min jien

jaqa' għamad il-għajn
niehu r-ruħ li m'inix
dak li kont ħsibt

ċar ma narax,
imma naf li hawn
jiena fik, ħija fittieħ, li
bkejt tixxennaq, u bkejt ferħan
għal wiehed li jħobb
daħqan u ġentili,
ġewwieni, ħerqan

m'inix żgur min jien, imma ħija
fej' did-dinja kaħlija, ilmija
tiżgiċċa, ballun idur fl-iskur
hemm jien ukoll
li waħdi fil-vojt inkun

f'kull animal dħuli, forsi bħali
nara bewsa mill-għażiż il-kbir
lemħa ta' ħlewwa
tagħlima: kif issir

missieri, li tgħix f'din il-ħemda
li timraħ fl-istorbju w fil-kwiet
fidwa tan-nieqsa
glorja tal-misjubin
x'jimporta min jien,
ġaladarba taf,
fejn jien ma nafx,
li jiena
int?



tony macelli

Mid-Djarju tal-Fondazzjoni

FEBRUARY

| DATE | ACTIVITY |
|------------|---|
| 1 | Meeting with CEO of SOS Malta. |
| 5 | - Social Workers' quiet working day. - Meeting of the Mental Health Association. |
| 7 | Meeting with Paola Mayor. |
| 8 | - Meeting SOAR Committee. - Brief introduction to Bishop Charles Scicluna. |
| 9 | Foundation members take part in one-day Silent Retreat for members of Centring Prayer Groups. |
| 11 | - Minister Chris Said's cheque giving meeting at Palazzo Ferreria for NGOs receiving a grant. - Carnival party organised by the HSBC Foundation. Children from service user families took part. |
| 13 | - Meeting with the MFA ODA Project Selection Committee regarding the Malawi Health Centre project submitted by SJAF. - Social Workers' meeting with the Hon. Carmelo Abela, shadow Minister for family affairs, regarding the LP proposed measures that impact the lives of vulnerable families. - CEO's meeting with members of the fundraising group. |
| 15 | - 4 SJAF personnel took part in the half day mobility project dissemination Seminar on Family Resource Centres organised by the Foundation for Social Welfare Services at AĊCESS, Valletta. - Meeting of the SJAF Governing Board. |
| 18 | 4th Year Social Work student Charmaine Rotin starts her practice placement at the Foundation. |
| 20 | - Cultural outing for service users. - Lectio Divina and talk on Spirituality led by Fr Charlo Camilleri for members of Centring Prayer Groups. - Bi-annual general meeting of the Mental Health Association. |
| 22 | SJAF workers take part in Seminar on Family Centres organised by the Foundation for Social Welfare Services (FSWS). |
| 23 | 10th Anniversary mass of the Joy Gospel Singers. |
| 25 | US Ambassador to Malta H.E. Gina Abercrombie-Winstanley meets members of the SOAR advocacy and support group. |
| 26 | Monthly meeting of the Autism Parents' Association Malta held at Ċentru Antida. |
| 27 | Meeting with the Aġenzija Appoġġ Community Services Manager. |
| Daily | Paola Family Resource Centre: Preparatory work and refurbishment planning. |
| 6,13,20,27 | Centring Prayer Group (contemplative prayer), at Ċentru Antida from 6 to 7.15pm |
| 7,14,21,28 | - Self-Esteem support group - Literacy Group |

"It is not important,
what you leave FOR your children,
it is important
what you leave IN your children."



APPEAL FOR VOLUNTEERS

Our foundation needs volunteer receptionist from Monday to Friday between 1:30 and 3:00pm. We also need occasional receptionist for meetings held between 5:00 and 8:00pm.



Those interested kindly contact Miriam Grech on 21809011 or 27672367 or send an email on miriam.sjaf@gmail.com

TRAINING FOR PARENTS ON POSITIVE DISCIPLINE

On Wednesday 27th February at 6.30pm at Le Meridien Hoten in St Julians, the Malta Adlerian Psychology Association (MAPA) is holding a session for parents on Positive Discipline. MAPA organises such sessions for parents on a monthly basis. Fee: €2 per monthly session.

For more information:

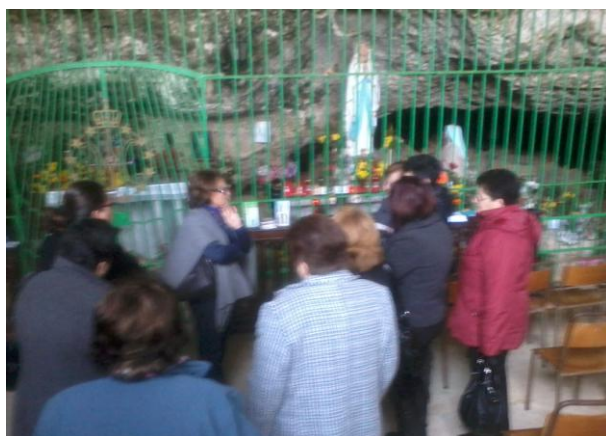
Tel [21649657](tel:21649657) Mob [99871079](tel:99871079)

Email: fchircop@yahoo.com

Ħarġa għas-Santwarju tal-Madonna tal-Mellieħa – Pauline Aguis, Community Worker

Nhar l-Erbgħa 20 ta' Frar saret it-tieni ħarġa kulturali għal voluntieri u persuni li nappoġġjaw. Qbilna li naslu wasla sas-Santwarju tal-Madonna tal-Mellieħa. Madanakollu, waqt li konna fi triqitna lejn il-Mellieħa, tlabna lix-xufier tal-vann sabiex l-ewwel iwassalna sal-għar tal-Madonna li jinsab f'San Martin, limiti tal-Imgarr. Hemmhekk qattajna ħin mitqлу deheb fis-skiet u ħemda. Imbagħad tlabna flimkien. Meta wasalna fil-pjazza tas-Santwarju sibieħa magħluqa minħabba xogħlijiet pubbliċi. Ippruvajna u rnextielna nittawlu ftit ġewwa ukoll. Dorna mal-madwar, osservajna l-Għar u Casa u l-bajja tal-Għadira. Komplejna bil-mixja tagħna u morna fil-pjazza tal-paroċċa, żorna x-xelters li jinsabu taħt il-pjazza, u kien hemm min fostna li mar izur l-għar tal-Madonna.

Il-Voluntiera Maria Buckle li hiha gwida turistika, tatna ħafna tagħrif iddettaljat fuq is-Santwarju u l-kmamar li hemm ħdejh, it-Tunnara li kienet issir f'dawk l-inħawi, il-paroċċa, u fuq inħawi oħra li stajna naraw fil-madwar. Kienet ħarġa oħra interessanti ħafna u żgur li dawk kollha li kienu preżenti apprezzaw isiru aktar midħla tal-wirt storiku u kulturali ta' pajjiżna. ----



ON THE CENTERING PRAYER GROUP

At Ċentru Antida, the welcome centre of the Foundation at Tarxien, weekly meetings are held by the Centring Prayer group, for contemplative practices and fellowship. The group is open to all who are seriously interested in contemplative practice beyond thoughts and feelings.

The mission statement of the Foundation, besides the specifically social imperatives, includes also this sentence: “As a Christian community, it aims to reflect the love of God in all that is done, and to see and love Jesus Christ in persons who are in need.” One of the activities of SJAF that contribute to the process of aligning ourselves in this way is the Centring Prayer group. Mainstream Christian tradition (including for example, the Catechism of the Catholic Church) states clearly that the three major forms of prayer are *oratio* (with words), *meditatio* (with thoughts), and *contemplatio* (without thoughts).

Centring prayer, formulated in recent times from the ancient contemplative tradition of the Church by a group of Trappist monks, serves to make a person ready for *contemplatio* – the state of resting in God beyond words and thought. Persons who do enough of such contemplative practice are moving towards a deeper relationship with God, and by the grace of God, they may become empty and open to seeing the divine everywhere and permitting the divine current of universal compassion to pass through themselves to others.

The Christ's Breath

by Hafiz,
a *Sufi* (Moslem mystic)

I am a hole in a flute
that the Christ's breath moves through,
listen to this music.

Source: *Love Poems From God*, translated by Daniel Ladinsky

The Centring Prayer Group meets weekly on Wednesdays at Ċentru Antida between 6 and 7.15

Malapropiżmi – żbalji li wieħed jagħmel meta juża kelma flok oħra li tixbahha imma tfisser oħra

Mill-prattika tagħna ta' Social Work fil-komunità nitbissmu meta nisimgħu malapropiżmi. Hawn ftit minnhom:

“Mort għand il-gajni u ordnali utru sownd.” (ultra sound)

“Lil ommi t-tabib židilha l-ursulina dan l-aħħar.” (insulina)

“L-uġiegħ tal-antrita qeridni.” (artrite)

“Allura int xokal werker?” (social worker)

BAZAAR – b'risq il-Fondazzjoni

Miftuħ kull nhar ta' Tnejn u nhar ta' Erbgħa

mid-9:00 sa 12:00

Nacċettaw oġġetti biex jinbiegħu fil-Bazaar



DONATIONS

Your donation is truly appreciated. It enables us to sustain our services to vulnerable and poor individuals and families.

Donation to the St Jeanne Antide Foundation can be made as follows:

- **Cheque** issued to The St Jeanne Antide Foundation and posted to the Foundation: 51 Tarxien Road, Tarxien TXN 1092
- For **local bank transfers**: APS 2000 0681 886 **HSBC** 013175021001
BOV 4002003379-0 **BANIF** 00210404101
- If you are a Go/Vodafone/Redtouch subscriber you can donate by sending a **blank SMS** (SMS tariffs applicable):
€2.33 – 50617371 €4.66 – 50618095
You will receive a text message of thanks and acknowledgement
- For **bank transfers from overseas**: APS Bank, 146/147, Antoine De Paul Square, Paola PLA1260
Bank Code (Swift) APSBMTMT IBAN No: MT03 APSB 7708 0005 5047 2000 0681 886 (last 11 digits are the account number).

HOW YOU CAN HELP US - OTHER OPTIONS

- ✓ If you are getting married: make a donation instead of buying wedding souvenirs.
- ✓ If you are having a birthday party: ask friends to make a donation instead of buying a gift.
- ✓ If you are having a wedding anniversary celebration: convince your guests to make a donation instead of buying a gift.
- ✓ For funerals: you may wish to make a donation instead of buying flowers.
- ✓ Get Togethers: organise a spontaneous collection.
- ✓ You may wish to send us a monthly or annual donation, whatever the amount.
- ✓ You can encourage others to consider donating to the Foundation.
- ✓ Ask your employer for a matching scheme which will make your contribution go even further!
- ✓ Become a HELP-SJAF Champion and ask friends and family to make a donation.

CONTACT US: sjafngo@gmail.com

THANK YOU! WE PROMISE TO PRAY FOR YOU AND YOUR FAMILY

FOUNDATION SERVICES

1. The Antide Centre/ Ċentru Antida

- a drop-in/ welcome Centre in Tarxien. Open from 7.30am to 5.30 pm daily in winter time (sometimes later as well).

2. Social Work & Counselling Service: Includes:

- Services of **Social Workers** that includes home-visits, outreach, advocacy, referral, information, emotional support;
- **Counselling**;
- **Emotional Freedom Therapy**;
- **Befriending lonely** home-bound elderly persons (Volunteer Team: Nurse and brfriends)
- **SOAR advocacy and support group** for victims and survivors of domestic violence.
- **Volunteer Handymen** in support of vulnerable and poor families.

3. Learning Support Service open for

vulnerable persons supported by Foundation Social Workers. Includes:

For Children: homework support for primary level students; weekly creative writing and maths support for secondary level students; summer programme; weekly arts, music and crafts sessions. For adults: non-formal learning opportunities for vulnerable adults such as self-esteem groups & literacy. For grandparents who regularly care for their grandchildren: educational clubs.

4. LWIEN Service - caring for family

carer-givers: support for family caregivers of persons with mental health problems. Includes family consultations, counselling, support groups, home-visits, social work

5. Community Work Projects in

Żabbar and Fgura undertaken in collaboration with the parishes. Services include social work in zones with a concentration of families in difficulty, counselling, groupwork, mental health nurse, literacy support, home-visits, befriending.

7. Overseas Development Projects:

SJAF assists the Sisters of Charity in the development of projects in developing countries. To date: projects in Pakistan, Central African Republic and South Sudan.