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The Theft of Motherhood

From a speech by Elaine Compagno, SOAR service coordinator, at the launch of the UMAMA Exhibition on 8th March 2019 at APS Bank, Swatar. SOAR is a survivor-led support service to women and children survivors of domestic violence. The exhibition marked the closing of the UMAMA Project where art therapy and drama-therapy were used to process trauma caused by domestic violence by proxy.

I will never forget the first time I met a mother grieving for her living children. I remember looking into her eyes and seeing pain and fear. Pain, because her worst nightmare was happening and fear, because she didn't know if I would believe her or blame her.

Some people may think, 'How could children not want to be with their mother? There must be something wrong. She must have done something really horrible to them'.

But I listened with an open mind and an open heart because I didn't know what to think, but I knew what to feel. I felt empathy and compassion, as her story reminded me of my own greatest fear coming true. I didn't need to try too hard to imagine losing my own beautiful girls – it was something I, and many other survivors of domestic violence, have been consistently threatened with and the subject matter of many nightmares.



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Threatening a mother with her children is the ultimate arm twist. Carrying out those threats is the greatest punishment. “How dare you leave me? I will take what you love the most away from you.”

Domestic violence by proxy is a pattern of behaviour used by a perpetrator to maintain control over their victim by controlling access to their children and encouraging the children to be abusive towards the victim parent. They know that the victim parent is less likely to take an adversarial approach against their own children, so the violence continues.

On the outside, the perpetrator seems like the perfect doting parent, but peel back a few layers and one finds a rotten, hidden history of violence, control and intimidation.

The perpetrator undermines her as a mother at every opportunity and he manipulates the systems that surround the children, even hoodwinking professionals, sucking them into this psychopath’s game.

He strips away her identity by manipulating her world so that she forgets who she really is. He twists her reality and convinces her that she is rubbish at her hobbies, her friends are actually using her, her family hates her and not even her children want her around. If a perpetrator can brainwash an adult to think this about themselves, can you imagine what they can do to a child?

Thanks to support from the President’s Award for Creativity and the Arts Council Malta, UMAMA has provided a space for expression and healing to targeted mothers and their children.

The project was designed in a way to include two separate groups: mothers who had lost contact with at least one of their children and the second group was for mothers with children whose relationship was feeling the strain caused by domestic violence. The mothers-only group aimed to provide a safe space to process trauma with others sharing a similar reality.

The second group had a more preventative approach and

aimed at strengthening mother-child relationships, giving them a collective safe space to express their fears, strengths, challenges, hopes and dreams through art therapy. They learned new methods of expression and new coping strategies.



That day, when I met that first grieving mother, the best thing I did was to believe her. In a #metoo and Trump era, women struggle to be believed. Which is why we chose the hashtag #believeher for our Women’s Day message.

Perhaps then, the bigger lesson today is for us all, to listen to women’s stories of violence without judging or blaming them, to have compassion and believe them.

We deeply thank the President’s Award for Creativity, Arts Council Malta and APS Bank for believing in us.

This project was supported by the President’s Award for Creativity and Arts Council Malta. An exhibition of this project is being held at APS Bank Swatar until 12th April 2019. St Jeanne Antide Foundation thanks APS for also hosting the launch of this exhibition and being an invaluable support to the SOAR service.



IL-PREMJU TAL-PRESIDENT
GHALL-KREATTIVITÀ



SJAF HANDICRAFTS SALES AT HSBC Bank Malta plc offices

Recently at HSBC Head Offices in Qormi, St Jeanne Antide Foundation organised a corporate sale event featuring handcrafted products by two of Foundation's women craft groups. All proceeds went towards St Jeanne Antide Foundation. More information on the craft groups can be found on the Facebook pages: Fondazzjoni St Jeanne Antide and Kind Krafts Malta.



SJAF benefits from items collected by HSBC Call Centre staff

To support women and families who may be victims of violence or facing hardships, the team at HSBC Call Centre in Swatar and the HSBC Malta Foundation has collected toiletries, skin care products and second-hand reusable items such as cosmetics and perfumes. SJAF benefitted from this corporate social responsibility initiative of HSBC.



Emotional Freedom Service

The Emotional Freedom Service of our Foundation has launched a Facebook page.

It will accept session bookings online, and contains posts of interest to persons interested in liberation from emotional distress. Its impact will depend on how many people know about it. Urgent: could you please help to circulate it by using Like, Follow, etc. and telling others about it through your own Facebook, email, and other channels?



The page is at <https://www.facebook.com/emotionalfreedommalta/>

VOPs 2019 Project

SJAF has been awarded a Euro 20,000 grant for a project titled

Going Green and Clean for Survivors' Wellbeing

by the Voluntary Organisations' Projects Scheme (VOPs) for 2019. VOPs is managed by the Malta Council for the Voluntary Sector (MCVS) on behalf of the Ministry of Education and Employment.

With the grant, SJAF will be in a position to procure and install in the SOAR Service Hub premises: 20 PV Panels, solar water heater, solar powered water pump to pump water from wells to flushings and washing machine, industrial cooker, storage cabinets for social enterprise.

Co-financing element will constitute project administration, materials, an automated irrigation system for the large garden.

"This project is being funded through the Voluntary Organisations Project Scheme managed by the Malta Council for the Voluntary Sector on behalf of Parliamentary Secretary for Youth, Sports and Voluntary Organisations within the Ministry for Education and Employment".

Innovating for Good - Code for Cause Vodafone Malta Hackathon March 8 to 10, 2019

Over a period of 48 hours during the weekend of March 8 to 10, a group of over 40 coders and developers worked tirelessly around the clock trying to find a way to find technological solutions to poverty and social exclusion issues identified by Maltese NGOs at an earlier event organised by Vodafone Foundation Malta. Vodafone Malta embarked on this innovative Hackathon to attempt to find solutions for a number of social issues. In total, 11 teams took part in an attempt to 'break poverty'. SJAF CEO took part to brief 2 teams who had selected to work on the issue of matching persons who need help with persons who wish to become volunteers. One of these 2 teams won 3rd Prize and are now working to bring their technological solution forward.



Workshops ta' Prattiċi Personali: Helsen u Sliem

Fi Frar, is-Segretarjat Azzjoni Soċjali (SAS) tal-Azzjoni Kattolika ikkollaboraw mas-Servizz Helsen Emozzjonali (Emotional Freedom Service, EFS) tal-Fondazzjoni St Jeanne Antide. Il-frott ta' dan kienu żewġ Workshops bit-titlu "Helsen u Sliem: Prattiċi biex 'Tigi Saltnatek' ". Dan ingħata fl-Istitut Kattoliku għal xi 40 ruġ, ħafna minnhom voluntieri tal-*outreach* tal-SAS. Servew bħala tiġdid psikoloġiku u spiritwali għal kulhadd, u prattikar ta' diversi prattiċi personali essenzjali għall-vjaġġ lejn is-sħuħija. Kien hemm heġġa u interess tajjeb fost min ħa sehem.

"Il-Missjoni Ewlenija tas-Segretarjat Assistenza Soċjali (SAS) hija l-Ħidma Karitattiva man-nies fil-bżonn, u promozzjoni tal-ġustizzja, ispirati mill-Evangeli u t-Tagħlim Soċjali tal-Knisja. Dan jagħmlu billi jgħin lill-persuna fil-bżonn tagħraf u tiżviluppa l-potenzjal sħiħ tagħha."

Kollaborazzjonijiet u Workshops bħal dawn huma parti mill-ħidma tal-EFS tagħna sabiex titnaqqas it-tbatija u jitkabbar il-helsen u l-hena sabiex il-bniedem jersaq lejn stat integrat u sħiħ emozzjonalment u spiritwalment. Kollaborazzjoni oħra f'Live-In bil-workshops qed issir maċ-Centru Franġiskan ta' Porziuncola House. Il-live-In jissejjaħ Shema', "isma'" bl-Ebrajk.

Ara l-istedina għal dan il-Live-In "Shema'" hawn taħt. Tigi?



Live - in Holistiku

Shema'

ISMA' U HOB B' MOHHOK, B' QALBEK, B' RUHEK U B' ĠISMEK

Nirrifletti kif inkompli nsir bniedem hieles u sħiħ fija nnifsi, f'Alla. Nitghallem prattiċi essenzjali għal dan.

Data: Il-Ġimgħa 14 sal-Ħadd 16 ta' Ġunju 2019

Post: Ċentru Franġiskan, Porziuncola Retreat House, B'Ċagħaq

Għal aktar informazzjoni: raymondfalzon@gmail.com jew www.francen.net

Għall-booking ċempel fuq 2137422 jew ofm1209@hotmail.com

Prezz: Full Board Shared Room: €90 pp

Full Board Single Room: €100 pp

Pagna Poezija

Jisktu

Min jgħix u jissielet mill-moħħ li jfettaq
u l-ħafna ħsieb u kliem li jnixxi dan
imut bih,
u jiskot.

Min jaħdem flimkien
għal risq il-bniedem u ħolqien
iħoss is-sħubija lil hinn mill-kliem
tal-ħindu, buddist, lħudi, nistrani, musulman
u jifraħ, għajjen, jgħanni, jistrieħ
u jiskot.

Il-kontemplattiv jaf mill-fond, lil hinn mill-kliem
li dawn mhumiex għajru imma huma hu,
ħlief li meta jipprova jfissirha din
Il-kliem jaqtgħuh mill-Ħaġa Waħda
li nebbħitlu,
u jiskot.

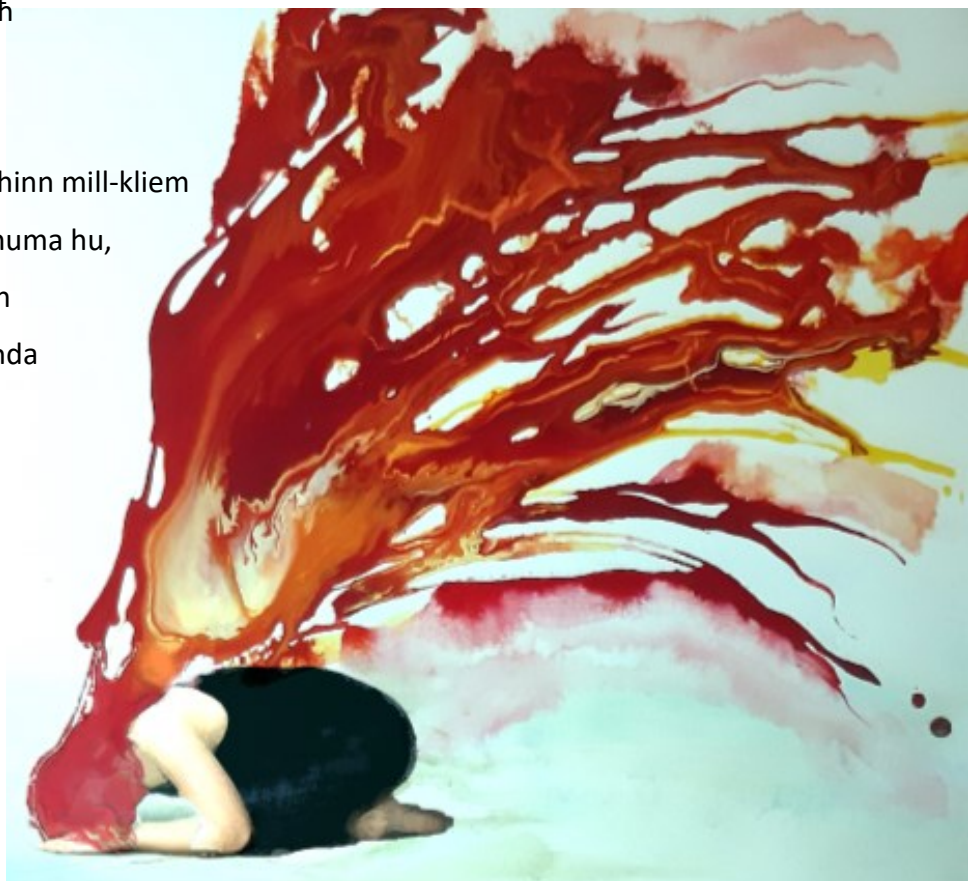
tony macelli

Silent Are They

He who lives and competes
from the differentiating mind
and its many troubled thoughts and words
dies from it
and is silent.

He who toils in groups
for humanity and creation
lives the fellowship and unity beyond words
of Hindu, Buddhist, Moslem, Christian and Jew.
Exhausted, he celebrates and sings, and rests
and is still.

From her depths the contemplative knows,
that these are not neighbours but self
but when she tries to explain -
the Oneness that showed her this
is betrayed by the words, and so
she stays still.



Rose Marie Zammit—A volunteer with St Jeanne Antide Foudntion

One of the definitions of volunteering is to work for an organisation without being paid. However, I feel that this is too simplistic a definition and does not do its spirit true justice. Two years ago I volunteered for the very first time, without considering what I was getting into or even knowing what skills were required. When my organisation sent an email request to all its employees to help St. Jeanne Antide Foundation, to support children in their Literacy and homework needs, my love for children and reading prompted me to put down my name. I was assigned to a withdrawn 11-year-old girl and her trust in me grew a little every week. Not knowing her history nor the issues which brought her to seek help at the foundation were of no concern to me and in no time we both grew fond of each other. On a particular Friday evening, her mother sought me out to thank me and confessed that her daughter initially did not want to come but that all changed and her daughter was looking forward to Fridays, the day when she would come to St. Jeanne Antide.

Summer came and passed and I had decided that due to commitments I had I could not attend and help out at St. Jeanne Antide. One morning Marthese from St Jeanne Antide called me on my mobile to check if I was volunteering again that year. Instead of an apology which I had prepared, I asked if the girl I had helped the previous term was attending. Marthese replied stating that the girl had asked the very same question about me. There was only one answer to Marthese' question; so for the second year I am spending an hour and a half every Friday volunteering at St. Jeanne Antide.

I am blessed and I have grown through this experience. It has given me much more than I have given back. It is difficult to explain the love and happiness I feel surrounded by the trust and love these children give. I get to divide my time with other children that attend, since volunteers are few. The look on their doting faces is enough to repay me for the little time I give them. I am

thankful to HSBC who supports the community and has given me this opportunity. The organisation's values are put to good service and use. I am also thankful and in awe of the foundation's members who dedicate their energy and love to various good causes without shouting and boasting. They are the true good shepherds.

I thank you for the experience and trust.

Rose Marie



Artiklu Ġdid—

Nisrani jista' Jhobb Lilu Nnifsu?

Insellimlek! Darba, waqt taħdita f'raħal f'Malta fejn il-kelliemi kien qed jirrikmanda li bniedem għandu jhobb lilu nnifsu, smajt lil waħda mara tistaqsi, "Imma l-Knisja mhijiex kontra li wieħed iħobb lilu nnifsu?" U f'qalbi jien għidt, aħjar niċċarawha din, għax allahares kulhadd jaħseb hekk!

... read more online

<https://www.antidemalta.org/efs-books.html>

Give Youth a Change – Empowerment Project for vulnerable youths in Karonga, Malawi

This is the fourth project since 2012 that St Jeanne Antide Foundation is doing in partnership with the Karonga Diocese in Malawi. The aim of this project is to empower youth in selected outstations of St Mary's Parish by giving them the skills and the tools they require to start their businesses.

In Karonga, youths make up the larger percentage of the population, however, most of these youths do not participate actively in the district's workforce and economy. Poverty is acute in Karonga and St Mary's parish is actively involved in helping its youths better their lives. Without vocational skills and guidance, many youths end up in the streets and get involved in promiscuity, theft, and drug abuse mostly alcohol and hemp. The project, headed by Fr Joseph Sikwese, has selected youths to embark on a training programme for approximately 8 months.

The youths will learn labour skills, specifically tailoring and carpentry which will be augmented with other training in management and entrepreneurship. This diverse training programme will give youths the basis with which they can build their own small businesses that will help them earn a living and contribute to the local economy.

The context of Malawi is that of a small open economy in eastern Sub-Saharan Africa of which 50.7 percent of the population lives below the poverty line and 25 percent live in extreme poverty (IMF, 2017). The per capita income for this country has grown at an average of little more than 1.5 percent between 1995 and 2014 (IMF, 2017). The country has a low life expectancy and high infant mortality. There is a high prevalence of HIV/AIDS, which is a drain on the labour force and government expenditure. Notwithstanding this, Malawi is endowed with diverse natural resources, ranging from land, water, forests, livestock, minerals and human resources. Within this context, the project aims at providing tools to youths to make use of those resources to make a living.

The project will also furnish thirty-six youths with carpentry kits and sewing machines. The beneficiaries will be trained using the tools purchased through the project, and thereafter will be given those tools to start their own businesses. Youth in Karonga face difficulty in finding work. This is mostly due to barriers to enter the marketplace; may it be middle-men, or because the youths don't own land or assets.

SJAF obtained a grant of € 6,190.09 from the Ministry of Foreign Affairs which will be forwarded to the Karonga Diocese to sustain their project to help youths.



<https://www.facebook.com/SjafAntideCentre?fref=ts>



Find us on:
facebook



BAZAAR Tarxien u Birżebbuġa

b'risq il-Fondazzjoni

Miftuħ kull nhar ta' Tnejn u nhar ta' Erbgħa - Tarxien
Kull nhar ta' Tlieta - Birżebbuġa

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** MT03APSB77080005504720000681886

HSBC MT03APSB77080005504720000681886

BOV MT03APSB77080005504720000681886

BANIF MT49BNIF1450200000000210404101

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

€6.99 – 50618909 €11.65 - 50619217

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) APBMTMT IBAN No: MT03 AP SB 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 Together: 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

Foundation SERVICES

1. Family Resource Centres:

- **Ċentru Antida** Family Resource Centre, 51, Tarxien Road, Tarxien. Open from 7.30am to 5 pm daily in winter time (sometimes later as well).; up to 1pm in summer Serves localities of Tarxien, Paola, Fgura and Santa Lucia. Social Work, community outreach, advocacy, referral, information, emotional support, support groups.

Volunteering opportunities, included inclusive volunteering for service users.

Volunteer Handymen in support of vulnerable and poor families.

Learning Support for vulnerable persons supported by Foundation Social Workers. Includes: *For Children*: weekly learning support for primary level students; *For adults*: non-formal learning opportunities such as self-esteem groups & literacy.

Volunteer Befriending for lonely, home-bound elderly persons **Counselling**;

Bazaar in Tarxien (recycling and fundraising).

- **Ċentru Enrichetta** Family Resource Centre, Triq San Tumas, Birżebbuġa. Open Mondays, Tuesdays and Wednesdays from 8am to 2pm. Social Work service; Family Literacy Support Programme; MCCF service on Tuesdays from 8am to 11am. Tel No. 21652038—99960381.

2. LWIEN Service – support for family carers of persons with mental health problems. Includes family consultations, counselling, support groups, home-visits, social work.

3. SOAR Service: advocacy and support for victims and survivors of domestic violence. Includes workshops on dating and domestic violence for young persons. Tel No. 99927872 from 9:30am to 5pm.

Email: soarmalta@gmail.com.

4. Dar Esther for vulnerable young pregnant women and young mothers: accommodation, educational programme, mentoring. Commissioned by The President's Trust.

5. Emotional Freedom Service for persons wanting to be free from their anger, fear or other emotional distress.

6. Overseas Development Projects: SJAF works with partners in developing countries to formulate anti-poverty projects. It has also arranged for public funding of such projects in Pakistan, Central African Republic, South Sudan and Malawi.

7. Centering Prayer Group for contemplative prayer practice.

All back issues of the SJAF Magazine and other publications are downloadable from:

www.antidemalta.org