

# SJAF e-Magazine



ST JEANNE ANTIDE FOUNDATION

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## Żewġ Kotba Ġodda ippublikati mill-Fondazzjoni

Bil-ġhajjnuna ta' fondi mill-**President's Award for Creativity**, il-Fondazzjoni qed tippubblika żewġ kotba illustrati ġodda f'nofs Mejju. Dawn huma:

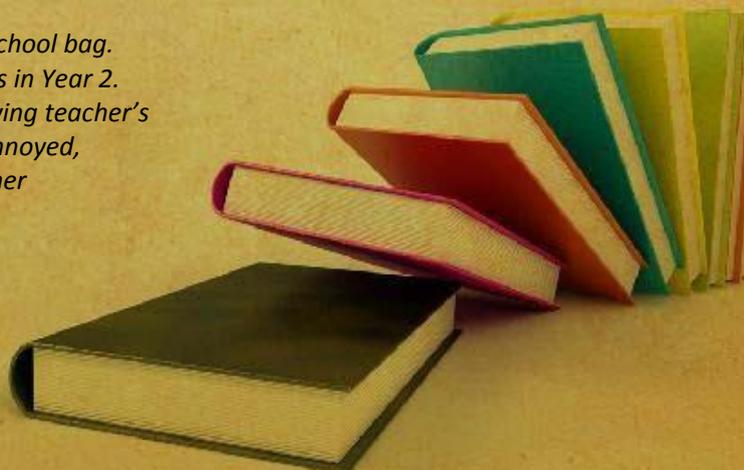
**Il-Mela Darba Tiegħi - ġrajjet veri tagħna t-tfal.** Il-ktieb hu maħsub biex jinqara minn tfal fl-iskejjel primarji u mill-ġhalliema li jkunu jixtiequ jużawhom biex jixprunaw diskussjoni dwar realtajiet differenti ta' tfal li qed iġarrbu sitwazzjonijiet diffiċli. Il-ktieb miktub minn tfal stess, minn familji mgħejjuna mill-professjonisti tas-St Jeanne Antide Foundation. L-illustrazzjonijiet tal-kitba tagħhom huma minnhom stess u mill-artista Marisa Attard. Il-process li wassal għal din il-pubblikazzjoni kien f'idejn is-Social Worker Ruth Stafrace.

**Caterpillar in a Jar.** Dan hu ktieb bl-Ingliż għaż-żgħażaġh miktub minn Elaine Compagno li tikkoordina s-Servizz SOAR tal-Fondazzjoni. Hawn aktar tagħrif dwar il-ktieb.

**Follow Jenna through her childhood to her teen years as she witnesses and experiences domestic violence in this highly descriptive narrative and prose. Written from true experiences and research, this story will stay with the readers long after the last page has been turned.**

"Jenna sits on the stool in her bedroom and looks into her school bag. She hates that she's getting more homework now that she's in Year 2. She looks nervously at her untouched lunch and accompanying teacher's note about it not being eaten again. Her mother will get annoyed, but Jenna just doesn't feel so hungry. She reluctantly pulls her lunchbox out and sets it on her desk. Suddenly, she hears the front door shut with a loud bang and the noise makes her jump. Her father is home early, he is shouting and the dreaded sound of breaking glass makes Jenna run for her bed and get under the covers."

### Ibbukkjaw kopji!



#### KONTENUT

Żewġ kotba ġodda ippublikati mill-Fondazzjoni.....	pg. 1
How doing absolutely nothing for 3 minutes could save your brain.....	pg. 2
From the SOAR diary.....	pg. 3,4
Minn kliem Thomas Merton.....	pg. 4
2 Overseas Development Projects.....	pg. 5,6,7
Ixtri dal-ktieb b'risq il-Fondazzjoni.....	pg. 7
Life as Participation.....	pg. 8
Rokna Poeżija.....	pg. 9
Avviżi.....	pg. 10

## How Doing Absolutely Nothing for 3 Minutes Could Save Your Brain

*Add this to your daily routine and stay sharp for decades*

BY ALI EAVES, APRIL 13, 2015

Find your zen now, so you don't lose your mind later. People who meditate regularly may experience less brain deterioration as they age, finds a new study from the University of California.

Researchers examined brain scans and found that older people had less brain tissue than younger participants.

That's not a surprise: According to separate research, your brain shrinks as you get older—starting in your mid-20s!—which may eventually lead to memory loss.

But the brains of people who identified as long-term meditators seemed to deteriorate more slowly with age.

How come? Meditating is like giving your brain a workout, says study co-author Florian Kurth, M.D., Ph.D. Intense mental activities may help your brain grow, counteracting the atrophy that occurs as you get older. It's also possible that meditation slows the deterioration in the first place by reducing stress and its harmful consequences, Dr. Florian says.

You don't need to shave your head like a monk to try meditating. ...

If you're more of a multi-tasker than a meditator, it will be an exercise in patience at first—but that's the point. And the shortest one is only 3 minutes. Anyone can survive that.

"Try to practice every day," Dr. Florian says. "We know from scientific studies that after 4 to 6 weeks, you can actually see changes in the brain. You should notice a difference."



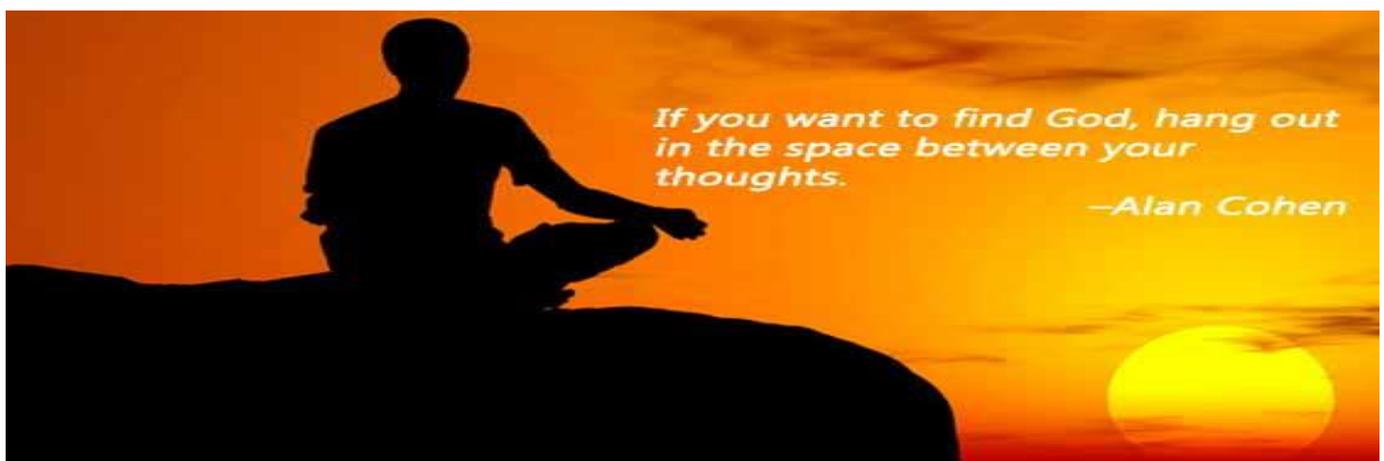
Source:

- [How Meditation Helps Your Brain | Men's Health](http://www.menshealth.com/.../how-meditation-helps-your-brain) - [www.menshealth.com/.../how-meditation-helps-your-brain](http://www.menshealth.com/.../how-meditation-helps-your-brain)

### SUGGESTED READING

UNITIVE CONSCIOUSNESS: BEYOND GENDER by Richard Rohr

Link: <http://www.patheos.com/blogs/emergentvillage/2015/03/unitive-consciousness-beyond-gender/>



## SOAR Service

During March, SOAR members celebrated **Women's Day** together. We met and cooked together, ate together and shared recent good news together. We celebrated our strengths as women who have survived domestic violence and we celebrated the sisterhood that has formed, thanks to SOAR's support initiatives.

SOAR participated in the event **The Women In Me**, a celebration of womanhood organised by Bland Group and held at the Intercontinental Hotel, St. Julian's. The SOAR group leader, Elaine Compagno, gave a short presentation about elements of violent relationships and the group had an information stand set up where those attending stopped and asked about the service and aspects of domestic violence.

March also brought shocking news with it. We read about the murder of a woman who had been a victim of violence. Although we did not know her personally, we felt a deep sense of loss coupled with feelings of frustration and anger. We knew how often we had also felt afraid for our lives, how often we had felt unprotected, misunderstood and how many times our fears and requests for urgent and timely action had been invalidated. For this reason, SOAR released the following **press statement**, which appeared in the local newspapers:

***"SOAR is a support and advocacy group within the NGO St Jeanne Antide Foundation. Its user-led support group welcomes women who have survived violence in their intimate relationships. SOAR also works tirelessly to raise***

***awareness on the experiences of survivors and the realities of dating and domestic violence, giving presentations in schools and various youth and adult groups. The group also endeavours to highlight policies, procedures and practices that are oppressive to victims, survivors and their children and survivors work together to recommend changes, or enhancements to these systems.***

***In view of the fact that domestic violence is a breach of fundamental human rights, we, as survivors of domestic violence, feel that not enough is being done by the state to ensure the safety of victims and their children. We know all too well how the system has failed to keep us safe, over and over again. Many of us who have survived it, have lost faith in the justice system after going through lengthy and costly processes which lead to nothing more than a slap on the wrist for the perpetrator. Our abusers continue to stalk us, threaten and assault us with impunity.***

***They have us looking over our shoulders all the time, seeking therapeutic psychological remedy, prisoners even in our sleep, of the terror our abusers are allowed to threaten us with, while they live freely and flout protection orders without immediate consequence. The inability of front-liners to properly assess the risk of the situations victims find themselves in, the inefficiency of the courts and the refusal to mete out jail-term sentences to prevent repeat***

***offending, have a direct effect on the safety of a victim. We can no longer accept that victims are paying with their lives for this inefficiency and therefore we respectfully call on the government to implement the needed reforms in the Justice system, to implement policies and tools to provide for better risk assessment by front-liners like the police, and efficient access to justice with consistent sentences that reflect the true gravity of the individual cases."***



### **SOAR stand at The Women In Me, Intercontinental, St. Julians**

During April, Joanna Xuereb Social Worker, on behalf of Victim Support Malta (VSM) recently requested to meet some members of SOAR. The aim of the meeting was to discuss an outline of the Rights of Victims of Crime as in the Victims of Crime Directive, Council

of Europe 2012 and now passed through Malta Parliament on 2nd April 2015.

The Rights of Victims of Crime formed the backdrop to identifying some of the needs that have been experienced by Victims of Crime. It is so important to actively listen and to be sensitive to the individually expressed needs of a Victim of Crime for a more effective way forward for each person.

As a group, we recognised that victims' needs may be different from survivors' needs and that these needs change all the time. For example, housing needs for a victim could mean that she may need a temporary safe place to stay, like a shelter. But a survivor needs to think and plan for the long term. This could mean that she needs to ask the court to settle issues regarding the matrimonial home, or perhaps she meets problems getting a home loan because she

has not been employed full time since she now looks after the children alone. Sometimes survivors don't know enough about their rights as victims of crime, in order to access support that can help them meet their needs. Discussing these rights has been an empowering experience for the SOAR members.

The needs discussed will also contribute to the development of the Needs of Victims Of Crime Assessment Tool being developed by Victim Support Malta (VSM).

SOAR also met two groups of Social Care students at MCAST and facilitated an hour-long session with each group about the realities of various elements of Violence in Intimate Relationships. This was an important topic for these students as they might meet such cases during the course of their careers and even their everyday lives and they will need to be prepared. To be sensitive towards their patients and

save someone (including themselves) from further violence. This month's events have served to highlight how important it is to be informed. Information about your rights, about the rights of others and how to access those rights is fundamental to one's empowerment!

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### **Fr Thomas Merton jikteb:**

... Ir-Rizurrezzjoni mhijiex dutrina li nippruvaw nagħtu prova tagħha, jew problema li nargumentaw dwarha: Hija il-ħajja u l-azzjoni ta' Kristu nnifsu fina, permezz tal-Ispirtu Qaddis tiegħu, l-Ispirtu s-Santu...

Meta nitaqgħu tassew ma' Kristu din il-laqgħa teħles, tillibera, xi ħaġa fina, qawwa li ma konniex nafu li kellna, tama, ħajja mimlija, reżiljenza, ħila li nerggħu nimmollaw lura meta nkunu ħsibna li għelbuna, ħila li nikbru u nitbiddlu, setgħa ta' trasformazzjoni kreattiva.

Il-ħajja ta' wara l-qawmien mhijiex faċli; hija wkoll ħajja fejn wieħed imut. Il-preżenza tal-qawmien f'ħajjitna tfisser il-preżenza tas-Salib, għax ma nqumux ma' Kristu sakemm ma mmutux ukoll miegħu. Huwa permezz tass-Salib li nidhlu fuq-proċessi dinamiċi ta' trasformazzjoni kreattiva, tal-qawmien u t-tigdid, tal-imħabba.

Source: Bridges to Contemplative Living with Thomas Merton, "Lent and Holy Week" booklet, published by the Merton Institute.  
Maqluba għall-Malti minn t.m.

## Overseas Development Projects Unit:

### Women's Economic Empowerment and Livelihoods Project - Malawi

The Foundation is helping the Karonga Diocese in Nthalire, Malawi to implement a project aimed at empowering to set up small farming enterprises. Fr. John Benjamin Moyo, the Parish Chaplain, runs a programme that promotes the safeguarding of rights of women and girls. For the last three years, a Women's Rights Group (WRG) has been established in all zones of the Nthalire parish. It is through this WRG structures that 40 women have been selected as participants in of the **Women's Economic Empowerment and Livelihoods Project**. The initiative consists of the following elements: (i) a training programme for women in preparation for the setting up of three small enterprises; (ii) the setting up of a pig farming enterprise including the construction of facilities and livestock; (iii) starting sunflower and maize production in a field belonging to the Parish, and (iv) building a maize mill and procuring machinery for it.

The St Jeanne Antide Foundation and the Karonga Diocese in Malawi are project partners in this endeavour. Funds have been last month obtained from the Overseas Development Aid programme of the Ministry of Foreign Affairs.

The Karonga Diocese was set up in September 2011 to cover three Districts - Rumphi, Karonga and Chitipa. Chitipa, the district and Nthalire the rural suburb, have a high prevalence of HIV/AIDS and women abuses. Women are subject to gender based violence, property grabbing and rape. As a general rule women do not participate in decision making, in their households or in the community. Notwithstanding this, statistics show that women spend up to 80% of their income on household items such as food, clothes and school fees. In comparison men spend less than 40%, hence the reason why the project is targeting the empowerment of women.

It is hoped that the project will result in the setting up of three businesses and to interlink them. This interlinking will be monitored regularly by the Diocese since it is crucial for the long term sustainability of the businesses. The sunflower farming, for example, will produce a seed-cake that is a food source for pigs while maize bran, a good feed for pigs, will be bought from clients thus creating trade activity in the area. The manure from the pig houses will be used as fertilizers for sunflower, maize, and vegetable production. In the local community, the income generated from maize will also support households and pig and sunflower production.

Around the district headquarters of Chitipa there are three private oil pressing machines where sunflower seeds may be pressed for oil at a fee. Oil may be used for household consumption and also sold at the market. From the pig farming, the group of women will be able to realize money through the sales of poke meat. The availability of poke meat within the community will also contribute towards better food security and nutrition in the community.

Besides being in line with official Development Policy of the Ministry of Foreign Affairs in Malta, the project also contributes to meeting two UN Millennium Development Goals which are Gender Equality, and the Eradication of Extreme Poverty and Hunger.

The St Jeanne Antide Foundation presented its submission for project funding in February 2015 and in April was informed of the approval of part-financing. On April 14<sup>th</sup>, during a presentation ceremony at the Ministry of Foreign Affairs in Valletta, Minister Dr George Vella presented a cheque for €15,168. The Karonga Diocese will be funding the rest of the required funding amounting to around €13,000.



**Darren Formosa, ODA Volunteer at SJAF, receiving the grants from MFA Minister Vella**

## Overseas Development Projects Unit:

### Serving AIDS Patients in the Rainforest of Peru

Through the use of funds kindly granted by the Ministry for Overseas Development of Malta, the St Jeanne Antide Foundation is helping a parish in a city in the rainforest of Peru to purchase hospital beds for their AIDS clinic patients.

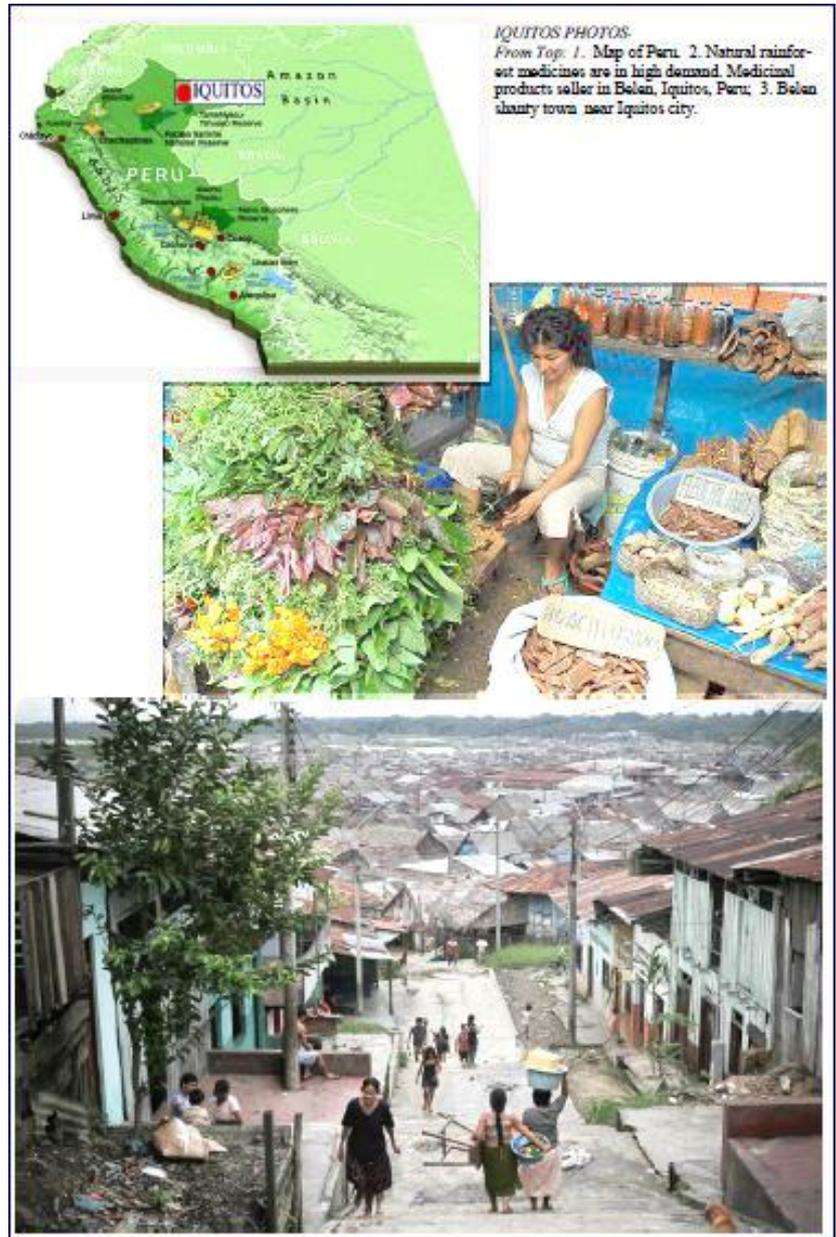
Iquitos (see pictures) is the major city in the Peruvian Amazon Jungle. Iquitos has a population of around 400,000. The climate is tropical, and the city is surrounded by rivers and the Amazon rainforest; the only way to get to the city is by plane or boat. One of the greatest problems in the city are the medical services. Just two government hospitals have to cater for the whole population. Social-medical services for the poor are limited. Iquitos is the city with the second largest absolute numbers of AIDS infected persons in the whole of Peru.

#### **Algo Bello Para Dios AIDS Dios**

("Something Beautiful for God", a phrase taken from the words of Mother Teresa) **clinic** is located at Av. Ejercito 1418, a rented house in the Parish of St Martin de Porres in the city of Iquitos. The parish priest is from Gozo and he is also a doctor by profession. 12 modern hospital beds are needed for the clinic, and as many of these as possible will be funded by Malta Ministry funds. They will be used as urgently-needed replacements of the existing beds, that are wooden, deteriorated, unhygienic and unsafe. The AIDS clinic Algo Bello para is financed by donations and voluntary work. It is run by the Parish of San Martin de Porres in the city of Iquitos, pop. 400,000, in the

Amazon jungle area of Peru. The city has the most AIDS patients of any city in Peru. The Clinic has hospitalised 750 poverty-stricken AIDS patients since 2009. Its capacity is 12 beds, but the existing beds are wooden, deteriorated, unhygienic and unsafe.

Algo Bello para Dios is a treatment clinic that helps destitute AIDS patients, a very vulnerable category of persons, first by stabilising their secondary illness. Once stable, the patients are introduced into the TARGA programme of the Peruvian government – the antiretroviral treatment – in order to control the sickness. Most of them have nowhere to go or are rejected by their families, or refused by the hospitals for lack of identification papers; this happens a lot for persons who come from from poor outlying riverside villages around the city. Most of the patients arrive at the clinic from the various river villages. Others are



picked up from the streets. Around half of all patients do not have identification papers, and so would not be accepted at the state hospital. AIDS transmission is mainly through sexual activity; 80% of clinic patients are male, 20% female; 60% of patients are homosexual. The minimum age of patients is 15 years; the average age is 28 years. Medical service in the city is subsidised, but only for holders of identification papers. Hospitalisation elsewhere in the city is limited to urgent cases, and once the patient is not in danger of death he or she is discharged from those hospitals.

The clinic caters for the examinations, tests and necessary medical help in order for the patient to start his/her Antiretroviral treatment. The clinic also offers shelter as well as psychological and spiritual orientation for the patients and their family, and also medical and nursing care for the patients. In many cases, the patient arrives in the clinic in a very bad state requiring hospitalisation for long periods, up to two years, before starting the TARGA programme. In this case Algo Bello para Dios offers full accommodation. The Clinic treats about 90 patients a year. An average of 12 patients are hospitalized at a time with a changeover of usually 1 to 2 patients a week – either for discharge due to death. The average hospitalisation time for a patient is of 2 months.

You can see the clinic being run in a video [here](https://www.youtube.com/watch?v=U2905q6_isM): or at this address:  
[https://www.youtube.com/watch?v=U2905q6\\_isM](https://www.youtube.com/watch?v=U2905q6_isM)



I decided, very early on, just to accept life unconditionally; I never expected it to do anything special for me, yet I seemed to accomplish far more than I had ever hoped. Most of the time it just happened to me without my ever seeking it.

(Audrey Hepburn)

## KTIEB ĠDID!!

### BDOTI FIL-MALTEMP – kif tieġu ħsieb qarib b'mard mentali

**ARE YOU A FAMILY CAREGIVER OF A MENTALLY ILL FAMILY MEMBER?** Then this book is for you. Book one today.

18 CHAPTERS on different mental illnesses. Tips for caregivers and much more.

The book is the result of collaborative work between the St Jeanne Antide Foundation and the Mental Health Association (Malta).



### Il-Kwiekeb fid-Dlam Jixegħlu

vjaġġi ta' tama mterrqa minn  
 qraba ta' persuni b'mard mentali



## Life as Participation

Fr Richard Rohr's daily Meditation, Wednesday, April 1, 2015. Published by the *Centre for Action and Contemplation* (CAC). Accessible from: <https://cac.org/>

After conversion, you don't look out *at* reality; you look out *from* reality. In other words, God is not "out there"; you are in God and God is in you. You are in the middle of Reality! You're a part of it. It's a mystery of participation. After his conversion experience, Paul is obsessed with the idea that "I'm participating in something that's bigger than me." In fact, he uses the phrase "in Christ" around one hundred sixty times to describe this organic unity and participation in Christ. Paul has the best one-liner of all to describe himself after conversion: "I live no longer, not I; but Christ lives in me" (Galatians 2:20). Now that's a transformed person!

This is a completely different experience of life. I don't have to fully write my private story. It's being written with me and in me. I am already a character on the stage. I am being used, I am being chosen, I am being led. You will know that *after* conversion. You will know that your life is not about you; you are about life. You are about God. You're an instance in both the agony and the ecstasy of God that is happening inside of you, and all you can do is say yes to it. After transformation, it's not about doing it right; it's about doing it with pure intention. It's not about being correct; it's about being connected.

After conversion, you don't experience self-consciousness so much as what the mystics call

pure consciousness. Self-consciousness implies a dualistic split. There is *me* over here thinking about *that* over there. The mind remains dualistic until you have a mystical experience. Then the subject/object split is overcome. You can't maintain it forever, but you'll know it once in a while, and you'll never be satisfied with anything less. In unitive experience, you're freed from the burden of self-consciousness; you are living in, through, and with another. That's the same as the experience of truly being in love. Falling and being in love, like unitive experience, cannot be sustained at the ecstatic level, but it can be touched upon and then integrated within the rest of your life.

True union does not absorb distinction, but actually intensifies it. The more one gives one's self in creative union with another, the more one becomes one's self. This is mirrored in the Trinity: perfect giving and perfect receiving between three who are all still completely themselves. The more one becomes one's True Self, the more capable one is of *not* overprotecting the boundaries of one's false self. You have nothing to protect after transformation, and that's the great freedom and the great happiness we see in

converted people. There's no "little richard" here that I need

to protect because it's precisely that little richard that got in the way, and has now passed away--with no noticeable losses. Or as Paul puts it, "Because of Christ, I now consider my former advantages as disadvantages . . . all of it is mere rubbish if only *I can have a place in him*" (Philippians 3:7-8).

Wherever you are

God is



## ROKNA POE ŽIJA

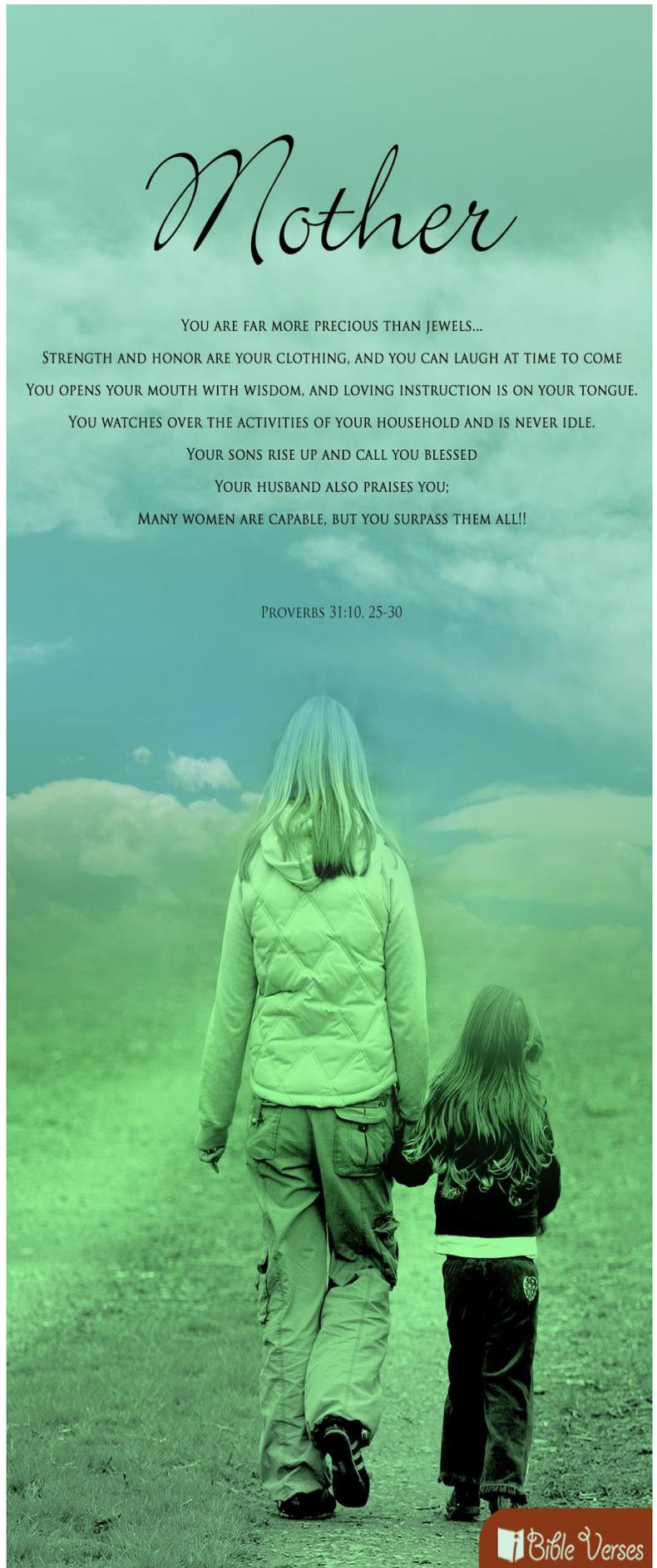
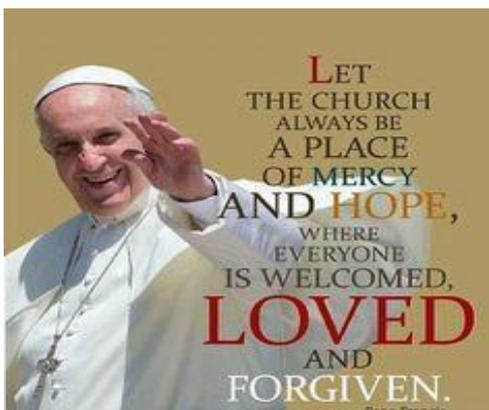
### Lehen Qawwi

Il-lehen il-qawwi, l-ghama  
- u x'aktarx il-bezghan:  
"nitlob, ha' nsostni  
insum, ha' nsaħħah  
naghti, ha' ngholli  
lili,  
jien."

Teżor mohbi, misthi  
- widnejn ghandek?  
isma':  
"it-talb jikxef  
is-sawm jikxef  
l-ghoti jikxef  
lili,  
Jien."



tony macelli, 2011





Like us on  
**Facebook**

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

## **BAZAAR** fi Triq Ħal-Tarxien b'risq il-Fondazzjoni

**Miftuħ kull nhar ta' Tnejn u nhar ta' Erbgha  
mid-9:00 sa 12:00**

**Naċċettaw 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  
€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) 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 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 donation.

**CONTACT US:** [sjafngo@gmail.com](mailto:sjafngo@gmail.com)

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

## **Foundation SERVICES**

### **1. Family Resource Centre**

**Ċentru Antida** in the heart of Tarxien. Open from 7.30am to 5 pm daily in winter time (sometimes later as well). 51 Tarxien Road, Tarxien

**Ċentru Enrichetta** in the heart of Birżebbuġa (behind the parish church).

### **2. Social Work Service:** Includes:

**Social Work:** home-visits, outreach work, advocacy, referral, information, emotional support. Catchment areas: Tarxien, Paola, Fgura, Żabbar, Santa Lucia, Birżebbuġa.

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

**Volunteer Handymen** in support of vulnerable and poor families.

**Learning Support Service** 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.

**Befriending Service** for lonely, home-bound elderly persons.

**Counselling.**

**Bazaar** in Tarxien.

### **3. 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.

### **4. IRENE Project** in support of very vulnerable

women involved in street prostitution. (Project financed for 18 months by the EEA NGO Malta Fund managed by SOS Malta). Project runs DAR HOSEA – a drop in centre for service users open daily from 10am to 2pm; Thursdays and Fridays 10am to 5pm

### **5. SOAR SERVICE:** advocacy and support for

victims and survivors of domestic violence ([soarmalta@gmail.com](mailto:soarmalta@gmail.com))

### **6. Volunteering Programme:** range of

volunteering opportunities included supported volunteering for service users.

### **7. 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.

### **8. Centring Prayer Group** for contemplative

prayer practice. Tuesdays from 6-7.30pm