

# SJAF e-Magazine



ST JEANNE ANTIDE FOUNDATION

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## SOAR SERVICE - Educational Workshops for youths and adults

*Elaine Compagno, SOAR Service Co-ordinator (SOAR-survival of abuse in intimate relationships)*



***“Everything you described, I’m going through it right now. I want to leave him but I am scared,”*** said one of the fifteen year old girls to me outside the classroom, when the session had finished.

(MCAST Student)

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An hour before, I had been describing what it had been like for me as a teenager to be in an abusive relationship with a boyfriend. As I shared snippets of my reality and common examples of control and possessive traits in relationships with the Form 4 students that day, I knew that there might be someone in the class who would be familiar with them, perhaps because they may have witnessed it between their parents.

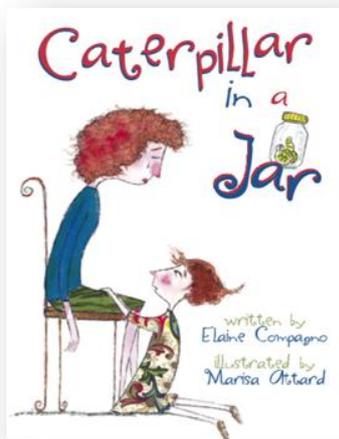
I also knew that there would be others who would think of that workshop in the future when they or their friends or family might become intimately involved with people who would try to control and manipulate them. To learn that someone as young as fifteen had already experienced a controlling relationship, was heart-breaking. To realise that she had not known it was abusive and illegal, was alarming. It highlighted the need to educate and inform young people about the realities of such relationships earlier, to prevent them from getting into such relationships (by recognising signs of control and abuse) and to prevent them from feeling stuck when they do (by informing them of existing support services).

We need to engage our youth in discussions about what is acceptable and unacceptable in our and their relationships. We need to challenge widely-held myths among young people about boys, girls and this thing called 'Love'.

**A SOAR DATING VIOLENCE SESSION** is an educational lecture-style presentation for classroom set-ups of groups of 12 persons or more. Used successfully in schools, these sessions are a mixture of retelling of personal experience coupled with information and data

about dating violence and controlling relationships. A powerpoint presentation and audio visual tools are used. Sessions can last from 60 to 120 minutes, depending on the size of the group and the allocated time for questions and discussion.

**NEW PUBLICATION:** St Jeanne Antide Foundation has published a story, **Caterpillar In A Jar**,



to be used as a tool for discussion with young people, to invoke deeper thoughts about what intimate partner violence can look and feel like and to think about the short and long term consequences of such relationships. In the story, Jenna is a young girl who witnesses domestic violence between her parents and then experiences it herself as a teenager. The story highlights **a cycle of violence**, how as a young person who witnessed her own mother being a victim of abuse, Jenna finds herself dating a controlling boyfriend. The book describes an event in Jenna's life at 3-year intervals.

**SOAR CATERPILLAR WORKSHOPS** are designed to allow young people to discuss and fill in the gaps of the story. These workshops are ideal for smaller groups with preferably an informal or semi-formal set-up, such as small youth groups, small

summer school classes, PSD classes etc. The workshops may include Audio Visual tools to complement the discussion.

Semi-formal **SOAR MYTH-BUSTING WOKSHOPS** may also be tailor-made for younger groups of teens and pre-teens. These sessions focus on gender stereotypes and myths, age-appropriate examples of consent, mutual respect and healthy attitudes in relationships and friendships.

**SOAR DOMESTIC VIOLENCE SESSIONS** are informative lecture-style presentations on domestic violence ideal for adult groups, Junior College / Higher Secondary, MCAST or University students, employees, parents and the general public. Sessions may be hosted by SJAF (9 - 15 persons) or by the enquiring organisation.

**"I liked the session so much since I learned more about domestic violence, things which I never knew before. I loved the powerpoint which you had shared and also your story which you had shared as well. Keep up the good work!" MCAST Student**

**"When I walked out of your premises I kept thinking of how to put what I learnt to good use NOW rather than waiting until next year when I (God willing) will graduate as a lawyer." Jenilee Agius, Law Student**

**"Since I had experienced domestic violence 2 years ago, I found the session truly interesting. What was said happened to me during my relationship with my ex-boyfriend. During that period, I was so afraid to speak to someone - either my family or a close friend or a professional such as a social worker within Appogg. I did not**

know about SOAR then. Finally and thankfully, after my relationship ended, I managed to tell my family. I know it was too late but they supported me a lot. In fact, with the help I received from my friends and family, I managed to leave that period behind me. Now I do my best to live my life as normal as possible. I did not let my bad experience to continue to control my life, nor to stop me from starting a new relationship with someone else. The truth is that during that period, when I had passed from domestic violence, I started believing that all men were the same. But time has proved me wrong, even if I am still single now (but that's another story). My life is in control now and I enjoy it more than I used to, even though I have other problems, just like everyone else. Today I am always with a smile." *MCAST Student*



## SOAR WORKSHOPS

### Educational Sessions on Dating Violence

In collaboration with PSD teachers, youth leaders and lecturers, SOAR offers tailor-made sessions on dating or domestic violence, using methods that engage participants and leave them with a learning experience they are unlikely to forget. Sessions are delivered by a trained survivor.

Contact us for further info or to book a session.

**SOAR**  
Workshops are ideal for

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**Secondary School Students**

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**College and University Students**

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**Youth Groups**

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**Informal Groups**

To book any of these SOAR group activities, please contact us on [soarmalta@gmail.com](mailto:soarmalta@gmail.com) or call us at St Jeanne Antide Foundation on 21809011, 21808981 or 27672367.

**SOAR Support and Advocacy Service**  
SOAR also offers a support service for female victims of violence in intimate relationships.

**Find us on facebook: SOAR Malta**

**Send us an email: [soarmalta@gmail.com](mailto:soarmalta@gmail.com)**



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**FUNDRAISING:** Thank you Christine Debono, Gloria Mizzi, Elvia Leone Ganado, Marisa Hayhurst and Joe Farrugia for putting up and running a fundraising stall during FESTA FRAWLI in aid of our Foundation!

**The amount you raised is truly appreciated.**



## STEJER TA' MĦABBA, EMOZZJONIJIET U WEĠĠĦAT –

**Minn Vivien Cassar, Counsellor**

Fir-relazzjonijiet fil-familja ngħaddu minn ħafna emmozzjonijiet sew bejn il-koppja u sew bejn il-ġenituri u t-tfal. Filwaqt li r-relazzjoni tkun qiegħda tinbena, per eżempju bejn omm ġdida mal-wild tagħha jew relazzjoni intima ta' żewġ adulti, inħossu emozzjonijiet qawwija sew negattivi sew pożittivi. Dan jiġri wkoll waqt li qed immantnu ir-relazzjoni. Mhux biss, imma wkoll kemm-il darba nwegġġu lill-xulxin bi kliem u mġieba. It-theddida li nitilfu din l-imħabba ġġib magħha l-biza' ta' telfa kbira, ta' qsim il-qalb w anke rabja jew ansjetà.

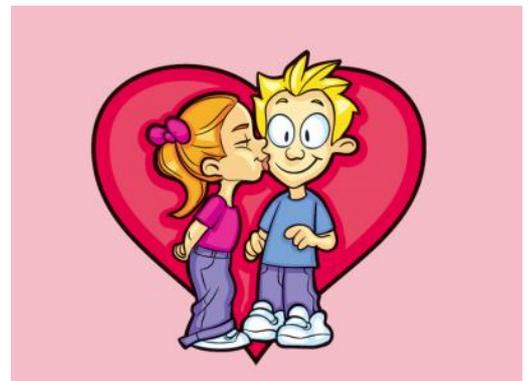
Aħna nħossuna siguri skont kemm hi soda r-relazzjoni. It-tfal jitharrbtu meta ma jafux fejn huma, speċjalment meta titħarbat ir-rutina bla ma jkunu ppreparati għal x'ser jiġri. Instab illi tfal u adulti jħossuhom iktar kuntenti u kapaċi aktar jużaw tajjeb il-ħiliet tagħhom meta jsibu nies ta' fiduċja madwarhom fi żmien ta' diffikultajiet.

Matul iż-żmien aħna ninbidlu w is-sitwazzjonijiet u esperjenzi differenti jaffettwaw id-dinamika ta' bejnietna, ta' kif nirreletaw ma' xulxin. Għalhekk importanti li nagħtu kas tat-tibdil fil-ħajja u x'impatt ser ikollu fuq il-mod kif naħseb, nitkellem u nagixxi. Jinħolqu ħafna diffikultajiet bejn koppja meta uliedhom jikbru. Per eżempju meta l-mara terġa' toħroġ taħdem wara t-twelid ta' tarbija. Jekk jien m'iniex ċara fuq x'qed jiġri u x'qed inħoss, nista' nimblokka t-triq tal-bidla. Nista' min-naħa l-oħra nimtela b'ansjetà kbira. Hemm rabta bejn x'kien jiġri fil-familja li trabbejt fiha ma kif ingib ruħi. Imma dan ma jfissirx li ma nistax nitgħallem modi differenti u ninbidel. Nista' inbidel il-mod kif naħsibha jekk inkun lesta nħares lejja nnifsi minn lenti ġdida. Biss jista' jkun ukoll li jkollu bżonn infittex l-għajnuna mingħand profesjonisti.

Relazzjonijiet b'saħħithom ma jiffurmawx ruħhom weħedhom. Irridu naħdmu fuqhom kontinwament. Infittxu mumentu ta' kuntentizza, nieħdu ħsieb il-weġġġat u n-nuqqasijiet iz-żgħar ta' kuljum u jekk tinħoloq xi sfida kbira nindirrizawha, speċjalment meta tkun ser tolqot l-pedamenti tar-relazzjoni.

Ftit ħsibijiet dwar ir-relazzjoni sew bejn l-adulti sew bejn adulti u tfal.

- Nuru l-imħabba u affezzjoni lejn il-persuni l-oħra;
- Nesprimu ammirazzjoni u nagħtu appoġġ;
- Ma nibzġhux u ma niddejqux induru lejn xulxin għall-konfort;
- Naqsmu x-xewqat u ħolm tagħna ma' xulxin;
- Insibu soluzzjonijiet ġodda għall-problemi li nħabtu wiċċna magħhom;
- Naċċetaw espressjonijiet ta' sogħba;
- Infittxu kompromessi għall-ġid tal-persuna l-oħra;
- Noħolqu okkażjonijiet flimkien fejn nibnu memorji sbieħ tar-relazzjonijiet.



## SR M. LAURA TANTI - AKTARX L-EWWEL SOCIAL WORKER KWALIFIKATA MALTIJA - HALLIETNA

*“Żewġet lil ommi u missieri. Għamlitilhom speċi ta’ tiegħi żgħir u sabitilhom ix-xhieda. Kienet tmur il-Housing ma’ ommi biex issib saqaf fejn noqogħdu. Imma imbagħad ommi kriet żewġet ikmamar bla dawl. Għabilna d-dawl hi għax dak iż-żmien (26 sena ilu) kien xi 300 lira Maltin biex iġġib id-dawl. U ommi ma kellhiex minn imnejn. Ta’ sikwit kienet iġġibilna xi xirjiet ikel u hwejjeġ oħra. Lili selfitni l-libsa tal-praċett...” (mill-kitba ta’ S. li llum tagħmel użu mis-servizzi tal-Proġett Irene.)*

Sr M. Laura Tanti ħallietna nhar il-Gimgħa 15 ta’ Mejju wara ħajja twila u mżewqa ħafna. Twieldet fil-21 t’April 1917, ġewwa Ғaž-Żebbuġ. Fil-magħmudija tawha l-isem ta’ Filippa. Hija ħadet l-ewwel formazzjoni tagħha fil-familja u fi ħdan il-komunità parrokkjali.

Kienet mara ta’ intelligenza u enerġija kbira ħafna, b’karattru deċiż u qawwi.

Hija bdiet il-karriera tagħha b’ħala għalliema fl-iskejjel tal-Gvern. Kienet taqla l-ħobżna ta’ kuljum hi għall-familja tagħha. Għalhekk, meta ħasset il-vokazzjoni biex tingħaqad mas-Sorijiet tal-Karità ta’ Santa Giovanna Antida, ma setgħetx tħalli l-familja mill-ewwel. Fl-1943 ħalliet kollox u ssieġbet mas-Sorijiet tal-Karità, kif kienet ilha tixtieq.



Tat is-servizz tagħha fil-komunitajiet ta’ Għawdex, Ғal-Tarxien, Bugeja Institue, Capua Palace u Londra - kemm f’Istituti, kif ukoll fi skejjel diversi. Hija kienet tgħallem linnovizzi u tgħinhom fl-istudju tagħhom.

Kienet ukoll il-Kap tal-iskola f’Capua Palace, għaliex itfal residenti li kienu ġejjin minn familji bi problemi ta’ kull tip, ma kienux joħorġu barra biex jitgħallmu fl-iskejjel ma’ tfal oħra. Minn taħt idejha kollha kienu joħorġu ta’ nies, issibilhom ix-xogħol u tibqa’ ssegwihom f’kull ma kienu jeħtieġu.

Sr Laura għallmet f’diversi skejjel fosthom fl-iskola sekendarja tal-provincja f’Ғal-Tarxien, l-Immaculate Conception.

Sr Laura kienet il-fundatriċi tal-organizzazzjoni **St. Jeanne Antide Welfare Campaign** li damet tmexxi mas-36 sena; dejjem taħdem bla waqfien, dejjem friska b’idejat godda u lesta biex timbotta lil kulhadd lejn mergħat ta’ karità. Kienet il-mutur instankabbli f’kull mument li għexet għal din l-għaqda volontarja. Kienet ta eżempju kbir għal kulhadd f’dik li hija mħabba lejn il-bniedem fqir, vulnerabbli jew marid. Fis-sena 2007, is-St. Jeanne Antide Welfare Campaign ġiet riorganizzata u twaqqfet is-**St. Jeanne Antide Foundation** li kompliet tixpruna inizjattivi u servizzi b’risq individwi u familji vulnerabbli li qed jgħixu realtajiet diffiċli. Fil-preżent, il-Fondazzjoni qiegħda tilhaq kull xorta ta’ faqar li kull ma jmur dejjem qed jizdied taħt forom godda.

### Fost il-ħidmiet li wettqet Sr Laura kien hemm:

- Servizz ta’ Couscelling lill-ġenituri u nies ta’ kull kategorija.
- Kinet tipprovdi lit-tfajliet fil-bżonn kull xorta ta’ għajjnuna u meta kienu jaslu biex jieħdu l-istat tagħhom kienet teħdilhom ħsieb ta’ kollox, saħansitra kienet torganizzalhom it-tiegħ u ma tibgħathomx f’darhom b’idejhom vojta.
- Servizz ta’ għajjnuna biex jiġu addottati tfal iltiema.
- Żjarat lill-anzjani f’San Vincenz, lill-morda fl-iSptar Monte Carmeli u

dawk weħedhom f'darhom.

- Kienet tara kif tagħmel biex tiġbor flus għal-dawk li jkollhom bżonn isiefnu minħabba mard serju.
- Kienet tqassam letteratura spiritwali u edukattiva u bosta servizzi oħra.

Sr Laura kienet waħda minn ta' l-ewwel, jekk mhux l-ewwel, persuni li kkwalifikaw bħala *Social Workers* u matul ħajjitha kompliet issegwi ħafna korsijiet biex tikber fl-għerf u tkun tista' tkompli tgħin lil min ikollu bżonn, minkejja l-età avanzata tagħha. Ta' spiss kienet tkun mistiedna biex tagħti taħdidiet fuq aspetti spiritwali u soċjali tal-ħajja.

Sr Laura tat bidu għal ħafna proġetti u fondazzjonijiet f'Malta biex għenet lil diversi ordnijiet reliġjużi u opri ta' karità bħal ma huma d-Dar tal-Providenza, Radju Maria, l-Azzjoni Kattolika u oħrajn. B'kollaborazzjoni ma CAFOD fl-Ingilterra, tat bidu għal ħafna proġetti u fondazzjonijiet barra minn pajjiżna, fil-pajjiżi f'qar tal-missjoni.

Ċertament li sa llum għadna niltaqgħu ma' diversi persuni jafuha bħala l-benefattriċi tagħhom, u dejjem jitekllmu tajjeb fuqha, u jfaħħru l-għajnuna kbira li rċevew mingħandha.

Sr Laura kienet ispirata mill-Fundattriċi Santa Giovanna Antida li tat ħajjitha għas-servizz tal-

f'qar. Il-motto ta' Sr Laura dejjem kien **All the World is our Parish.**

Matul il-karriera tagħha hija ngħatat diversi rikonoxximenti għall-ħidma sfiqa favur il-foqra, fost l-oħrajn mingħand l-Arcisqof Michael Gonzi, min-Knights Hospitallers u l-Prim Ministru Duminku Mintoff.

Fit-28 ta' Settembru 1979, Sr Laura rċeviet il-*Premju Anzjan Attiv tas-Sena*. Hija giet riferuta mill-Kunsill Lokali ta' Ħal Tarxien. Meta l-forzi bdew iħalluha, is-supejuri bagħtuha fid-dar tal-mistrieħ f'Ħal Balzan biex tkun tista' tgawdi l-ħajja ta' flimkien u tagħti iktar ħin għat-talb kif kienet tħobb tagħmel. Issa l-Mulej sejħilha biex jeħodha miegħu halli tgawdi fil-mistrieħ ta' dejjem l-hena tal-Mulej li tant ħabbet fil-persuni fid-diffikultà.

Sr Laura - kompli itlob għall-Kongregazzjoni tagħna biex il-Mulej ikompli jsejjaħ żgħażaġħ halli, bħalma għamilt int, ikomplu l-missjoni li ħallitilna Santa Giovanna Antida mal-fqar tal-lum. Mulej agħtiha l-mistrieħ ta' dejjem.

**minn ħutha s-Sorijiet tal-Karità**



Ħajjet **Santa Giovanna Antida** kienet ankrata biss fit-talb, imħabba u karità għall-foqra. Qattgħet ħajjitha kollha trejjaq, tgħallem, iddewwi u tikkura 'l foqra u trawwem lil uliedha s-Sorijiet tal-Karità fil-profondità tal-imħabba divina. Imħabbitha lejn il-foqra kienet bla qies għax fihom rat lil Mulej. Il-kitba tagħha tgħallimna b'mod dirett u profund kif aħna għandna ngħixu l-imħabba u l-karità fil-Mulej. DWAR IL-KARITÀ, Santa Giovanna Antida tgħidilna hekk (mid-Documenti e Lettere):

**“Ma taħsibx li meta ngħallmu lill-foqra, lill-morda u lit-tfal biex isiru jafu, jħobbu u jservu lil Alla, nkunu qegħdin inwettqu dak li Alla ġie fid-dinja biex iwettaq?” (p.26)**

**“Fil-persuna tal-foqra, tqisu xejn għajr Ġesù Kristu. Aqdu lill-foqra bl-istess mod li sservu lill-Ġesù. Aqduhom b'umiltà, rispettu, mogħdrija u karità. Issapportu b'paċenzja kbira dak kollu li jdejjaqkom fihom: manjeri goffi, nuqqas ta' sensibilità, ingrattitudni, tnikkir, garr, tmehil, gideb u miżerji tal-ġisem, jiddisgustawkom kemm jiddisgustawkom.” (p.27)**



## IL-PREMJU TAL-PRESIDENT GHALL-KREATTIVITÀ

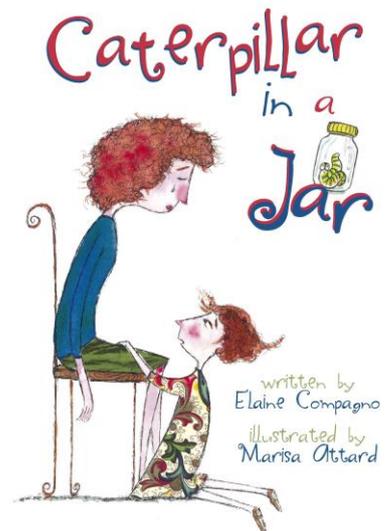
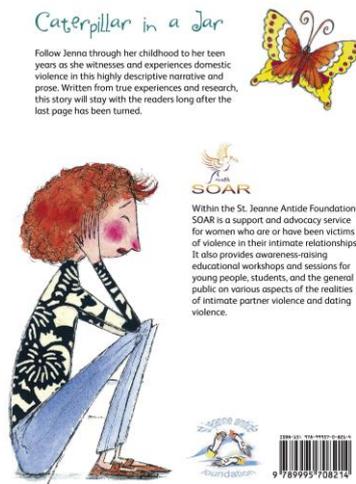
### Premju tal-President għall-Kreattività għall-proġett: **Creativity takes Courage: conveying traumatic experiences of vulnerable children through art and creative writing**

Bis-saħħa tal-Premju tal-President għall-Kreattività 2014, irnexxielna nwettqu proġett li wassal għall-pubblikazzjoni ta' żewġ kotba, wieħed għat-tfal ta' taħt it-tnax-il sena u l-ieħor għaž-żgħažagħ. Dawn huma:



**Il-Mela Darba Tiegħi - ġrajjet very tagħna t-tfal** - miktub u illustrat minn tfal li naħdmu magħhom u mal-familji tagħhom. Hemm illustrazzjonijiet ukoll ta' Marisa Attard. Il-kitbiet ta' disa' tifla u tifel jittrattaw sitwazzjonijiet fil-familja tagħhom bħal: il-fostering, il-vjolenza domestika, is-separazzjoni tal-ġenituri, il-vizzji, ġenitur il-ħabs, mewt ta' membru tal-familja, mard serju u *young caring*. Il-kitieb maħsub għall-użu minn tfal, ġenituri, għalliema u professionisti.

**Caterpillar in a Jar** - dan hi storja għaž-żgħažagħ dwar il-vjolenza domestika mill-perspettiva ta' l-istess tifla fl-età ta' 6, 9, 12 u 15-il sena. Inkiteb mil-Kordinatur tas-Servizz SOAR tal-Fondazzjoni li joffri advocacy u għajjnuna lill-nisa li garrbu l-vjolenza fir-relazzjonijiet tagħhom. Dan il-kitieb se jintuża waqt workshops li ma' żgħažagħ f'kundesti differenti.



Grazzi mill-qalb tal-Premju tal-President għall-Kreattività ta' l-għotja ta' fondi għal dan il-proġett li permezz tagħha qed inwasslu l-vuċi ta' persuni mġarrba b'mod dinjituż.

**Min irid jikseb kopja jista' jikkuntattja lil Miriam Grech fuq email  
[miriam.sjaf@gmail.com](mailto:miriam.sjaf@gmail.com)**

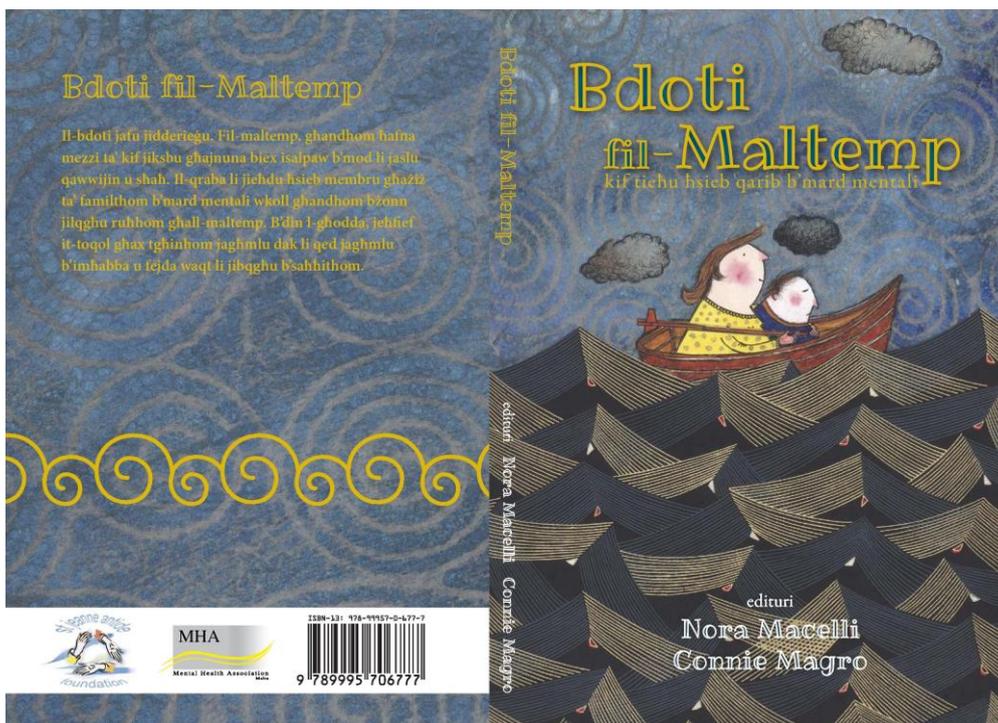
## KTIEB ĠDID BDOTI FIL-MALTEMP - KIF TIEHU HSIEB QARIB B'MARD MENTALI

Dan il-ktieb hu frott ta' ħidma mill-qrib ma' mijiet ta' qraba-carers li ġejna f'kuntatt magħhom fil-ħidma ta' kuljum tagħna. Qraba-carers huma dawk il-membri tal-familja li jerfgħu r-responsabilità kbira li jikkuraw qarib għażiż marid b'mard mentali b'għożża bla ma jfittxu ħlas u unuri. Jieħdu ħsieb qaribhom marid b'paċenzja, b'umiltà, b'imħabba, b'sens ta' dover u b'ħafna sagrificcji. Jagħmlu minn kollox biex jagħtu lil qaribhom ankra fis-soċjetà. Ta' spiss huma l-unici ħbieb li jibqagħlu l-qarib marid meta kulhadd ikun warrab minn ħajtu.

Il-qraba huma dawk li meta jsibu ruħhom fi dlam ċappa, ma joqogħdux jisħtu d-dlam imma jixegħlu torċ. Huma dawk li mil-lumi jagħmlu l-luminata. Għalkemm jisthoqqilhom kull unur, għad hawn min iqis li huma l-kaġun tal-marda. Billi l-kura tal-mard mentali qed tingħata fil-komunità, u billi l-familja qed terfa' l-piz tal-kura fi ħdanha stess, ħassejna l-bżonn li nkomplu noffru tagħrif li jgħin lill-qraba jitgħallmu aktar dwar kif jieħdu ħsieb qaribhom marid b'mard mentali.

Dan huwa t-tieni ktieb maħruġ bi sħab bejn is-St Jeanne Antide Foundation u l-Mental Health Association, żewġ għaqdiet li jaħdmu id f'id sabiex ikompli jgħinu lill-qraba jkomplu jerfgħu r-responsabilità kbira li qed jerfgħu b'inqas tbatija u b'aktar għerf.

Iddeċidejna li f'kull kapitlu nittrattaw marda mentali differenti u nagħtu suġġerimenti prattici fuq kif jistgħu jkomplu joffru mħabba u kura bla ma jaqtgħu qalbhom u bla ma jifarrku u jieqfu għax ikunu qatgħu qalbhom. Għażilna li niffukaw fuq il-mard mentali li l-aktar li niltaqgħu miegħu fix-xogħol tagħna fil-komunità.



Dan il-ktieb jista' jkun utli wkoll għal dawk kollha li jafu lil xi ħadd li jbati minn mard mentali - jew kollegi fuq il-post tax-xogħol, jew ġirien jew xi ħbieb. Jista' jinteressa wkoll lil professjonisti f'oqsma tas-social work, tal-psikologija, tal-counselling, tal-ligi, tan-nursing, u tal-medicina u lil kill min qed jistudja u jinteressah il-qasam tas-saħħa mentali. Huwa faċli ħafna li kull wieħed minna jiltaqa' ma' persuni li jbatu minn mard mentali. Fil-fatt, il-World Health Organisation (WHO) tgħid li l-mard mentali hu aktar komuni mill-kanċer, mill-mard tal-qalb u mid-dijabete f'daqqa.

Il-bdoti jafu jidderieġu. Fil-maltemp, għandhom ħafna mezz ta' kif jiksbu għajna halli jsalpaw b'mod li jaslju qawwijin u sħaħ. Il-qraba li jieħdu ħsieb membru għażiż ta' familthom b'mard mentali wkoll għandhom bżonn jilqgħu ruħhom għall-maltemp. B'din l-għodda, jeħfief it-toqol għax tgħinhom jagħmlu dak li qed jagħmlu b'imħabba u fejda waqt li jibqgħu b'saħħithom.

**Min irid jikseb kopja jista' jikkuntattja lil Miriam Grech fuq email  
miriam.sjaf@gmail.com**

# L-Alkoħol u l-Familja Tiegħi

**Data: 11 ta' Ġunju, 2015**

**Ħin: mid-9:00 sal-10:30 ta' filgħodu**

**Post: Ċentru Enrichetta, B'Bugia**  
(fejn kienet il-Kindergarten tas-Sorijiet)



**Il-Fondazzjoni Santa Giovanna Antida u l-Aġenzija Sedqa qed jorganizzaw kors biex wieħed jitgħallem dwar l-abbuż tal-alkoħol u dak kollu li jgħib miegħu. Ikollkom ċans tinfirmaw ruħkom fuq kif tagħraf is-sinjali ta' abbuż ta' l-alkoħol u kif tista' tevita l-abbuż. Nistednukom tattendu bi ħgarkom. Se jkun hemm ukoll te u kafe offruti. Ċemplu 99960381 jew ibagħtu email: [mariaz.sjaf@gmail.com](mailto:mariaz.sjaf@gmail.com)**

(EEA 06/14) Ċentru Enrichetta Family Resource Centre is a project co-financed by:



EEA Grants NGO Malta Programme  
2009-2014

This project is part-financed by the EEA Grants.

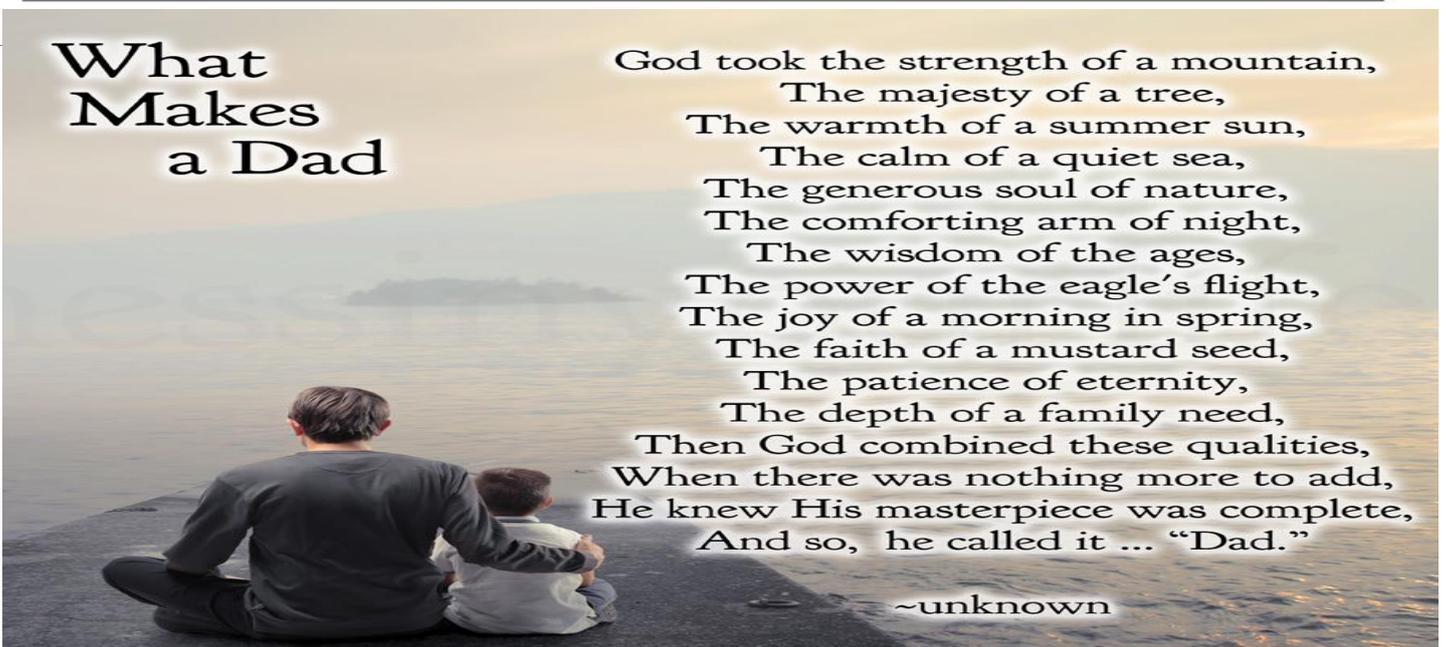
Co-Financing Rate: 90% EEA Funding,  
10% Beneficiary Funds



## What Makes a Dad

God took the strength of a mountain,  
The majesty of a tree,  
The warmth of a summer sun,  
The calm of a quiet sea,  
The generous soul of nature,  
The comforting arm of night,  
The wisdom of the ages,  
The power of the eagle's flight,  
The joy of a morning in spring,  
The faith of a mustard seed,  
The patience of eternity,  
The depth of a family need,  
Then God combined these qualities,  
When there was nothing more to add,  
He knew His masterpiece was complete,  
And so, he called it ... "Dad."

~unknown



# Rokna Poeżija

## Lura

qabel ma bdejt fil-ġuf  
 wiċċi fejn hu,  
 li hu maħbub?  
 qabel il-ħolqien,  
 fejn jien?  
 dan naf li għarraftu  
 bilkemm mument ilu –  
 dan kif, li issa  
 ma nafx?  
 minn żurżieqa  
 magħmula mis-sħab  
 kif nerġa' lura ħa' mmisha  
 l-hena, id-dawl  
 la l-isforz ma tantx jaħdem  
 fil-qdusija ta' issa  
 fil-maqdes ta' hawn?

tony macelli  
 27 mav 2015



## Above All, Trust in the Slow Work of God

by Pierre Teilhard de Chardin

Above all, trust in the slow work of God.  
 We are quite naturally impatient in everything  
 to reach the end without delay.  
 We should like to skip the intermediate stages.  
 We are impatient of being on the way  
 to something unknown,  
 something new.  
 Yet it is the law of all progress that is made  
 by passing through some stages of instability  
 and that may take a very long time.

And so I think it is with you.  
 Your ideas mature gradually. Let them grow.  
 Let them shape themselves without undue haste.  
 Do not try to force them on  
 as though you could be today what time  
 -- that is to say, grace --  
 and circumstances  
 acting on your own good will  
 will make you tomorrow.  
 Only God could say what this new Spirit  
 gradually forming in you will be.

Give our Lord the benefit of believing  
 that his hand is leading you,  
 and accept the anxiety of feeling yourself  
 in suspense and incomplete.  
 Above all, trust in the slow work of God,  
 our loving vine-dresser.

## IRENE Project - WOMEN'S PRISON OUTREACH



As part of the outreach work of the Irene Project, weekly crafts sessions are being held in the Women's Division at the Corradino Correctional Facility. Between 9 to 11 inmates take part. Enthusiasm is high and the creativity of the women is a pleasure to experience. On the 18th May, some of the

Women wrote us the following:

"Is-sessions jagħmluni kalma. Nirrileksja. Nitgħallem affarijijiet godda. Qed inkun kreattiva. Veru interessanti." (E.M.)

"Veru niehu pjaċir. Tgħallimt ħafna. L-affarijiet li nagħmel nagħtihom lit-tfal. Niehu pjaċir." (J.E.)

"These sessions are very interesting and very creative. I am learning a lot and look forward to Monday mornings to attend. I would like to thank the teachers for their patience and dedication. Thank you very much." (J.)

One of the women, J., loves writing poems. Here's one of them: **Our Saviour**



(EEA 02/13) Irene Project is a project co-financed by:



EEA Grants NGO Malta Programme  
 2009-2014  
 This project is part-financed by the EEA Grants.  
 Co-Financing Rate: 90% EEA Funding,  
 10% Beneficiary Funds



## OUR SAVIOUR

You pray for us  
 You feel you must  
 U are so dear  
 while we're in here.

You do your best  
 for all the rest  
 the joy you bring  
 you make us sing.

Your soul is great  
 you fill our plate  
 you feel our pain  
 tears fall like rain.

With all you're feeling  
 you help our healing  
 in our society  
 you bring notoriety.

Your never-ending love  
 lifts us above  
 with all your longing  
 we feel belonging.

Though far apart  
 you touch our heart  
 you keep on saving  
 it's so amazing.

There comes the time  
 when our stories are fine.

By Jacqueline

**Qam!**

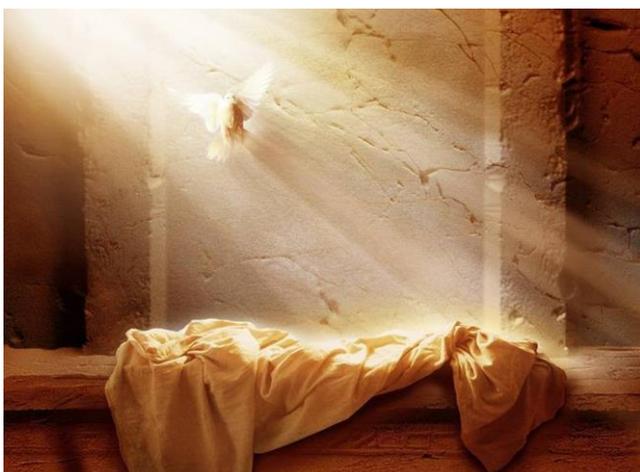
*Fr Thomas Merton jikteb:*

... Ir-Rizurrezzjoni mhijiex dutrina li nippruwaw 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 fil-proċessi dinamici 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.



## St Jeanne Antide Foundation



### ANNUAL REPORT 2014



Read our organisation's Annual Report 2014 for facts, service outcomes and figures.

[www.antidemalta.com](http://www.antidemalta.com)

How to cultivate... kindness, compassion, mindfulness, forgiveness, etc. (science-based)

Access this URL:

<http://ggia.berkeley.edu/>

# PASTA NIGHT

Saturday, 20th June 2015  
University Residence Lija  
@ 7.30 p.m.

I wish to run,  
I wish to play,  
I wish to sing,  
I wish to stay  
**ALIVE**



**ALIVE**

and

**you can HELP!**

Organised by the Sisters of Charity of  
St. Jeanne Antide in aid of the missions in Pakistan

Donation of €10 (adults)  
€5 (child up to 10yrs)  
Food & water included.



For tickets or more details, contact:  
Sr. M. Elena Busuttil 7905 3449, Anna Friesenegger  
7906 3476 or Tarxien convent 2169 4451 or  
by email [anna.sistersofcharity@gmail.com](mailto:anna.sistersofcharity@gmail.com)



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' Erbgħa  
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. **The Antide Family Resource Centre** in the heart of Tarxien. Open from 7.30am to 5 pm daily in winter time (sometimes later as well).
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;
  - **SOAR advocacy and support group** for victims and survivors of domestic violence ([soarmalta@gmail.com](mailto:soarmalta@gmail.com))
  - **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) .
5. **(NEW ) Ċentru Familji: Family Resource Centre in Birżebbuġa.** Starting first week of September. (Project financed for 12 months by the EEA NGO Malta Fund managed by SOS Malta)
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.

See "Services" & "Reports" on  
[www.antidemalta.com](http://www.antidemalta.com).