



# Ĉentru Antida

The Reception Centre of the  
St Jeanne Antide Foundation - SJAF

**SJA FOUNDATION**

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Monthly Newsletter – Issue No. 12 June 2008

This being our 12th issue of the Newsletter of the *Ĉentru Antida*, we would like to thank all those who work tirelessly to fulfill God's mission through the St Jeanne Antide Foundation.

The following excerpt from the *Rule of Life* of the Sisters of Charity of St Jeanne Antide reflects the guiding light which brings us all together in this common endeavour:

**Jesus Christ, contemplated in the Gospel, served in the poor, proclaimed to our brothers and sisters, brings a union between prayer and action in our life. Consecration and mission are inseparable. They are one single vocation, our vocation to love." 1.4.3:**

Se nkomplu nagħtukom aktar għodda għal fidma u riflessjoni fi gruppi. Dan ir-riżors hu maqlub għall-Malti mis-sett ta' karti dwar il-Virtujiet minn pubblikazzjoni tal-Virtues Project ([www.virtuesproject.com](http://www.virtuesproject.com))

## LI NASSERIXXI RUĦI

Nasserixxi ruġi meta ngħid dak li nemmen fih b'kunfidenza ġentili. Nilmaħ u nagħraf id-doni li ngħatajt u nużahom bħala għotja lill-bqija tad-dinja. Għandi l-kuraġġ nafferma fil-beraħ dak li hu sew. Ngħid il-verità fuq dak li hu ġust. Nasserixxi ruġi billi nagħraf li jien ta' siwi u billi nonora d-dinjità ta' min jien. La nittalbu u lanqas inpoġġu u lanqas inpoġġu pressa fuq ħaddieħor. Nistaqsu għal dak li neħtieġu billi nagħmlu talba sempliċi u pożittiva. Nittrattaw lilna nfusna b'rispett u nistennew li nkunu rispettati f'kull ħin.

**L-assertività hija l-ħarriès tad-dinjità tiegħi.**

### Nipprattika Nasserixxi Ruġi

- ❖ Ngħid il-verità kif naraha jien b'kunfidenza.
- ❖ Inqis bħala ta' valur id-doni li għandi naqsam ma' ħaddieħor.
- ❖ Kapaċi nappoġġja dak li hu sew.
- ❖ Nonora is-siwi tiegħi nnifsi.
- ❖ Noħloq limiti ċari.
- ❖ Naf li jien ta' min jirrispettani.

## LI NIKKOOPERA

Il-koperazzjoni hi li naħdmu id f'id għall-benefiċċju ta' kulħadd. Hija r-rieda li nieqfu ma' xulxin u li nużaw id-doni li għandna. Infittxu għanijiet komuni għas-servizz ta' viżjoni waħda. Ngħaqqdu ħilietna sabiex noħolqu xi ħaġa li, weħidna, ma nkunux kapaċi noħolqu. Argumenti u tilwim jherruna. Il-koperazzjoni tkattrilna l-ħolm tagħna. Biha, it-toqol jingarr għalenija. Inkunu lesti nagħmlu bil-qalb dak li ħaddieħor iqabbadna. Infittxu mezzi kif inkunu ta' għajjnuna u nistaqsu għall-għajjnuna kulmeta neħtieġuha. Ma ngħerrqux weħidna. Flimkien naslu għal kisbiet iprem.

**"Il-koperazzjoni tqegħdni f'komunità."**

### Il-Prattika tal-Koperazzjoni

- ❖ Nistieden sħubija.
- ❖ Nafda l-qawwa ta' l-għaqda.
- ❖ Noffri għajjnuna u ideat mill-qalb.
- ❖ Umlu biżżejjed biex ma nagħmilx kollox waħdi.
- ❖ Naf li m'għandix għalfejn inkun waħdi.
- ❖ Naħdem b'entuzjażmu għall-ġid komuni.

*The Kapok tree prayed*

Rainforest citizens,  
And fellow kapok trees  
Caressed like me by morning wind, on buttressed roots  
And unassailable heartwood:

I smelled the air last night; it smelled of men  
And oil from ancient ancestors underground -  
But the oil was burning in rotary saws,  
For I smelled sawdust and tormented heartwood burning.

There is no fear of death, of course,  
But these leaves, one kapok tree, expose two acres of  
chlorophyll  
To renew the world and nourish the wind  
And that will be lost, and bird sanctuary, and more... much  
more.

The day of reckoning is near, my myriad join-ed twin  
sisters.  
We must invoke the Sun behind the sun  
The Ground beneath the earth, the Root of our roots,  
The Breath above the wind.

“O Thou of whom we are branches  
O measureless, formless Tree  
O Life of our life and men’s  
We entreat and plead thee:

“Make men free from no-rest and no-liking  
That wearies their spirit and makes them cut forests.  
Deliver them from no-satisfaction, no-peace  
No-fellowship, and no-harmony

“Let men be free of the attachments they use as crutches  
for their carnivalesque selves and masks of thickened bark.  
Unearth their buried gemstone, help their sapwood draw  
Living Water from Heart beneath their fickle heart.

“Like our birds in foliage rest in shade,  
Teach men to trust Mind above their fickle mind,  
To trust Heart beneath their fickle heart.  
Let their nature blend with You and wander there, made free  
from care

“Make them free from pain, for they have not learnt  
That serenity in Oneness drives out pain.  
Make them free from never-enough.  
And give them less opinions to cherish, so they can see  
Truth.

“Give them a single eye, a sound eye, so their body of  
darkness  
Will be wholly full of light; for space is luminous, bright.  
Give them light, not thought,  
For their thought drives heaven and earth apart.”

tony macelli v1 30-Jun-08



**NEW VOLUNTEERS WITH  
ST JEANNE ANTIDE FOUNDATION**

Marthese Muscat  
Josephine Chetcuti  
Rita Attard  
Lorriane Galea  
Ines Attard

Josianne Herbert  
Anna Grech  
Rita Aguis  
Louise Cassar

Bridget Cauchi  
Mary Mizzi  
Charlene Said  
Doris Camilleri

**WELCOME**

# NEWS UPDATE

## Teams of the Reception Centre Projects

### *Homework Club*

So June too came to an end! The Homework Club is closing shop, once more, for the summer period; with the exception of two tutors who have offered to take two service users who desperately needed our services for the summer period. Actually, for one service user and his tutor, it is going to be their first experience. Our new tutor has just finished her final year in sociology. Sister Antonietta has kindly offered to act as the new tutor's mentor and help her settle in.

Here is some general information about the services offered by the H.W. club from September 2007 to June 2008.

We have had 48 service opening times. Each opening time, a number of Volunteer Tutors offer learning support to their child in different parts of the Ċentru Antida. The team is composed of 13 Volunteer Tutors. In October we lost a tutor, but gained 6 more. In October we started with 10 children and later admitted 10 more. We have achieved closure with 3 students: one passed his Junior Lyceum exam, while two more set for their GESC exams. 5 other children discontinued due, they said, to pressure on their time.

In June we therefore ended with 12 children and a new one who will be starting in July.

Our thanks first of all go to the good Lord and Saint Jeanne Antide in whose footsteps we try to walk. In trying to promote her motto of FOR GOD ALONE, and through their guidance and protection, we find the courage and strength to go on with our work.

Mother Provincaill, Sister Salvina Bezzina and her community of the sisters of Charity: their encouragement and their welcome, make us feel as if the Ċentru Antida is our second home.

To Nora Maceli and the staff team: like a queen bee, Nora manages the hive to perfection and her smile is the spark that keeps one going.

Our social worker Sr. Rose: always there for us, and publicly we want to apologize for the number of times we left a window open.

Mary Scoffield and Daniel Grech: they are both always hovering around to see to our needs; their steaming mugs of coffee are always welcomed.

To Miriam Grech: the refuge in desperate last minute needs (promise if I did not give her a special word of thanks, I would be doing a gross injustice.)

To anybody I left out whoever they may be, without a combined effort this venture will not work. So thanks, to one and all.

And now please allow me a roll call of all our tutors; the team spirit within this group is so high. We feel like a family, and together we held tight when hit by some personal sorrow. Here they come:-

Sister Antonietta Attard, Carmen Attard, Franca Caruana, Richard Cassar, Rodienne Conti, Moira Ellul, Melaine Ferò, Joisanne Herbert, Claire Said, Charelene Said (New Tutor), Rita Scarffe, and Graziella Tully.

Thank-you friends. Have a nice rest and see you in September for our planning meeting.  
(P.S. if you are good we will organize a pizza night)

For the record, homework club tutors love to share meals; any occasion is good enough reason to celebrate friendship and fellowship.

For the record we hold social outings, planning and progress meetings - some informal - but all worthwhile to help our group work as unit. With Nora we have started a support group meeting for our tutors and plan to carry on with this during next term.

*HAVE A NICE SUMMER  
EVERYONE!!!!*



*Jessie*

Homework Team Co-ordinator.

## Social Work

Dan ix-xahar kellna każ mhux tas-soltu fiċ-Ċentru Antida. Soru tal-karità ltaqgħet ma' mara bilqiegħda fuq bank Raħal Ġdid. Il-mara dehret ikkonfonduta għall-aħħar, bil-ġuħ, bla saqaf fuq rasha u bla flus. Is-soru wasslitha għandna. Tajniha x'tiekol milli kelna fil-friġġ - ħobż, ġobon, tadam, gallettini. Kellna bigilla imma ratha suspettuża u ma riditx idduqha. Wara straħet u raqdet fuq is-sufan komdu li għandna ċ-Ċentru. Sirna nafu li kienet minn pajjiż mil-Lvant ta' l-Ewropa u li kienet ġiet Malta biex issib ix-xogħol.

Kif forsi tafu, l-impieg hu magħluq għal pajjiżi mil-Lvant ta' l-Ewropa li, bħal Malta, huma membri ta' l-Unjoni Ewropea; fil-fatt Mlata m'hijiex obligata għalissa li awtomatikament toffri opportunità ta' mpieg għal kull minn ġej minn pajjiż mil-Lvant ta' l-Ewropa li huwa membru ta' l-Unjoni Ewropea ukoll.

Ċempilna kullimkien - lid-djar kollha li joffru kenn u wens għal min ikun bla dar. Skoprejna li aktar faċli ssib kenn għal raġel milli għal mara. Biex tgħaxxaqha, dawk il-ġranet kien hemm ukoll strajk tas-Social Workers u ma stajniex nikkomunikaw ma' hadd mill-aġenzija Appoġġ. Minn dar ta' kenn fejn kienet qed toqgħod qabel ma bdiet torqod barra skoprejna li billi hi ma mxiex mar-regoli tal-post u billi tawha ċans għal erba' darbiet, fl-aħħar kienu talbuha titlaq minn hemm. Kenn ieħor kien mimli u ma setgħux jaċċettawha.

Billi la kellha flus u lanqas ma stajna nsibulha post temporanju fejn toqgħod, ħassejna li jkun aħjar għaliha jekk tirritorna lejn pajjiżha. Hi qablet. Illum il-ġurnata, bin-nuqqas ta' restrizzjonijiet fil-fruntieri madwar l-Ewropa u b'din il-possibilità ta' mobbilità daqshekk faċli, qed issir ħaġa komuni li nies jitolqu minn pajjiżhom biex ifittxu xogħol iżda bla flus għall-għajxien u bla pjan ta' akkomodazzjoni. Din hija sfida għalina biex naħsbu kif għandna ngibu ruħna quddiem sitwazzjonijiet simili.

Insomma. Wara ħafna ċempil 'l hemm u 'l hawn, aġenzija ta' l-ajru ġentilment offriet b'xejn il-passaġġ lura għal din il-mara u l-Azzjoni Kattolika offriet parti mill-ispejjeż tat-taxxi ta' l-airport. Tajnieha xi ħwejjeġ ġodda għaliha u għat-tifla li qaltilna li ħalliet warajha, basket kbir tal-vjaġġi biex tpoġġi kollox f'basket wieħed, u katnazz. Filgħaxija tat-tieni jum magħna, akkompanajna lill-mara l-ajruport għax telqet lura mas-siġha ta' bil-lejl.

Forsi ngħidu, hekk sewwa din il-mara akkwistat vjaġġ b'xejn bl-ajru? Naħseb li l-importanti hu li ppruvajna ntaffu ftit mill-konfużjoni li din il-mara kellha. Naħseb li hadd ma jitlaq minn pajjiżu meta jkun komdu u kieku jkolli ħafna nuqqasijiet bażiċi tal-ħajja min jaf kemm nigdeb biex nakkwistahom.

Huwa biss l-Ispirtu s-Santu li jrid jillumina biex quddiem dawn is-sitwazzjonijiet, l-attitudni tagħna tkun waħda ta' ħniena u ta' nuqqas ta' ġudizzju minkejja li ma nonqsux nisfidaw lill-persuna biex tagħmel ħilitha. Min jaf fejn qiegħda llum?

*Sr. Rose*

Social Worker

## Riferimenti

- **2007: 107 (38 magħluqa; 39 dormant; 30 attivi)**
- **2008: 80 ġodda + 32 attivi mill-2007 (27 magħluqa; 30 megħjuna minn voluntieri; 9 Bridge; eċċ.**
- **Sorsi 2008: 38 mill-Parroċċi; 9 mis-Sorijiet tal-Karità; 8 mill-iskola primarja; 7 Director Tarxien Youth Club; 18 minn sorsi oħra**

## ***Friendship Group***

A year has passed since the first issue of SJAF NEWSLETTER, and a year has equally passed from our first visit to the Female Inmates within Corradino Correctional Facility. During this year we have met many inmates, all burdened with one pain or another. We have also seen quite a few who have terminated their imprisonment term and have hopefully reintegrated in society. Sometimes I worry about how they're doing and whether they are actually coping with all that life brings with it.

Before my first visit to Corradino, I never actually pondered what kind of person can an inmate be. Possibly because I had never met an inmate before, and possibly because I considered all inmates to be of one particular character, all leading one kind of lifestyle. Most of all I must have judged them all equal - as law-breakers!

How wrong I was!!! And for this I would like to thank God for providing me with an eye-opener, such as the Friendship Team. How wrong it was for me to be so judgemental. This experience has taken me back to Jesus's teachings when he referred to the Publican who boasted of his deeds, and that humble man who asked for forgiveness. With my kind of reasoning, it was plain to see whom I resembled most.

My views have changed!! An inmate is none other than a human being, like you and me, who has done wrong, like you and me, who has broken the law, yes, maybe not like you and me, but is paying a very high price for it. The frustration of having to live behind closed doors for a year, even two or three is unbearable. We have befriended a particular lady who has another seven years to go, and she can't bear it any longer. We know of another inmate of foreign origin who shall be deported back to her country, a country in which the type of crime she committed is punishable by death. Then there is another lady who has been incarcerated for these past four years and shall be leaving prison in a few days. I assumed she was delighted, but I discovered it wasn't the case, since her family have deserted her and she has nowhere to stay. Sometimes we, as members of the Friendship Team wonder if there is anything else we can do to ease their suffering, but I am sure that by listening to them, showing them that we do understand them, and passing on words of encouragement really means a lot to them.

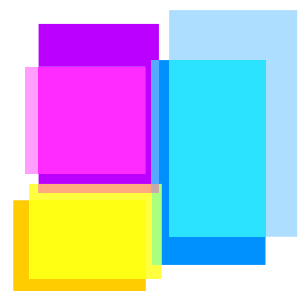


Due to the fact that the Sisters will be having their retreats and time of rest during the summer, we thought it best not to meet or pay any visits during the summer period. Nevertheless, I appeal to the rest of the Friendship Team members to, as much as possible, keep in touch with the elderly people who have been assigned to us. Let's keep them all in our thoughts and prayers.

God Bless Us All!!

*Caroline*

Co-ordinator



## Aħbarijiet mill-Fondazzjoni Santa Giovanna Antida (SJAF)

- ✚ On the 9th of July at 10.00 am at Ċentru Antida, the Foundation and the Agostinjani in Tarxien shall be starting a support group for parents of persons whose marriage has broken down and are either in the process of separating or have already separated. The support group shall be led by Ms Giannella Caligari.
- ✚ Second year Seminarian Reuben Vella will be co-working with Nora Macelli in the area of family work during July. He will be starting his work at SJAF on the 30th June. Thank you Fr Andrew Borg (Tarxien Deputy Parish Priest) for making this happen! Seminarian Reuben and Nora will next week start helping an elderly woman clear her tiny house of mounds of accumulated trash, scrape floors, whitewash walls and get professional help to install proper electrical wiring and repair water connections. If you want to help out, please tell us by Monday 30th June. Volunteer Richard Cassar will be helping us out by providing protective clothing and gloves.
- ✚ As of this month, our Foundation has become an official member of the Malta Health Network composed of NGOs active in the health sector.
- ✚ On Saturday 14th June, SJAF Board members and the CEO hosted a meeting of Unità Pastorali 12 comprising the Parishes of Tarxien, Paola Kristu Re, Paola Lourdes, Santa Lucia and Luqa. Nora made a presentation on the mission, work and ethos of the Foundation. A meaningful discussion followed.
- ✚ Sr. Rose and Nora have just completed a courses organised by the Mental Health Association (MHA) in Malta. MHA is a board member of EUFAMI - European Federation of Associations of the Mentally Ill. MHA intends to organise a Conference later this year on the plight of children who look after a mentally ill parent. SJAF is slowly gaining experience of working holistically with persons with mental health problems and intends to continue to seek ways of supporting such persons through its Ċentru Antida. A meeting has been held with a psychiatrist at Mt Carmel Hospital some of whose patients Sr. Rose and Nora are working with so that we continue to offer the best and most effective support possible in collaboration with specialists in the field of mental health.
- ✚ The first intake of Bridge Programme students has concluded on Wednesday 25th June. On Monday 23rd June, individual parental meetings were held to discuss progress achieved by each student and the way forward, especially during the summer. All parents expressed high satisfaction and appreciation for the love and respect shown to their children, the high interest and commitment shown by their children towards the learning environment and content, the fact that the Bridge Programme was, for their children, the first learning environment in which they felt truly accepted, loved, cared for and challenged educationally, and for the staff commitment to stimulate participants to look ahead and to continue learning. A number of organisations and practitioners are already calling SJAF to find out more about the Bridge Programme and its second intake later this year.
- ✚ Sr Rose will be on leave between July 1 to 13; Miriam between July 17 and 24; and Nora between July 22 and August 8.
- ✚ Saret preżentazzjoni dwar il-missjoni u ħidma tal-Fondazzjoni kif ukoll preżentazzjoni spiritwali awdjo viżiva lis-Sorijiet tal-Karità tal-Provincja ta' Malta (18 ta' Ġunju filgħaxija) u lill-Ħbieb ta' Santa Giovanna Antida, Voluntieri u impjegati tal-Fondazzjoni (25 ta' Ġunju).

## "Il-Huta Ghaqlija Tmiss mal-Qiegh"

*Inti imsejja għall hajja aktar kontemplattiva ?*

*Din hija taħdita li nġhatat lis-Sorijiet tal-Karità ta' Sta Ġovanna Antida minn membru tal-Fondazzjoni Sta Ġovanna Antida, fit-18 ta' Ġunju 2008, u lill-Ħbieb ta' Sta Ġovanna Antida fil-25 ta' Ġunju*

<p>A. KONTEPLATTIVI ?          B. MIN JITLEF HAJTU?          C. IL-MERAVILJA          D. LEMHA BISS ?          E. AGHMA!          F. DEVOZZJONI          G. INHARES, INĊEDI          H. TIBŻAX          I. KIF JIBDA' JBEXBEX...</p>		
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### A. KONTEPLATTIVI ?

Is-sejha kontemplattiva hija sejha ta' l -Ispirtu lil kulhadd – sorijiet, patrijiet, qassisin, lajci – għalkemm f'xi wħud forsi din is-sejha ġewwinija ma tasalx sal-wiċċ għaliex ikun hemm wisq ċpar.

"Ghandkom tkunu kontemplattivi li jinghataw għall-hidma," San Vincenz de Paule kien jgħid lis-segwaċi tiegħu. "Qisu mhux hu," jgħid il-Malti, meta xi hadd donnu jmur lil hinn mill-limiti tiegħu. Dwar il-persuna kontemplattiva ma nistgħux nġhidu biss "Qisha m'hix hi.' – ikollna b'zonn nġhidu " *tassew* m'hix hi!" Il-persuna kontemplattiva tkun marret lil hinn mill-"jien" tagħha. [Ikompili...]

**Biex tkompili taqra l-artiklu, mur fis-sezzjoni "Spirituality" tal websajt tagħna.**

**Jew mur direttament f'dan l-indirizz:**

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

### APPEAL

If you know anyone who would be willing to translate, from Italian to English and on a voluntary basis, an international newsletter published by the Sisters of Charity for publication and distribution in Malta, please tell us.

Sr. Salvina Bezzina soc  
 Superior Provincial  
 Email: [supprov@onvol.net](mailto:supprov@onvol.net)

*Visit our NEW Website:*

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



## ***CHARITY as experienced by Jeanne Antide and in the light of the present concept of the Church***

We are all fascinated with **Jeanne Antide's life and message: the flame of Charity** that guided her work, and which brought about fruit continues to bear its fruit to the four corners of the world.

### **☪. Serve with competence**

*"You will select young women and form them as you have been formed."*

Formation was part of the project of the mission, as declared by the great Vicars, at Landeron.

Jeanne-Antide is not content with the experience she acquired as a nurse, teacher, cook, catechist, in Sancey, in Paris, and in foreign countries; she tries to increase her knowledge through observation, asking advice, keeping in mind other people's experience...

When Madame de Vannes complimented her on the formation of her daughters, Jeanne Antide replied:

*"Madam, it is God who deigns to bless my efforts. I instruct them night and day, at one and the same time for the interior and the public, the glory of God, and their sanctification."*

She communicates to her sisters what she herself learnt;

- she ensures practical exercises: home visiting of the sick, observe their behaviour, their symptoms,
- formation in the knowledge of medicine, the preparation of medicinal herbs,
- she insists on observing the environment in detail, for example, in the use of leather bottles, brass, lead, pewter,
- on precision, the sense of justice,
- the link to make between medicines ,
- the daily report already in existence...
- she gives all her attention on how to introduce them to prayer.

*"To make them more capable, each one in her own domain, I taught them how to dress wounds how to apply blisters draw blood from the arm or foot, how to take the pulse; for the teaching sisters I brought them teachers to teach them how to write and also the grammar."*

She made them follow a course in Italian before leaving for Naples.

As for the spiritual formation of her Sisters, Jeanne Antide is very careful both in the first small Rule as in the Rule of Life: everything is foreseen in detail according to those times: prayer, the sacraments, silence, sharing but, a careful reading of the text, shows that there are many minute details:

*"All these exercises are done in common, if possible. If however a Sister is not present, either because at that moment she was serving the poor, or other interesting thing, or because she prolonged her rest in the morning: if possible she will do them on her own. "*

As regards to fasting:

*"charity obliges the Sisters, to take care of their health in order to consecrate it entirely to the service of the sick and the poor. "*

*"The monthly retreat because of their commitment and or if the poor would suffer, they will do it individually, one at a time. "*

The essential is summarised in a few words :

*"At the same time that I was training my Sisters for the active life, I was training them also for the contemplative life, to support and sanctify the active."*

The Church asks the religious..."to commit themselves with fresh enthusiasm in order to face in a spiritual and apostolic manner the new challenges of the times." and "... and that their whole life may be penetrated by an apostolic spirit and their apostolic work with contemplation"



***Sr. Jacqueline Mullier***

## Messaġġ minn Nora

Ghalaqt sitt xhur minn mindu bdejt naħdem uffiċjalment mal-Fondazzjoni Santa Giovanna Antida. Qabel, kont volontiera bħal maġġoranza tagħkom kollegi u hbieb tiegħi li tant napprezza. Kuljum matul dawn is-sitt xhur hassejtni ferhana immens. Ir-raġunijiet huma bosta. Naqsam magħkom xi ftit minnhom:

Qed naħdem f'post imdawwar bit-talb. Nidhol l-uffiċċju filgħodu kmieni, kultant ikun għadu jbexbex, u nisma' lis-sorijiet fil-kappella jkantaw jew ilissnu l-lodi. Naghlaq għajnejja u nehmed fid-dlam. Nitlob waħdi fl-uffiċċju.

Kważi kull min jiġi ċ-Ċentru Antida jgħidilna minnufih li jhossu fil-paċi. Lil Sr Rose u lili, din l-istqarrija spontanja minn tant nies li l-Mulej ilaqqagħna magħjom tfarraġna u timlina bil-ferħ u mħabba. Naħseb li l-fatt li qed naħdmu prattikament ġo kunvent, imdawrin kif aħna bit-talb u persuni li talbu u jitolbu kuljum ħajjithom kollha, holqot enerġija ta' grazzja li toltok. Lili wkoll. Grazzi huti s-Sorijiet tal-Karità!

Qrajt il-ħajja ta' Santa Giovanna Antida darbejn minn żewġ sorsi differenti u nhoss l-ispirtu tagħha jimlini b'kuragg kbir. Minkejja l-ostakli kbar li bla dubju holqulha tbatija emozzjonali, psikoloġika u fiżika kbira, hadd qatt ma seħħlu jnaqqsilha l-motivazzjoni straordinarja tagħha msejsa biss fil-Mulej. Grazzi Santa Giovanna Antida ta' l-eżempju u wirt spiritwali kbir li hallejtilna.

Is-Sorijiet tal-Karità li tant sirt inhobb u nirrispetta bil-kbir, huma tassew huti. Kultant huma wkoll tizolqilhom il-kelma 'Sor' meta jkellmuni. Tinzilli għasel din! Nammira mmens lis-sorijiet li matul ħajjithom, fl-ispirtu u karizma ta' Santa Giovanna Antida, mexxew servizzi imprezzabbli fl-isptarijiet ta' l-istat, djar residenzjali tat-tfal u tfajliet, skejjel, fil-Caritas Malta, Hospice Movement, Dar tal-Provvidenza, Azzjoni Kattolika u bosta oħrajn. Meta tiltaqa' magħhom ma tintebax li dawn is-sorijiet kienu mexxejja f'bosta setturi u strutturi ta' appoġġ. Ma tintebax għax umli u għax qatt ma jiftaħru x'kienu u x'għamlu. Jekk issir taf, kif qed insir naf jien, hu għax tistaqsihom u jwegbuk b'ton '*matter of fact*'. Għalija, l-umiltà hi virtù ewlenija, u li naraha mgħixha madwari kuljum, tferrahni.

Jiskantani u jqawwili qalbi wkoll il-fatt li l-maġġoranza tas-Sorijiet tal-Karità li huma 'l fuq sew mis-70 u 80 u, iva, id-90, jibqgħu jaħdmu kuljum f'uffiċċini fuq il-kompjuters, fil-komunità, fil-parroċċi, fl-iskejjel tagħhom, fil-kura 24/7 ta' huthom is-sorijiet *bedridden* u dipendenti totalment fuq kura f'Villa Annunziata f'Hal Balzan u fit-tmexxija tal-komunitajiet żgħar madwar Malta u Ghawdex. Illum, meta nisma' l-prinċipju ta' *Active Ageing*, jiġuni mill-ewwel f'moħhi huti s-Sorijiet tal-Karità li dejjem għaddejjin bil-missjoni tagħhom minkejja l-età avvanzata.

Ohti l-ghaziza Iris mietet f'Novembru li għadda. Qattajna kważi sena u nofs qalbna mterrtqa. Wara l-mewt tinfena mod iehor. Imma naf li qiegħda magħna fl-ispirtu. U naf dan għaliex ninsab ferhana minkejja kollox. Ninsab ferhana wkoll li lhaqt ippubblikajt il-ktieb tan-novelli u ddedikajtu lilha u lill-oħti l-oħra Anna - u laħqet ratu, qratu, ferhet bih u heġġet lil hbiebha jiksibuh.

Il-persuni li naħdmu magħhom inisslu ferħ kbir fija. Inhobbuhom tassew. U huma jhossuha din l-imħabba. Numru minnhom jiġu ta' sikwit iċ-Ċentru għax hemm isibu wens li jgħinhom ikampaw mal-ħajja.

Ninsab ferhana wkoll għax erġajt nista' naħdem mill-qrib ma' żewġi kif għamilna għal bosta u bosta snin fl-imghoddi...

Grazzi lilkom ilkoll li temmnu f'din il-missjoni tal-Mulej li qed inwettqu flimkien bi spirtu haj ta' mħabba, rispettu u dinjità

*Nora*

Quotes from some  
of our service users

4. Trid tghaddi xi kumment jew xi suggeriment?

Meta gajt dejjem qadajni

Social Work Service

għaliq ta' kien ta' għajruha. Hawn nistgħu li  
nibqaw sejnin hawn, għal qid ta' tiffa.  
(20-33)

Disability Course

Naprezza hawn dan ix-xogħol li intom għajbekom torganizzaw  
għax lili personali li ma nistax nafordja nthalas għall-Centru  
korsijiet bħal tal-kompjuter etc. u grazzi lilhom dan l-vors  
għaliq nistgħu ta' hawn u b'xejn biss li nistgħu li jkun hawn  
+ l-... nistgħu nistgħu

Bridge Programme

4. Trid tghaddi xi kumment jew xi suggeriment?

li jipprova adejnin dawn il-korsijiet u tallew interessanti  
għax inkunet nistgħu nistgħu għall-għajruha  
dak il-fun. ex tidtallim hawn issa  
hawn mill-... hawn

Disability Course

4. Trid tghaddi xi kumment jew xi suggeriment?

Nixtieg li jkumpri għaliq kien interessanti

Disability Course

## Kalendarju t' attivitajiet f'Centru Antida

Se jibdew dawn il-korsijiet fiċ-Centru Antida:

- Course fuq **Self-Esteem**. Se jibda fis-16 ta' Lulju fid-9:00 ta' filgħodu. Ser Tmexxi l-grupp Ms. Astrid Camilleri. Min hu interessat għandu jċempel lil Miriam fuq 21808981.



- Fid-9 ta' Lulju se jibda grupp t'appogg għal ġenituri b'ulied mizzewġa li sseparaw. Jibda fl-10.00 ta' filgħodu fiċ-Centru Antida. Jitmexxa minn Gianella Caligari. Dan is-servizz huwa l-holma ta' Fr Franco Grech, Pirjol ta' l-Agostinjani f'Hal Tarxien. Qed naħdmu flimkien biex isir realtà. Diġà inkitbu 7 persuni.



Sweet Devotion  
watercolour by tony macelli

## NILTAQGHU MAL-VOLUNTIERI

*F'din il-ħarġa ħa niltaqghu ma' .....*

Ismek u Kunjomok: **Angela Garcia**

Data tat-twelid: **18 t' April 1953**

Fejn Twelidt: **Tarxien**

Fejn toqgħod: **St. Lucia**

Stat: **Miżzewġa**

Kemm ilek miżzewweġa: **21 sena**

Isem ir-raġel: **Carmel**

Tfal: **Marjam, Steven, Raisa Marie, Laetita, Gabriel**



Angela hija bniedma kwieta, kalma u daħkana. Li jolqtok dwarha huwa s-sense of humour tagħha: ma tkunx hi jekk ma tiġbidlekk saqajk. Anke jekk tarak mgħaġġla jew f'xi kriżi, twaqqfek biex tgħidlek xi ħaġa li ddaħħqek. U jekk ifettillek tiġbdilha saqajha int ukoll, araha tiħmar!

Angela: grazzi tal-ħidma u impenn kostanti u grazzi talli dejjem tara kif se ssib voluntieri oħra dedikati bħalek.

## Ċentru Antida

### Summer Opening Hours

Mill-1 ta' Lulju sal-15 ta' Settembru

Mit-Tnejn sal-Ġimgħa

7:30 - 13:30

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# WANTED!

**We need volunteers  
to help us out in  
fundraising.  
Please contact Miriam.  
21808981**