



SJAF e-Magazine

SJAF is affiliated to the Anti-poverty Forum Malta,
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Grace Clinic: SJAF embarks on overseas development project in Pakistan

On the 22nd June, the St Jeanne Antide Foundation received a Euro 15,964 grant from the Ministry of Foreign Affairs in Malta to be used for a specific project in Pakistan. The money for this grant comes from Malta's Overseas Development Aid (ODA) allocation. The Foundation will be using this money to help the Pakistan Province of the Sisters of Charity to demolish and re-build a rural health clinic that was structurally damaged during the 2005 earthquake.

The Health Clinic has been run by the Sisters of Charity for over 15 years. The building is now almost collapsing and the sisters are barely managing to cope with the demand for health care using the one remaining usable room. At the moment, with such limited space, the two Sisters of Charity who run the clinic – a qualified Nurse and an Assistant Nurse – manage to care for 15 to 20 poor sick persons daily. The Clinic is located in Chak 4, Faisalabad district. Chak 4 is a village of approximately ten thousand (10,000) inhabitants, 18 km away from Faisalabad itself. The majority are very poor peasants living a hand-to-mouth existence. From the experience of the nuns who work with the poor families, families living in Chak 4 village are often victims of malaria, typhoid, flu, skin diseases, tuberculosis, hepatitis, scabies, persistent diarrhoea, and many other diseases. Families face extreme hardships due to the hard conditions of life and work in the fields.



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Women cook in hand-made ovens in the open-air and often suffer burns. Children become easily dehydrated due to unhygienic surroundings and severe diarrhoea. The extreme heat, lack of safe drinking water, lack of money for adequate food and medication take their toll of victims.

Yet the most devastating suffering is that of women and children. Many women die while giving birth or just after delivery due to lack of hygiene, treatment and care. Women who give birth to a baby girl are sometimes consciously neglected until they die as a punishment for giving birth to a baby girl. Women are sometimes burnt by their husbands or their mother in law for failing to produce a baby boy. Extreme poverty drives children to prowl the streets to beg for food and money. Such a life leads to familiar risks such as sexual abuse, organ trafficking, kidnapping, and murder.

It is a fact that many families drink the same water in which they took a bath with their buffaloes. They are often sick and under nourished. The Sisters have observed that the incidence of hepatitis, especially among children, has considerably increased in the past few years.

Lack of funds have created a situation where the Sisters of Charity have had to make do with the use of one remaining room after the Health Clinic suffered structural damage during the 2005 earthquake.

Infrastructural work: The Malta ODA funds will be used to demolish the existing structure and to build a new 2-storey clinic built on the same land. The clinic will continue to target the poorest of the poor, especially women and children who face the hardest disadvantages and abuse.

The ground floor waiting rooms will provide space where poor sick persons and those accompanying them wait to be screened and treated. There will be two waiting rooms in the new clinic since it is taboo for Muslim women to be in the same room with men. Given the current lack of facilities, sick men have to wait outside the clinic so as not to disturb the women inside the waiting room.

The partitioned ground floor Hall will be the main space for check-ups and treatment. The Hall will be equipped with wall-to-wall cupboards for medications. It will be equipped with two beds (one on each side of the partition), a desk, a trolley with first aid materials. When there is need for injections or intimate check-ups, sick persons will be asked to go to the 4th room on the ground floor. This fourth room is crucial since women often insist to be injected through their clothes risking infections.

Many of the sick persons who currently visit the unsafe one-room clinic have hepatitis B and C. In 2009, for example, the Sisters of Charity managed to vaccinate 300 poor persons by using a classroom in a rural school 20 kilometres away from the existing clinic. Once the new Grace Clinic is completed and opened, the team of qualified Sisters of Charity will increase thus making it possible for them to step-up their vaccination campaigns, especially targeting women in their pre-natal phase. They will also be able to offer primary and secondary health care programmes such as:

- Running a health and hygiene awareness and prevention family health care programme especially targeting poor rural women.
- Providing first aid care to very poor sick persons who manifest illness that can be treated at health clinic level (high fever, malaria, injuries sustained due to domestic violence, flu, skin diseases, anaemia, scabies, etc.).
- Running a vaccination programme.
- Accompanying very poor sick persons requiring emergency hospitalisation to the Faisalabad hospital.

NEW VOLUNTEERS WITH SJAF

Maria Graziella Carabott –

Learning Support



Il-Kapitlu Ġenerali tas-Sorijiet tal-Karità L-esperjenza tiegħi - Sr Rose Rizzo stk

Ix-xahar ta' Ġunju 2010 kien żmien importanti għall-Kongregazzjoni tas-Sorijiet tal-Karità għax kellna Kapitlu Ġenerali f'Ruma. Kapitlu Ġenerali jfisser avveniment speċjali li jsir kull hames snin li fih jipparteċipaw rappreżentanti tas-sorijiet tal-karità mxerrda mas-seba' u għoxrin pajjiż minn erba' kontinenti tad-dinja kollha. Is-sorijiet minn Malta kienu: is-Superjura Proviċjali Sr. Salvina Bezzina, żewġ kunsillieri Sr. Fausta Darmanin u Sr. Teresa Tonna, u bħala mistiedna kien hemm Sr. Rose Rizzo.

F'dawn il-laqgħat kien hemm ukoll il-preżenza (matul sebat ijiem minn xahar) ta' għaxar lajci rġiel u nisa minn diversi pajjiżi tad-dinja, li flimkien mas-sorijiet tal-karità, qed jagħmlu mixja ta' spiritwalità u qadi ta' nies fil-bżonn skond il-karizma tal-Fundattriċi tas-sorijiet tal-karità Santa Ġiovanna Antida Thouret. Il-persuna lajka li rrapreżentat lil Malta kienet is-Sinjura Nora Macelli.

Fil-Kapitlu jiġu studjati u diskussi temi varji bħal:

- L-attwalità tas-soru tal-karità fid-dinja tal-lum, u l-isfida li toffri d-dinja;
- Il-bżonn ta' rinnovament spiritwali tal-membri tal-Kongregazzjoni biex ikunu melh u dawl fid-dinja;
- L-elezzjoni tal-Madre Ġenerali u l-kunsill tagħha.

Minn sena qabel, is-sorijiet kollha jkunu nvoluti fil-proċess kollu billi jirċievu skedi u mistoqsijiet, biex il-kapitlu jkollu l-materjal fuq xiex jaħdem, u fl-istess ħin ikun hemm il-partiċipazzjoni ta' kulhadd. It-tema li ggwidatna kienet 'il-Ilma Ħaj li Ġesu' joffri lil mara Samaritana' (Ġv Kap 4). Fuq din it-tema kull pajjiż organizza laqgħat, semiars u workshops biex ix-xogħol jiġi nterjorizzat. Fuq kollox kien hemm ħafna talb.

Il-kapitlu f'Ruma jilhaq il-quċċata tiegħu meta wara dan ix-xogħol kollu jittieħdu deċiżjonijiet u linji gwida għall-futur.

Konna b'kollox 77 ruħ, minbarra dawk li jagħtu s-servizz ta' traduttriċi. Inħallikom timmaginaw il-ġid sfiq u l-ferħ meta tiltaqa' ma' sorijiet ta' nazzjonalità differenti, jew li tara xi wħud li tkun ilek żmien twil ma tarahom. Il-ħinijiet tal-Liturġija kienu mumentu qawwija ħafna ta' komunjoni, miżgħudaa b'kant u lingwi diversi. Il-qassis li mexxa l-kapitlu kien moderatur tajjeb, u kapaċi joħloq dispożizzjoni ta' talb, ta' riflessjoni u ta' responsabbiltà f'kull membru.

Ma naqsux ukoll mumentu ta' rilassament – għalkemm qsar – bejnietna, li kienu ndispensabbli għax ħolqu bilanċ għall-laqgħat li kienu ta' ħafna mpenn.

In-natura tal-madwar għenet bis-sbuħija, bil-fwejjah u bil-kant ta' l-għasafar, biex dan l-avveniment ikun ta' fejda spiritwali u materjali. Is-sens ta' gratitudni kien miegħi tul iż-żmien kollu tal-kapitlu. Nittama u nitlob 'l Alla li nwettag dawk il-proposti u s-suggerimenti li ġew ippreżentati fil-laqgħat, li wara kollox jistgħu jingabru fi frażi li hija dejjem attwali: l-imħabba t'Alla trid turi ruħha fl-imħabba u l-qadi tal-proxxmu b' mod speċjali lejn min hu fil-bżonn.





Aħbarijiet mill-Fondazzjoni

- **3, 10, 17, 24 ta' Ġunju: LEJN HAJJA MIMLIJA:** Waqt li Sr Salvina kienet Ruma matul ix-xahar kollu ta' Ġunju, Nora baqgħet tippreżenta il-programm tar-Radju Lejn Hajja Mimlija li jittella' kull nhar ta' Ħamis bejn it-3.30 u l-4.00 ta' wara nofsinhar. Il-programm jiffoka fuq il-ħidma tal-Provincja tas-Sorijiet tal-Karità kemm Malta kemm ukoll f'pajjiżi oħra u fuq is-servizzi offruti mis-St Jeanne Antide Foundation. Matul Ġunju, ġew intervistati fil-programm Sr Nathalie Abela u Sr Anna Marija Sammut mill-Provincja tal-Pakistan, Tony dwar ic-Centring Prayer jew Talba tal-Kunsens, u Pauline Agius (Community Worker mal-Fondazzjoni) u Marie minn Kummissjoni Djakonija f'parroċċa partikolari dwar kif jaħdmu id f'id b'risq persuni fid-diffikultà.
- **Ġunju:** mill-1 sas-17 ta' Mejju, Sr Rose Rizzo stk marret Ruma biex tieġu sehem fil-Kapitlu Ġenerali tas-Sorijiet tal-Karità; Nora ħadet sehem fih ukoll bejn is-7 u 13 ta' Ġunju.
- **1 ta' Ġunju:** Nora ħadet sehem fit-Writing Process Teachers' Convention ta' nofstanhar organizzata mill-Malta Writing Programme.
- **2 ta' Ġunju:**
Inbeda l-proċess ta' pjanar tar-raba' Programm Bridge.
Żjara minn Rita Bonello mill-Proġett Me Too tal-aġenzija Sapport.
- **3 u 8 ta' Ġunju:** Jinbdew żewġ korsijiet dwar relazzjonijiet intra-personali u inter-personali għal żgħażaġħ b'diffikultajiet. Qed jitmexxew minn Alexia Spiteri (Social Worker) u Ruth Borg Calleja (Għalliema) li qed isegwu l-programm tal-Masters in Adult Education fl-Università ta' Malta.
- **4, 18, 21, 22 ta' Ġunju:** Laqgħat bi tnejn għall-Proġett Vinci fil-Parroċċa ta' Haż-Żabbar. Saru laqgħat mal-Kappillan Dun Bastjan Caruana, Dun Faust Ellul mill-Kummissjoni Djakonija, il-Presbiteri tal-parroċċa, u l-Kummissjoni Djakonija. Dun Faust dawwar lit-tim tal-proġett mal-lokal kollu. Qed tinbena strategija għall-implimentazzjoni tal-proġett li se jkun appoggjat finanzjarjament mill-Istrina tal-Malta Community Chest Fund.
- **10 ta' Ġunju:** Il-Parroċċa ta' Kristu Re ta' Raħal Gdid organizzat ORATORIO KRISTU SULTAN ġewwa l-Kon-Katidral ta' San Ġwann bħala parti mic-ċelebrazzjonijiet taċ-ċentinarju. Fi tmiem l-Oratorju, il-Kappillan Dun Vincenz Cachia għamel appell għal donazzjonijiet b'risq il-Fondazzjoni bħala ħajr għall-ħidma b'risq familji fid-diffikultà minn Raħal Ġdid li l-Fondazzjoni twettaq. Il-gabra ammontat għal Ewro 184
- **9 u 10 ta' Ġunju:** Il-Fondazzjoni ħadet sehem f'Seminar ta' jumejn dwar fondi ewropej għal inizjattivi ta' żvilupp soċjali (Overseas Development Aid) f'pajjiżi fejn hemm il-faqar. Is-Seminar ġie organizzat mill-Ministeru għall-affarijiet barranin.
- **25 ta' Ġunju:** Ruth u Nora ħadu sehem fi Press Breakfast fuq il-Faqar u s-Saħħa Mentali.

IN THE LAND WHERE PEOPLE SPEAK IN TONGUES

– being part of the General Chapter of the Sisters of Charity of St Jeanne Antide

Nora Macelli, Friends of St Jeanne Antide - Malta

Imagine being in the same room with a group of persons from 27 countries: persons from Laos, India, Indonesia, Pakistan, Thailand, Vietnam (*Asia*); from Cameroun, Ethiopia, Tchad, Central African Republic, Egypt, Lebanon, Sudan and Syria (*Central Africa and the Middle East*); from Argentina, Bolivia, Brazil, Paraguay, USA (*Latin and North America*); and from Albania, England, France, Italy, Malta, Moldavia, Romania, and Switzerland (*Europe*). And imagine what a logistical nightmare it would be if all were to live together and actively participate in the running of each and every aspect of each day's programme for a whole month. One would expect a measure of chaos, cacophony, and cliquishness, however effective the organisation. But none of this was visible or felt during the 2010 General Chapter of the international congregation of the Sisters of Charity of St Jeanne Antide in Rome this June.



Whatever the time of day, whatever the activity, the international group of 57 *Capitolari* sisters and 10 guest sisters, the 10 lay associates, the 5 sisters responsible for the secretariat and language interpretation, the 10 responsible for house affairs, and the 7 very young novices responsible for mealtime service managed to communicate energetically, joyfully and seamlessly using whatever languages they had in common. I found myself dusting the cobwebs of my Italian after 37 years of unuse. Within a day though, I found I could manage without simultaneous translation and could easily follow Don Gino Moro's erudite, deeply stimulating and moving sessions that guided the collective reflection of the Chapter participants. For many, Don Gino was a resident guru, familiar with the changes taking place within the congregation during and after the 2005 General Chapter, which he had also facilitated.

I was curious to experience being in prayer and at mass with such a diverse group. What I experienced moved me deeply and energised me. I was one of ten lay persons invited to be part of the General Chapter for 7 of its 26 days. We 10 lay persons represented different groups of lay associates from different provinces. I represented the Maltese lay group of Friends of the Sisters of Charity. Others included Moise (Central African Province), Arnaldo (Latin American Province), Toni (USA), Jamil (Middle East), Carmelina (Southern Italy), Gabriele (International team), Francesco (Central Italy), Antonella (North Italy), and Jean Louis (Besabcon-Savoia). Sharing a love for St Jeanne Antide enabled us to bond immediately. Although Arnaldo and Moise had no language in common, they became thick friends. We were puzzled by this until we discovered that they had found a way of getting to know each other by clicking away on the computer at our residence and pressing the Spanish/French translation button each time they had things to say/write to each other.



The first day was a whirlwind rush – what with trying to get to know as many sisters as possible, getting to know the lay group, listening intently to Italian and French being spoken by non-native speakers like myself – all with their particular diction, pronunciation and accent.

For us lay to communicate, we needed to translate each intervention into 5 major languages – English, Italian, French and Spanish. I translated for Toni from the US, Gabriele easily moved from Italian to French and sometimes to English too. Arnaldo had a number of Spanish speaking nuns helping him out throughout the course of the 7 days that we were there. Translating for someone while participating intensely yourself is no joke!

I felt privileged to be at the GC. Imagine being a lay person who is unconditionally accepted as part of an international family of nuns that is seriously and profoundly engaged in looking inside itself to see what needs to change to make it a more reflective, more human, more interiorly alive, more relevant family. I felt humbled by the unique collective openness and readiness of congregation representatives to identify aspects of their religious life that had to change. I felt like I often do when I am with vulnerable families who come to us for support at the St Jeanne Antide Foundation: bewildered by the openness to share the nature of the dynamics in one's relationships despite the risk of making oneself totally vulnerable to judgement. These were indeed a poignant 7 days for me; my love for St Jeanne Antide and her sisters multiplied overnight.



Another reason why I felt privileged is that I always wished to experience religious life from the inside despite my being a lay person and married. Today I can say that what I experience daily and what I experienced in Rome have quenched my thirst. Working closely with the Sisters of Charity on a daily basis in Malta has given me this deep unexpressable joy and thankfulness; it's as if I am finally 'home'. And what a family-in-Christ I have found!

Of course there were many other reasons why I felt privileged to be at the GC. One of these was the fact that I could meet exceptionally intelligent, humble and compassionate nuns who have been working with poor people in a number of developing countries for many many years. I could name a couple but that would mean leaving out others. I thank God every day for these women religious who selflessly and with humour continue to empty themselves of all that is illusory so as to be perfect vessels for God's dance. And age is no barrier to pastoral and social development work since the nuns do not retire but continue in their mission until ill-health applies its own breaks. Which reminds me of 79-year old Sr Romedia who tirelessly whizzes away around Rome in van or car, picking up or delivering her charges from and to the two Rome airports or to other destinations throughout the day. To judge by her unnerving speed, she is very young at heart.

During the week that I was at the GC, Don Gino Moro led us to deeper and deeper reflections by his presentations¹. To name a few:

- Spirituality and Its Trans-Formations – the 'hour' of the Congregation?
- The Wedding Feast at Cana and the Initiation of the Spousal Era
- Rivers of Living Waters Streaming from His Side
- Towards a New Lifestyle of the Sisters of Charity

Don Gino's reflective presentations can be accessed from the congregation's website. They are invaluable tools for personal and group reflection that can be revisited time and time again. On several occasions, Don Gino asked us to continue reflecting on Paul's gospel reading from Romans 12: 1-2: "I beg you therefore, brothers, in view of God's mercies, that you present your bodies a living sacrifice, holy and acceptable to God, which is your reasonable service. And do not conform to the present world system, but be transformed by the renewal of your mind so as to sense for yourselves what is the good and acceptable and perfect will of God." Being in the world but not of it, learning to know our true selves and letting go of our egoic tendencies, listening to God in silence, enables us to be in God and to allow ourselves to do his will.

¹ All General Chapter papers can be viewed on the congregation's website: http://www.suoredellacarita.org/capitolo_2010/index.htm

It was indeed an experience to benefit from Mario Guzzi's breath of experience and depth of spirituality (see his paper *The Spiritual Turning Point of Our Time*). Marco Guzzi was with us for a full day during which he spoke to us about the uniqueness of the contemporary historical era and how we can live this unique and decisive time in a positive, active and creative manner. A central theme of Marco Guzzi's was how our vision of who we are (our historical identities) has weakened missionary enthusiasm and apostolic inventiveness. Consecrated life needs redefining and original charisms need reshaping into new forms suggested by history and infused by the transforming action of the Holy Spirit.

As in his numerous spiritual books¹, Marco Guzzi spoke at length about man's aggressive ego (*l'io bellico*) that is to blame for history's upheavals and alienation from one's true spiritual self and God. Speaking about an end of history as we know it means an exhaustion of the warring human being, an eroding of the wartime ego and a transformative movement towards an age where we are guided by the spirit to loose ourselves (our ego) so as to gain a new Christ-centred humanity. Marco Guzzi's books need to be read: they are pathways to inner transformation.

The process leading to the GC was a complex and democratic one centring on a deep collective reflection on the GC theme *From the Well to the Sources of Living Water* linked to the Gospel of John 4: 1-42 where Christ meets the Samaritan woman at the well in Sichem and for the first time teaches her and us about how to pray in spirit and in truth. It is a very powerful teaching with layers of hidden meaning for us to discover, understand, and practice. ¹ Essentially, Christ reveals to us how worship-in-the-spirit must come from God Himself.

As part of the preparation for the GC, the different groups of Friends of St Jeanne Antide were invited during the summer of 2009 to reflect about this part of John's gospel (John 4: 1-42) and to send in answers to a number of questions prepared by the international group of Friends. Before the GC, we received a synthesis of all the responses gathered from different part of the globe. Essentially, the questions invited us friends of SJA to delve deeper into the 'thirsts' of contemporary men and women; the current moral and spiritual crisis; the wells that we friends of SJA are called to quench our thirst from; our common concerns, dissatisfactions, expectations and hopes; and the nature of our conversion so as to become true witnesses of Christ's love for us and humanity.

There is so much to be thankful for! I would like to thank the Sisters of Charity in Malta and in Rome for this opportunity to be part of a collective, reflective and decision-making process that will lead the Congregation to pursue a deeper and transformative spirituality grounded in silent contemplation.

Thank you Sisters for your loving-kindness, for the hospitality, the lovely Italian cuisine, the delightful service by the young novices, the international night with novices from different continents acting, singing and dancing together in their different colourful costumes. Thank you for the encounters with Marco Guzzi and Don Gino Moro. And, most especially, thank you for the multi-lingual vespers and masses which truly moved my soul.

The Friends of St Jeanne Antide in Malta welcome the new Council of the Congregation headed by Sr Nunzia De Gori and pray for the hard work ahead of them; we also profoundly thank out-going Madre Louisa Colombo and her Council.

¹ Marco Guzzi's books include: (1) *Darsi Pace – un manuale di liberazione interiore*, (2) *Per Donarsi – un manuale di guarigione profonda*, and (3) *Yoga e preghiera cristiana: percorsi di liberazione interiore*

¹ Check out the paper on the meaning of "praying in spirit and in truth" available from the Foundation's website: www.antidemalta.com

Klabb Nannakola Fleur-De-Lys – Pauline Aguis

Għalija din kienet l-ewwel esperjenza li ngħin fl-animazzjoni tal-kors edukattiv għan-nanniet li jkunu qegħdin jiehdu ħsieb in-neputijiet u onestament kont ftit beżgħana minn dan l-irwol għaliex, bejn l-esperjenza li għandhom Emma u Tony, u l-fatt li jiena l-anqas jiena nanna ħassejt li forsi ma kontx ikun kapaci nwassal dak kollu li kien importanti li jasal.

Il-bidu tal-kors wasal u ltaqajna mal-partecipanti li kienu grupp imdaqqs u li kienu entuzjasti ħafna biex ikunu jistgħu jibdedw. Ħadt gost ħafna li fost il-partecipanti kien hemm erba' koppji ta' nanniet u nista' nassigurakom li l-irgħiel ħadu sehem attiv ħafna u kellhom ħafna sugġetti fejn qajmu issues dwar ir-realtà tagħhom li qanqlu ħafna diskussjonijiet. Fl-ewwel laqgħa kellna workshops fejn ridna nagħmlu brainstorming sabiex nagħzlu t-temi li l-aktar jikkoncernawhom fil-ħajja ta' nannu u nanna. Fil-grupp fejn kont jien kien hemm ħafna sugġerimenti li qajmu diskussjoni bejnietna kollha u li kienu interessanti immens.

Meta fil-bidu għamilna l-introduzzjoni jiena għidt li minn dan il-kors ridt nitgħallem mill-esperjenza tagħhom għax kont konvinta li dawn kellhom ħafna x'għallmu lill-oħrajn anke jekk huma kienu qed jistennew li jisimgħu minn għandna. Matul dan il-kors stajt nosserva d-dedikazzjoni li dawn in-nanniet għandhom lejn it-trobbija tan-neputijiet tagħhom u r-responsabbiltà li jhossu li tgħabbew biha biex ikomplu jrabbuhom skond ix-xewqa tal-ġenituri tagħhom anke jekk kultant ma jkunux jaqblu għal kollox magħhom. Osservazzjoni li saret minn wieħed mill partecipanti kienet li huma jhossuhom ixxurtjati li jistgħu jiehdu ħsieb u jgawdu lin-neputijiet tagħhom, għaliex it-tfal tagħhom mhux ser ikunu jistgħu jagħmlu dan minħabba l-fatt li jkunu għadhom jaħdmu u mhux ser ikollhom ix-xorti jgawdu lil uliedhom daqs kemm qegħdin igawduhom in-nanniet.

Qabel bdejt dan il-kors kelli ċ-ċans li nosserva Klabb ieħor go lokalità oħra u stajt nara u nifhem li n-nanniet iħarsu lejn it-trobbija tan-neputijiet b'sens ta' responsabbiltà kbira; l-ewwel għan tagħhom huwa dak li jrabbu lin-neputijiet bl-aqwa mod possibbli għaliex, skond huma, li tkun nanna jew nannu hija esperjenza li diffiċli tfissirha. Kollha jaqblu li wara li tkun irtirajt mix-xogħol ikollok aktar ħin x'tiddedika għalihom u forsi dak li ma stajtx tagħmel mat-tfal tiegħek minħabba li jkollok ir-responsabbiltà tax-xogħol u minħabba li tkun trid tgħallem lit-tfal ċerti valuri li tkun temmen fihom. Matul dawn il-laqgħat apprezzajt ħafna li għalkemm jiena ma għandix l-esperjenza tagħhom xorta kelli ċ-cans li nesprimi l-opinjoni tiegħi u ħadt gost li huma kienu disposti li jisimgħu din l-opinjoni u fejn ma qablux iddiskutejna l-argument. Mill-istess argument tgħallimt u forsi rajt li stajt nibdel xi ftit jien il-ħsieb tiegħi.

Jekk fil-bidu tal-kors kont ftit beżgħana li mhux ser inwassal dak li kien importanti li jasal, żgur li fl-aħħar għamilt ħilti kollha biex nattendu għall-kull laqgħa u l-grupp kollu kienu ta' għajnuna sabiex tħossok familja waħda. Ħassejt mill-bidu is-sens ta' fiduċja li l-grupp kellu fina u naħseb li kien minħabba dan li kienu miftuħa ħafna matul il-laqgħat u li setgħu jaqsmu l-esperjenzi tagħhom mal-grupp. Tgħallimt ukoll mingħand Emma u Tony għaliex huma wkoll qasmu dak kollu li huma setgħu jaqsmu magħna.

Grazzi ħafna ta'din l-esperjenza li l-grupp kollu tani, grazzi wkoll tal-ħbiberija tagħom u fuq kollox grazzi tat-tagħlim li intom għallimtuni. Żgur li ser nibqa' nżomm dan kollu f'qalbi u min jaf forsi għal meta jkollu x-xorti li nrabbi n-neputijiet jien.

Grazzi grazzi mill-qalb.

Pauline Aguis – Community Worker



Ġovanna Antida u l-Vanġelu

Se naraw kif Ġovanna Antida fasslet il-ħajja tagħha fuq l-evanġelu ta' Kristu, u għaddiet dan l-istil ta' ħajja lis-sorijiet u lis-segwaċi tagħha matul iż-żminijiet.

Bourg, Franza, fil 1817: Sr Marie-Ann Bon, li dak iż-żmien kienet in charge peress li Ġovanna Antida kienet Napli, bagħtet tlett sorijiet biex jgħinu ġo orfanatorju bla ma ħadet permess ekkleżjali. Minħabba f'hekk, il-qassisin ta' Bourg ġew projbiti jagħtu l-assuluzzjoni lil-dawn is-sorijiet. Sr Bon u l-kunsillieri tagħha, tahom paniku sfrenat. U allura, Ġov Antida, ta' 'omm' ħanina li kienet, kitbitilhom biex tagħmillhom kuraġġ. **Kitbet hekk:**

"Għażiża soru u binti fi Kristu,

Mela---- kollox għad jgħaddi. Veru li is-sorijiet għalissa ma' jistgħux jieħdu s-sagramenti, imma quddiem Alla dawn huma innocenti; u għad jiġi żmien li jkunu jistgħu jirċievuhom. Hu, jiġġustifika lilhom, u jikkastiga lil-ħatjin.

Iva, irridu nsofru, irridu numiljaw lilna nfusna, irridu nitolbu, irid ikollna t-tama u l-kunfidenza perfetta f'Alla. Id-dinja ma' tistax tagħmilna iktar ħatja quddiem Alla, daqs kemm fil-fatt aħna. Dan huwa żmien ta' prova. Ahna għandna naqtgħu qalbna għax in-nies tad-dinja ma' jaqblux magħna!? Ma jkun QATT!! Din kienet tkun haġa ta' beżżiegħa u ta' mistħija, li kellu jkun hekk.

Kemm inkunu nies ta' fidi żgħira, u nkunu nuru li mhux qegħed infittxu lil-Alla BISS. Iftakru li Hu joħdilna x-xogħol tagħna, u minflok jagħtina s-salib Tiegħu. Irridu naċċettawh bl-imħabba u l-ġenerożità."

Din hijja l-vera mħabba t'Alla, li tagħmilna nsara ta' vera u sorijiet tal-karità ta' VERA!!!

Daniel Grech

Ħbieb ta' Giovanna Antida



ON PAIN AND JOY - Thomas Merton, New Seeds of Contemplation. (New York: New Directions Books, 1961, P.259:

Life in this world is full of pain. But pain, which is the contrary of pleasure, is not necessarily the contrary of happiness or joy. Because spiritual joy flowers in the full expansion of freedom that reaches out without obstacle to its supreme object, fulfilling itself in the perfect activity of disinterested love for which it was created.

True joy is found...in the intense and supple and free movement of our will rejoicing in what is good not merely for us but in Itself.

STATISTIKA 2010:

101 Familji riferuti lis-Servizz ta' Social Work u Counselling tal-Fondazzjoni din is-sena

Jannar: 14

Frar: 13

Marzu: 16

April: 11

Mejju: 22

Ġunju: 25

Rokna Poeżija



Bniedem

bir-remiżolji ilellxu,
li mil-miżbla sibt
int u thaffer fl-intiena tal-mewt,
irnexxielek tixtri disprezz lejn
kulhadd...

– għalxejn iġġebbid!

u -mostru tal-miżbla qalbiena
tħaffirietek lejhom qarrbuk,
il-magni li jmexxu l-iskart
għabuk imrassas darek ma' ħajt
u hekk bqajt, waħdek, iddisprat...

– tghaffiġt, u mitt

erġajt qomt, u żgur li qomt
imfewwaħ bl-inċens u bil-ward
maħsul biż-żjut u l-ħwawar
kull nifs hu għaġeb li jfewwaħ.
fis-sod, sa flaħħar tgharwint.
maħbub... għax mhawnx bħalek
– bħal kulhadd

issa tarbija tat-twelid,
inti fdajt u ma bkejtx, u ċedejt,
u żgur li flaħħar ċedejt,
ja Bniedem –
kif hallejt l-Imħabba taħmek.

tony macelli



Staqsjeja lil Tony: X'wasslek biex tikteb din il-poeżija?

Probabbli kont bqajt impressjonat minn xi aħbarijiet. L-ewwwel "aħbar" li kont smajt m'għand xi hadd kienet dwar żewġ personui li waqt li kienu jfittxu xi ħaġa ta' siwi fil-Magħtab xi snin ilu, mietu mirdumin ħajjin taħt xita ta' skart li trakk kien qed iħott hemm. Illum għamilt tiftixa elettronika halli nara jekk kinix aħbar ġenwina, u ma sibt xejn, u għalhekk x'aktarx li mhux veru li ġara dan hawn Malta. Iżda nafu li l-istess storja terribbli mhux l-ewwel darba li ġrat tassew f' miżblat f'imkejjien imbegħdin minn dan il-pajjiż.

L-aħbar l-oħra kienet aħbar xjentifika ġenwina u riċenti. Xjenzati għadhom kif sabu fil-ġrieden fatt mhux mistenni dwar ċerta mġieba fejn ġurdien jkollu tant fittaġni dwar it-tindif ta' ġildu li saħansitra jispiċċa b'xi partijiet tal-ġilda bla pil. L-iskoperta hija li fil-ġrieden xi kundizzjonijiet kimiċi fil-mudullun huma risponsabbli għal din l-imġieba. Huwa maħsub li allura fil-bniedem xi mard ta' fittaġni jigi min hekk ukoll, u għalhekk issa hemm linja ġdida ta' riċerka li għandha twassal għall-fejqa u prevenzjoni tal-kundizzjoni mentali magħrufa bħal OCD.

Apparti minn dan kollu, l-ispirazzjoni diretta għal din il-poeżija bdiet lejja waħda xi jiem ilu, waqt il-laqgħa ta' grupp ta' Centering Prayer għand is-Sorijiet tal-Karità ta' 'Hal Balzan. Xi membri kienu qed jaqsmu magħna xi qari u domandi dwar "x'inh persuna?". Ktibtha malli wasalt id-dar wara l-laqgħa.



Gushing water

bracing... pure... divine

slipping into fearful, hiding

nooks and crannies

pushing... pushing

silently, oh so silently

walls crumble

water joins water

ONE boundless seamless flow.

Nora Macelli

(written during the General Chapter of the Sisters of Charity and linked to the Chapter theme – streams of living water)



**MUSIC BREEZE
DISCO**

Date: 24 / 07 / 10
Time: 20:00 - 01:00
Venue: Monte Kristo Estates
(Hal Farrug)
Donation: € 7
in aid of the St. Jeanne Antide Foundation

For bookings and more information phone Ruth on
79602595 / 21808981 or send an email to
miriam.sjaf@gmail.com. Accessible Location.



ĊENTRU ANTIDA

Hinjiet tal-Ftuħ

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

mis-7:30 ta' filgħodu sas- 1:30 ta' wara nofsinhar

DONATIONS

Your donation is truly appreciated; it enables us to consolidate our services to vulnerable individuals and families from surrounding parishes.

Cheques are to be issued to the St Jeanne Antide Foundation. Bank transfers can be made to the following bank account:

*APS Bank – St. Jeanne Antide Foundation –IBAN Number:
MT03APSB77080005504720000681886*

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

FOUNDATION SERVICES

1. The Antide Centre: a drop-in centre in Tarxien open from 7.30am to 5.30 pm daily in winter time (sometimes later as well).

2. The Social Work & Counselling Service: includes home-visits by a nurse to home-bound lonely elderly, family-focused community outreach work and youth work.

3. The Learning Support programme: includes (a) a Homework Support Service for children and young persons; (B) the Bridge Programme - a basic skills training initiative for youths aged 16 to 24 including those with mild cognitive developmental delays and mental health problems; (c) non-formal learning opportunities for vulnerable adults (courses on self-esteem, basic ICT, etc). (d) Mentoring youths-at-risk.

4. Caring for Carers Programme: includes (a) Grandparent Education which supports parishes to start and run a NannaKola Club for grandparents who care for their grandchildren. Monthly dialogue sessions with experts take place at the Ċentru Antida. (b) support to carers of persons with mental health problems, disability and chronic ill-health; (c) Young Carers support (in the pipeline)

5. Consultations to Diaconia Commissions regarding service provision.

6. Vinci Project: Community work in the parish of Ħaz-Żabbar undertaken in collaboration with the parish and partially funded by STRINA of the Malta Community Chest Fund. Services include social work in zones with a concentration of families in difficulty, counselling, groupwork

7. Overseas Development: support to social development initiatives in development countries run by the Sisters of Charity. Building health clinic for the poor in Faisalabad in Pakistan is a current project.