



# SJAF e-magazine



St Jeanne Antide  
Foundation

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## It-Tifel Ġewwieni Tiegħi — xi jrid jismagħni ngħidlu?

Insellimlek! Tiftakar meta kont tfal?  
Taħseb li dik ittifla jew tifel li inti kont  
issa sparixxiet, għax kbirt? Le, hemm  
għadha, u hekk għandu jkun.

F'ħafna minna, hemm tifel jew tifla ġewwinija fina illi darba, ilu, kienet imwegġa'. It-tfal ma jafux jinħelsu weħedhom minn burraxki kbar tas-sentimenti, meta jkunu mwegġgħin, jew beżgħana, jew irrabjati, jew meta jkunu qed iġorru responsabbiltajiet li ma jifilħux. Għalhekk, it-tfal ikollhom bżonn adulti li jisimġuhom, ifarrġuhom u jħobbuhom.

Bosta drabi, it-tfal ma jinħelsux, forsi għax il-ġenituri ma kenux prezenti jew għax kienu jagħmlu żbalji fit-trobbija bħal preferenzi, dixxiplina żejda jew nieqsa, ma jisimġuh lit-tfal b'rispett, ma jgħannquhomx, jew ma juruhomx ħafna mħabba. Forsi il-ġenituri kienu morda żmien twil, jew xurbana, jew moħħhom biss fihom infushom. Allura, ħafna tfal ikollhom iżommu l-wegġhat u l-biżgħat tagħhom mrasa ġewwa fihom. Dan jagħmlilhom il-ħsara. Imbagħad, meta jikbru u jsiru adulti, ma jkunux ħielsa u ferriħija kif għandhom ikunu.

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Darba kont naf mara, ta' xi erbghin sena, dejjem beżgħana, qatt mhi kapaċi tieħu riskji, u ma tipprova xejn ġdid għax tibza'. Intbaħna li t-tifla ġewwinija tagħha kienet iġġorr il-piż ta' meta il-veru tifla li kienet fl-antik, kienet kisret dirgħajha meta kellha biss sentejn!

Issa li inti adulta, agħti mħabba u wens lit-tifla ġewwinija! Ittifla ġewwinija tiegħek x'aktarx muġuġha. Oqgħod wahdek fil -kwiet, tinsiex li inti l-adulta. Stenna sakemm tiġik stampa f'moħħok tat-tifla li kont. Jekk hija stampa ferħana, għannaqha u erġa' lura. Meta tiġik listampa mhux sabiħa f'moħħok, ersaq lejha. L-ewwel ara dik it-tifla x'qed tħoss, u mbaġħad ara xi jkun ġralha. Ismagħha! X'qed tħoss? Ifhima, uriha li tħobbha, u serrhilha qalbha billi tagħtiha dak li għandha bżonn. Beżagħna? Ħobbha; għidilha li inti bħala adulta tipprotegiha. Thossha weħedha? Għannaqha; għidilha li inti dejjem sa tieħu ħsiebha. Muġuha? Farragħa. Thossha ħatja ta' xi ħaġa? Ħobbha; aħfrilha. Kienet abbużata? Għidilha: ma kienx jistħoqqilha, u mhux tort tagħha. Erġa' agħmel dan kollu sakemm, meta tipprova ġġib l-istampa tat-tifla f'moħħok, dejjem issibha, f'moħħok, kuntenta. B'din il-ħidma fuqek innifsek tkun qed tfieq u tinheles minn ġewwa nett.



## Create, Liberate, Integrate!

**SOAR MALTA** designed a creative activity-packed project with the aim of bringing survivors together in a safe space for healing.

The activities include Drama Therapy, Art Therapy, Drum Circles, Photography, Self-reflective writing and artisan crafting (jewellery, paper etc.). The project is creating a 'bridge' between a second-stage shelter and the SOAR service to enable survivors who are living in an institutionalised setting to meet other survivors and make new friends. The aim is to enable them to create links with women of the SOAR support group so that they know that they have a support service to turn to when they leave the shelter. (Activities themselves are fully funded through a 2016 grant from the **President's Award for Creativity** managed by Arts Council Malta. The project is currently in its implementation stage.)



IL-PREMĴU TAL-PRESIDENT  
GHALL-KREATTIVITÀ



## MY STORY.....Helen Muscat *Volunteer Admin Assistant, SOAR Service*



Where do I start....

I lost my husband four years ago and my father passed away in January this year. Although I volunteered part of my time for the last couple of years, I could never become as fully committed as I wanted to. I was originally assigned to assist Elaine, the coordinator of the SOAR Service in whatever was required and little did I know how numerous and diverse the challenges she delegated would be.

Slowly, but surely Elaine assigned more duties for me to undertake and I relish every opportunity that I am given.

There never seems to be enough hours in the day to accomplish what I set out to do but I wouldn't want to be doing anything else.

I wake up smiling and look forward to my day and my philosophy remains the same **'Try and spread some sunshine even where the sun doesn't shine'**.

Volunteering instills a complete sense of worthiness of the mind and soul, especially in servitude to the most vulnerable and poverty stricken families in our society.

The staff and volunteers working at St Jeanne Antide have nurtured an indescribable sense of unity in me, so much so that I am very proud to call them my family and this has now become the home where my heart is. I simply love what I do.

**TIME TO CRAFT**

St Jeanne Antide Foundation

**Volunteers Needed**

- Experienced Seamstress
- Meet once or twice a week
- At Ċentru Antida Tarxien

SJAF Crafts Group produce various crafts items which are then sold to raise funds for the foundation.  
Interested persons please contact Maria Kemp on 77292978 or send an email on sjafngo@gmail.com

**HANDMADE CHRISTMAS CRAFTS**

BY SJAF VOLUNTEERS

**Place your orders now. Contact us on 21809011**

St Jeanne Antide Foundation

**Association of the Friends of Thouret**

The Association of the Friends of Thouret was set up in October 2016 to promote the spirituality and charism of St Jeanne Antide Thouret among lay persons, to provide formation in such spirituality and charism, and to hold activities in line with the charism of St Jeanne Antide and in support of the work carried out by the Sisters of Charity.

The Association aims to create opportunities to make known the life history, writings and actions of St Jeanne Antide Thouret to a wide spectrum of people and deliver programmes and transmit the spirituality and charism of St Jeanne Antide Thouret to its members, Catholic Church parishioners, students, young adults and all interested persons. All this can be achieved through prayer sessions, spiritual exchanges and formative meetings.

The Management Committee is composed of seven members, of which the Delegate Superior of the Malta Delegation of the Sisters of Charity is the Deputy Chairperson. There are currently three sub-groups within the Association, with each sub-group focusing on specific areas of interest namely: delivery of pastoral work in support of poor and vulnerable persons, youth ministry, and fund raising in support of the missions of the Sisters of Charity.

Now that the Association is registered, it welcomes new members who are willing to get to know more St Jeanne Antide, the Sisters of Charity and the services that the congregation is giving.



VO/1365

Some two weeks ago, our Bazaar Managers were opening and sorting plastic bags with items donated by the general public for other families and for fundraising through the Bazaar. In 7 plastic bags we found a trail of 7 pieces of paper each forming part of a letter written to us by a young girl called ELISA. This girl really made our day and made us all smile with admiration.

We cannot thank her since she did not leave us her contact details but her loving-kindness are evident in her letter.

**Dear Elisa, it was so kind of you to donate your cherished items to our Bazaar. Funds collected from the Bazaar help us to continue supporting families in difficulty. Thank you for your lovely message, it did make us very happy. We send you our love, wherever you are. From all SJAF staff and volunteers!**

|  |   |   |   |
|--|---|---|---|
| <p>I hope you like<br/>are diff that<br/>we gave u<br/>we gave you<br/>seven if you<br/>like them<br/>I'm glad</p> | <p>My name<br/>is Elisa it's<br/>supposed to<br/>be with z<br/>for Elisa<br/>but I like<br/>it Elisa.</p>     | <p>my hole<br/>family's name<br/>is this Elisa<br/>Nicole my sister<br/>and my mum<br/>carol my dad<br/>brian</p> |   |
| <p>4. I have 7<br/>years old<br/>my sister h<br/>13<br/>and my<br/>mum 37<br/>my dad<br/>38</p>                    | <p>DATE: 5. I Love sending<br/>things to<br/>you it<br/>makes me<br/>feel happy<br/>speaking of<br/>happy</p> | <p>DATE: 6. I really<br/>hope you<br/>get this<br/>I like giving<br/>things away<br/>hope your<br/>Love</p>       | <p>DATE: 7. I am gonn<br/>give u a<br/>pencil<br/>so you<br/>can write<br/>on the<br/>word sea fch<br/>From Elisa</p> |

## Upcoming Activities for SOAR members – starting September 2017

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### **Clay Modelling**

A session of clay modelling, part of the project Create, Liberate, Integrate.

### **Quilling Sessions**

Six sessions – an Introduction to Quilling, part of the project Create, Liberate, Integrate.

### **Exhibition**

A curated exhibition displaying the works done through the project Create, Liberate, Integrate. Works will be properly mounted and displayed, giving status to the therapeutic works of art and crafts that survivors would have made.

### **Yoga**

A SOAR member who is a Yin Yoga instructor, has offered to hold Yoga classes for free for our members, using the board room in the evenings, bi-weekly to start.

### **Drama Therapy Mother and Child**

A Masters degree Student will be offering 30 hours of Drama Therapy during her practice placement, for five mothers and their children.

### **Creative Writing Workshops for Alienated/ Targeted Mothers**

A creative writing process expert will be coaching a small group of mothers to write their stories in a creative and powerful way. These stories, articles, poems etc, (with the informed consent of the mother) may be used to raise awareness on Maternal Alienation and reach out to other mother-victims.

### **Art Therapy for the Alienated Mother**

Art Therapy sessions will be held in the coming months as part of our new Umama Project, a project aimed at strengthening the Mother Child relationship and making creative and safe spaces for healing accessible to alienated others.

### **Art Therapy for Targeted Mothers and their Child**

Art Therapy sessions will be held in the coming months as part of our new Umama Project. These sessions will specifically be aimed at mothers and children whose relationship is being targeted and undermined by the manipulation and violence of the perpetrator.

### **Social Events in September**

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Support group members have started planning low-cost events and outings on their own initiative.

1. A day at the beach is being organised by the Maternal Alienation Group.
2. A coffee and cakes social meeting is being organised by some members with the assistance of Helen in the main SOAR members group.

# Rokna Poeżija

Sajf 2017

Nizzerzaq, nizzerzaq  
 ġos-sajf,  
 u l-fran ta' moħħi  
 jitniehsu  
 wara l-kpiepel t'għajnejja,  
 nixxaħxaħ fil-baħar  
 li jaħsilni bil-ħlewwa  
 u jnessini kull dnewwa.

Hekk hekka bil-mod  
 nirtogħod  
 b'tifkriet laċeranti  
 ta' sena ta' ġenn  
 bħal drammm ġappuniż  
 silwetti ta' dwal  
 fuq kwiepel għajnejja  
 maħsulini  
 mill-baħar  
 bil-mod.

Sandro Spiteri

## My Special Space

This is my writing space,  
 the pen moving on  
 in silky inspiration  
 or drudging determination  
 hewn  
 syl la ble by syl la ble  
 in the dark stubborn rock of my diary  
 with Parker pick-axe  
 and sweaty fingers.

This is my space for dreams,  
 matchgirl images that cling  
 like cobwebs in my hair  
 mining hidden nodules of forgotten secrets  
 but – always – in fear of the Balrog  
 of eyes that read  
 in judgement and rejection  
 of screaming memories  
 best kept asleep.

This is the room of magic,  
 Where strangers greet their partners  
 With words worn like precious necklaces  
 Shimmering pennies  
 in a bottomless crystal pool  
 firefly fireworks for an intimate feast  
 en-joying little victories  
 that will make  
 a revolution.

Sandro Spiteri





Find us on:  
**facebook®**

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



#### 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)**

#### Foundation SERVICES

##### 1. Family Resource Centres:

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

**Volunteering** opportunities, included inclusive volunteering for service users.

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

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

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

**Bazaar** in Tarxien (recycling and fundraising).

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

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

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

Email: [soarmalta@gmail.com](mailto:soarmalta@gmail.com).

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

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

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

**7. Centering Prayer Group** for contemplative prayer practice.

**NOTE Dar Hosea**: day centre for women involved in prostitution. This service has become autonomous and is now self-managed.

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

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