

SJAF e-Magazine



ST JEANNE ANTIDE FOUNDATION

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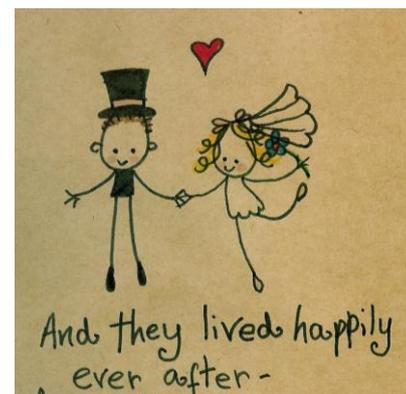
LIVING HAPPILY EVER AFTER

by Nancy Abela, Member of the SOAR advocacy and support group

...and the handsome Prince swept the beautiful Princess off her feet and they galloped off to his palace...and THEY LIVED HAPPILY EVER AFTER.

As young children, we eagerly heard and expected this ending to most fairytales. Little girls are groomed from an early age into expecting to be swept off their feet. The ordinary life they would have lived so far would magically be transformed into a dazzling, exciting reality where she becomes special just by being beside her adored and adoring Prince Charming. And they will live happily ever after...

Only they don't. The scenario above is a perfect preparation for this little girl to become the willing, albeit unsuspecting, prey of one of the worst scourges that plagues our society - the Narcissistic Male. The term Narcissism is used loosely in everyday life. Anyone who is perceived as conceited or vain we label a Narcissist but to those familiar with the concept of Narcissistic Personality Disorder, the reality goes deeper and is infinitely more sinister than the uninitiated would suppose. That is because Narcissists are without exception chronically abusive especially within the domestic environment and the serious repercussions on their victims may very well last for a lifetime.



CONTENTS

SOAR article on Narcissistic Personality Disorder.....	pg 1,2,3
Stress relief and wellness.....	pg 4
The Participation of Older People in Volunteering.....	pg 5
Learning Support Service.....	pg 5
World Federation Mental Health.....	pg 6
Rokna Poezija.....	pg 7
The People who care fund – Crimsonwing Ltd.....	pg 8
10 ideat biex tegħleb l-insomnia.....	pg 8
Avviżi.....	pg 9

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In this article I am referring to the Narcissist as male and the victim as female because statistically the majority of Narcissists are male and the majority of perpetrators of domestic violence are also male. "A nationwide study in the United States found that 7.7 percent of men and 4.8 percent of women could be diagnosed with narcissistic personality disorder (Stinson et al., 2008). This however does not imply that females cannot also be Narcissistic or perpetrators of domestic violence. The abuse inflicted by women would often vary in style - it may be more covert due to social expectations related to their gender - but the repercussions on their victims would have the same devastating effect.

Who is a Narcissist? Why would a victim have become entangled with such a person? Why would she stay with him, sometimes for years, after the abuse starts?

In our fast-paced society, stereotypes are rampant for the simple reason that most of us are too busy to dig deeper into the complexities of the human psyche. We leave that to psychologists and philosophers while we remain immersed in juggling work, family and leisure as best we can. I have noticed that there is a recurrence of these stereotypes in our local works of fiction, be it literary, theatrical productions and especially television drama. You can instantly recognise the goodie and the baddie. The goodie has all the attributes of a saint, the baddie is evil incarnate. No shades of grey. No subtlety. Thus we think that we are well equipped to recognise good and negative people in real life. And that is where the trouble starts, when we are faced by the pathological behaviour of a person with a Narcissistic Personality Disorder.

On first encountering the Narcissist, one is often charmed by his good manners, wit and overall charm. The Narcissist is often well-dressed and well-spoken. He comes from all walks of life. Many narcissists are described as having the gift of the gab. Often you feel an instant rapport to the Narcissist. Narcissists can be very generous and are the first to offer help when the need arises. This is often mistaken for kindness but in fact the person suffering from this psychiatric disorder can never be truly kind because he is totally bereft of empathy and is highly exploitative and manipulative.

What makes a Narcissist tick? A narcissist lives solely for one purpose: to acquire what experts in the field have termed Narcissistic Supply. It is the drug of their choice and they can never get enough of it. This 'supply' includes admiration, adulation, flattery, attention but also control and power over others. They would do anything and spare no-one in order to have a steady supply. They rate the people around them according to how much they are able to gratify this addiction.



The Narcissist is very careful to present a positive facade to society in general. They are often considered by colleagues and neighbours as model citizens and are often involved within key organisations and hold positions of great responsibility. They have a way of ingratiating themselves with the right people who can help them climb up the social ladder.

When a Narcissist is romantically interested in a woman, he woos her using all of his considerable charm. He focuses his attention solely on her and makes her feel 'special'. He sweeps her off her feet like in any reputable fairytale. He chooses a mate that he considers to be worthy of him. She is usually attractive, intelligent, successful, popular but most importantly she has an elevated level of empathy and greatly invests in her relationships. Imagine the huge fix for him when throughout the years or even months she spends with him he reduces her to a pitiful state of shambles. He destroys her sense of self, her self-esteem, her self-confidence, her compassion. For him this emotional, psychological, social and spiritual destruction of his mate is the ultimate proof of his power and superiority.

How does he do it and why does she allow it? After he has charmed her and won her trust he starts undermining her relationships with those around her so that she will end up emotionally cut off from the rest of the world and he will have full control of her. He starts portraying himself as the victim of many injustices and his highly empathic mate will feel the need to nurse his hurts and nurture him. He makes her feel special because she is the only one in the world who can understand him and the only one who can help him. He then starts to alternate episodes of cold aloofness with profuse apologies and gestures of affection. This has been scientifically proven to alter the chemicals in the brain of the victim and create a highly addictive pattern.

It is like living with Dr. Jekyll and Mr. Hyde. The victim craves the attentive 'kindness' she receives from Dr. Jekyll and is willing to do anything to get another taste of it but Mr. Hyde becomes slowly and inexorably ever more present while Dr. Jekyll becomes more scarce. Mr. Hyde in turn becomes more abusive psychologically, emotionally, verbally and even physically. The victim's self-esteem is by this time

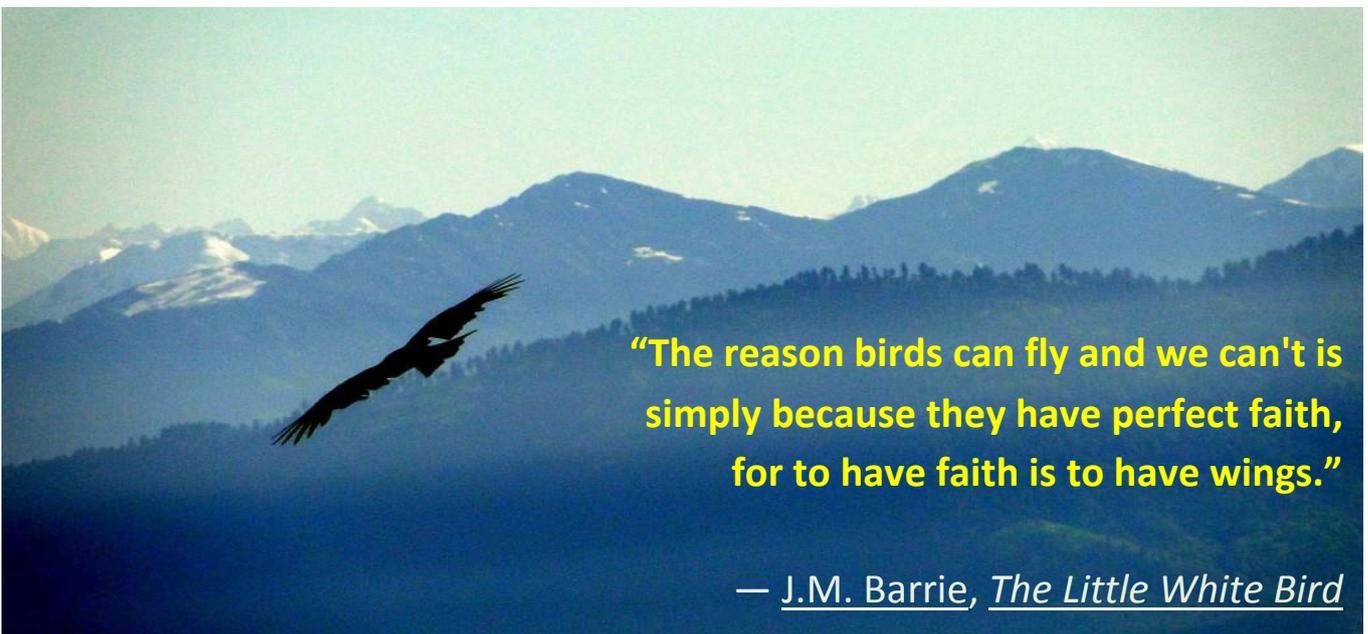


eroded and she has nobody to turn to. She is usually in a dazed state of denial and even if she were to reach out in her confused state she would not be lucid enough to express herself properly. She is also disadvantaged by the fact that he is known by everyone to be an exemplary citizen and with his suave charm can dupe even trained professionals. Who will believe her? Others will surely feel she is out of her mind to make such allegations?

If and when the victim realises what is going on and tries to leave, she often finds no support, her inner resources have been seriously damaged and is often manifesting physical or psychological symptoms of extreme stress. In this state she will have to rebuild her life sometimes with a child or several children in tow. The Narcissist who finds himself suddenly bereft of his primary 'source' will do anything to get her back. He will fake tearful remorse, will start treatment - which abruptly stops once she gets back - in an attempt to fake a conversion. He will pull the strings of her guilt by manifesting his 'injured' side thus coaxing her into the 'carer' role once more.

If the victim falls for these ruses she will soon realise that her position is now worse off because the fact that he convinced her to return is making him feel more powerful than ever and thus the abuse escalates. The only sane decision such a woman can take is to leave and never, ever return.

(If you are interested in reading a self help book, we recommend you purchase this ebook: Self Care when Recovering from Narcissistic Abuse by Melanie Tonia Evans, Empowered Self, 2010. See URL www.melanietoniaevans.com. In her introduction to the e-book, the author states: "This eBook is designed to provide you with the solutions and methods that have assisted myself and many other individuals to heal and liberate from narcissistic abuse.") -----



“The reason birds can fly and we can't is simply because they have perfect faith, for to have faith is to have wings.”

— J.M. Barrie, *The Little White Bird*

STRESS RELIEF AND WELLNESS - breathing, relaxation and meditation

Deep breathing for stress relief

- Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.
- Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
- Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

Progressive muscle relaxation for stress relief

- Loosen your clothing, take off your shoes and get comfortable.
- Take a few minutes to relax, breathing in and out in slow, deep breaths.
- When you're relaxed and ready to start, shift your attention to your right foot. Take a moment to focus on the way it feels
- Slowly tense the muscles in your right and left foot, squeezing as tightly as you can. Hold for a count of 10.
- Relax your right and left foot. Focus on the tension flowing away and the way you feel as it becomes limp and loose.
- Stay in this relaxed state for a moment, breathing deeply and slowly.
- Move slowly up through your body – legs, abdomen, back, neck, face – contracting and relaxing the muscle groups as you go.

Progressive Muscle Relaxation Sequence

- Right and left foot
- Right and left calf
- Right and left thigh
- Hips and buttocks
- Stomach
- Chest
- Back
- Right arm and hand
- Left arm and hand
- Neck and shoulders
- Face



Mindfulness meditation for stress relief

- Body scan – body scanning cultivates mindfulness by focusing your attention on various parts of your body. Like progressive muscle relaxation, you start with your feet and work your way up. However, instead of tensing and relaxing your muscles, you simply focus on the way each part of your body feels without labeling the sensation as either “good” or “bad”.
- Walking meditation – you don't have to be seated or still to meditate. In walking meditation, mindfulness involves being focused on the physicality of each step – the sensation of your feet touching the ground, the rhythm of your breath while moving, and feeling the wind against your face.
- Mindful eating - If you reach for food when you're under stress or gulp your meals down in a rush, try eating mindfully. Sit down at the table and focus your full attention on the meal (no TV, newspapers, or eating on the run). Eat slowly, taking time to fully enjoy and concentrate on each bite.
- A quiet environment – Choose a secluded place in your home, office, garden, place of worship or in the great outdoors where you can relax without distractions or interruptions.
- A comfortable position – Get comfortable, but avoid lying down as this may lead you to falling asleep. Sit up with your spine straight, either in a chair or on the floor. You can also try a cross-legged or lotus position.
- A point of focus – Pick a meaningful word or phrase and repeat it throughout your session. You may also choose to focus on an object in your surroundings to enhance your concentration, or alternatively, you can close your eyes.
- An observant, noncritical attitude – Don't worry about distracting thoughts that go through your mind or about how well you're doing. If thoughts intrude during your relaxation session, don't fight them. Instead, gently turn your attention back to your point of focus.

Guided imagery for stress relief

Guided imagery is a program of directed thoughts and voice guide that allows your imagination to move toward a relaxed, focused state. The guided imagery can be done in the comfort of your room or quiet place (no driving) from guided tapes from a variety of sources. Guided imagery is based on the concept that your body and mind are connected. You can achieve a relaxed state when you imagine all the details of a safe, comfortable place, such as a beach or a garden. Make yourself comfortable, warm, and safe. Check out serenitysupply.com and soundstrue.com for guided voice cd's regarding relaxing breathing and body de-stressing.

- See the sun setting over the water
- Hear the birds singing
- Smell the pine trees
- Feel the cool water on your bare feet
- Taste the fresh, clean air.

The Participation of Older People in Volunteering

On the 5th of July at Dar L-Ewropa in Valletta, the Office of the Commissioner for Voluntary Organisations and the Parliamentary Secretariat for Rights of Persons with Disability and Active Ageing organised a half day Seminar on the Participation of Maltese Older People in the Voluntary Sector. Commissioner for Voluntary Organisations Prof Kenneth Wain, Minister for Social Dialogue, Consumer Affairs and Civil Liberties the Hon. Helena Dalli and Parliamentary Secretary for Rights of Persons with a Disability and Active Ageing the Hon Justyne Caruana addressed the Seminar. Mr Anthony Scerri spoke about the National Strategic Plan for Active Ageing – Malta 2014-2020. Dr Marvin Formosa from the European Centre for Gerontology at the University of Malta outlined the results of a research study on The Participation of Maltese Older People in the Voluntary Sector; the study was commissioned by the Office of the Commissioner for Voluntary Organisations.



Following these presentations, a number of organisations made presentations on The University of the Third Age, Nanniet Malta, the National Council for the Elderly, the Foundation for Active Ageing Malta and the Malta Dementia Society. Nora Macelli made a 15-minute presentation on the experience of the St Jeanne Antide Foundation in involving older volunteers in a range of services and initiatives.

All presentations agreed that there are many benefits for older people who are actively engaged in volunteering. Among these benefits are improved levels of self-confidence, better physical health and well-being, a wider network of friends, and extended skills. Organisations involving older volunteers on the other hand benefit from the competencies and experience of older volunteers, high enthusiasm and selfless service, passion, tenaciousness and sacrifice.

According to the results of the commissioned studies and NSO data, in 2013, there were 6,100 volunteers aged 65 and over. This number constitutes 20.5% of the total number of volunteers in Malta in 2013. All acknowledged the fact that this number is a very conservative one since many volunteers do not define their voluntary contribution as 'volunteering'. In 2012, older persons engaged in volunteering contributed an average of 22 hours a month.

Three key recommendations included (i) the need to develop programmes to involve older people in volunteering, particularly targeting those at risk of social exclusion, (ii) the need to develop and manage an online platform that matches retirees with volunteer opportunities, and (iii) advertising volunteering opportunities as a means of personal fulfilment and self-actualisation rather than unpaid work.

LEARNING SUPPORT SERVICE

On the 13th June, Learning Support Tutors, Mentors and children and adolescents met for the last time before the summer break. We thank all Volunteer Learning Support Tutors and Mentors for their generosity of spirit throughout this scholastic year. Their sustained weekly Voluntary Service enabled a number of children and adolescents to benefit from a calm emotional and psychological space that they can call theirs. Thank you Volunteers:

Abdullah Fatemah (Learning Support Tutor), Abela Alan (Mentor), Attard Carmen (Learning Support Tutor)
 Buckle Lillian (Learning Support Tutor), Collins Luke (Mentor), Darmanin Lynn (Learning Support Tutor),
 Debattista David (Mentor), Farrugia Monica (Learning Support Tutor), Formosa Joanne (Learning Support Tutor – Maths Group),
 Gatt Edith (Learning Support Tutor), Micallef Doreen (Learning Support Tutor), Micallef Josephine (Learning Support Tutor),
 Pavia Anna (Learning Support Tutor), Rizzo Josephine (Learning Support Tutor), Saliba Sr Giovanna (Learning Support Tutor),
 Scarf Rita (Learning Support Tutor)

We thank Pauline Agius for co-ordinating the service in the absence of Jessie Spiteri who spent 6 months grand-mothering in Germany!





WORLD FEDERATION MENTAL HEALTH needs your help with its Campaign

504 organisations and over 1000 individuals have already responded to the first WFMH appeal to transmit to governments key goals for Mental Health. These stakeholder goals are very much in line with the WHO Mental Health Action Plan. The results of the WFMH campaign and the [People's Charter for Mental Health](#) can be downloaded from: www.wfmh.org. Although all governments have agreed to the WHO Action Plan citizens must ensure governments also act on it. Through the WFMH website, you can endorse the following 5 key goals put forward by the People's Charter for Mental Health:

1. Its critical to ensure that the WHO Mental Health Action Plan is finalized and implemented by all countries.
2. Convening a UN General Assembly Special Session for Mental Health is necessary to ensure changes are implemented by all countries
3. There are FIVE major non-communicable diseases affecting world health, namely: Cancer; Cardiovascular Disease;

Diabetes; Respiratory Disorders; AND Mental, Neurological and Substance Abuse Disorders.

4. Mental health and well-being should be recognized as essential components of the UN Sustainable Development Goals (2015) as successors to the Millennium Goals.

5. Mental health should be represented on all international disaster emergency committees. Disaster mental health services need to be aware of the serious problems caused by economic, natural disasters and violence, war and human rights violations.

We believe that governments are more likely to act if they know the cause has massive support from around the world. Some of you have already responded for which we sincerely thank you. Those who have not, please go to the survey monkey website below and sign up your organisation and have yourselves, your friends and your colleagues sign up on their computers. A computer can only be used once.

<https://www.surveymonkey.com/s/Y5DLVDT>

Send this appeal down your email lists. We need thousands of replies. This is a world campaign and every country, every organisation and every individual

counts. You or your organisation may not be directly concerned with mental health but if you believe mental health and well-being are important-join us. It is very simple this time. There are only five important questions to answer.

We must show that we are united.

Once again, no health without mental health but no health without the people!

Message by: Professor John Copeland, Chairman, WFMH Great Push for Mental Health in strategic alliance with the Movement for Global Mental Health. President WFMH: 2007-2009 e-mail: jrmcop@btinternet.com



PAĠNA POEŻIJA

**Metanoia
mhux issa**

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għax jien
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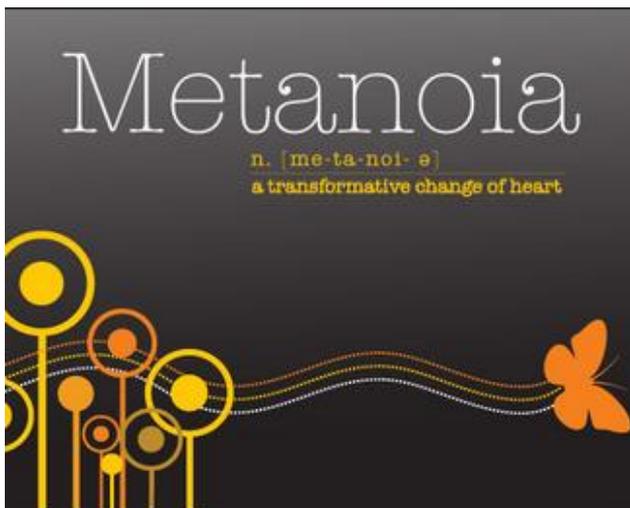
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tony macelli



"Repentance" is an inadequate translation of "metanoia" - New Testament Professors. What is involved in *metanoia* is what might be called a spiritual paradigm shift, a spiritual revolution.

All endings are also beginnings. We just don't know it at the time."

— [Mitch Albom, *The Five People You Meet In Heaven*](#)





The 'People Who Care Fund' of Crimsonwing Ltd. have generously donated four laptops to four families supported by the Foundation. Nine children from these four families will now be able to fast forward their ICT skills development. As one of the children put it when thanking the company: "before you gave me the laptop I could only use my mind." Thank you Crimsonwing for your corporate generosity and for enabling these children and their families to tap into the world of digital learning!

10 ideat biex tegħleb l-insomnia

Għal min ikollu diffiġiltà biex jorqod bil-lejl, hawn 10 affarijiet li wieħed jista' jagħmel:



1. Żomm sigħat regolari ta' fi x'hin torqod u tqum;
2. Oħloq ambjent li jgħinek tistrieħ u torqod sew, fil-hemda u fid-dlam, post li ma jkunx la sħun u lanqas kiesaħ iżżejjed.
3. Ara li s-soda tkun komda.
4. Aghmel eżerċizzju fiżiku regolari. Mixja ta' 20 minuti kuljum tgħin immens.
5. Speċjalment filgħaxija, aqta' l-kafe u t-te.
6. Tikolx u tixrobx iżżejjed għax dawn itellfu raqda tajba.
7. Tpejjipx - min ipejjep huwa aktar suxxettibbli għal irqad imfixkel.
8. Irrilekksja qabel torqod.
9. Jekk għandek ħafna ħsibijiet li qed jinkwetawk u miżgħuda bix-xogħol, aħjar tagħmel lista ta' l-affarijiet li jridu jsiru ħalli moħħok ma jibqax iħammem fuqhom.
10. Jekk ma tistax torqod, qum u aghmel xi ħaġa li tikkalmak u li tħobb tagħmel. Malli tħossok bi ngħas, mur fis-soda immedjatament.

As from the 17th of September, Ċentru Antida will be open

From 7:30am to 1:00pm

&

From 2:00pm to 5:00pm



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 Togethers: 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

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. **Community Social Work, Counselling and Emotional Freedom Service**: Includes:
 - **Social Work**: home-visits, outreach work, advocacy, referral, information, emotional support. Cathchment areas: Tarxien, Paola, Fgura, Żabbar, Santa Lucia, Birżebbuġa.
 - **Counselling**;
 - **Befriending Service** for lonely, home-bound elderly persons.
 - **SOAR advocacy and support group** for victims and survivors of domestic violence (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.
 - 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. **Emotional Freedom Service** for persons wanting to be free from thier anger, fear or other emotional distress;
5. **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) .
6. **(NEW) Ċentru Familti: 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)
7. **Volunteering Programme**: range of volunteering opportunities included supported volunteering for service users.
8. **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.
9. **Centring Prayer Group** for contemplative prayer practice.