



SJAF e-Magazine

ST JEANNE ANTIDE FOUNDATION

Centru Antida

51, Tarxien Road. Tarxien TXN1090

Reception Desk Tel. 27672367; 21808981; 21809011

Email: miriam.sjaf@gmail.com

Website: www.antidemalta.com

Facebook: Fondazzjoni St Jeanne Antide

VO/0005/4th May 2008

a monthly e-magazine – Issue No.92, August 2015

Weathering the Storm – tips for family caregivers of mentally ill persons

(Extracts from the book: BDOTI FIL-MALTEMP. Edited by Nora Macelli and Connie Magro. Published by the Mental Health Association and the St Jeanne Antide Foundation, 2015.)

Translated into English by JEAN KILLICK

When you are taking care of a family member with mental health difficulties, you should do your best to obtain information on the condition being faced. It is wise to keep yourself updated on therapy and medication used for the condition. It is also very important to keep regular contact with the professionals involved in the treatment. This means that, if you notice any different or alarming change in behaviour, you must contact the patient’s doctor.

In this issue of SJAF Magazine and in subsequent issues, we shall be providing family caregivers with tips on how they should continue the difficult journey of care with more confidence, knowledge and ease. We shall be providing practical tips on specific mental health problems.



KONTENUT

Weathering the Storm – tips for family caregivers	pg. 1,2,3,4
Men against Violence.....	pg. 5
Book launch – Il-Bdoti fil-Maltemp.....	pg. 6
Rokna Poeżija	pg. 7,8
Lejla Maltija	pg. 8
Speaking up about sexual harassment & sexual assault.....	pg 9,10
Contemplatio – lilhinn mill-ħsieb	pg 11
The People Who Care Fund – KPMG Crimsonwing.....	pg 12
National Lotteries Good Causes Fund.....	pg 12
A4U project – Aġenzija Żgħażaġħ.....	pg 12
Avviżi.....	pg 13

Tips on PHOBIA

You should be aware of your limits and those of other family members. You should discuss with your relative the fears and phobias that are affecting his/her life. It is very important not to belittle or put down the experiences and feelings that your relative is suffering.

It is absolutely essential that you obtain professional help on how the patient can be exposed to the thing or situation that he/she fears. This method is called desensitization. It must be done gradually and sensitively, with the advice of professionals. The aim of this therapy is to reduce or eliminate the fears and phobias that are preventing the patient from leading a normal life.

It is most important that you obtain all possible support. This will help you as well as your relative suffering from a phobia.

Here are some examples how you can provide better help. If you have agreed to meet somewhere at a certain time, it is important that you are there a little early or on time, so that your relative will not become needlessly anxious.

It is important that you allow the phobia sufferer to set her or his own pace for recovery, whilst at the same time encouraging her/him to move forward. Your goal is to encourage your relative to remain independent.

During your relative's recovery period, you should remain positive and show your satisfaction with the progress achieved.

Don't disparage or comment on issues that your relative cannot change.

You can give the support needed but the sufferer must also try hard while getting professional help with the problems being faced.

It is advisable that you yourself learn methods for relaxing and that you teach your relative to try them too.

Together with your relative, you should try to classify his or her fears, so that you can start working first of all on those that are least 'fearful'. When your relative feels comfortable and is no longer affected by that particular fear, then work can start on the next fear. Ideally, during this process, you should never raise your voice, but act kindly and patiently to ensure rapid

progress. This can also be helped if you continue to encourage your relative to be independent whenever possible.



While you are working hand-in-hand with your relative to overcome his/her fears one by one, he/she needs to be able to see you

as a reliable person who can be trusted, someone who does things carefully and reasonably. Allow your relative to set the pace. Do not force him/her to overdo things or go faster than he/she is comfortable with.

It is important that you encourage your relative to be positive on the road to recovery. Praise and encourage him/her, without criticising or putting down. Give as much praise as possible but it is up to the patient to do his/her best to get over negative thoughts and behaviour and develop a more positive life style.

Tips on DEPRESSION

Every illness can lead to depression. It may also be that the depression itself can cause another illness. Depression may occur with chronic illness or some other mental disorder, such as OCD, psychosis, personality disorders, bi-polar or other illness.

Very often, relatives fail to appreciate the suffering of a depressed person. So you must understand that depression is a serious illness. Don't be a know-it-all and say things to the patient like "Come on, get up", "You're so lazy!" "Why are you making such a fuss? Come on, get up and have a shower." "Everyone has bad moods". "You're so spoilt." You must understand that depression kills off energy; it makes one lethargic; it kills all motivation for working or making something of oneself; it smothers every feeling of health and happiness. You must always avoid criticizing.

As a family caregiver, it is important you realise that the family is the focus of all support and treatment for the patient. Everyone speaks of the beauty of family unity and the support it gives in difficult circumstances. On the other hand, there is sorrow and heartbreak when we do not get the necessary help and support from our family. You must realise that, if you get little help from the rest of the family, there are professionals

Tips on OBSESSIVE COMPULSIVE DISORDER (OCD)

Persons who suffer from Obsessive Compulsive Disorder or OCD often involve their family members in their rituals. If we are not careful, it is easy to fall into the reality that they have created and help them in the illusion of the ritual. For example: a member of my family who suffers from paranoia asks me to fix a security camera on the front of the house, because he/she is convinced that many people are against him/her; if I do so, I will be joining in the reality that he/she has created.

Family members usually have uncomfortable and complex feelings. It is important that you learn not to involve yourself in the patient's obsessions. What can you do?

- You can encourage the person with OCD to wear a rubber band around their wrist. Tell them to pull the rubber band every time they feel an obsessive need like washing their hands; checking if the cooker is turned off; checking whether the light is switched off; whether the front door is closed.
- You can help by writing on a large sheet of paper the answer to the question that the patient asks over and over again. You can point to the answer and not say anything further.

Disturbed emotions place a huge burden on relationships and affect all aspects of family life. If tension boils over, the hurt caused can be as great as the illness itself. It is important to appreciate that, when we try to stop the compulsion, anxiety increases in the OCD patient. One could sometimes make a joke of the compulsion. For example: "You've polished the floor beautifully. But if you carry on polishing it will be like a greasy pole and people will certainly slip."

I need to learn as much as I can about the illness, so I can be really useful. I should not hide my ignorance with judgemental words that ridicule and put down the OCD patient's

experience. The more I learn about OCD and its treatment, the more I will be able to understand that the compulsive behaviour and obsession are symptoms of the illness itself and not a weak character.

It is important to learn ways to prevent the patient from controlling family life, otherwise the family may collapse. I must learn to communicate openly, clearly and positively. I must be patient and careful not to lose my temper. Above all, I must seek professional help so that I too will know what to do and how to look after myself.

It is important to learn how to help the OCD patient in the treatment programme. If you catch yourself becoming involved in the obsessions through oversight, don't make a fuss or feel guilty. Forget it and try to keep back.

How do I recognise a new obsession?

- When the patient repeats an action many times;
- When he/she finds it difficult to finish something because they are obsessing over details;
- When he/she starts to arrive late – if it is not usually the case;
- When he/she repeatedly asks for reassurance that something has been done correctly;
- When he/she starts to save and hoard things needlessly.

Finally, remember that life is a marathon not a leap. Continue to praise the progress made and encourage the patient when things go wrong. Mix humour with love and heartfelt care. Obviously, humour should not ridicule the patient. Above all, take care of yourself. Develop a support network to help you cope. Spend a little time each day in peace and quiet.

To be continued in the September issue.



Men Against Violence (MAV) was formed in 2013 as a coalition of a number of NGOs and state agencies. SOAR was one of the founding members. Since November 2014, MAV became an independent NGO, with the aim of engaging men in the fight domestic violence and violence in general.

The main aims of MAV are:

- a) To promote engagement of men and boys in preventing and ending all forms of violence;
- b) To raise awareness about the effects of the violence committed by men and boys;
- c) To foster equality between genders and sexes;



In order to achieve these goals, MAV has adopted a wide spectrum of violence-prevention tools in its operations, starting with strengthening individual knowledge and skills on violence prevention and promotion of community education, via fostering coalitions and networks to changing organisational practices and, ultimately, influence policy and legislation.

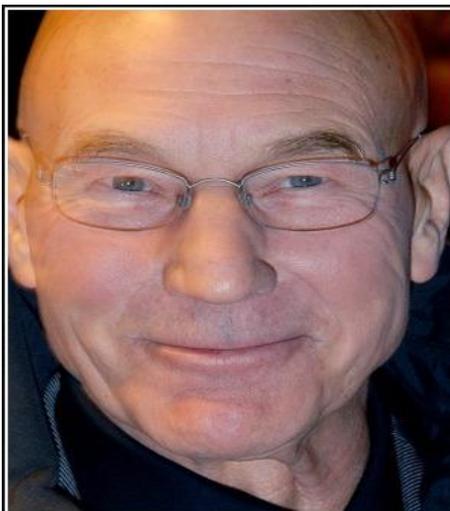
Traditionally, matters of domestic violence was considered to be a woman's issue. Widely understood as such, it gave men an excuse not to pay attention and, for the most part, ignore it as something that does not concern their gender. On the other hand, MAV perceives violence to be a multifaceted problem that has to be tackled in a comprehensive manner and that male part of the population can play a major role in the quest for the solution.

Domestic Violence is a men's issue because it is an issue that exists in our and every other society that men form part of. It is in the interest of men that women are treated with dignity and respect by everyone because there is no man that exists in a vacuum. Every man has women in their lives - a mother, or a sister or a daughter. It is in every man's interest that they are treated with respect and that women do not fall victim to inhumane treatment just because they are women.



For those men who wish to get involved with MAV, we invite them to first of all start with introspection - by analysing their own attitudes, beliefs and behaviour towards women, identifying what, if anything, could be changed for the better and then working on it. Secondly, men can get involved by being pro-active, by not remaining quiet when other men are passing sexist comments or treating women like anything less than human beings. Thirdly, by becoming ambassadors for the issue and leading by example. There are many ongoing international campaigns that men can involve themselves in. These include: HeForShe by United Nations or MenEngage.org.

In Malta, men can get in touch with MAV through menagainstviolence13@gmail.com. You can also look up MAV on facebook and to see how to get involved in a practical way.



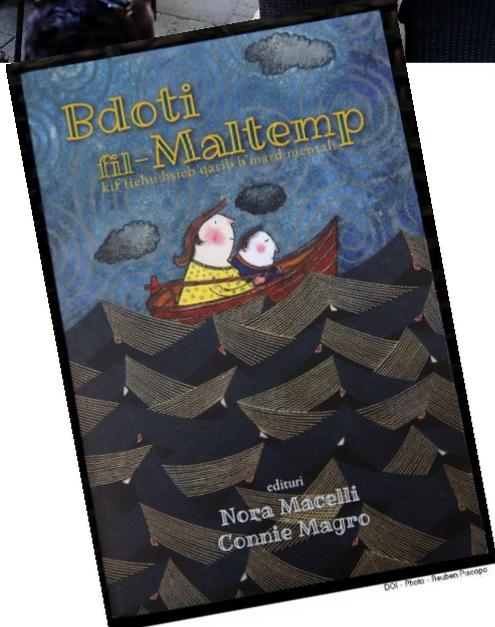
As a child, I heard in my home doctors and ambulance men say, 'Mrs. Stewart, you must've done something to provoke him.'
'Mrs. Stewart, it takes two to make an argument.' Wrong. Wrong! My mother did nothing to provoke that - and even if she had, violence is never ever a choice that a man should make. Ever.

— Patrick Stewart —

The President of Malta presides over the launch of a publication entitled 'Bdoti fil-Maltemp - kif tieġu ħsieb qarib b'mard mentali' - a joint initiative of the Mental Health Association Malta and St Jeanne Antide Foundation



DOI - Photo - Reuben Piscopo



DOI - Photo - Reuben Piscopo

Nhar il-Ħamis, 16 ta' Lulju 2015, fis-Secret Garden tal-Palazz tal-President f'San Anton, tnedja l-ktieb: Bdoti fil-Maltemp - kif tieġu ħsieb qarib b'mard mentali. Il-ktieb huwa mitqulu deheb għal kull min jixtieq ikun jaf aktar dwar mard mentali speċifiċi u x'wieħed għandu jagħmel biex la jitfarrak hu u lanqas ma taggrava l-qagħda ta' min qed isofri mill-marda. L-Eċċellenza tagħha l-President Marie-Louise Coleiro Preca faħhret l-inizjattiva u l-kollaborazzjoni haġġa taż-żewġ għaqdiet volontarja li ħargu l-ktieb - is-St Jeanne Antide Foundation u l-Mental Health Association. Hija qalet li dan hu ktieb li kull familja Maltija għandu jkollha sabiex tilqa' għal sitwazzjonijiet li, xi darba jew oħra, tmiss lil kull familja. Qraba prezenti faħhru s-Servizz Lwien tal-Fondazzjoni li jgħin b'mod sħiħ lill-qraba li b'tant imħabba u sagrafiċċji personali u familjari qed jieħdu ħsieb qarib b'mard mentali. Tnejn mill-qraba, fl-interventi tagħhom, stqarru li dan hu ktieb li ilhom jistennew għal snin twal. Heġġew lil qraba oħra madwar Malta biex jaqrawh u jieħdu dak kollu li jistgħu minnu.

Qarrej dan l-aħħar kitbilna hekk:

"Ma nistax ma nikkunmentax dwar dan il-ktieb tant importanti għalina l-qraba-carers ta' persuni b'nuqqas ta' saħħa mentali.

Dan il-ktieb huwa ta' għajjnuna kbira għalija u għal marti sabiex nippruvaw nagħtu kura aħjar lil persuna għażiża tagħna li tbat minn nuqqas ta' saħħa mentali. Huwa ta' vantaġġ kbir li dan il-ktieb hu miktub bil-Malti ċar u sempliċi sabiex ħafna aktar familji Maltin ikunu jistgħu jaqrawh u jimxu fuq is-suggerimenti li hemm miktubin fih.

Wara li qrajt dan il-ktieb, tħajjart ukoll immur infittex fuq l-internet sabiex inkun naf aktar dwar l-artiklu li nkun qrajt. Ma nistax ma nsemmiex kemm huwa importanti għalina l-qraba-carers li jinkitbu u jiġu ippubblikati aktar kotba għalina biex jiggwidawna għax il-piż li qed nerfgħu regolarment kuljum huwa kbir wisq. Ma tistax tiddependi biss mill-kuntatti li jkollna mal-psikjatri u professjonisti oħra. Ħafna drabi dawn il-kuntatti ma jkunux frekwenti u huma qosra wisq. Grazzi ta' dan il-ktieb prezzjuż!" (VT)

ROKNA POEŻIJA spiritwali

Barka

Meta l-agenda taħrablek,
ħarstek tkun ħarstu
u l-għajn eterna
tara.

Ċedi l-bżonn li tinħabb
u mħabbtek tiġi mħabbtu,
u l-barka tiegħek
grazzja.

Tistriehx fuq il-għaqal
li ngħatalek
u l-għarfien tiegħu ikun
int.



“The eye through which I see God is the same eye through which God sees me; my eye and God's eye are one eye, one seeing, one knowing, one love.” Meister Eckhart, Sermons of Meister Eckhart

Ittama fil-Mulej b'qalbek kollha, u tafdex fl-għaqal tiegħek. – Ktieb tal-Proverbji 3:5, Testment il-Qadim

tony macelli

WINTER OPENING HOURS

As from 17th September 2015

Ċentru Antida will be open
from 8:00am to 5:00pm



ROKNA POEŻIJA

Tfajjel Dyslexic - poezija ta' Shane Borg mill-ktieb ta' poeziji tieghu bl-istess isem

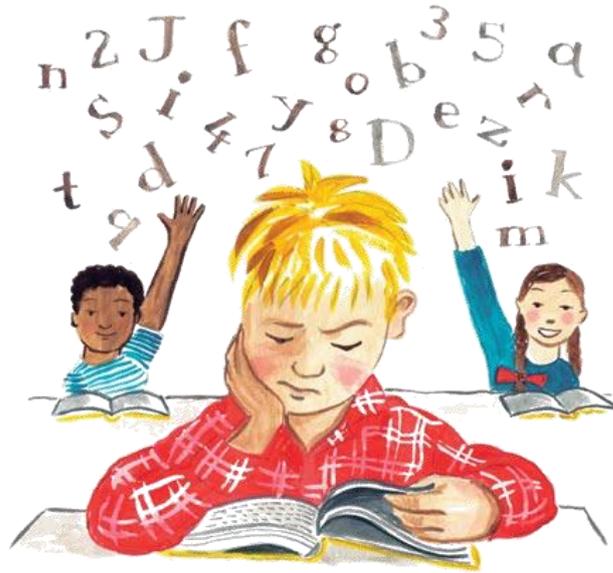
Jien tifel ta axar snin
Shane semewni xwahda din
Sports inhob kull kwalita
Tajep hafna mjinix ta!

Il jujizu football sajd
Dawna kola jien pruvajt
Ta goul keper jien nibrila
U nohlor li jien xi stila

Bid dizleksja jiena nbati
Ima din ajnunatati
Genji kbar bdil kundizzjoni
Tahsibx li din kontadizzjoni

Mil kitba kola batew
Ima mohom hadmuh sew
Dizleksik ma jafx jispeli
Ima bravu jkun mareli

Ja asra emnu ffit fina
U pacenzja hudu bina
At namlukom ferm kburin
Jekk tatuna ffit tal hin.



Tfajjel Dyslexic

Jien tifel ta' għaxar snin,
Shane semewni x'wahda din,
Sports inhobb kull kwalità,
Tajjeb hafna m'iniex ta'!

li-ġuġitsu, football, sajd,
Dawna kolla jien ippruvajt,
Ta' goal keeper jien xi stilla.

Bid-dyslexia jiena nbati,
Imma din għajnuna tagħti,
Ġenji kbar b'dil kundizzjoni,
Tahsibx li din kontradizzjoni,

Mill-kitba kollha batew,
Imma moħhom haddmuh sew.
Dyslexic ma jafx jispelli,
Imma bravu jkun marelli,

Jaħasra emmnu ffit fina
U pacenzja hudu bina.
Għad nagħmlukom ferm kburin
Jekk tagħtuna ffit tal-hin.

Lejla Maltija 2015



GRAZZI TAS-SAPPORT

Speaking up about sexual harassment and sexual assault

by Elaine Compagno, SOAR Service Co-ordinator

When it comes to gender violence, with sexual violence in particular, the victim is very often hushed into silence by way of threats or blackmail. For those who are more angry than fearful, there is the shame and doubt to deal with.

“Will I be believed?”

“Will they blame me?”

“Will I lose my job?”

“What will my family and friends think?”



Recent events have shown that the local social climate around sexual violence is a disturbing one. Even though we're so technologically advanced in 2015, we still haven't come to grips with the fact that no one deserves to be raped, molested or harassed – **no matter what**. No exceptions. We're quick to condemn it when it happens to pre-pubescent children, but we're dangerously teetering towards accusing 13 year old girls of provocation. We fail to see how the element of power (and control) is ever present when sexual violence occurs. The person committing the violence has power and control over the victim in various ways. Perpetrators do not target people of equal or more power than themselves.

The perpetrator knows it's likely that his victim will not speak up and if she does (assuming she's female since the majority are), she's not likely to be believed unless she can provide proof. And if she is believed, she'll probably be burdened with all or part of the blame. This is why many victims will never speak of what happened to them, even if they were children when it happened. Pia Zammit shares her story with us.

“The first time it happened I was very young, around 10 years old. A hyperactive tomboy - always on the go, always singing, always smiling. He was a shopkeeper, a British ex-pat, always very friendly to neighbourhood kids, in retrospect he probably liked a drink or two.

One day I was in his shop browsing some comics when he came up to me. Very close. Too close. I was a friendly child but too close is too close. I didn't like his smell. And then he grabbed my 'down there part' as we quaintly used to call it, and put his mouth on my mouth. The taste was horrible. I had no idea what he was doing. The physical

touching was completely alien to me. When I was 10 it was a different time, we didn't have MTV, we didn't have Rihanna and Miley Cyrus twerking and gyrating. Down there was purely functional. It's where you pee from and one day, when you're grown up and if you want to, you can make a baby from down there. I knew the science, I'd looked it all up in encyclopaedias and seen the diagrams - but it was clinical. The illustrations could've been the floor plans of a building to my innocent 10 year old eyes. Sex, hormones - still all unknown.

I knew it was wrong. Not just the smell. Not just the taste. The feeling of being invaded, of doing something that was not right. Instinct I guess. I bit his lip and ran out of the shop throwing the comic in the air. I wasn't exceedingly upset. I wasn't in danger. But I was angry. Later, I threw eggs at him but did not tell anyone about the incident.” – Pia Zammit

As women grow up in a society that shuts its eyes to the sexual harassment and worse yet, blames the victim for it, they grow up into young women who try to avoid the harassment that is expected to happen.



“There were other incidents between then and fast forwarding to 20 year old me. You almost took it for granted that men comment in the street or try to touch you inappropriately on the bus. You comment back, you take them by surprise, and then you wear their surprise as a badge of honour. I scared the men! I'm hard! It was a time when women were obliged to wear skirts at work. It was a time when men would ask you 'when do you plan to have kids' in an interview. I'd walk out the interview indignantly and wear THAT badge with pride too. And then there's the stalker. He's never physically threatened me, but he's invaded my space for over 10 years. He's made me feel vulnerable. He's made me fearful. What gives men this entitlement?” – Pia Zammit

Women do a lot of safety work to avoid the harassment: they stop off two bus stops away because it's not as dark as the one that's closer to home, they avoid certain areas, they avoid working in very male dominated workplaces,

they can't leave their drink unattended, they can't wear what they want, they try not to be the last passengers dropped off in a shared taxi etc.. This safety-work consumes one's thoughts, time and energy. It carves away at the freedom of everyday activities that men and women are equally entitled to.

And what does it say about men? Does this mean that none of them (men) can really be trusted? Each time we blame a victim of sexual assault, we leave with the premise that men are uncontrollable wild animals. How can we be ok with this unspoken conclusion? Is this what we think of our sons, brothers and fathers? Is this what they think of themselves and each other?

Victim blaming has more far-reaching consequences than just the damage it does to the victim. Apart from what it implies about men, it also demonstrates to other potential victims (male and female) that those who speak up will be worse off in the end. It loads the victim with responsibility that is not theirs as they also start to wonder if they *really* were to blame for what happened. The simple fact that women take precaution, in itself, implies that they have some form of responsibility (or control) to see that it doesn't happen to them. It's a vicious cycle of precaution, avoidance, blame, guilt and silence. And the perpetrator? The perpetrator has fallen off the page somewhere at the top of this article because even though the perpetrator is the cause of the harassment, he is too often not the protagonist of the discourse surrounding it. So let's bring him back.

"It happened again when I was 20. I had a legit job. I didn't particularly like the job - the boss was sleazy. But my workmates were fun. One time we had to stock-take in a warehouse and we drove together in his car. He tried it on. He hinted at sex about 20 times. I ignored him and then I asked him to desist. 'I thought you were fun', he said. 'I am', I told him, 'just not in the way you mean'. The next day I was fired. 'Your probation is up', he said, 'we don't need you anymore'. We both knew why I was fired. I wanted to sue him. He hadn't touched me inappropriately - he had only conveniently brushed against me. He had only insinuated things. He had only used very suggestive sexist language. But I wanted to sue. I was livid. I was swayed by feelings that this could cause great heartache to his wife and daughter. I let it go.

What gives them this 'permission', this 'freedom' to invade my space? To make me feel things I never asked to feel? OUR SILENCE gives them this right. Our tacit agreement that we are better than this, so we can let it

slide. Our silence tells them that it's OK, it can happen again. It can't. Ever." – Pia Zammit

Recognising the difficulties faced by victims of sexual harassment and assault is a step in the right direction to offering a safe place for victims to break the silence. For this reason, a workshop is being planned for the 26th September with the aim of discussing and ultimately creating a forum which could be a safe platform where people could tell their stories (anonymously or not), and also find existing and new resources for emotional and practical support. Following a floor discussion on the day, workshops will be held in small groups.

The event will be taking place at the Volunteer Centre of the Malta Council for the Voluntary Sector (MCVS) in Melita Street, Valletta on 26th September from 2pm till 6pm and anyone interested in attending may contact Pia Zammit on piazammit@gmail.com for more information.

"This isn't something we should accept. This isn't something that we should allow others to tell us to not make a fuss about. This isn't something that should be belittled. This isn't something that we are 'touchy' or 'sensitive' about. Let's speak up. Let's give each other the courage to do so. I didn't speak up when I was 10, I didn't speak up when I was 20 - but I'm speaking up now. And I hope you can too."– Pia Zammit



SOAR Service thanks Unifaun Theater Company for, once again, kindly supplying the SOAR Support Group with some complimentary tickets to the show.



Contemplatio

— lilhinn mill-ħsieb

Lehen Fr Thomas Merton. Il-*contemplatio* hija l-ħajja. Hija l-ħajja, b'mod sħiħ imqajma w attiva, u konxja kollha kemm hi li qed tgħix. Hija stagħgib, ammirazzjoni, qima



spiritwali. Hija bħal meta wieħed b'mod spontanju jitgħaggeb quddiem il-qdusija tal-ħajja, tal-eżistenza. Il-*contemplatio* hija gratitudni għall-ħajja, għall-għarfien konxju, għall-eżistenza. Hija bħal meta wieħed jinduna li l-ħajja u l-eżistenza fina herġin

minn sors lilhinn, minn Għajn li ma tidhirx, abbondanti bla qies. Fuq kollox, il-*contemplatio* hija meta nagħrfu li dik l-Għajn teżisti tassew. Il-*contemplatio* lill-Għajn tafha – mhux b'mod ċar, u ma tistax tispjega kif tafha – iżda tafha b'ċertezza li tmur lilhinn mir-raġuni u lilhinn minn fidi sempliċi... Hija profondità akbar tal-fidi, għarfien tant fond li ma taqbdux bi xbihat jew bi kliem, u saħansitra lanqas b'kuncetti ċari. ...

Il-*contemplatio* hija wkoll twegiba għal sejħa: sejħa mingħand dak li huwa bla lehen iżda jitkellem f'kull haġa li hemm. Hu, fuq kollox, li jitkellem fil-fond ġewwieni tagħna nfusna: għax aħna stess m'aħniex ħlief kliemu. Iżd'aħna kliem li huwa maħsub biex iwieġeb lilu, biex ikun risposta għalih, biex ikun l-eku jidwi tiegħu, u saħansitra, b'xi mod, biex iżomm lilu fih u jkun sinjal li juri lilu. Il-*contemplatio* hija dan l-eku. Hija daqq jidwi fiċ-ċentru l-aktar ġewwieni tal-ispirtu tagħna. Hija eku li fih saħansitra ħajjitna stess tiflel il-lehen mifrud tagħna u tirbombja bil-maestà ta' dan il-Wieħed moħbi u ħaj. ...

Il-*contemplatio* hija meta wieħed iqum, jiddawwal. Il-*contemplatio* hija meta jintuża dak il-mod intuittiv tal-għageb li bih l-imħabba tikseb ċertezza dwar is-sehem kreattiv u dinamiku t'Alla f'ħajjitna ta' kuljum. Għaldaqstant, il-*contemplatio* mhux semplicement li "issib" idea ċara t'Alla u ssorru fil-konfini ta' dik l-idea waqt li żzommu maqbud hemm bħal prigunier li tista' żzur kull meta trid. Għall-kuntlarju, il-*contemplatio* tingarr u tittiehed minnu fir-renju tiegħu, fil-misteru tiegħu, u fil-ħelsien tiegħu. —[]



Lehen ieħor – Pema Chodron.

Aħna nagħmlu tant u tant sforz biex niggranfaw mat-tagħlim tat-tradizzjoni sakemm inkun "qbadnih." Iżda fil-fatt il-verita' tinxtorob bħal xita niezla f'art niexfa iebsa ħafna. Ix-xita tinzel

b'ġentilezza kbira, u aħna nirtabu qajla qajla, bil-pass tagħna. Imma meta jġri hekk, xi haġa fina tkun inbidlet mill-fond. L-art iebsa rtabet. Milli jidher, din il-bidla ma sseħħ għax inkunu ggranfajna biex "naqbduha". Din il-bidla sseħħ mit-tama u x-xewqa li tikkomunika miegħek innifsek u ma' oħrajn. Kull wieħed isib triqtu. It-tagħlima ta' l-aħħarnett hi: "tħarreg b'qalbek kollha." Tista' tgħid "għix b'qalbek kollha." Kull haġa ħalliha twaqqaflek moħħok, u kull haġa ħalliha tiftaħlek qalbek. U tista' tgħid: "Mut b'qalbek kollha, minn mument għall-ieħor". Minn mument għall-ieħor, ħalli lilek innifsek tmut b'qalbek kollha. —[]

Sors: *Bridges to Contemplative Living with Thomas Merton*. Jonathan Montaldo u Robert Toth, eds. The Merton Institute, 2006, Vol 1.

Siltiet maqlubin għal Malti minn N.M. u T.M. Użajna il-Latin "*contemplatio*", li huwa lilhinn mill-ħsieb, billi fostna "kontemplazzjoni" ħafna drabi tfigger ħsieb.

The People Who Care Fund of KPMG Crimsonwing has contributed €1,200 to the Foundation for the day-to-day operational needs of Dar Hosea drop-in centre for very vulnerable women. Mr Paul Caruana explained that the Fund is generated from monthly contributions from the salaries of the employees of KPMG Crimsonwing. The staff team of the Foundation's Dar Hosea thank the employees of KPMG Crimsonwing for their generosity and solidarity with women who experience very tough and painful life circumstances.

The donation will help to sustain the provision of, among others, basic human needs.

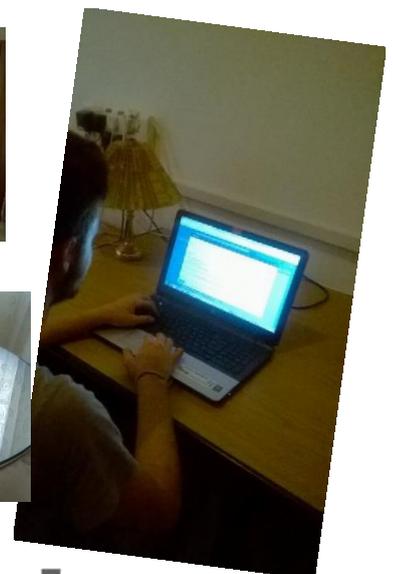


NATIONAL LOTTERIES GOOD CAUSES FUND

Through its Good Causes Fund, the Ministry of Finance has provided a grant to the Foundation to purchase a second hand car for its operations. Grateful thanks from all of us!

This year the Foundation managed to obtain funds through the A4U project financed by Aġenzija Żgħażaġh, Segretarjat Parlamentari għar-Riċerka, l-Innovazzjoni, iż-Żgħażaġh u Sport.

By means of these funds, the foundation bought 3 laptops to be used by youths during learning sessions offered by the foundation.





Like us on
Facebook

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

BAZAAR fi Triq Ħal-Tarxien b'risq il-Fondazzjoni

Miftuħ kull nhar ta' Tnejn u nhar ta'
Erbgħa
mid-9:00 sa 12:00

Naċċettaw oġġetti biex jinbiegħu fil-
Bazaar



DONATIONS

Your donation is truly appreciated. It enables us to sustain our services to vulnerable and poor individuals and families.

Donation to the St Jeanne Antide Foundation can be made as follows:

- **Cheque** issued to The St Jeanne Antide Foundation and posted to the Foundation: 51 Tarxien Road, Tarxien TXN 1092
- For **local bank transfers**: **APS** 2000 0681 886
HSBC 013175021001
BOV 4002003379-0
BANIF 00210404101
- If you are a Go/Vodafone/Redtouch subscriber you can donate by sending a **blank SMS** (SMS tariffs applicable):
€2.33 – 50617371 €4.66 – 50618095
€6.99 – 50618909 €11.65 - 50619217
You will receive a text message of thanks and acknowledgement
- For **bank transfers from overseas**: APS Bank, 146/147, Antoine De Paul Square, Paola PLA1260
Bank Code (Swift) APSBMTMT IBAN No: MT03 APSB 7708 0005 5047 2000 0681 886 (last 11 digits are the account number).

HOW YOU CAN HELP US - OTHER OPTIONS

- ✓ If you are getting married: make a donation instead of buying wedding souvenirs.
- ✓ If you are having a birthday party: ask friends to make a donation instead of buying a gift.
- ✓ If you are having a wedding anniversary celebration: convince your guests to make a donation instead of buying a gift.
- ✓ For funerals: you may wish to make a donation instead of buying flowers.
- ✓ Get Together: organise a spontaneous collection.
- ✓ You may wish to send us a monthly or annual donation, whatever the amount.
- ✓ You can encourage others to consider donating to the Foundation.
- ✓ Ask your employer for a matching scheme which will make your contribution go even further!
- ✓ Become a HELP-SJAF Champion and ask friends and family to make a donation.

CONTACT US: sjafngo@gmail.com

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

Foundation SERVICES

1. Family Resource Centres:

- **Ċentru Antida** in the heart of 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 in 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

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

3. 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) .

4. SOAR Service: advocacy and support for victims and survivors of domestic violence . Includes workshops on dating violence for young persons (soarmalta@gmail.com)

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. Centring Prayer Group for contemplative prayer practice.

PUBLICATIONS: ask us for list.

See "Services" & "Reports" on
www.antidemalta.com.