



SJAF e-Magazine

SJA FOUNDATION

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I forgive!

Clarity is easier when we distinguish three things that we often tend to conflate or confuse together: forgiveness, forgetting, and reconciliation.

Forgiveness is where you finally put down the heavy burden of angry blaming, never needing to take it up again.

The best quality forgiveness probably happens when the motivation for it is "love one another as your Self" as interpreted in what seems to have been its original Old Testament Jewish-sage's and New Testament Jesus' meaning, a mystical one: love one another because (at a non-superficial nondual layer of reality) they and you ARE your self, a kind of underlying human-and-divine self, not the separate and separatist egos that most of us think are our selves). Some people who are not "religious" have an intuitive inkling of these realities. Some people who are "religious" unfortunately don't!

The ego does not like to forgive, you see. In fact it was the ego's reaction in the first place that brought the heavy burden of non-forgiveness into the inner life in the first place. The ego holds on to its identity and protects its imagined dignity and worth by means of mental justifications, thoughts of revenge, nursing emotional hurt, self-pity, etc. and the small or great pain becomes great suffering.

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The perspective and motivation of "love one another as your Self" is not egoic, and is not "selfish"; such forgiveness helps both the sufferer and the rest of humankind. Those who are open or fortunate enough to approach an alternative way of life will find forgiveness much easier and quicker. Those who find it difficult to forgive may be facing an opportunity to switch to the wider perspective. That's what the Greek word metanoia ("beyond ordinary mind to a wider mind") means, even though we weakly translate it as "repent". Both the perpetrator and the victim are called to metanoia if they are to live! If the human race is to live!

Some people balk (stop short and refuse to go on) at forgiving because the crime against them was so heinous that they can never imagine forgetting it. After forgiveness, but not before, a healthy forgetting sometimes takes place with time. Or else, the memory stops creating mental-emotional chaos (anger, self-justification, repetitive thoughts, emotional hurt, resentments, blaming, etc.) whenever it comes to consciousness, becoming progressively more like a story seen on a TV as if happening to someone else. Indeed, the passage of the memory through the mind without leaving a trail of destruction has been proposed as a criterion to help me understand whether I have forgiven or not.

Others balk at forgiving because reconciliation appears out of the question or extremely painful, or unwelcome to one or both parties. Clarity is needed in such a case. After forgiveness, but not before, the mental-emotional chaos will subside, leaving more clarity about the desirability and feasibility of some kind of interpersonal or face-to-face reconciliation. In a sense, forgiveness involves a kind of internal reconciliation, though it's best when there is an interpersonal reconciliation, as Jesus told us. When the offending parties are dead, a kind of reconciliation can take place through a mental dialogue and prayer.

Life can be painful, sometimes horribly, terribly so. Maintaining suffering through non-forgiveness just makes it worse. Somewhere on the internet there is a 4-minute video showing elderly Jewish woman Eva Kor, declaring "I, Eva Moses Kor, a twin who survived as a child Josef Mengele experiment at Auschwitz 50 years ago, hereby give amnesty to all Nazis who participated directly or indirectly in the murder of my family and millions of others..." the video shows that she even managed to make reconciliation with an elderly ex-Nazi from Auschwitz. (transcript from http://www.csec.org/csec/sermon/entireText/braxton_5110_EntireText.pdf)

Yes, Mengele, Hitler, Pol Pot, and all the rest, of whom we are ashamed, are to be forgiven, and prayed for. For the good of the entire human race in its journey beyond the harsh limitations of its egos.

Peace,

tony macelli

"Ibierkek il-Mulej u jħarsek!
Jixħet il-Mulej id-dija ta' wiċċu
fuqek u jurik il-ħniena!
Iħares lejek il-Mulej b'imħabba u
jagħtik is-sliem!"
(Num 6, 24-27)



Bl-isbaħ xewqat għas-Sena Ġdida mimlija Saħħa, Hena u Paċi



Aħbarijiet mill-Fondazzjoni

3 ta' Novembru:

- Bgħatna statistika dwar il-faqar ibbażata fuq il-ħidma tagħna ma' familji lill-Ministeru ta' l-Edukazzjoni, Impieg u Familja bħala parti minn eżerċizzju ta' ġbir ta' statistika fuq faqar u esklużjoni soċjali.
- Flimkien mal-Mental Health Association, morna għand book designer għal ktieb li dalwaqt se nipubblikaw flimkien immirat lejn familjari li jieħdu ħsieb membru tal-familja b'mard mentali.
- Laqgħa ma' rappreżentanti tal-Kummissjonijiet Djakonija tal-parroċċi ta' San Bastjan u San Filep, Ħal Qormi dwar il-bixra li jista' jieħu l-proġett ta' appoġġ ta' Social Work għal familji fid-diffikultà li għalih l-aġenzija CARITAS se tapplika għal fondi. Nora u Ruth qasmu l-mudel tal-Fondazzjoni u l-ġustifikazzjonijiet għalih u xenarji differenti li jiddependu mill-kuntest lokali u x'servizzi digà jeżistu.

4 ta' Novembru: Laqgħa tal-Governing Board tal-Fondazzjoni

4,11, 18, 25: Programm ta' sigħa tal-programm tar-radju Vinċi fuq Radju Hompesch imtella mill-Fondazzjoni. Il-Programmi ta' Novembru ittrattaw il-komunikazzjoni mal-ulied, ir-rwol tan-nanniet fil-familja u s-sehem tagħhom ta' kura tat-tfal, il-Fondazzjoni Santa Giovanna Antida u l-ħajja tal-qaddisa iddedikata għal ħidma mal-fokra, s-saħħa mentali u temi oħrajn.

8 ta' Novembru: Laqgħa ma' Fr Saviour Grima, Direttur tal-Millennium Chapel Foundation biex naqsmu ma' xulxin l-operat taż-żewġ Fondazzjonijiet u biex naraw kif se naħdmu aktar flimkien.

10 ta' Novembru: Id-Depression Support Group jiccelebra l-għeluq tiegħu.

15 ta' Novembru: Laqgħa mas-Sur Ġino Galea mill-Ministeru ta' l-Edukazzjoni, Impieg u Familja dwar il-ġbir ta' statistika fuq il-faqar.

18 sa 22 ta' Novembru: Jessie Spiteri u Nora jmorru Napli ma' 8 sorijiet tal-karità minn Malta biex jieħdu sehem fil-Konvenju b'celebrazzjoni tal-200 sena mill-miġja f'Napli ta' Giovanna Antida biex tmexxi l-isptar tal-inkurabili u twettaq il-missjoni usa tal-kongragazzjoni b'risq l-ifqar nies f'Napli.

3, 10, 17, 24 ta' Novembru: Laqgħa ta' kull nhar t'Erbgħa filgħaxija tac-Centring Prayer Group.

DIĊEMBRU

1 ta' Diċembru: Servizz LWIEN - Tnieda Carers' Support Group immexxi minn Connir Magro, b'xi 15-il partċipant – kollha familjari li jieħdu ħsieb membru tal-familja li jsufri minn mard mentali kroniku. Is-Support Group qiegħed jiltaqa' kull nhar ta' Erbgħa fil-11.00 ta' filgħodu.

3 ta' Diċembru: Sr Rose, Ruth, Vivien, Kim, Connie u Nora ħadu sehem f'Konferenza nazzjonali ta' jum dwar il-politika soċjali u l-vjolenza domestika organizzata mill-Uffiċċju tal-Kummissarju għal Vjolenza Domestika fil-hotel Excelsior.

6 ta' Diċembru: Nora u Jessie indirizzaw tliet gruppi ta' studenti tal-Kulleġġ St Edwards fil-Kottonera dwar il-ħidma tal-Fondazzjoni ma familji foqra. Waħda mit-tliet gruppi kienu s-6th Formers. Il-Kulleġġ St Edwards din is-sena għamel lotterija għall-Milied b'risq is-servizzi tal-Fondazzjoni Santa Giovanna Antida.

2, 9, 16, 23, 30: Programm ta' sigħa tal-programm tar-radju Vinċi fuq Radju Hompesch imtella mill-Fondazzjoni. Il-Programmi ta' Diċembru ittrattaw l-emozzjonijiet u x'għandek tagħmel bihom, il-maħfra, u intervisti ma' 3 familjari ta' persuni li jsufri minn mard mentali dwar l-esperjenza personali tagħhom u kif jgħixu din l-isfida ta' kuljum. Dawn it-3 familjari huma lkoll membri tal-Mental Health Association – għaqda tal-qraba.

9 ta' Diċembru: L-ewwel laqgħa tal-Poverty Think Tank imniedi mill-Fondazzjoni bil-parteċipazzjoni ta' persuni attivi f'dan il-qasam minn oqsma differenti.

10 ta' Diċembru: Nora, Ruth u service user mexxew laqgħa ta' sigħa u nofs fuq il-faqar organizzata lill-Kunsill tal-Istudenti Universitarji (KSU) fi Student House.

15 Ta' Diċembru: Ċelebrazzjoni (quddiesa u ikla) għal familji li ħdimna magħhom matul is-sena 2010.

17 ta' Diċembru: Żewġ attivitajiet ta' ċelebrazzjoni ta' sena ħidma: (1) party għat-tfal tal-Homework Support Service mill-4.00 sas-6.30 ta' filgħaxija u (2) quddiesa u riċeviment għall-voluntieri, staff, sorijiet u familjari.

1, 8, 15, 22, 29 ta' Diċembru: Laqgħa ta' kull nhar t'Erbgħa filgħaxija tac-Centring Prayer Group.

26 ta' Diċembru: 16-il ħaddiem tal-Fondazzjoni ħa sehem fi STRINA 2010. Il-Fondazzjoni se tkun waħda mill-organizzazzjonijiet li se jibbenefikaw minn fondi għal proġetti li ssottomettew ftit ġimghat qabel.

Mid-Djarju tal-Proġett Vinci – community work f'Haż-Żabbar - Novembru

2nd: Ruth u Claire żaru r-residenti adulti fiż-żona tal-Housing biex jistharrġu l-bżonn li filgħodu jinfetaħ Ċentru Nazareth għal attivitajiet mixtieqa mir-residenti.

4th: Ruth, Claire u Pauline iltaqgħu ma' Maria Psaila fiċ-Ċentru Nazareth fejn iddiskutew l-attivitajiet li qed isiru f'dan iċ-Ċentru kif ukoll il-ħsibjiet tal-kumitat ta' tmexxija għal ħidma fiż-żona tal-Housing.

10th: Pauline u Claire iltaqgħu mad-Direttur ta' Ċentru Nazareth, is-Sur Manuel Dimech, fejn iddiskutew xogħol jista' jsir mal-ġenituri li jwvasslu u jibqgħu jistennew lil uliedhom għad-dutrina.

11th: Nora u Sr. Salvina mexxew il-programm ta' radju VINĊI tal-Fondazzjoni fuq Radju Hompesh u ddiskutew il-ħajja ta' Santa Ġovanna Antida u kif dan jirrifletti l-missjoni u operat tal-Fondazzjoni.

12th: Il-ħaddiema tal-Proġett VINĊI temmew round ta' żjajar lill-familji li jgħixu fiż-żona Tal-Biċċieni.

13th: Sr Rose tat spjegazzjoni dwar il-Proġett VINĊI lill-grupp ta' nisa li jiltaqgħu kull nhar ta' Erbgħa fiċ-Ċentru Nazareth.

13th: Claire u Pauline mexxew laqgħa ta' diskussjoni ma' 60 ġenituri li uliedhom jattendu l-iskejjel primarji tal-gvern ta' Haż-Żabbar u tax-Xgħajra.

18th: Ruth u Connie Magro mexxew il-programm tar-radju VINĊI tal-Fondazzjoni fuq Radju Hompesh u ddidkutew diversi tipi ta' mard mentali bħad-dipressjoni, post-partum depression, u mard ieħor fiżiku li jista' jikkawża dipressjoni. Inghatat importanza l-familjari tal-persuna marida u kif għandha tiirreaġixxi mal-persuna marida.

23rd: Ruth ħadet sehem fil-laqgħa tal-Kummissjoni Djakonija ta' Haż-Żabbar. Ruth tirrappreżenta l-Fondazzjoni fil-Kummissjoni billi hi tmexxi l-Proġett Vinci fil-parroċċa.

25th: Claire u Pauline mexxew il-programm Vinci fuq Radju Homepesh fejn iddiskutew l-importanza tal-kommunikazzjoni mal-ulied.



CHRISTMAS PARTY FOR HW SUPPORT USERS by Jessie Spiteri

On Friday 17th December the Homework Support Service Team organised its annual Christmas Party for its young service users. During the previous week, Tutors helped the children prepare Christmas cards for their family members.

We started off with the party with traditional games which are still popular with children such as pinning a tail on a donkey. The children's cries of excitement were often hilarious, especially when one of them managed to pin the tail in the right spot! The procession to the Sisters' convent was appreciated. The children stood in front of the crib and sang Christmas carols; both the sisters present and children and Tutors were moved by the angelic voice of a seven year old boy who sang to us a capella. It was also moving when all of us stood in silence whispering in our hearts a special prayer to Baby Jesus in the crib. Then it was time for food - pastizzi, pizza, sausage rolls and pannini.

I must say that the most favourite were the chicken nuggets. Father Christmas made his appearance to the joy of all the children. Father Christmas is one of us and the children had a jolly good idea of his identity, seeing that he normally gets to greet them every Friday. They all thanked him for the gift. A special thank you to Audrey who was a great help during this party. May the blessings of the CHRIST child be with us all during this year.

Celebrating 200 years from the arrival, in Naples, of Jeanne Antide

by Jessie Spiteri

As a member of the Maltese group FRIENDS of JEANNE ANTIDE, I was invited by Sr Salvina Bezzina, Provincial of the Sisters of Charity, to participate in the celebration commemorating the arrival of Jeanne Antide, 200 years ago, in the city of Naples. The Maltese delegation was made up of nine sisters and two lay persons .

I would like to share with our readers, my experiences and thoughts about this memorable Convention. The welcome by the sisters was touching and warm; the minute we stepped into the monastery, we felt at home. I was truly moved by a deep sense of joy, peace and serenity which permeated the whole monastery of Regina Coeli - the home of Jeanne Antide for the last eighteen years of her life. From the dispensary where she worked tirelessly to heal the sick poor of the district, to the cloister that surrounds the beautiful garden, time stood still. One finds no difficulty in going back 200 years to get a feel of living with her and the six French sisters (together with two of her young nieces) who accompanied her to Naples from Besancon, in France. I could not feel the difficult times they went through to establish themselves in a foreign place. Jeanne Antide's room has been turned into a sanctuary of deep inner peace and contentedness where her presence is tangible, giving one the feeling that one is actually meeting her face to face.

Throughout our stay, which included talks by sisters and lay persons, a visit to the Hospital of the Incurables where Jeanne Antide worked as a hospital manager. A moving night vigil of prayers was held in the beautiful convent's church, where Jeanne Antide is buried. The Convention programme included a musical evening, a ballet mime by the students of the Convent's school, and a pilgrimage to the Duomo of San Gennaro, where all the participants renewed their baptismal vows. All this culminated in a mass concelebrated by two French bishops from Besancon and several priests from all around Naples. After this special mass, we experienced a moving scene - people, from all walks of life who came to pay their respects to St. Jeanne Antide joining in prayers and singing.

From Naples, I brought back the sound of bells, ringing joyously to welcome Mother General Suor Nunzia de Gori. On the 23rd, to commemorate the arrival of Jeanne Antide and the sisters of charity to the monastery of Regina Coeli, the school children's voices were raised in song in honour of Jeanne Antide. The young novices and sisters from countries like India, Pakistan, Indonesia and Vietnam danced in their colourful national costumes, all eager to follow this woman who founded the Sisters of Charity with the sole intention of serving Christ in the poor.



The ideal that inspired Jeanne Antide, her love of the poor, her service to the Church, should be an inspiration to all who proclaim themselves Christians, loving and serving Christ in his poor, recalling the evangelical call: "Whatever you do to the least of my brethren, you do unto me." May we too be inspired by this ideal and help continue walking with Jeanne Antide on her mission to serve the poor in Christ.



SJAF Workers
Christmas Gathering



Ċelebrazzjoni ma' wħud mill-familji li ħdimna magħhom matul l-2010

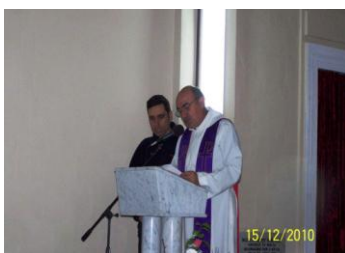
74 persuni li, matul is-sena 2010, ġew mgħejjuna mis-servizzi ta' Social Work u Counselling u mill-Lwien (appoġġ għal min jieħu ħsieb membru tal-familja li jsofri minn mard mentali) ġew mistiedna għal quddiesa u ikla msajra u servuta mill-istaff u voluntiera tal-Fondazzjoni. Billi m'għandniex spazju biżżejjed għal numru ta' familji ferm akbar, ġew mistiedna dawk li l-aktar għandhom sfidi kbar, inkluż dawk finanzjarji.

Miriam Grech u Melanie Piscopo seħħilhom jiksbu mingħand numru ta' kumpaniji l-ingredjenti meħtieġa għat-tisjir tal-menu. Il-voluntiera Anna Friesenegger, li għal dawn l-aħħar 3 snin għallmet il-module tat-tisjir għaż-żgħażaġħ b'cognitive impairments li ħadu sehem fil-Programm Bridge, ħadet ħsieb it-tisjir u l-ko-ordinament tal-ikla. Is-Sorijiet tal-Karità ġentilment silfuna l-borom kbar li kellna bżonn u ħallewna nużaw il-cooker industrijali tagħhom fil-jum tal-ikla.

Sr Rose Rizzo ħadet ħsieb il-Liturġija. Ruth Brincat ħadmet id f'id ma' Sr Rose biex hejjiet mal-għarus Marco, DVD bil-mużika li ġabar fil-qosor il-ħidma tal-Fondazzjoni matul is-sena 2010. Dan id-DVD intwera waqt il-quddiesa bħala offerta tal-ħidma tagħna kollettiva b'risq familji fid-diffikultà. Ġie apprezzat ħafna. Paul Ciantar mar jiġbor bil-karozza tiegħu numru ta' persuni li ma setgħux jiġu bil-mixi jew b'tal-linja. Louis mar Ħaż-Żabbar bil-van ħalli jagħti lift lil numru ta' persuni li ma setgħux jiġu weħedhom.

Lina Ciantar, Miriam, Melanie, Ruth, Pauline, Daniel Micallef, Christopher Debattista u Roderick Bellizzi qassmu l-ikel lill-kulħadd. Tony ħa video tal-attivitajiet. Christopher u Roderick laqgħu l-familji kollha mistiedna u ħaduhom fil-kappella tas-sorijiet minn fejn bdiet iċ-ċelebrazzjoni. Jessie Spiteri ikkoordinat it-tiżjin tas-sala fejn saret l-ikla u, ma' Louise Cassar, żejnet u hejjiet l-imwejjed. Jessie u Louise ukoll ippakkjaw 70 rigal għall-familji mistiedna. Rita naddfet il-post kollu bi tħejjija għaċ-ċelebrazzjoni.

Sr Salvina Bezzina u bosta sorijiet qassmu l-ferħ tagħhom mal-mistednin kollha. Dun Faust Ellul, qassis mill-parroċċa ta' Ħaż-Żabbar li jaħdem mill-qrib mat-tim tal-Fondazzjoni li qed iwettaq il-Proġett Vinċi f'Ħaż-Żabbar, iċċelebra l-quddiesa li tassew ġiet apprezzata minn kulħadd. Miriam u bintha Louisa daqqu l-kitarra u kantaw waqt il-quddiesa. Daniel Farrugia, iben Claire, assista lil Dun Faust waqt il-quddiesa. Wara li ntemm kollox, kulħadd midd idejh u zbarazzajna kollox f'ħakka t'għajn. Donnu kien hemm grupp ta' fairies invizibbli għax il-post kien nadif sakemm kulħadd kien telaq.



ĠURNATA GĦAWDEX MAL-ĦBIEB TA' GIOVANNA ANTIDA

minn Daniel Grech

F' Novembru morna Għawdex biex inqattgħu ftit ħin flimkien u nikbru fil-relazzjoni tagħna ma' xulxin. Fis-seba' bumm, naraw lis-sewwieq tal-van ġej għalina tiegħu. Ma hallejnienx jistenna wisq, għax kulhad kien wasal. Waħda minnha kienet ilha tistenna mis-sitta ta' filgħodu għax miskina ma kienetx taf li dik il-għodwa Malta qalbet is-sigħa! Imnella ġiet bil-karozza għax kieku kien ikoolha tistenna weħedha fis-sirda ta' filgħodu. Haġa ta' l-iskantament, kull meta nkunu sejrin ġurnata Għawdex, kulhad iqum bomba, lest għall-avventura tal-ġurnata.

Bħala grupp, kemm-il darba morna Għawdex, u xi ftit jew wisq, nagħmlu dejjem l-istess haġa. Imma donnu li Għawdex fih is-seħer tiegħu, (forsi qiegħed ngħid hekk għax missieri mix-Xagħra).

Ġurnata sabiħa, vjaġġ eċċellenti bil-vapur. Wasalna kmieni Ta' Pinu, allura kellna ħin tajjeb biex nitkellmu ma' Maria, fis-skiet ta' qalbna, qabel il-quddiesa.

Morna ħadna kafe minn gabbana fid-Dwejra, fejn tpaxxejna bil-ġmiel tan-natura. Ftit li xejn kien hemm nies. Qalulna li fuq il-Ġebbla tal-Ġeneral hemm ħaxixa li l-Ġermaniżi qegħedin jittestjawha għall-fejġan mill-kanċer. Żjara fir-Rabat ma naqsitx. Erhejnienha għall-appartament tas-sorijiet f'Marsalforn fejn kilna xi haġa flimkien, pizez ordnati minn ristoranti viċin u ikel ieħor li ġibna magħna u qsamna. Kien baqagħlna ħin biżżejjed biex, min ried, mar jagħmel passigġata max-xatt.

Iż-żjara fil-Munxar kienet il-qofol tal-jum. Is-sorijiet laqgħuna b'entużjażmu kbir, donnhom kien ilhom ma jarawna xi mitt sena! Rużarju meditat u fil-ġabra quddiem Ġesu ewkaristija, cake u gallettini li niżlulna għasel ma' dik il-belgħa te sħuna, u hekk, bl-għajnuna t'Alla, għaddiet ġurnata mgħixha b'mod sempliċi mill-Ħbieb ġewwa Għawdex.



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 Family Carer-givers Programme: includes (a) Grandparent Education which supports parishes to start and run a NannaKola Club for grandparents who care for their grandchildren. Also: monthly dialogue sessions with experts take place at the Ċentru Antida. (b) support to family care-givers 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. Vinċi 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. Proġett fil-Pakistan: Bħalissa qed tinbena l-Grace Clinic fil-Pakistan.