



Centru Antida

The Reception Centre of the
St Jeanne Antide Foundation - SJAF

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The Samaritan

He went up to him..... he took care of him

What is the meaning of compassion? Jesus makes the Samaritan himself to answer directly this question... however not with words! His gestures are a catechesis. Let us follow him

He went up to him....

It is the opposite of “passed by”, not only in the physical sense. The Samaritan stopped near the wounded man, and bent over him.

Proximity is passion, sensibility, attention. To be near someone means making him feel that he belongs to you, he is dear to you, interests you : I care!

You take care of him, not only of his body, but also of his heart! You dress his wounds, and see to his anguish. In the same way that God “heals the broken hearts and bandages their wounds.” (Ps 147,3.)

He bandaged his wounds, and poured oil and wine on them

Compassion means dirtying one’s hands, risk and in a way it’s a commitment. Compassion overcomes fear, takes risks. Passion for the wounded man wins over fear of thieves lying in ambush. Compassion, sometimes is demanding, difficult, annoying... like the wine and oil. When used as ointments they leave your hands oily and sticky. But like the wine and oil, compassion for the other hand also generates life for you. It “cheers your heart as the wine does and makes your face shine as the oil does”. (cf. 103,15)

He lifted him up on his beast and took him to the inn.

Compassion does not mean giving or doing something to the other but taking care of him. Not what I can or want to give but what the other really needs.

“Compassion is not “a tantum” of charity!”

The Samaritan lifts up the unfortunate man on his beast, but before doing so, he lifts him up to his heart. Compassion means feeling responsible for the other without reserve and prejudice.

The next day he took out two denari and handed them to the Innkeeper, saying: “Look after him,..

This Samaritan is truly compassionate! You would not expect it from one whose official religion considers a heretic. Instead, he not only took care of that man abandoned along the street, but took him with him until he found the inn, where probably he had intended to stop for the night.

The next day, he gave two denari to the Innkeeper, saying: use them to take care of this man, and on my way back I will make good any extra expense you have”

We know that the good Samaritan is Jesus! But Samaritan is also the innkeeper. The traveller-Jesus entrusts the wounded man to his care.

Perhaps **two denari** would be sufficient to help the man to recover. **Two Denari** to help this man come back to life. Also two are **the words of life**, that the pupil-doctor had found in the law.

**“You will love the Lord your God
You will love your neighbour as yourself.”**

Jesus did not come to add another commandment, but to make one out of the two, the “new” commandment of love, which does no longer distinguish between God and our brothers There is no God without brothers and sisters. “If one were to say “I love God”, but hates his brother, is a liar” says John. “In fact, whoever does not love his own brother whom he can see, cannot love God whom he has never seen. (1Jn 4,20)

And love has its exigencies: it could ask you for more. As it asked Jesus. for more . He loved “his own”, all of them beginning from the least (cf. Matt. 25,40). “to the end” (Jn13,1), or rather until “everything was accomplished” on Golgota (Jn19,30).

“He gave up his life for us: therefore, we too should give up our lives for our brothers” (1Jn.3,16). **Simply because** “a man can have a greater love than to lay down his life for his friends” (Jn.15,13).

The new Commandment, therefore, asks you to love the other not simply **as** yourself, but **more** than yourself!

**The measure of love is to love without measure!
(St. Augustine)**

...to be continued in the next issue.

NannaKola Club – Marsascala **- feedback by participants**



Participants feel that the varied discussions provided them with a wealth of information, and therefore they thank the St. Jeanne Antide Foundation and the Marsascala Parish for providing this wonderful opportunity to learn about grandparenting skills and the care and education of children. The club also helped participants to form a network of friends. In fact, participants regularly commented on the fact that knowing that they were not alone and the ability to network with other grandparents have been of great help. Sessions are a source of guidance and strength. The club helps to lesson grandparents' feeling of social isolation since they often feel that they neither fit in with the child-free grandparent friends nor with the young families. Therefore the club has created the right forum where participants can connect with other grandparents and establish new relationships. The group also functions as a support group where grandparents can safely and confidentially discuss troublesome issues. The crafts part of the club, they feel, has therapeutic benefits..

Participants believe that raising grandchildren today is so much different than the past. They often find themselves in conflictual situations as grandparents. In some cases, being a full-time or a part-time grandparent requires grandparents to make a mental leap from a grandparenting role to parenting role. Participants feel that it helps to have the support from other grandparents that are also in the same predicament. Discussing particular themes such as discipline, emotions, families and communication has helped them to change the way they look at the situation and have helped them to apply this new knowledge in a way that enhances their lives as grandparents.

Urieth Aquilina

Co-ordinator (Grandparent Education)



L-importanza tan-Nanniet: X'tgħid ir-riċerka?

- Ir-rwol tan-nanna u tan-nannu huwa differenti skond iċ-ċirkustanza.

- In-nanniet spiss huma l-ewwel riserva fi żmien ta' kriżi. Huma joffru mudell għat-tfal, isiru ħbieb speċjalment waqt il-logħob, u jgħinu lit-tfal jiżviluppaw stima pożittiva tagħhom infushom.

- Riċerka turi li aktar ma jkun hemm rabta bejn in-nanniet u n-neputijiet tagħhom, aktar hemm iċ-ċans li t-tfal ikollhom attitudnijiet pożittivi ħafna lejn l-anzjani meta jikbru

- Riċerka oħra turi kif tfal li kellhom relazzjoni stabbli man-nanniet tagħhom, aktar ikunu kapaċi jrawmu relazzjoni tajba u effettiva man-neputijiet tagħhom meta jsiru nanniet.

- Il-preżenza tan-nanniet fil-ħajja tat-tfal hija vitali sabiex dawn jiffurmaw identità pożittiva. Dim tgħin视角 ukoll jistabilixxu sens ta' sigurtà.

Nanna Nanna, se norqod għandek...!!

Ġejjin jorqdu n-neputijiet u ma tafx kif se timla' l-ħin minn wara l-ikel sa ħin l-irqad? Dawn huma xi ftit idejat li jistgħu jgħin视角 timla dan il-ħin u tħegġighom jerggħu jiġu darb' oħra!!

1. Għamel piknik ġewwa. Imla basket jew qoffa b'xi affarijiet tajbin, poġġi gverta ma' l-art fil-kamra u ħudu gost flimkien.
2. Uża ritratti antiki. Ipprepara xi ritratti tal-familja li warrabt jew għamilt koppja tagħhom. Għin lit-tfal jiktbu stejjer fuq ir-ritratti, jew jivvintaw x'qed jgħidu n-nies.
3. Għamlu jigsaw puzzle. Ipprintja xi ritratt tal-familja u waħħlu fuq kartonċina. Aqta' r-ritratt f'biċċiet imdaqqsin bħal tal-puzzles u erġġħu għaġqu l-familja flimkien!
4. Għidu xi storja flimkien qabel ma torqdu. Tista' tkun storja anki fuq il-ġenituri tagħhom meta kienu tfal jew xi storja tradizzjonali fejn n-neputijiet huma l-karattri prinċipali.
5. Żejjen. Żomm xi investi qodma li warrabt u heġġeg lit-tfal iżejnu l-investa bil-markers.
6. Kanta Karaoke. Ipprova kanta kanzunetti li huma popolari mat-tfal.
7. Tellgħu xi reċta. Tista' tkun reċta b'xi karattri minn xi storja favorita jew storja li tivvintaw dak il-ħin. Żomm xi hwejjeġ antiki li warrabt fil-viċin!!!
8. Ilma jew Nar: Aħbi xi affarijiet bħal soft toys ta' animali f'postijiet differenti fid-dar u meta jiġu n-neputijiet stedinhom ifittxuhom. Għid 'Nar' jekk ikunu viċin tal-oġġett u 'Ilma' jekk 'il boġħod.

Urieth

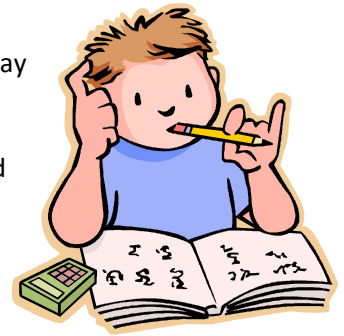
NEWS UPDATE

Teams of the Reception Centre Services

Homework Support Service – SJAF Learning Support Programme

HAPPY NEW YEAR dear readers! Taking courage in both hands, let us together work during this year to promote what JEANNE ANTIDE, our foundation's patron saint, always strived to achieve - SERVE CHRIST IN HIS POOR. The Christmas celebration, organized by the Homework Support Team for its users, (I heard through the grapevine) has been ably reported by our Father Christmas. We would like to thank him and officially declare that we plan to re-engage him for Christmas 2009. On the celebration vein, we would also like to tell you about our PIZZA NIGHT for team members and collaborators. Pizzas enjoyed by all, and the beautiful, delicious chocolate fudge cake, generously donated by Mr. Caruana (Franca's husband) went down a treat. But it was the company that made the evening so pleasant. Down to brass tacks. A new service user has been interviewed, and we are in the process of evaluating his needs before matching him with the right tutor. We have also concluded service provision with another service user, seeing that this particular user has enough tools to be able to cope with his work. His place has been taken up by an ex-service user, who felt he needed more help.

Our week is pretty full seeing we have : 2 service users on Mondays and Tuesdays; 4 on Wednesdays; 3 on Thursdays and 8 on Fridays. As you can see, we now operate on a five day week basis. THANKS to Sister Rose and the receptionists for being there for us whenever we need them. In this newsletter, we are producing a story written by one of our service users – 13 year old Francesca Fava who is supported by a Tutor to work on her English and Writing skills. Her story is [Il-Hajjata](#). Proset Francesca!



Jessie Spiteri, Co-ordinator, Homework Support Service

The Divine Everywhere and In Everything

One of the things that contemplative prayer will affect is the intuition of the oneness of the human family, and indeed, the oneness of all creation.

As we move into our own inmost being
_We come into contact with what is the inmost being of every member of the human race and indeed the whole of creation.

_This mystery of oneness enables us to develop a refined inward eye, and invites us to perceive the mystery of the Divine everywhere and in everything.

_That which is hidden from our senses and intellect becomes more and more transparent as our consciousness is being transformed.



Father Thomas Keating

Quoted in Contemplative Outreach's e-News Bulletin, January 27, 2009
Visit Contemplative Outreach at <http://www.contemplativeoutreach.org>

BEAN BAGS

FOR SALE

*Buy a bean bag and help us
continue to help families in difficulty*

Prices:

€25 Medium Size Bean Bags

€35 Large Size Bean Bags

For further details contact Miriam on 21808981

SOCIAL WORK AND COUNSELLING SERVICE

Dan ix-xahar tlabna xi nies li jużaw is-servizzi tagħna biex jgħaddu l-kummenti tagħhom dwar is-servizz li qed jirċievu. Uħud mill-bosta kummenti huma dawn:

- niġi bil-herqa għall-lezzjoni tal-homework (tifla ta' 12-il sena)
- huwa servizz bla flus. Kemm ġieli talbuni nħallas band'oħra allavolja batuta finanzjarjament (persuna li tiġi għall-counselling)
- niġi hawn u insib ftit tal-wens għax qabel lanqas kont noħroġ mid-dar.

Nixtiequ li kull persuna li tuża xi servizz tal-Fondazzjoni tgħaddilna l-kummenti u suggerimenti ħalli nibqgħu dejjem intejbu l-ħidma tagħna. Kull organizzazzjoni għandha tkun taf kif qed jissarraf il-qadi li tagħti lill-oħrajn. Meta Ġesù wera ruħu lill-kulhadd, dan għamlu għax kien meħtieġ għall-ferħ ta' kull bniedem. Tolqotni wkoll il-kelma t'Alla dwar li-musbieħ li jitpoġġa fil-għoli biex jidher. Imma nidhru filwaqt li nippuntaw subgħajna kif għamel S. Ġwann Battista lejn Ġesù il-Ħellies u Mulej tagħna.

Sr Rose Rizzo, Community Social Worker, Social Work & Counselling Service

Two statistical Charts:

1. Referral sources of new 2008 cases
2. Categories of new 2008 cases (presenting problem only)

1. Referral sources of new 2008 cases:

Referral Source	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
TARXIEN: Church structures & pastoral workers	7	7	7	10	4	3	3	1	4	5	11	2
PAOLA: structures & pastoral workers	2		1	2	2	4	3		3		2	
SANTA LUCIA: structures & pastoral workers	1		1		1							
Kumm. Djakonija Balzan				1								
Kumm. Djakonija Zurrieq											2	
SAS						1			1			
Sub-Total: referrals from Church structures (91 or 54%)	10	7	9	13	7	8	6	1	8	5	15	2
SOCIAL WELFARE organisations				1			2		3	1	1	2
HEALTH & MENTAL HEALTH		1	1	1		1	1			2	1	1
Self-referrals		1			3	2		1	2	3	6	2
EDUCATION		4	1	3					2		1	
Sub-total: Referrals from other sectors (50 or 30%)	0	6	2	5	3	3	3	1	7	6	9	5
SJAF itself: Kirkop SJAF Community Team		4	4		1		1	2	1			
SJAF service users			1				1					
Staff workers	2	2		1			1	1	1	2	3	
TOTAL new Referrals 2008 (169)	12	19	16	19	11	11	12	5	17	13	27	7

2. Categories of new 2008 cases (presenting problem only):

<i>Number of referrals → Type of presenting problem</i>	<i>Jan</i>	<i>Feb</i>	<i>Mar</i>	<i>Apr</i>	<i>May</i>	<i>Jun</i>	<i>July</i>	<i>Aug</i>	<i>Sep</i>	<i>Oct</i>	<i>Nov</i>	<i>Dec</i>
Uzura/Debts	1		1		2							
Financial				1	2	1	1		1	2	7	1
Prostitution									1			
Sub-standard Housing	1			1								
Homelessness (overseas national)	2					1			1			
Need for learning support		7	2	4	1				1	1	2	
Chronic ill-health & cancer			1	1	1	1	1			1	1	1
Elderly/Dementia						2			5	1	1	3
Mental health problems	1	2	2	2		1	1		1	1	4	1
Loneliness			2								1	
Disability		3	3	1	2	1		1	1	2	2	
Stillbirth										1		
Substance abuse Alcohol		1		2								
Single parenthood			1	1			1		1			
Unwanted pregnancy									1			
Need of life-skills		1	1	1			2	1		2		
No or low Basic Skills	5									1	6	
Separation	1			1		1	3	2				
Victim of abusive behaviour	1	1		2	1				1		1	
Multiple problems at home		1			1	2			1		1	1
Imprisonment				1			1		1			
Behavioural problems (child)				1			1					
Unemployment					1	1					2	



II-FAJJATA

miktuba minn Francesca Fava ta' 12-il sena
7 ta' Jannar (riveduta 28/1/09)

Qatt mort Raħal Ġdid għand il-*Big Woman* u s-*Celine Boutique* biex tixtri xi libsa, qmis, dublett jew xi żarbun u *handbag*? Jiena jkolli mmur hemm ta' sikwit.

Hemmek hemm hajjata jisimha Miriana li hafna saru jafu biha għax tirranġa l-*kief*, iddejjaq u tqassar il-*kmiem*, tagħmel qriesi, iżżid lastiku fil-*qadd* u hafna *alterations* ohra. Min hu twil wisq u min hu qasir wisq u min hu ohxon wisq. L-*alterations* dejjem jizdiedu u Miriana dejjem għandha x'tagħmel.

Miriana hija hajjata ta' hila kbira. L-*alterations* m'humiex l-unika haġa li taf tagħmel. Taf tagħmel *doilies* bil-*ganċ*, xalel bil-*labar* twal twal tan-*knitting*, u taf tħit ilbiesi, dbielet u qliezet. Imma illum tlaħhaq biss mal-*alterations*. Miriana tghallmet tħit l-iskola De La Salle, il-Belt.

Id-dar għandha rokna mimlija bl-apparat tal-*ħjata* u *tiswija*. F'din ir-*rokna* għandha *żewġ* sigġijiet kannella bil-*kuxins* tad-*drapp*. Fuq wiehed tpoġġi l-*ħwejjeġ* li tkun lestiet u fuq l-*iehor* dawk li baqgħalha tibda u tlesti. Matul il-*jum*, gozz jizdied u gozz jickien. Il-*gzuz* tax-*xitwa* huma akbar minn dawk tas-*sajf* għax fis-*sajf* ix-*xogħol* ta' *tiswija* jonqos.

Fl-*istess* rokna hemm ukoll *board* bi tliet magni tal-*ħjata* fuqha; il-*magna* tal-*blind stitch*, l-*overlock* u magna normali tal-*ħjata*. Hdejn il-*board* hemm magna tal-*ħjata* ġo kabinet tal-*injam* bil-*pedali* tas-*saqajn* tradizzjonali li ma tantx għadha tintuża. Imbagħad għandha lampa bis-*sieq* tal-*plastik* titgħawweġ bħal *serp* u *shade* safrani.

F'kaxxa kbira tal-*plastik* mixtrija minn Tal-*Lira*, Miriana żzomm tliet kaxxi tal-*plastik* bil-*minċotti* ta' kull kulur u daqs; kaxxa ohra bil-*fettieqa*, *clipper*, *żewġ* imqassijiet, *labar* tas-*sarwan*, *kuxxinett* bil-*labar* tar-*ras*, *ħajt* tat-*tixlil*, *lighter* biex twaqqaf it-*tizrit*, *inchtape*, *note-book*, *biro*, nuċċali biex tara akbar meta tippona l-*ħajta* ġol-*labra*, *labar* tal-*magni* għal *ħjut* u *disinji* differenti, lastiku, *buttuni*, *zippijiet*, u *ħolqa*. Miriana żzomm vażett tal-*ħgieġ* trasparenti mimli *buttuni* ta' kull daqs, għamla, u kulur.

It-*tfal* ta' Miriana jħobbu jilgħabu bihom; jagħzluhom, jiffurmaw *disinji*, u jilagħbuhom *żibeġ*, jispawhom b'difrejhom lejn xulxin. Hemm hukoll *minċottuni* kbar kbar għall-*overlock*.

Kull magna għandha il-*pedali* tagħha, il-*kolli* suwed. Kollox f'postu, *organizzat* u *xejn* barra minn floku. Hekk hi magħmula Miriana. Billi l-*ħajjata* għandha *tfal* zġħar sabitha aħjar li taħdem mid-*dar*. Kien għalhekk li sabet din ir-*rokna* biex fiha *ħolqot* ambjent fejn taħdem.

Ulied Miriana jħobbu jarawha taħdem. Ġieli jgħinuha fit-*tixlil* u jdaħhlu l-*ħajt* fil-*labra* u jagħmlulha eġħqiedi f'tarf il-*ħajta* sabiex ommhom kemm taqbad waħda lesta u ssewwi. Tliet darbiet fil-*gimġha*, uliedha jmorru magħha għand il-*Big Woman* u s-*Celine Boutique* biex iwasslu l-*ħwejjeġ* ġodda msewwija u jiehdu gozz ġdid għall-*alterations*.

Jiena nħobb ngħin lill-Miriana biex tagħmel dawn id-*deliveries* għax il-*ħajjata* Miriana hi ommi.

IL-ĠIMGHA 19 TA' DIĊEMBRU

Nistgħu ngħidulha l-ġimgħa tal-parties. Filgħodu, fl-iskola kien hemm il-party ta' l-istudenti. Kellom mużika addattata għalihom. Hsejjes u damdim qawwi. Imsieken is-sisters u t-teachers li kienu hemm. Imma ż-żgħażaġh dan iridu , u dan nagħtuhom.

Fiċ-Ċentru Antida, fil-għaxra ta' filgħodu, kien hemm il-party tal-voluntieri u ħaddiema. Peress li dan iż-żmien isiru ħafna parties, allura faċli tgħid, 'Mela dan wieħed minnhom'. U veru, hekk hu. Pero b'differenza. F'dan il-party kien hemm atmosfera ta' rispett profund bejn il-membri sorijiet u lajci. Kienet tirrenja fuq kull wiċċ dik il-ħarsa u tbissima ta' mħabba. Dan hu l-frott ta' volontarjat ġenwin, xogħol ta' l-Ispirtu Qaddis li jgħaqqad il-qlub.

Wara dan, filgħaxija , fiċ-ċentru, kien hemm il-party tal-homework group. Tfal, ġenituri u Tutors voluntieri ltaqgħu biex jagħtu l-awguri. Bħala ikel kien hemm ħafna. Ġenituri ftit ġew, imma tfal u Tutors kien hemm mhux ħazin.

Mela, peress li fil-kappella kien hemm it-talb tal-ħdax tax-xahar, u dan kien jibda fis-sitta, ġie miftiehem li fis-sitta nieqes kwart, it-tfal, lebsin kostum tal-Milied, b' San Ġużep, il-Madonna, u karattri oħrajn, jidhlu purċissjonalment fil-kappella, bil-Bambin f'idejhom, u jkantaw innijiet tal-Milied. Baqgħu telgħin sa fuq l-altar, poġġew il-Bambin fil-maxtura, kantaw innu ieħor, u niżlu lura ukoll f'purċissjoni. Staqsu lis-Sisters li kienu fil-kappella dak il-ħin biex jispjegawlkom il-ferħ li kien jidher fuq wiċċ dawk it-tfal innoċenti.

Lura fiċ-ċentru, it-tfal għamlu brijju shiħ u t-tfaqqiegħ tal-bzieżaq ma waqafx. Meta raw lil-father Christmas niezel it-taraġ, bdew jgħajtu u jċapċpu, pero waqa skiet perfett meta dan l-imbieriek beda jsejjaħ lit-tfal b'isimhom ħalli jagħtihom ir-rigal. Kien hemm rigal għat-tfal kollha, anke għall-aħwa tal-istudenti. Kulħadd kiel u xorob, u bil mod il mod il-bieb taċ-ċentru ngħalaq.

Il-ftit helpers u organizzaturi li kien baqa' għaddew min-naħa tal-kċina, ikaxkru saqajhom, għajjenin mejta, imma se jtiru bil-ferħ.

Mela ngħidu grazzi lil- Mulej għal din il-ġurnata tal-PARTIES.

Daniel Grech

Voluntier: Receptionist u Transport



HOLOQ

grupp kreattività għas-saħħa mentali

Għal min hu immirat?

Persuni, żgħażaġh u adulti, irġiel u nisa ta' kull età li iħossuhom wehidhom jew li għandhom diffikultà ta' saħħa mentali.

Għanijiet

- Sabiex:
- * jinħoloq spazju fil-ħajja ta' persuni riferuti għall-grupp fejn jistgħu jagħmlu ħbiberiji ġodda, jiksbu serħan-il moħh u jimlew il-vojt li jħossu f'ħajjithom;
 - jitqanqal fihom spirtu kreattiv;
 - iħossuhom aktar parti mis-soċjetà;
 - jinħoloq mezz ta' kif il-membri jkunu jistgħu jbiegħu l-prodotti tagħhom u jkollhom introjtu ieħor żgħir.

Eżempji ta' Xogħol bl-idejn li se jkunu mgħallma u prattikati:

Tapestry	Ganċ (Crochet)	Knitting
Ħjata bażika	Pittura	Beading (lewlu)
Ganutel	Antaċċoli work (bil-forom)	

Riferimenti

Se naħdmnu id f'id mal-Parroċċi ġirien, mal-Mental Health Community Nurses, mal-COMMCARE, ma' Villa Chelsea u l-headoffice tar-Richmond Foundation f'Santa Venera sabiex jirreferu persuni mill-parroċċi ġirien.

Il-Voluntiera Vivien Abela se tkun qed tikkoordina dan il-proġett. Nifirħulha!

25 HJIEL GĦAL HAJJA AĦJAR matul is-sena 2009

1. Imxi mixja ta' 30 minuta kulljum. Waqt li tkun qed timxi, tbiisem. Din hi l-aqwa riċetta għal kontra l-istress.
2. Oqgħod bilqiegħda fis-silenzju għal mhux anqas minn 10 minuti kulljum.
3. Ixtri DVR sabiex tirrekordja programmi favoriti ta' tard bil-lejl ħalli torqod aktar.
4. Malli tqum filgħodu, għid hekk: "L-għan tiegħi tal-lum huwa li -----."
5. Għix it-3 'Es': Entużjażmu, Energija, u Empatija.
6. Ilgħab aktar loġhob u aqra aktar kotba milli għamilt fis-sena 2008.
7. Kull aktar ikel bnin u naturali li jikber fuq is-siġar, u pjanti u kul anqas ikel maħdum f'fabbriki.
8. Ta' kuljum, ipprova ġiegħel mill-inqas tlett persuni jitbissmu.
9. Żbarazza darek, il-karozza u l-iskrivanija u ħalli nifs u energija ġdida f'ħajtek.
10. Tlablabx u sseksixx fil-vojt. Tiffissax f'affarijiet tal-passat. Evita ħsibijiet negattivi. L-affarijiet li m'għandekx kontroll fuqhom, insiehom. Minflok, investi l-energija tiegħek f'affarijiet pozzittivi ta' dan il-waqt.
11. Kun konxju tal-fatt li l-ħajja hija skola u li inti hawn biex titgħallim. Il-problemi huma parti minn programm ta' tagħlim għall-ħajja; dawn ifeġġu u jgħibu bħal klassi tal-algebra imma dak li nitgħallmu minnhom iservuna għal dejjem.
12. Filgħodu kul fatra bħal Re, f'nofsinar kul bħal prinċep u filgħaxija kul bħal student li ma baqgħalux sold.
13. Il-ħajja hi qasira wisq biex teħliha f'mibgħeda għal proxxmu.
14. Tieħux lilek innifsek bis-serjetà iżzejjed. Ħadd ħliefek ma jagħmel hekk.
15. M'għandekx għalfejn tirbaħ kull argument. Aqbel li ma taqbilx.
16. Aħfer l-imġhoddi ħalli ma jeqridlekx il-prezent.
17. Tqabbilx ħajtek ma' ta' ħaddieħor. M'għandekx ħjiel minn xhiex għaddew.
18. Ħadd ħliefek m'għandu f'idejh il-muftieħ tal-hena tiegħek.
19. Kull meta ġġarrab xi diżgrazzja aħseb: "Fi żmien ħames snin oħra, se nibqa' nikkoppa minn din is-sitwazzjoni?"
20. Aħfer kolli lil kulħadd.
21. Kemm jekk tajba u kemm ħażina, kull sitwazzjoni se tinbidel.
22. Mhuwiex ix-xogħol li se jieħu ħsiebek meta timrad. Se jieħdu ħsiebek il-familja, qrafa u ħbieb. Żomm kuntatt magħhom.
23. L-għira hi ħela ta' ħin. Diġà għandek dak kollu li għandek bżonn.
24. Kull filgħaxija qabel torqod kompli din is-sentenza:
"Nirringrazzjak Mulej talli