

St Jeanne Antide
Foundation

e-magazine

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e-magazine – Issue No.125, September 2019

Website Overhaul and Redesign (visit: www.antidemalta.org)

During the hectic summer months, an MCAST student following the MCAST B.Sc. programme in *Multimedia and Software Development* managed to overhaul and redesign our website. We are all happy with the outcome which fortuitously combines the beauty of nature with the family support initiatives of our NGO. Apart from this creative work, Mandy Cortis, who is with us through MITA’s Student Placement Programme 2019, was responsible for developing materials for fundraising campaigns using social media - such as the MERAKI campaign, and the design of our SJAF e-Magazine whose header will be changed to reflect each season.

Thank you Mandy!



Kontenut

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Meraki Collective: How our newest project is empowering survivors of domestic violence.

Storytelling is a powerful tool for raising awareness on social issues. A good storyteller will immerse the audience into the world that their imagination is being guided to create. We have used different forms of storytelling over the years, such as through writing, art therapy paintings and clay modelling. This time, for our newest project, Meraki Collective, we turned to the performing arts.

Survivors of domestic violence are attending sessions led by performer and tutor Ms Pamela Gauna from Mill Art Habitat. Here they are rediscovering their own personal connections to their creative free selves and their true identity. This in itself is a healing exercise because domestic violence erodes one's sense of self. A survivor loses some of her identity over the years that she endures the violence because she's not permitted to simply be herself when under the perpetrator's ultimate control. Psychological violence forces a survivor into a dark place of self-doubt, feelings of worthlessness and fear, even if they were confident and healthy persons before they met their abusive partners.

With performing arts one can express themselves, push their boundaries and trust their bodies and voices through a variety of media. Dance, music, mime, improvisation, spoken word and lyric writing are all used to express different thoughts, memories, feelings and actions singularly or collectively. With the guidance of Ms Gauna, participants are creating scripts of movement and dance choreography to tell their own story of surviving and overcoming domestic violence. For some women, they are participating in these performing arts for the first time, after years of longing to try them and largely being unable to, due to their abusive partners. The choreography being created by the participants will eventually be performed by the tutor for a public audience. In this way, the tutor is the instrument through which survivors will be telling their story, giving full authentic ownership of the final product to them!

The second phase of this project involves the writing and recording of a powerful song written and performed by Layla, a young survivor, with lyrics inspired by the group. The last phase will incorporate the performing and recording of the dance to the original song, for online distribution. This will raise awareness on different aspects of surviving domestic violence by telling survivors' collective story of despair, courage, resilience and ultimately the celebration of life and sisterhood.



Adult Education Institutions Association (ZiSS) visits SJAF

On the 29th March this year 10 adult education centre managers from Slovenia under the umbrella organisation ZISS or Adult Education Institutions Association (ZISS) visited SJAF to get a better understanding of the SJAF model of a community-based family services centre and the range of services it offers. ZISS is a voluntary, non-governmental and non-profit association of public adult education organizations in Slovenia founded to pursue common interests and needs of its members. The Association comprises 10 member adult education organizations focused on providing adults with knowledge, skills and general competencies that individuals need for successful integration into society. These centres focus on vulnerable adults. The ZISS group visit was enabled by the Erasmus + mobility programme which includes exchange visits to:

- National/regional/local systems designed to increase the social inclusion of vulnerable target groups of adults.
- Access to presentations of good practices (projects) designed to increase the social inclusion of vulnerable target groups of adults.
- Visits to NGO-s and other organizations which have good practices in the development of competencies for social inclusion.

All the visiting centre managers participants have the theoretical and practical background of working with disadvantaged groups of adults (less educated, unemployed, elders, immigrants, and others). All run projects for disadvantage groups.

During the half day hosted by SJAF, SJAF staff in charge of different services shared their experience with the ZISS centre managers.



<h1 style="margin: 0;">CERTIFICATE</h1>	
	
<h2 style="margin: 0;">ST JEANNE ANTIDE FOUNDATION (SJAF)</h2>	
Participated as trainer during the Job Shadowing Erasmus+ organized by Lexema Ltd. (Malta) on the 29 th March 2019 within the project Erasmus+ KA1 STAFF: <i>"Multigeneration centres staff training"</i>	
Project code: 17-104-035269	
<u>29/03/2019</u> Date	  Tutor signature

Self-Care Programme by SOAR

In May SOAR kicked off with a twelve week self-care program. The aim of this program was simple, to make us ask the question: *'How can one pour from an empty cup?'* Sometimes we might forget about the most important person, the most important tool we have! Ourselves! We cannot take care of others if we are not taking care of ourselves. With today's life style we tend to lose ourselves trying to keep up with all the daily errands. We tend to slip into a life style where even having a one hour walk or pouring a cup of coffee seems to be unreachable, let alone finding time for doing more for ourselves daily.

To help fight this slippery slope during the month of May SOAR kicked off a 12 week programme for our survivor members. The twelve week self-care program consists of Yoga sessions every Saturday, packs of self-care related products, fun outings and group discussion about self-care. The women, together with their children, are loving the fun packed Saturdays.

Our sponsors played a huge part in this twelve week program, and without this would not have been possible. Beauty packs were kindly donated by Franks in collaboration with We Give Joy, cosmetic and self-care products were kindly donated by HSBC Bank, food was kindly donated by Croce Bonaci and The Legend (Paola), Yoga was generously offered by Ms Barbara Fischer, transport was kindly provided by Bolt, retreat day by the pool was donated by Renmarie Farmhouse and sports goods are kindly being donated by PUMA (Malta). Thank you!

At the end of this twelve week program we will have a closing event to celebrate the participants' success in prioritizing self-care. We are still looking for sponsors to organize a pizza party. The program is already showing a positive impact on participants and it surely be something we repeat in the near future.



Providing a Saturday lunch is part of how we support women. It is one less dish they need to prepare, and it's a chance to all sit together and discuss something positive about life and wellbeing.

After first Yoga Session



Invest+ project

Last week the HSBC Malta Foundation, in collaboration with the Malta Business Bureau, has launched the so-called Invest+ project that aims to elevate financial literacy levels in Malta by offering mentorship and workshops. The project was officially launched by HSBC CEO Andrew C. Beane, MBB President Simon De Cesare and Invest+ Project Manager Marija Elena Borg. **Through mentoring sessions and workshops on finance, accounting, savings and investment**, the project aspires to make participants become financially independent on both personal and professional levels by providing them with a broad understanding of underlying crucial concepts.

The Call for Participants has now been published <https://mbb.org.mt/media/invest-mentoring-programme-first-call-for-participants/>

ROKNA POEŻIJA

Quddiem il-Bieb

Inti, li tħoss għal kull min tghabba
min tkaxkar, min beża', min tmaħshan, min far
int, li tobghod il-hela tal-ftit żmien li għandna
u titħassar kull żmien li ma fihx maestà.

Ftit tara min iħabbat b'imħabba dal-bieb
minkejja l-wegħda li kull min ifittex isib
u minkejja din l-hena mohbija f'kull gebla,
f'kull sigra, f'kull bniedem, f'kull hin.

Tistaqsinix għaliex dan, għax dan ma nafx -
imma wara dal-bieb qed nisma' nixxiegha.
Aghmilli l-kuraġġ biex nafda, inħabbat b'imħabba
għax jien dik in-nixxiegha rrid ngħum fiha.

tony macelli



Sehem il-Parroċċa fil-Qadi ta' Dawk Foqra u fil-Bżonn

Fil-gazzetta **Il-Leħen** ippubblikata mill-Azzjoni Kattolika Maltija, il-Fondazzjoni bħalissa qed tiffoka l-artikli ta' kull ħmistax tagħha fuq l-inizjattivi ta' Kummissjonijiet Djakonija differenti. Dan sabiex il-pubbliku, il-Parroċċi u l-ħaddiema pastorali fi ħdanhom isiru midħla tal-ħidmiet varji fuq livell parrokkjali b'risq familji fil-bżonn. S'issa dehru intervisti mal-Kummissjoni Djakonija ta' Marsaskala u ta' Birżebbuġa.

Sal-lum, il-Fondazzjoni ikkontribwiet 68 artikli varji f'Il-Leħen dwar temi soċjali varji.





għall-Qraba u Professionisti li jieħdu
 Һsieb Persuni b' Mard Mentali

27/09/2019 - 29/11/2019

(kull nhar ta' Ġimgħa)

6:00 pm – 8:00 pm

Project House

Belt is-Sebħ, Furjana

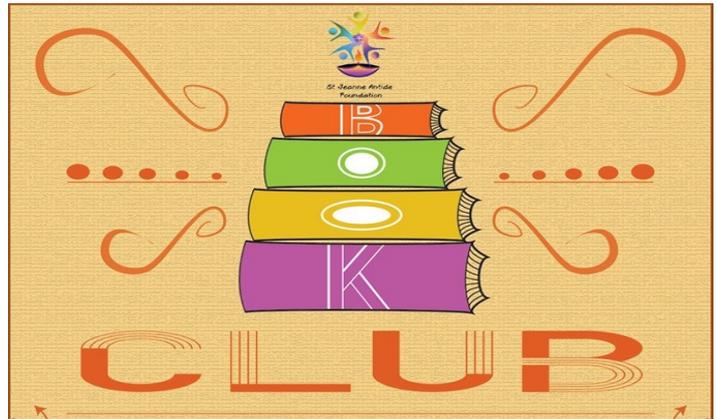
Suġġetti diskussa: (Faċċata tal-bitha tad-Depot tal-Pulizzija)

- Esperjenzi ta' Qraba
- Il-Psikożi u Skizzofrenija
- Bipolar u d-Dipressjoni
- Obsessive Compulsive Disorder (OCD)
- Mediċini u Trattamenti Oħra
- Opportunitajiet ta' Xogħol u Benefiċċji Oħra
- Aspetti Legali
- Nutrizzjoni Tajba u Eżerċizzju
- Drogi u Alkoħol

Strateġija Nazzjonali fis-Sahħa Mentali 2020 - 2030

Għal aktar tagħrif u biex tibbukja,
 żur is-sit www.mhamalta.com,
 Paġna Facebook Mental Health Association Malta
 jew ibgħat sms fuq 79800080.

Book Club starting Tuesday 1st October at
 5.30pm at Ċentru Antida. For more details call
 on 27672367 / 21809011 or send us an email on
info@antidemalta.org



Do you have a passion for reading?

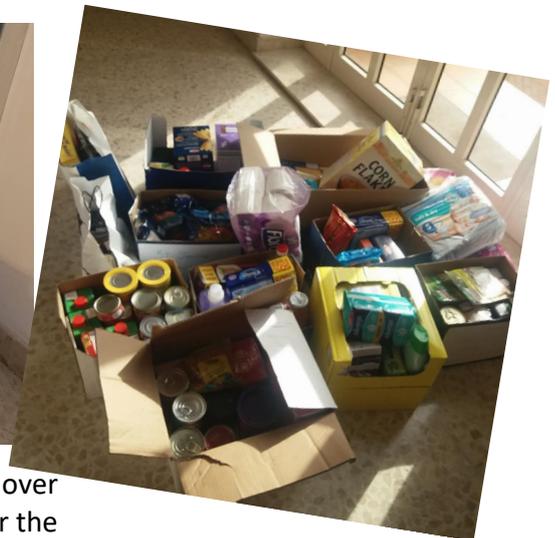
Would you like to join a Book Club?

Tell us if you're interested.

- Do you read in both Maltese and English?
- What kind of literature do you prefer?

Get in touch with Mary Cutajar via email: info@antidemalta.org
 giving us your full name, email address and phone number. We plan
 to have our first meeting at the end of September in the evening.
 We'll be in touch.

St Jeanne Antide Foundation, 51, Triq Hal Tarxien, Hal Tarxien.



During the month of September, SJAF organised two (2) appeals over social media. One campaign was for donations of food supplies for the many vulnerable families we support, as our supply was running low. The second campaign was to help families ensure that their children have the necessary stationery, uniforms and any other resources needed at the start of the scholastic year 2019—2020.

And the response?OVERWHELMING!

We gratefully thank all those individuals, families, companies, and other organisation that responded so generously and selflessly to both campaigns. Without such generosity we would not be in a position to provide much-needed in-kind support our service using families. Many prayers are coming your way!!

Thank you!

The Wholeness Group

This is a group page on our website (<https://www.antidemalta.org/wholenessgroup.html>) for the Wholeness Group, which has a monthly meeting for practice and fellowship.



Contact: 79326725, efs@antidemalta.org

The Wholeness Group is of interest to ex-participants of the [Life Practices for Wholeness](#) workshops offered by the Emotional Freedom Service (EFS) of the St Jeanne Antide Foundation in collaboration with other entities such as parishes, Catholic Action, and the Franciscan Centre.

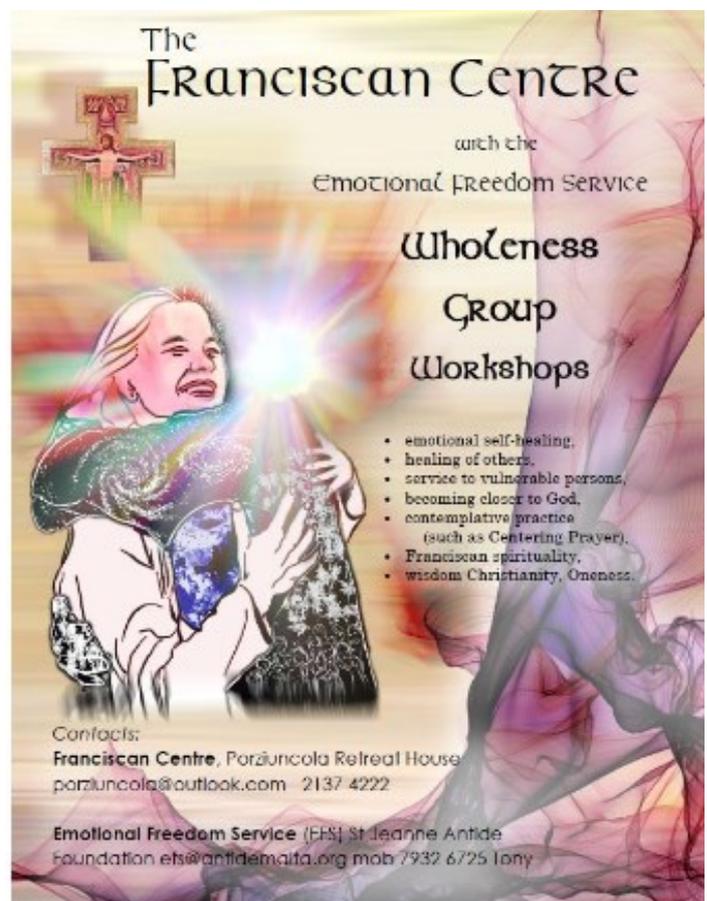
The [Franciscan Centre](#) workshop was oriented to these 11 practices, and to the theme of the Jewish *Shema'* prayer about Oneness, adapted by Jesus ([John 17:20-26](#)) in connection with a holistic unity with God - in body, mind, spirit/soul. Most of the original Wholeness Group members came from that workshop.

A few other persons are also in this group because they are practicing similar activities. If you feel that applies to you, kindly contact the EFS at efs@antidemalta.org, and explain - thanks.

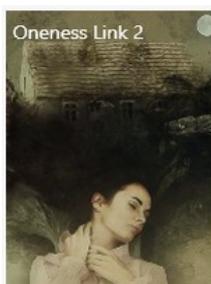
The purpose of this group is to have fellowship, practice, and knowledge leading to greater wholeness within Christian tradition while respecting other traditions. Meetings host practices promoting individual, communal, and spiritual wholeness.

The interests and activities of this group, along a journey towards more emotional freedom, wholeness and holiness, are these:

Click on the poster below, to download it (PDF 0.5 MB)



"Embracing the All" The poster also shows the San Damiano crucifix that was central to the experience of Francis of Assisi. Please click on the poster to download it in PDF format (0.5MB) for printing or sharing.



Oneness Link — the magazine

A series of web-based magazines called *Oneness Link* is being curated covering the interests and activities of the Wholeness Group.

They are based on Flipboard. With wi-fi active at your mobile phone or computer, *click on a magazine* to view it. The use of these magazines is much more pleasant if you first install the free **Flipboard app**.

Authentic Solidarity

Fr Richard Rohr's Daily Meditation, 20th September 2019 on theme of Peacemakers.

In our Living School, we emphasize contemplative solidarity with those who are marginalized or oppressed. Authentic solidarity involves a pilgrimage of voluntary displacement from our position(s) of privilege—whether that be class, race, gender, physical ability, nationality, religion—and appreciation for traits that our culture deems not “normal” or valuable.

Only through relationships can I discern what kind of service is really needed, if I’m the one to offer it, and whose needs I am meeting. It’s not about “I’m helping you” but “We’re walking and learning together.” We must avoid the temptation to play “saviour” because we think we know best.

Movements like Campaign Nonviolence and Poor People’s Campaign address intersecting forms of oppression like poverty, racism, environmental destruction, and militarism. Their work is guided by deep connections with those who are suffering and centers the margins. Some of our nonviolent heroes were far from perfect.

While living in apartheid South Africa, Gandhi experienced discrimination because of his skin colour and Indian heritage, yet it took years for him to have the same concern for black South Africans as he did for his people. As a young man, Gandhi actually supported empire and colonialism. He learned and grew by making mistakes and by being in relationship.



VOPs 2019 Project

Going Green and Clean for Survivors' Wellbeing



A large wall-to-wall cabinet has just been installed at Ċentru Antida. Now all raw materials being used by SOAR members during Saturday's Kind Krafsts Club are stored in one place. More targets to reach in the next months.

"This project is being funded through the Voluntary Organisations Project Scheme managed by the Malta Council for the Voluntary Sector on behalf of Parliamentary Secretary for Youth, Sports and Voluntary Organisations within the Ministry for Education and Employment".

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



Find us on:
facebook



BAZAAR Tarxien
b'risq il-Fondazzjoni
Miftuh kull nhar ta' Tnejn u nhar
ta' Erbgha - Tarxien

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 IBANMT03APSB77080005504720000681886

BOV IBAN MT28VALL22013000000040020033790

HSBC IBAN MT50MMEB44130000000013175051001

BANIF IBAN MT49BNIF14502000000000210404101

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: info@antidemalta.org

Foundation SERVICES

1. Family Resource Centres:

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

Volunteering opportunities, included inclusive volunteering for service users.

Volunteer Handymen in support of vulnerable and poor families.

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

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

Bazaar in Tarxien (recycling and fundraising).

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

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

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

4. Y-ASSIST initiative: 2 residences for the provision of supported accommodation to vulnerable mothers and their children.

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

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

7. Centering Prayer Group for contemplative prayer practice.

All back issues of the SJAF Magazine and other publications are downloadable from:

www.antidemalta.org