



# SJAF e-Magazine

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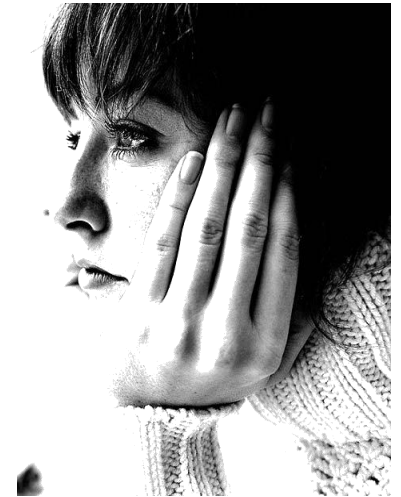
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VO/0005/4<sup>th</sup> May 2008

a monthly e- magazine – Issue No.48, August 2011

## Żjajjar fid-Djar ta' persuni li jhossuom weħidhom u ma joħorgux mid-dar

Dan is-servizz jiffirma parti mis-Servizz ta' Social Work u Counselling tal-Fondazzjoni. Suor Agnes Farrugia, nurse irtirata, ilha tagħmel din il-ħidma volontarja mal-Fondazzjoni 'l fuq minn sentejn. Bħalissa għandha lista ta' madwar 36 persuna li jhossuom weħidhom u li ma joħorgux minn darhom minn Ħal Tarxien u minn-Raħal Ġdid. Suor Agnes taqdi bosta funzjonijiet waqt iż-żjajjar: tisma'; tfarraġ; tferraħ; tiċċekkja kif sejra saħħet il-persuna ħalli, jekk ikun bżonn, tgħinha tagħmel il-kuntatti meħtieġa; titkellem mas-Social Worker tal-persuna jekk tħoss li hemm xi bżonnijiet mhux milħuqa; tagħmel kikkra te u xi frott mqatta'; tara jekk il-persuna hix qed tiekol u jekk hijiex tiekol ikel bnin; tara jekk il-ġirien għadhomx jagħtu daqqa t'għajn u t'id kif soltu jagħmlu; tara li l-persuna qed tieħu l-medikazzjoni kif stabbilit mit-tabib. Kultant, ma' Suor Agnes, tmur xi voluntiera lajka wkoll ħalli jkunu żewġ persuni li qed iżuru. Josephine hija waħda minn dawn il-voluntieri. Hawn kliemha:



**Josephine:** Jiena voluntiera li nakkumpanja lil Suor Agnes fiż-żjajjar lil persuni li jhossuom weħidhom. Il-jum tiegħi huwa nhar ta' Tnejn filgħodu. Nitilqu għall-ħabta tad-9.00 ta' filgħodu għalkemm Suor Agnes tkun diġà żaret lil xi ħadd ieħor qabel. L-anzjana li nżur ma' Suor Agnes tkun qed tistenniena wara l-bieb. Kif tarana, wiċċha jixgħel għax veru tifraħ bina. Malli nidhlu dejjem insibu li tkun hejġitilna t-te u xi gallettina. Nitkellmu fuq ħafna affarijiet speċjalment fuq dak kollu li jaqsmilha qalbha. Tibki għax dejjem weħidha u ma tkunx taf kif se tgħaddi l-ġurnata. Iż-żmien tagħna magħha, għaliha, jgħaddi malajr wisq. Dik it-tbissima li tkun xirfet matul iż-żjara tagħna terġa' tintefa'. Ma tkunx tixtieqna nitilqu.

Għalija, żjajjar bħal dawn huma ta' sodisfazzjon għax nagħraf kemm kuraġġ inkunu qed nagħmlu lil dik il-qalb weħida. Intaffu d-dwejjaq. Din il-ħidma volontarja nagħmilha minn qalbi.

### KONTENUT

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**Suor Agnes:** Il-persuni li nżur waħdi jew ma' voluntieri jkunu ilhom jistennew iż-żjara li jmiss. Juruna b'ħafna modi kemm japprezzaw il-kumpanija u l-ħsieb tagħna. Jiena ġieli nċemplilhom ukoll bejn żjara u oħra biex intaffi ftit mid-dieqa marbut ma' li wieħed iħossu waħdu. Min-noti li nżomm, se ngħaddilkom xi ftit mill-kliem tal-persuni li nżuru biex ikollkom idea ta' xi jkunu qed iħossu:



- "Mela diġà sejin? Nispera li terġgħu tiġu! Din iż-żjara isservini għal ġimgħa."
- "Inkun ili nistenniekom ġimgħa."
- "Mela ġejt? Allavolja x-xita, xorta ġejt!"
- Tiġi ftit hawn u l-ġin kollu sejra bix-xogħol! (għax ikollha turrin platti kull darba).
- "L-Erbgħa nistenniekom."
- "Inħoss qalbi mimli;ija ferħ meta nisma' l-qanpiena ċċempel. Ngħid wasal l-aġlu tiegħi."
- "Kieku ma kontx int, kont immut."
- "Inti tagħmel kolli b'imħabba u ma nafx kif ħa nħallsek tal-ġid kollu li qed tagħmel miegħi."
- "Ara wkoll kif isservili l-ikel. Qisni xi VIP!"
- "M'għandkomx preferenzi!"
- "Tidhru li intom tħobbu 'l fqir."
- "Inkun ili nistenniekom biex inqatta' sigħa u nofs nitkellem ftit."
- "Meta tkunu hawn miegħi, in]ossni persuna mibdula. Fil-ġranet l-oħra meta nkun waħdi, ħlief nibki ma nagħmilx. It-tfal xejn. Iċċemplu imma qatt ma jiġu."
- "Nieġu r-ruħ meta narakom."
- "Matul il-ġimgħa ma jkollix aptit niekol għax waħdi. Meta tiġu intom jinfetaħli l-aptit."
- "Jekk trid, ejja kuljum!"
- "Jiena niftaħ qalbi miegħek għax int persuna li taf tisma' u kalma. Meta nitkellem miegħek inħossni kuntenta – qisu kelli balla fuq l-istonku u neħhejtha."

## Aħbarijiet mill-Fondazzjoni

Data	Attività
2	Laqgħa mal-Manager Community Services tal-Aġenzija Appoġġ dwar mudelli ta' community work u community outreach
5	Laqgħa ta' ppjanar tal-Homework Support Service
9	Ic-Chairperson tal-Governing Board, Sr M. Salvina Bezzina soc u l-Kap Eżekuttiv tal-Fondazzjoni ħadu sehem fil-prezentazzjoni ta' fondi għal għaqdiet volontarji mill-Ministru tal-Edukazzjoni, Impieg u Familja, l-Onor. Dolores Cristina.
18	- Laqgħa għall-voluntieri tal-Overseas Development tal-Fondazzjoni - Case conference għand l-Aġenzija Appoġġ
21/ 25/ 26	Voluntier tal-Fondazzjoni attenda kors ta' taħriġ li jwassal għall-kwalifika formali u rikonoxxuta dwar it-terapija tal-EFT (Emotional Freedom Techniques). Fil-kors kien hemm ukoll numru ta' psikologi.
25	- Laqgħa tat-tim tal-Proġett Vinċi - Case conference għand l-Aġenzija Appoġġ
30	Case conference għand l-Fondazzjoni bil-partecipazzjoni tal-Aġenzija Appoġġ

## il-VUĊI ta' familji vulnerabbli meġhuna mit-tim tal-PROĠETT VINĊI f'Haż-Żabbar

F'Marzu 2010, il-Fondazzjoni Santa Giovanna Antida nidiet il-Proġett Vinċi fil-komunità ta' Haż-Żabbar – proġett ta' community work b'risq familji vulnerabbli. Il-proġett Vinċi joffri sostenn lil kull min jixtieq għajnuna dwar xi diffikultà personali u tal-familja. It-tim tal-proġett jikkonsisti f'Community Social Worker ġenerika, Senior Psychiatric Nurse (part-time), żewġ part-time Community Workers, qassis li joffri għajnuna pastorali u voluntiera li joffru learning support lil tfal minn familji meġhuna mit-tim. Kif iħossuhom il-familji bis-servizzi li qed jingħataw mit-tim tal-proġett? Hawn ftit mill-kummenti miksuba minn persuni meġhuna:

### ***Tħoss li l-Proġett VINĊI huwa ta' għajnuna għalik?***

1. "Kien ta' għajnuna tajba; jien stajt nagħmel aktar l-almu tiegħi."
2. "Irċevejt għajnuna psikoloġika u spjegazzjoni dwar pilloli u sabiex nibda nieħu ċertu pilloli li għandi bżonn. Għentuni b'applikazzjonijiet ukoll."
3. "Is-servizz kien ta' għajuna tajba. Kont lilil ħafna nipprova biex ikolli għajuna sabiex ikolli electric wheelchair u kien il-proġett Vinċi li tani l-aktar għajnuna sabiex issa qed nistenna l-aħħar pass sabiex niġbor il-wheelchair mingħand ħanut."
4. "Is-servizz għenni ħafna."
5. "Kontu ta' għajnuna ħafna. Bdiltuli l-cooker li tant kelli bżonn u tajtuni saqqu."
6. "Għajnuna tajba ħafna. Mibgħuta mingħand il-Bambin."
7. "Kien ta' għajuna ħafna. Nixtieq aktar għajuna għaliex issa r-raġel spicċa mix-xogħol."

### ***Liema għajnuna sibt l-iktar utli għalik?***

- 6 – "Is-servizz ta' Social Work."  
 4 – "Il-konsultazzjoni mas-psychiatric nurse."  
 2 – "Il-gruppi ta' support."  
 1 – "Il-laqgħat ta' taħriġ għalina l-ġenituri."

### ***Taħseb li l-Proġett VINĊI qed iservi ta' għajnuna fil-komunità ta' Haż-Żabbar? Għaliex?***

1. "L-għajnuna hi aktar viċin tagħna u inkuraġġanti għaliex ta' support kemm għalija u kemm għat-tifla."
2. "Iva, għaliex hawn ħafna nies fil-bżonn hawn."
3. "Ħafna, għaliex sibt għajuna li ma kontx nista' nsibha viċin u tajjeb. Sibtkom permezz tal-kappillan. Għalina xaqq ta' dawl."
4. "Iva, għaliex hawn ħafna każi soċjali li qed jiġu mil-ħuqa aħjar."
5. "Jekk in-nies jinqdew u jsibukom bħal ma sibtkom jien, allura ta' għajuna tajba immens. Ġejtu intom tħabbtu f'mument fejn tant kelli bżonn u kont hemm kumbinzazzjoni."
6. Iva, għax hawn ħafna nies fil-bżonn."
7. "Iva ta' għajnuna. Hawn ħafna nies fil-bżonn li jsibu ma min jikkellmu."

### ***Xi kummenti oħra:***

1. "Jista' jkun hemm voluntiera li jkun għadhom qegħdin jistudjaw? Izjed għajnuna lill-familji li għandhom bżonn voluntiera minħabba skariġġ u terapiji fejn hemm membri b'diżabilità."
2. "Grazzi. Dejjem inqdejt anke sabiex akkumpanjajtuni f'uffiċini jew iċċempluli mingħandkom."
3. "Xtaq li s-sessions kienu itwal."

## THE MOTHER OF SAN VITTORE PRISON IN MILAN



*Having dedicated most of her life to the well-being of persons detained in San Vittore prison for 21 years, Sister Enrichetta Alfieri ended up a prisoner herself. What led to the imprisonment of such a gentle soul known for her boundless love and compassion for prisoners? Who was she?*

An Italian from Vercelli, Sister Enrichetta Alfieri was born in Borgo Vercelli in February 1891 and joined the congregation of the Sisters of Charity of St Jeanne Antide Thouret at the age of 20, in December 1911. She qualified as a primary school teacher and for a few years taught at the Asilo Mora elementary school. At 29, she fell seriously ill and lay paralysed in bed for 3 years. As she lay dying, she was helped by a nun to drink some holy water from Lourdes. This simple act of drinking became a momentous act since she was miraculously healed.

Her three years of bedridden existence were a total contrast to her first 20 years of relatively problem-free life. Her paralysis became a tool through which Sr Enrichetta plunged into God to experience godliness, giving herself up to his will. Her earlier life prepared her well; since her youth, Enrichetta made choices that drew her closer and closer to God. During her long illness, her deep faith kept her totally anchored in God. She knew that sanctity was not measured by the greatness of her actions but by doing whatever was required of her immeasurably well. In her diary she later wrote that being faithful to one's call required one to live simply, love boundlessly and be totally immersed in God. Throughout her illness, she felt that nothing had changed in her life except the situation - the illness that she was meant to experience.

During her years in bed, pain was her constant companion. Her diagnosis was very bleak: there was

no cure in sight. Seeing Sr Enrichetta's state deteriorating, her superiors decided to take her to Lourdes. For her sisters, this seemed to be the last hope. Sr Enrichetta was taken to Lourdes in August 1922. It was a difficult trip for her serious condition. Although her fervent hope for a recovery did not materialise, she returned to her convent renewed in her commitment for a perfect union with God.

In January 1923, Sr Enrichetta lay in bed dying. The doctors could not do anything else for her. She received the last rites. On a Sunday in early February, there seemed to be a slight improvement. A nun stood by her bed washing her face and her closed eyelids with holy water from Lourdes. Sr Enrichetta suddenly took a turn for the worse. She groaned in pain.

### **Miraculously healed**

She later wrote to her Mother Superior: "... You remember, Venerable Mother, how I could not move in bed for 3 years due to vertebral damage; none

of the specialist therapies worked. Intense pain grew and grew. On the 2nd February, my eyes lost their sight; I could not open them. My hands stiffened. Excruciating pain brought me to the brink of my life. Extreme Unction was administered. I existed in this world of pain until the 14th of February, the date of our Lady's Second Apparition. On that day, the pain became truly unbearable. I asked to be washed with water from the holy grotto in Lourdes. My nursing sister accepted and started bathing my eyes while I recited the Hail Mary, all the while invoking the name of Our Lady of Lourdes. During the first two Hail Marys, pain shot through my body. At the third recitation, I found I could open my eyes. I could see! An hour later, while still reciting the Hail Mary, I dumbfounded everyone by moving my hands and making the sign of the cross – something I had been unable to do for so long. From that day onwards, the pain started to abate until the 24th of February when, in the afternoon, the pain increased and continued to do so throughout the night until daybreak. At that time

I was on my own in bed since all the sisters were in the chapel hearing mass. My throat was parched and I needed to move my body that felt totally wrecked by constant pain. With difficulty, I tried to pull a small bottle filled with water from Our Lady's grotto in Lourdes. I brought it to my lips and drank from it while invoking Our Lady to help me. For a few minutes, I lay in bed breathless. At that moment I heard a voice telling me: "Get up." And I did. I sat there alone, pain free, disoriented, confused, full of awe. I found it hard to understand what had happened. I stood up and walked out of the room, looking for my sisters. They were there, coming out of the Chapel, walking towards me. Some stopped walking, others thought that I was delirious or unconscious. I tried my best to reassure them that all was well with me, that I was cured. And it was true: I was cured! My community of sisters was speechless. At once, they all started giving thanks to the Lord and to Our Lady."

### **Sr Enrichetta's prison mission**

After this 3 year ordeal and miraculous

healing, Sr Enrichetta swiftly recovered and word quickly spread around Vercelli that the young nun had been miraculously healed. People flocked to the convent. Her superiors then decided to assign her work at the prison of San Vittore. Before starting on her new life and mission, she went for a retreat and there committed herself to living "a calm and hope-full surrender in the Lord." She started working at San Vittore on the 24<sup>th</sup> May 1923. Her Aunt, Suor Elena Compagnone, was the Mother Superior of the prison. As was her nature, she plunged into this mission with happiness and much love. With other sisters, she provided daily spiritual comfort, care and support to the detainees.

For 21 years she fulfilled this mission and was greatly loved by prisoners and prison officials alike for her patience, humour, concern for the well-being of prisoners and their families, humility, love and that ever-present smile and freshness. A prisoner wrote: "She was an angel who consoled us, ever gentle, reaching out to our innermost feelings and

contradictions. I felt free to open up with her; we all had our dire needs. I remember her royal bearing. She was sensible, delicate, friendly, and exquisitely refined. Nothing in our inner and outer world escaped her. Our anxieties, uncertainties, problems became her concerns too. I still feel her close to me, I still let off steam with her as I used to do then. I still talk to her, I still close my eyes and imagine her here, near me."

Then life changed for the worse. The rise of Nazism in Germany and Fascism in Italy led to the outbreak of the second world war. During the German occupation of most of Northern Italy until 1945, the Germans took over San Vittore. The German Commander in charge of the prison was known for his severe cruelty towards prisoners. During his administration, San Vittore Prison became known as Hell. The Sisters of Charity were allowed to remain in prison. However, the Prison Parish Priest was sacked. The Sisters, including Sr Enrichetta, were occasionally allowed to leave the prison to hear mass. Sr Enrichetta used these occasions to prepare

small notes for families of prisoners, informing them on the state of their loved one's health and state of mind. These notes became the only remaining links between political prisoners and criminals and their families. For many, Sr Enrichetta's simple and humane gesture became another symbol of the resistance against Nazism and all its horrors. Then someone reported Sr Enrichetta's doings and she was immediately summoned by the Prison Commander. On the 23<sup>rd</sup> September 1944, she was arrested, charged with spying and treason and sentenced to be shot.

### **A second chance to live**

Cardinal Schuster of Milan and a number of persons holding high political office intervened with Mussolini and Sr Enrichetta's sentence was changed to deportation to a German concentration camp. Cardinal Schuster continued to press for her release. This led to another change in sentence which, to Sr Enrichetta, was another miracle. On the 3<sup>rd</sup> of October 1944, she was interred in a home for

severely mentally ill women in Grumello del Monte in Bergamo run by the Sisters of the Poor. She was told that internment in such a place ensured that she could not communicate with residents since they were too far gone to talk to anyone coherently. There she remained until the end of the war. Sr Enrichetta's memoir for this period states: "Again, I feel their desolate cries and heartrending pleas for pity; again I see their pale bloodied faces and sightless eyes. It seemed to me that my hands were grasping theirs in mine in a deathlike farewell grip. All this was a tortuous sensation. And since I could not sleep, I prayed for them, feeling this great sadness for my inability to comfort them. The thoughts of all those souls in prison filled me with sadness; thoughts of all those deported troubled me... these feelings were my constant companions, my interior martyrdom."

While waiting for her eventual freedom, Sr Enrichetta was asked by her superiors to write her memoir. She accepted. This simple request and acceptance proved to be

providential since today we have Sr Enrichetta's own narrative of her experience and of her spiritual reflections. On Christmas Eve, 1944, Sr Enrichetta was transferred from her internment in Bergamo to the Provincial House of the Sisters of Charity in Brescia. There she started working on her memoir. On the 7th May 1945, members of the National Liberation Committee of North Italy went to the Provincial House to triumphantly accompany Sr Enrichetta back to her San Vittore Prison where they were eagerly waiting for her return.

On her return, eager to continue her mission at the prison, Sr Enrichetta found the prison practically empty. But, the outcome of this was that within a short time, the prison was teaming with prisoners who, during the war, were persecutors. Vengeance was high on the new administration's agenda. Sr Enrichetta wrote that the prison was overpopulated and collapsing at the seams. Conditions were harsh. Hygiene became a big problem. Her overriding

wish was to make sure that the prison regained a human face; a place where redemption became a possibility.

Throughout Sr Enrichetta's canonisation process, many ex-prisoners testified that Sr Enrichetta's tireless efforts were a testimony to Christ's redemptive power.

Following a fracture of the neck caused by a fall in Piazza Duomo and months of pain, Sr Enrichetta died on the 23rd of November 1951. Crowds of people she loved and ministered to were at her funeral. The presence of these crowds of grieving people were an affirmation of Sr Enrichetta's holiness. Yet, despite her renown for her spirituality and holiness, she was a very simple and humble person whose sole aim as a consecrated person was to: "Suffer, work and pray to bring people closer to God."

Sr Enrichetta's canonisation process started on the 30th January 1995 and concluded a year later. What set this process in motion was a miracle. An 18 year old young athlete –

Stephania Copelli – was dying of abdominal cancer. In February 1994, as she lay in bed dying, her aunt, a Sister of Charity, sat with her praying and placed a holy picture of Sr Enrichetta Alfieri on her niece's abdomen. At that very moment, Stephanica regained consciousness and was healed. Today, Stephanica is a healthy woman and mother of two children who prays daily. On the 19th of December 2009, Pope Benedict XVI authorised the Congregation for the Causes of the Saints to issue the directive through which Sr Enrichetta was eventually officially declared Venerable on the 2nd of April, 2011.

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# RAVJULATA

b'risq il-Fondazzjoni  
Santa Giovanna Antida

Is-Sibt 17 ta' Settembru

ġewwa ċ-  
Ċentru Antida  
Hjal Tarxien

Adulti  
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Tfal  
(4 snin sa 11-il sena)  
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HUDU PJAĊIR MAGĦNA U  
GĦEJNUNA NIĠBRU  
FONDI LI TANT GĦANDNA  
BŻONN

Tombla fis-7pm. L-ikel jibda  
jisserva fit-8pm Għal biljetti,  
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# Rokna Poezija

## Grazzja



Tiġġerra waħda f'dawn l-inħawi — issa mara, issa raġel. Insejnhula mara, Grazzja, li mhuwiex isimha biss. Hienja minn ġewwa, tivvjagġa b'ferħ kbir, mhux biex tasal x'imkien, u l-ħolqien iżżuru kuljum— tħobbu, tqimu, tħaddnu, u bħat-tfal żgħar toġħa fih. Izda qaltli li darha, għamarha, mhijiex ta' din l-art, w għall-mixi ma tagħmel la skeda, w la pjan.

Fil-masġar, fejn titfa' għajnejha, siġar jieħdu n-nar b'dija qawwija t'elf lewn, li tnixxi mill-fond ta' kull m'hemm. Id-dija ssostni w tixgħel kull lewn f'kull tikmiza f'kull frotta, kull werqa w kull zokk.

Widnejha, qaltli bejnietna, jitpaxxew l-aktar b'islen il-hemda, izda tgawdi wkoll nifs il-mewġiet li jitbewsu ma' l-art f'xi xtajta mbegħda ramlija, fit-tbexbix ta' qabel titwieled ix-xemx, u mbagħad fil-laqgħa ta' merħba lill-għodwa mit-tjur.

Tgħanni b'ġisimha kollu għanjiet safja ta' seħer il-qalb, li jroxxu ferħ fl-għoljiet, fil-kwiekeb, fix-xemx. Tgħanni innijiet meqjusin jidwu solenni, u innijiet ta' ferħ b'ebda rażan jew pjan — għana ta' radd il-ħajr lil Sid il-ħolqien, lil nifsU fil-bniedem u f'kull ma jtir, jgħum, jew jimxi fuq art. Għanjitha is-sugu tas-seħer, tas-safa, tal-qawwa — kollha tama, nieqsa kull dgħufija ta' dubji ġerrejja. Meta tgħanni hi, tgħanni d-dinja, u l-mistur f'kollox ifegġ, jintgħaraf, u l-ħolqien kollu jibda jfaħħar lil-Mulej.

Meta titbissem jew tħares b'qalb sewda, int min int tħoss imħabbitha tfur bħal minn ġarra, w issaħħrek, tħollok bħax-xama' f'xemx nofsinhar. Kull maħbub tħobbu b'qawwa minn ġewwa għal barra, b'mogħdrija ta' ħlewwa bla qies, u warajha fejn tgħaddi jithalla serbut ta' traċċi ta' grazzja fin-nies. Imħabbitha bla ħabi, bla ngann, għax taf li maħbuba, għax taf li tgħix f'qalbU w fil-pala ta' jdejh. F'kull siegħa tingabar fejn jgħammar Hu — il-ħajr tgħixu bla heda, u l-ħajja mifruda ma tiflaħhiex.

Iħobbha, naħseb, għax meta tistrieħ fiH u tiġi lura, wiċċha mdawwal huwa d-dija tal-maħbubin wara ħin ma jitqabbel ma' xejn. Nistaqsiha, u tidħaq bħall-ilma ġieri. Li naraw 'il xulxin u li nħobbu 'l xulxin, tgħidli... l-istess. U li naraH jien u li jarani Hu... l-istess.

*Poezija-proża ta' Tony Macelli*

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## NEW VOLUNTEERS

Grace Calleja – Befriending / Receptionist  
David Debattista – Overseas Development  
Sophie Coisell - Overseas Development  
Annalise Falzon - Befriending  
Lara Bilocca – Summer Programme for vulnerable children  
David Campbell – Summer Programme for vulnerable children  
Melvin Vella – Summer Programme for vulnerable children  
Danika Bilocca – Summer Programme for vulnerable children  
Gabiella Baldacchino – Summer Programme for vulnerable children  
James Saydon, Seminarist - esperjenza ta' xogħol soċjali  
Jacqueline Vella – Crafts Groupwork

## SUMMER OPENING HOURS


From Friday 1st July to Friday 16th  
September 2011 Ċentru Antida will be  
open from  
7:30am to 1:30pm





2011-2012

Korsijiet ta' Formazzjoni  
mill-Movement ta' Kana



prospectus

Cana Movement  
Pastoral Formation Institute www.mdtappi.org

www.canamovement.org

The Cana Movement is an organisation of people who have the family at heart. It is a voluntary organisation within the Catholic Church of Malta. Our objectives are: to help couples prepare for marriage; to help couples or individuals who are facing difficulties in their relationships to help couples strengthen their marriage and their family

**MISSION STATEMENT**  
"Our mission is to present marriage as a relationship which is lifelong, faithful and open to life."  
It is also our mission to help persons prepare for marriage, to work with couples and families so that they grow in life, joy and stability to stand by couples and individuals when they are facing difficulties in their marriage."

Cana Movement, Catholic Institute, St. Publius Street, Floriana FRN 1441, Malta  
+356 2123 8942 +356 2123 8058 info@canamovement.org

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**Kors ta' Thejija għaz-żwieġ**

Kors ta' 9 sessjonijiet ta' saġnjin li-wahda mifruh għall-koppji miżżewġa (approvati mill-kappillan tal-parroċċa ta' Kana) u jwarrivaw li jkollhom mexxejja ta' korsijiet ta' Kana organizzati fil-parroċċi ta' Malta. Dan il-kors hu offrut b'xejn.

**IL-LAQGHAT HUMA DAWN:**

- Il-Pastorali tal-Familja f' Malta
- Id-Dinamika tal-Gruppi u kif tmevxi grupp
- Id-Dinamika tal-Koppja u l-Komunikazzjoni
- Kif Insovu Konflitti
- Is-sagrament taz-żwieġ
- Natural Family Planning u Responsible Parenthood
- Iz-żwieġ u l-Hajja Nisranija
- Theddid għaz-żwieġ
- Marsa lejn il-handouts tal-Kors u Għetju

**Lecturers:**  
Diversi

**QURSIGĠI:**  
Il-Tnejn bejn Ottubru 2011 u Novembru 2011.  
Il-Tnejn 3, 10, 17, 24, 31 ta' Ottubru u 7, 14, 15, 21, 28 ta' Novembru.  
**JEN**  
Il-Tnejn bejn Jannar - Marzu 2012  
Il-Tnejn 9, 16, 23, 30 ta' Jannar u 6, 13, 20, 27 ta' Frar u 5 ta' Marzu.

**MHA u FOS:**  
Il-laqgħat isiru fid-Dar ta' Kana, 21, Triq il-Matt, Floriana, bejn is-7:00 - 9:00pm (kann hemm break ta' kwarta bir-ritirament).

**Cana Weekend Seminars for Leading Couples**

The Catholic Community, through Cana movement wants to accompany couples who wish to enter the sacrament of marriage in their journey to know better each other, to know Christ through each other and to move beyond themselves and enter in communion and become living signs of the love of God for his People.

Therefore there is a need to provide for ongoing formation for married couples who wish to accompany engaged couples who:

- are aware and experience a fulfilled Christian marriage
- have a knowledge of Christ and the Christian message, and
- are able to share the joy of Christian discipleship lived in married life.


**COURSE 1**  
**Emotional and Cognitive Intimacy**  
(non-residential)  
26 - 28 October 2011 or 10 - 12 February 2012

**COURSE 2**  
**Spiritual Intimacy**  
(non-residential)  
14 - 16 October 2011 or 13 - 15 January 2012

**Language of Instruction:**  
Maltese

**Venue for Weekends:**  
The Archbishop's Seminary, Tal-Virtu, Rabat

**Session Format:**  
Friday from 6:00pm to 9:00pm,  
Saturday from 9:00am to 6:00pm,  
Sunday from 9:00am to 12:30pm.



## BAZAAR B'RISQ IL-FONDAZZJONI

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

*Qegħdin naċċettaw oġġetti biex jinbiegħu fil-bazaar (mhux  
ħwejjeg)*

### DONATIONS

Your donation is truly appreciated; it enables us to sustain our services to vulnerable individuals and families from surrounding parishes.

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  
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)

**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) non-formal learning opportunities for vulnerable adults (courses on self-esteem, basic ICT, etc). (c) Mentoring youths-at-risk.

**4. LWIEN - Caring for Family Carers Service:** 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: family consultations, counselling, support groups.

**5. 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.

**6. Ġamra Project:** Community work in the parish of Fgura undertaken in collaboration with the parish and funded by The Voices Foundation.

**7. Overseas Development:** SJAF assists the congregation of the Sisters of Charity in the development of projects in developing countries.