

## **Attivitajiet għax-xahar t'April**

**Il-Ġimgħa 4 t' April:** Project House Floriana 8.30 p.m. Illum is-sur Silvio Spiteri, espert fuq is-Substance Abuse u Assistant Head fi skola, se jagħtina talk fuq id-droga.

**Il-Ħadd 6 t'April:** Illum se mmorru ġurnata irtir ma' Fr. Saviour. Se niltaqgħu il-Porziuncola Baħar iċ-Ċagħaq fid-disgħa u nofs (9.30 a.m.). Prezz – Kbar €16, Tfal €8. Inkluzja l-ikla ta' nofs in-nhar.

**Il-Ġimgħa 11 t'April:** Illum immorru l-quddiesa tad-Duluri l-airport. Niltaqgħu hdejn il-kappella tal-airport għas-sebgha u nofs (7.30 p.m.)

**Il-Ħamis 17 ta' Marzu:** Illum se nerġgħu immorru l-airport fejn Fr.Saviour jagħmel xi ħsibijiet maż-żagħżagħ dwar il-Ġimgħa Mqaddsa.

**Il-Ġimgħa 25 t'April:** Project House Floriana 8.30 p.m. Illum se nagħmlu l-Birthday Celebrations ta' min għalaq sninu f'April. Din l-aħħar darba li se jsir ġewwa. Prezz bħas-soltu - €6 Kbar: €3 Tfal.

**Il-Ħadd 27 t'April:** Illum se mmorru nqattgħu ġurnata Għawdex. Niltaqgħu iċ-Ċirkewwa fit-tmienja u nofs u niġu lura għal ħabta tas-sebgha. Nisimgħu il-quddies Ta' Pinu. Prezz – Kbar €15; Tfal €8. Inkluz il-coach magħna l-ġurnata kollha u l-ikla ta' nofs in-nhar.

**Chairperson: Maria Borg**

**Mob. 9927 1981**

**Secretary: Louise Suda**

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Għeżiež ħbieb,

Għadda Marzu u saret l-Annual General Meeting fejn ġie mwaqqaf il-kumitat il-ġdid. Peress li din id-darba kien hemm biss seba' membri li nteressaw ruħhom joħorġu għall-kumitat ma kienx hemm bżonn issir elezzjoni iżda ġie elett awtomatikament. Waqt l-Annual General Meeting inqraw il-Minuti tas-sena li għaddiet u tajna ħarsa lejn l-attivitajiet li saru, li ħafna minnhom kienu suċċess. Wara nqara r-rapport finanzjarju mis-sur Paul Ciangura. Bl-għaqal tas-sur Ciangura l-istat finanzjarju tal-Grupp baqa' sod u sar xi ftit qliegħ ukoll. Dan juri kemm aħna noqogħdu bil-għaqal fil-flus u nagħmlu ħafna spejjeż għall-grupp mingħajr ma neħlu. B'hekk irnexxielna nixtru sound system u microphone għall-grupp, nagħtu l-kafe/te u cakes, tajna donation tajba lil Hospice Malta għal International Widow's Day, xtrajna rigali għall-Mother's Day u Father's Day, mingħajr m'għamilna ħofra fil-fondi tal-grupp.

Il-kumitat il-ġdid li ġie mwaqqaf nhar il-21 ta' Marzu huwa ffurmat hekk:

**Maria Borg – Chairperson**

**Marie Louise Suda – Secretary**

**Joseph Farrugia – PRO & Culture Co-ordinator**

**Silvio Ellul – Activities Administrator**

**Connie Azzopardi – Social Secretary**

**Doris Axiaq – Treasurer**

**Mark Farrugia – I.T. Officer**

Dan ix-xahar għandna żewġ attivitajiet fil-weekend – Irtir il-Porziuncola fis-6 ta' April immexxi minn Fr. Saviour; u ġurnata Għawdex fis-27 ta' April.

Nixtieq niringrazzja lil membri tal-kumitat ta' qabel li dejjem ħadmu bis-sħiħ għall-ġid tal-grupp u nsellem lil dawk li ma baqgħux fil-kumitat Maphine St.John Edmea Caruana u Paul Ciangura filwaqt li nagħti merħba minn qalbi lill-membri ġodda li huma Connie Azzopardi, Doris Axiaq u Silvio Ellul. Nawgura li bħall-kumitati ta' qabel naħdmu flimkien għall-ġid tal-grupp.

Dejjem tagħkom.

**MARIA**

## WHEN IS THE RIGHT TIME TO STOP GRIEVING FOR A LOVED ONE?

For some people, coming to terms with losing a loved one takes many years, while for others the process is shorter. The initial stages are shock, bewilderment and denial. Then there can be a period of complete, almost euphoric, calm.

It is as if, to protect yourself from the feelings that are overpowering you, your body floods itself with adrenalin and makes you numb. Later the process of moving on starts with practical actions such as removing you loved one's name from your bills. By doing that, you may feel like you're letting them down, but don't worry – they do understand.

If there are items such as photographs that are too painful to look at, store them in a memory box until you're strong enough to take them out. Bereaved people need to take their time.

It is sad to hear about people who have bagged up someone's belongings soon after they died and given them away. In those circumstances, a few weeks or months down the road, there will be regret. If you feel the need to remove belongings, perhaps ask another member of the family if they'd like to have them, instead of throwing them away. You must always think carefully before you throw stuff away.

One time, a delightful young girl came in wearing a bracelet that had belonged to her aunt. Her mum had given it to her some three or four years back when her much-loved aunt passed away. Every time she wore it, her mum cried and wanted the bracelet back. But the daughter didn't want to part with it. It just happened that her mum gave it to her the day after her aunt died. At the moment, she wasn't thinking straight, and she's now looking at her own grief – and the bracelet is a link to her sister.

There are other ways to keep memories, such as passing down anecdotes. Surely, your dad, granddad or even your husband have kept you enthralled by narrating short amusing stories of all the scrapes he got into. By telling the same stories to your children, when they are little, they now tell them to their children. It helps to keep the memory of your loved ones alive.

