

## Attivitajiet għax-xahar ta' Novembru

**Il-Ġimgħa 7 ta' Novembru:** Project House Floriana 8.30 p.m. Illum se nilqgħu fostna liż-żgħażagħ li marru għall-Olimpjadi ż-żgħar – ħafna minnhom b'suċċess. Din l-attivitajiet qegħda f'idejn is-Sur Silvio Ellul. Se nagħtuhom ukoll 'token' bħala rikordju tal-laqgħa tagħhom magħna. Din hi okkażjoni speċjali biex niltaqgħu ma' l-atleti żgħar li għamlu unur lil Malta fl-ispecial olympics. Nispera li nattendu bi ħgarna biex nagħtuhom merħba sabiħa.

**Il-Ġimgħa 14 ta' Novembru:** Project House Floriana 8.30 p.m. Illum is-sinjura Connie Azzopardi se tagħmlilna serata ta' Charades. Ejjew ħa tiegħu gost u tidgħu xi waħda!

**Il-Ġimgħa 21 ta' Novembru:** Project House Floriana 8.30 p.m. Illum se niċcelebraw il-Birthdays ta' dawk li għaqq sninhom f'Novembru. Prezz €7.

**Il-Ġimgħa 28 ta' Novembru:** Project House Floriana 8.30 p.m. Illum is-sur Ian Azzopardi, Accountant, se jagħtina talk fuq 'Managing personal finances'. Żgur li din it-talk tkun interessanti. Nispera li jkollna attendenza tajba.

**Il-Ħadd 30 ta' Novembru:** Illum se mmorru irtir ma' Fr. Saviour. Se mmorru Porziuncola Baħar iċ-Ċagħaq. Niltaqgħu hemm fid-9.30 a.m. Ikollna ħin għal riflessjoni, quddiesa. Ikollna 3 course lunch inluż u kafe' u kejk. Prezz – Kbar: €16 Tfal: €10

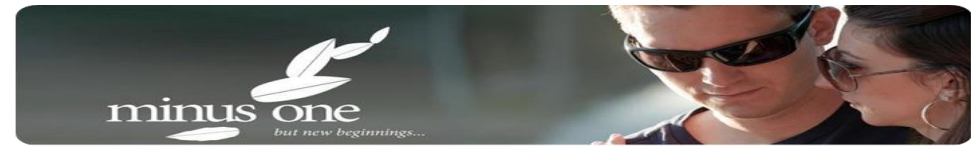
Chairperson: Maria Borg Mob. 9927 1981

Secretary: Louise Suda Mob. 9949 8784

Email: [secretary@minusone.eu](mailto:secretary@minusone.eu) or [info@minusone.eu](mailto:info@minusone.eu)

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Għeżież ħbieb,

Naqra naqra qed noqorbu lejn l-aħħar tas-sena u nirrealizzaw li għaddiet sena oħra kollha attivitajiet. Forsi xi ftit għogħbuna u oħrajn le. Naf li mhux dejjem faċli tikkuntenta lil kulhadd. U lanqas hija faċli li dejjem tibqa' tivvinta attivitajiet x'tagħmel.

Dan l-aħħar ippruvajna nieħdu naqra l-opinjoni tagħkom dwar l-attivitajiet li saru. Kien hemm min issuggerixxa biex ma nagħmlux aktar talks. Din giet disussa fil-kumitat u kkonkludejna li billi jkollna talk kull xahar mhix ħaġa ħażina għax xi ħaġa ġdida dejjem nitgħallmu. Daqsxejn kultura fil-grupp għandu jkollna inkella mhux se nibqgħu support group izda social club. Il-grupp mhux qiegħed hemm biss biex noħorgu u nieħdu gost izda biex joħroġ il-ġid minnu u nagħtu support lil xulxin. Kelli kument ukoll biex ma nitkellmux fuq 'bereavement' għax inħossuna mdejjqin izda aħna ma nistgħux ma nitkellmux xi kultant fuq affarijiet li lkoll għaddejna minnhom għax dak huwa s-sapport. Ġo sapport group tar-romol ma tistax ma titkellimx fuq 'bereavement'. Naf li forsi niddejqun nitkellmu fuq affarijiet ta' dwejjajq izda aħna nitkellmu fuq l-esperjenzi tagħna biex ninkoraġġixxu lil xulxin u nagħmlu l-qalb biex nimxu 'l quddiem.

Dan ix-xahar għandna ħafna attivitajiet interessanti għalikom fosthom irtir fit-30 ta' Novembru ġewwa Porziuncola ma' Fr. Saviour. Nitolbukom tibbukjaw kmieni ħalli ma toħroġux diżappuntati.

Dejjem tagħkom,

*María*

## ***Beyond Bereavement***

Adapted from an article by Helen Raine

C.S. Lewis, in his book *A Grief Observed* says: “No one ever told me that grief felt so like fear. I am not afraid, but the sensation is like being afraid. The same fluttering in the stomach, the same restlessness, the yawning, I keep on swallowing. At other times it feels like being mildly drunk or concussed. There is a sort of invisible blanket between the world and me.” And while grief may not remain forever in the intense stage described by C.S. Lewis, Edelmann was one of the first to recognise that some types of grief just don’t go away. There may be no end point to it, no landmark at which you can look back and say, “that’s when I moved on.”

She explains “When a mother dies, a daughter’s mourning never completely ends. This is something that motherless women have always intuitively known, although in 1994 (when she wrote the book), it wasn’t yet a widely accepted idea. The prevailing view then was that grief was something to get over. Sigmund Freud himself was a subscriber to the idea that people should let go of grief, until he lost his favourite grandchild. He later wrote that the ongoing pain was, “the only way of perpetuating that love which we do not want to relinquish.”

After her mother died, Edelmann went to college, then travelled. But she came to understand that that grief could not be so easily outrun or bypassed; it followed her. “Wherever I travelled,” she says, “I carried with me a sadness that I couldn’t leave behind, no matter how forcefully I tried. Someone dies, you cry and then you move on...It would take me seven years to understand a central rule of grief. The more you avoid mourning, the tighter it sticks to you. The only way to release it is to grit your teeth and feel the pain.” She says she discovered that grief is not predictable. “It’s anything but smooth and self-contained. Someone did us all a grave injustice by first implying

that mourning had a distinct beginning, middle and end. That’s the stuff of short fiction. It’s not real life.”

Dr Rita Bonchek, a psychologist specialising in grief agrees. She wrote: “The topic of death causes discomfort so people do not think about or discuss the subject. The bereaved are often encouraged to put the occurrence in the past. What is not appreciated is that death doesn’t end a relationship that lives on in the mind of the survivor.” So mourning for a mother/father may change but never end. Even after many years, while there may not be active grieving, there are what one child told Bonchek were “mummy/daddy-missing feelings”. And those feelings are intensified at particular events such as weddings, graduations, births and yes, Mother’s Day/ Father’s Day. And Leann Schrieber sums the broad reach of losing a mother/father in her essay *When a Parent Dies*: “What I have learned from my friends is that a single death can transform your life, especially if the death is that of your mother or father. And it doesn’t matter whether that parent was beloved or resented, whether the relationship was close or distant, warm or cold, harmonious or hotly conflictual. It doesn’t even matter how old you are, or how old your parent was at the time of death. For most people, the death of a parent, particularly when the parent is of the same sex, is life altering.” Despite this, Schrieber notes that there is “little social recognition of parental death as a milestone of adult life”. So while there’s no specific prescription that will get you through the day, Mother’s Day or Father’s Day after a parental death is a good time to mark that milestone; to recognise losing a parent as a life-changing experience, one to be examined, understood and above all felt.

