



HOLY CROSS
FAMILY MINISTRIES

FAMILY LIGHT

The Newsletter of Holy Cross Family Ministries, South-India

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May the Sacred Heart of Jesus and the Immaculate Heart of the Blessed Virgin Mary bless and inspire us to be ambassadors of love and mercy.

Time to Unlock

"When we are no longer able to change a situation, we are challenged to change ourselves" – Victor Frankl, *"Man's Search for Meaning"*

Since 2020 we have been getting used to lockdowns and unlocks. It's time that we begin to unlock ourselves with 5 keys. They are: **the Key of Resilience, Key of Happiness, Key of Success, Key of GIVING and the Key of being human.**

Resilience is the strength we gain to deal with the challenges and carry on without falling apart. It's not about handling the situation alone but more about using the resources and adapting ourselves. Even as we battle the COVID-19, we see many of us coming up with creative coping strategies. Some of



us may have the innate ability to face challenges. One can also

develop resilience by changing the perspective, feeling grateful, taking accountability and discovering oneself. We all want to be happy....but how easy is it? **Happiness** is a powerful and healthy emotion that can have impact on our well-being. Being grateful is a conscious effort to positively evaluate our surrounding. (Cont. on page 3)

EDITORIAL

The Family Light this time is presented with a different content-style. You will come across news-reports of the Family Ministry in this Newsletter instead of our regular publication with experiential-reflective articles from family members. The Pandemic has not totally locked us down from connecting with families, thanks to technology that still enables a virtual reach- out possible. A number of people were rendered a listening ear & heart through the process of our Counselling Services. Dealing with grief and loss, many a families find their crosses too heavy to bear. Academic stand-stillness is also a concern for many parents as the bleakness of the future stares at their face. Bringing hope into the lives of people was something that the HOPE Counselling Services dedicated itself to during these times of the Pandemic. It was a humbling experience to help families develop alternate narratives and recreate their stories with hope and renewed meaning.

Presenting in this issue of the "Family Light" are the ways the Family Ministries connected with the world of Parents by organizing a Webinar on "Parental Paradox" – a webinar that paved insights into helpful ways of parenting. Reported also in this issue a brief up on the collaboration of HCFM with the Bengaluru Archdiocesan Family Commission for design and implementation of "Pre-Marriage Counselling Program", "Retrouvaille - Family Meet & Share", "Training on Communicative Skills for Area Co-ordinators of HCFM" and "Online Family Rosary" initiatives.

This issue of Family Light is presented with a four-page print instead of a regular eight-page format. We are also not publishing a print copy of the issue this time as the printing & postage of the same has become a matter of concern during the Pandemic. We trust our readers stay connected with us through the reading of this newsletter while we hope that this pandemic ends soon and we be able to reconnect with each other in more efficient ways. Until then stay home and stay safe!

 Fr. Royal Nazareth C.S.C

Webinar on Parental Paradox

All of us endeavour to become a better human being and parenting aims at facilitating the pathway. Being in an indispensable role as parents and having the best of intentions for their children, parents often end up playing a paradoxical character. By paradox we mean when the parent feels they have raised their child giving everything possible but ironically the child feels that their lives have been ruined.



As a social initiative THE HOLY CROSS FAMILY MINISTRIES organized an online webinar on the topic "Parenting Paradox" for the general public on 29th May, 2021. The webinar aimed at creating awareness about the role of parenting, various styles of parenting, transitioning role of parents, factors impacting parenting and towards adopting a healthy parenting model with certain Do's and Dont's. Every human is genetically encoded with varied needs. As parents when they lack awareness about themselves or their emotional needs there are chances of their behaviour resulting in adverse consequences. Say for example a parent with low self-esteem may miss to pay attention to their child's needs or misperceive the child's responses which in turn can have an impact on the child's self-esteem. The webinar turned out to be interactive with participants sharing their experiences and asking several questions. Discussions got deepened about the parental fears that can have a negative influence on parenting. Various parental fears such as fear of losing respect, fear of failing as a parent and fear of losing control over the child were

emphasized by parents during their experiential sharing. Becoming aware of one's own fears can pave way for accommodating their needs and adopting positive parenting styles.

Towards the end of the webinar few behavioural guidelines were suggested to parents such as letting go off the need to control children, setting healthy expectations from children, encourage reflective thinking and asking open-ended questions and avoiding blaming, labelling and making comparisons. The participants provided positive feedback about the webinar and encouraged the HOLY CROSS FAMILY MINISTRIES to come with such topics enriching human lives and experiences. Eventually parenting needs to aim at providing a sense of well-being and empower the child to become masters of their life. During these challenging times, with children unable to be their own self and parents struggling to balance their space, we hope to contribute a little to the families in every possible way. Our heartfelt gratitude to all those who support us and encourage us to do more. Stay Safe and Stay Blessed!!!!



The month of May being dedicated to the Holy Rosary, the tradition had it that the Holy Cross Family Ministries would organize a Rosary Rally on May 13th every year. Due to the Covid-19 pandemic the Rally not being held, we could organize an online Family Rosary through Zoom App wherein about 70 families participated in praying the Luminous Mysteries of the Rosary praying for God's mercy, healing and peace. The Rosary was preceded by an inspiring talk by Fr. Leo D'Souza on the Blessed Virgin Mary, highlighting her feet grounded on earth while vision raised always to heaven and inspiring us to do the same. Similarly, another online Family Rosary was held on the Feast of the Visitation of Mary on 31st May wherein a number of families partook praying with each other and showing solidarity of a united Church in prayer.



Daily Spiritual Reading & Sharing



It has been a novel experience to listen to an audio spiritual book for an hour with eight families five days a week. After listening to four or five chapters of the book we spend 15 minutes in sharing our significant learnings that inspired us individually to bring about a change in our lives. The families that participate in this daily spiritual routine have discovered a gradual growth in their spiritual life of faith, and have cultivated spiritual values and intimacy with Christ to cope with the daily realities of life in the context of their families. It is interesting to note how God touches each person uniquely to bond with the other members of the group.

As these families continue to struggle with the challenges of the pandemic and the devastation of the two cyclones, the healing power of faith, hope and gratitude are active and experienced at greater depth and intensity. Some of the members are now focusing more on counting their daily blessings than their negative experiences. Families are also acquiring the capacity to live with an attitude of resilience and realism in living their purpose and goal in life.

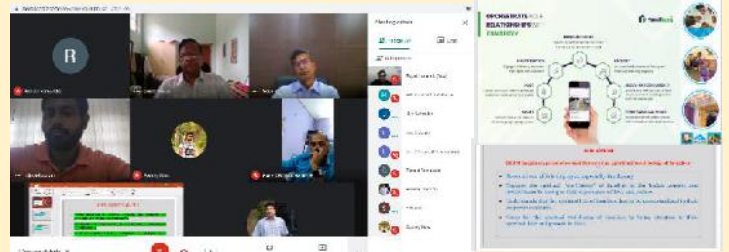
~Fr. Leo D'Souza C.S.C
Program Co-Ordinator



"We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain, where Jesus, a forerunner on our behalf has entered, having become a high priest forever according to the order of Melchizedek"

~ Hebrews 6:19-20

HCFM – Coordinators Meet



It has been impossible to organize training sessions for our coordinators and their team in their respective ministry settings, due to the pandemic and successive lockdowns. I organized a monthly program on zoom for our HCFM coordinators on the vision, mission and goals of family ministry and the skills of non-violent communication. These interactive sessions dealt with the need of non-violent communication in our ministry with families. We focused on improving our skills and awareness at: Life alienating communication – like moralistic judgement, making comparisons, denial of responsibility; The Four Components of Non-violent communication namely – Observations, Needs, Feelings and Request; coupled with the Power of Empathy; Expressing anger fully; and Conflict Resolution with Mediation.

~Fr. Leo D'Souza C.S.C
Program Co-Ordinator

Time to Unlock (Cont..)

Take for example this COVID-19 pandemic. I can start practicing gratitude by acknowledging the power of technology which is helping us to stay connected even while maintaining social distancing. Did we feel blessed for the meal we had today and express our gratitude to the person who prepared it?

Perseverance is the **KEY** to **success**. During tough times we need to develop the ability to hold ourselves together and work in accomplishing our goals.



GIVING, need not be just an act but can be one's way of life itself. Universe operates on Just sit back and gaze at nature, nature gives in many ways. Giving can represent nurturance, care, compassion. It can be one of the ways where we grow from little I to big WE.

To relate with a person means to have empathy, feel connected to and provide support. To see what they see, to hear what they hear and to feel what they feel. Being empathetic fosters good, pleasurable and positive feelings and reduces one's stress. At the end of the day we all need to realize that to **be human** is greater than being anything. Let our unlocking 1.0 begin!

~ Sindhu David, Counselling Psychologist.



CERTIFICATE COURSE in Counseling Skills

Holy Cross Family Institute in association with
Anugraha Institute of Counseling, Psychotherapy & Research
Dindigul, Tamil Nadu
is conducting a Certificate Course in Basic Family Counseling Skills.

Topics Covered	Duration & Timing
Skills & Techniques of Counseling Therapies in Family Counseling Pastoral Counseling	120 Hours, Classes on Saturdays 9.30 a.m. to 5.30 p.m. Starting from 31 st July 2021

This course is designed to impart basic skills in counseling with an emphasis on experiential learning. It is aimed at helping the learner to develop an understanding of principles and practices of Counseling in relation to a range of counseling situations.

Participants & Qualification	Venue
• Lay People & Religious • Graduation or its equivalent from any University	Holy Cross Family Institute Brothers of Holy Cross 47, St. Mark's Road, Bengaluru - 560001

Resource
Persons

Dr. Lawrence Somsainathan OPM Cap
Dr. M.C. Abraham, CSC
Sr. Bernadine, RNDM
Fr. Royal Nazareth, CSC

Prof. Paulraj Budali
Prof. Jayashree
Fr. Arul Raj Gali, CSC

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Pre-Marriage Counselling- A collaborative Venture

The entire world has been trying to battle the invisible virus since the beginning of 2020. For THE HOLY CROSS FAMILY MINISTRIES, the second half of 2020 turned out to be instrumental in enriching human lives through an invitation from the Family Commission of the Archdiocese of Bengaluru to collaborate on designing a Pre-Marriage Counselling program for the engaged couples.

With all positive intentions to facilitate a long-lasting relationship among spouses, a core team was formed and the brainstorming work got kicked off to develop the content for the program during August 2020. The project aimed at creating an awareness among the engaged couples about the significance of marriage and equipping them with insightful perspectives to tread on their journey of togetherness. Accordingly, content on "The Self", "The Other" and "Truths & Myths of Marriage" were developed through the collective efforts of the core team. THE HOLY CROSS FAMILY MINISTRIES was also involved in identifying volunteers who could render Counselling Services as part of this venture and hone their Counselling Skills with a 10-weekend training on Marriage and Family Theories. The pilot phase of the program was launched on 13th February 2021 and inaugurated by the Archbishop of Bengaluru, Rt. Rev. Peter Machado. The initiative has been largely successful with participants providing positive feedback and sharing their experiential learning. The HOLY CROSS FAMILY MINISTRIES will keep striving to enrich lives and equip families to grow in faith and mutual love through its ministry.

Laughter is the best medicine

A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now son what did you want to ask me?" "Oh nothing," the boy says, "There was a bug in your soup but now it's gone."

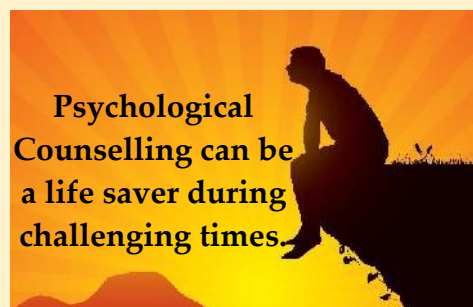


Celebrating Gratefully Year of the Family

Prayer for Families

Loving God,
In the spirit of the Holy Family,
we ask for your blessing on all families.
Let Mary's openness to your wondrous ways
be an inspiration to place all trust in you.
Let Joseph's courage provide hope
during times of anxiety and uncertainty.
Let Jesus' life ignite all families
with a spirit of light and love.
May the grace that encircled the Holy Family
widen to embrace all families.
For this we pray.
Amen.

"We must hold fast to the treasure of the rosary, the gift of Our Blessed Mother. The Rosary is a chain that binds the family together."
~ Venerable Patrick Peyton



Psychological
Counselling can be
a life saver during
challenging times.

Our services include:

- ❖ Individual Counselling
- ❖ Family Counselling
- ❖ Couple & Marriage Counselling

Mob: 94484 36583

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