

Communion in community

Sri Lankan SCJM Province had arranged 'Communion in Community' for all our sisters in four regions. (North, Colombo, South and Sabragamuwa) Due to the Covid 19 travel distractions sisters were limited within their own regions. The programme for the north sisters was held in Pattim, Mannar on the 1st to the 4th August 2021. The resource person was Rev. Fr. Rex Constantine CMF,

The Participants: -

Sr. Jeyam Sr. Concy Sr. Dorothy Sr. Ahalya Sr. Arul Mary Sr. Chandra
Sr. Malar Sr. Jeyamalar Sr. Vasanthy Sr. Micheal Sr. Gorretti Seb. Sr. Crincy
Sr. Loarine Sr. Viyuritha Sr. Mulini Sr. Jacintha Gabriel Sr. Queenta Sr. Justina
and Sr. Yogarani

In the beginning of the session itself the participants got the inspiration to accept each themselves with their positive attitudes and capabilities as well the negative movement of their lives. According to the story of Noah's ark, all kinds of animal have been taken to the ark, and all have been protected, in the same manner we too have the attitude and the behavior patterns of the animals as we behave in different types in different times. So, we hope God will put everything together and in order, so that we may live together with all our good and bad.

The person "I" who live now is carrying the behavior patterns and the childhood experiences of the past. This cannot be separated because "it is me". So, as we have come together to live in the religious life as a community it is very much needed to be consider for auto upgradation, if we want to live a happy life. This also consider my safe place. According to my earlier experiences my safety place can be defer, so I need to find out what really my safety place is.

It is also important to find what my family role is, because it effects a person a lot as he / she grows. And since we live in the communities it is very much important to find out otherwise we must face consequences of misunderstanding and difficulties in our daily lives. There are six types in the family roles,

- The star/ Hero – Heroine
- The Clown.
- The invisible / Lost Child.
- The Enabler / The Rescuer.
- The Scapegoat.
- The Pleaser / Helper.

Are we ready to find what is my family role?

If we can find out what is my family role, then it is also easy to consider my Script. There has been a lot of incidents and experiences in our childhood, we have spoken a lot as well we have listened a lot. So, that might affect our daily growth. For an example if someone has said “Don’t feel, Don’t think...” That affect us and unconsciously we move away from doing something better.

It is interesting to feel and experience the life positions, “I am ok - You are ok, I am not ok - You are ok, I am ok - You are not ok, I am not ok - You are not ok”. Each one of us has to go through all these stages in order to make ourselves stronger in having good relationship, and a better future.

To the extent each one lives this “being with-and-for-the-other”, has to be the fundamental attitude of each one in the community, that is “Forming, Storming, Norming, And Performing”. If we want to achieve something without experiencing the above stages, we cannot go forward. So, when we plan for something or creating something let us experience the stages consciously.

Having experienced the life journey, we need to take a good choice for the betterment of our lives. So, first of all, we need to change our thought patterns which holds our attention determines our actions. We are where we are, what we are because of the dominating thoughts that occupy our minds. As William James said: “The greatest discovery of my generation is that people can alter their lives by altering their attitudes of mind”. Also, Rom 12;1-2 says, “I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifices, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed but the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect”.

Two things must be stated to emphasize the empower of our thought life. Major premise: We can control our thoughts. Minor premise: Our feelings come from our thoughts. So, we can control our feelings by learning to change one thing: the way we think. It is that simple. Our feelings come from our thoughts. Therefore, we can change them by changing our thought pattern. Once you make a choice to process a good Attitudes.

The three days programme was very much appreciated by all the participants and contented. Sisters are happy and grateful to the Provincial Superior Sr. Ajitha Fernando and her team. Also a big thanks to the Pattim community who were so generous and hospitable.

Thank you.

God bless you.

