



HeartBeat



The Newsletter of RSCJ PTVs – Area Indonesia

December 2017

Greetings from PTVs RSCJ Indonesia,

First of all, we like to say a thousand thanks to the many sisters and friends who have prayed and supported our vocations up till now. We had been sending you our experiences when we were Novices, but now, we come back to you with new kind of newsletter. It is a very great pleasure for us to be able to greet you again.

Right Now, there are 5 PTVs of RSCJ Indonesia. Natalia Do Rego, Yolanda Diwu, Filomena Soares Amaral, Adriana Dos Santos and Henni Sidabungke. We are the first group of PTVs of Indonesia, therefore as a group, we happily introduce you to *HeartBeat*- our newsletter. We all know that our life is always signified by the beat of our hearts and for us RSCJ also the signification of God's love for us. Thus, through this newsletter, we want to share with you all the life of PTVs - RSCJ Indonesia, the rhythm of our heartbeat together with the heartbeat of God.

After making first vows, every PTV is given one year to help with the transition from Novitiate to the PTV stage. In this year, we all are sent to a community, have our ministry and attend regular classes in Scripture. Besides this, we have regular classes on Public Speaking and Society History, this year we are focusing on the 'International Education Commission document'. We also get to find our new spiritual director, and discern about our study in the future. All of us have passed that stage, and now we are in University. Nata in the Faculty of Early Education in Thamrin University, Eni in the Faculty of Theology in STF Driyakarya, and Fily and Yola in the Faculty of Philosophy in Catholic University Parahyangan, and I myself is in the Faculty of English in Maranatha University.

We have a very simple but clear program for our formation – every six weeks we meet our Spiritual Director, twice a semester we meet our PTVs Director, for a visit as well as for a program. Furthermore, we also have some classes such as a healing and a psychology program twice a semester. Moreover, we also have some kind of ministries, giving a monthly meditation, visiting sick people, teaching at 'Pondok Bocah,' our school for poor people, which is specifically done by Nata and offering ourselves to give some classes to our novices and pre-novices.

Our hearts and minds are stretched with all these programs, but we enjoy most of the time because of the support of our sisters in area. Each of our Area members always gives themselves without stint and we certainly learn a lot from them. Right now, there are 18 people in the area, 3 novices; Yutta, Netris and Adriana who soon will make her first vows, 2 Pre-novices; Fransiska and Petronela, 7 Final Professed; Sr Gera, Sr Nance, Sr Mariko, Sr Inoue, Sr Murph, Sr Lulud, and Sr Theresa, our sister, Erika, from Hungary who is making her International experience, and 5 PTVs. With their presence and support, we have been refreshed by the spirit of love flowing from the Open Heart of Jesus.

Henni Sidabungke

Values of RSCJ Education Thirty Years Ago?



Hello everyone! I am Yolanda from Flores, a third year PTV. I am happy to share with you a reflection of one of our classes which is; Values of RSCJ education with Sr Nance O'Neil.

In this year, Sr Nance introduced us to the International education Commission Document which was written 30 years ago. Each chapter is accompanied with an activity. At the moment, we are discussing chapter three - Inculturation Beyond Boundaries. Are we not enjoying this activity of this chapter? Sure, we are, because we are connecting with PTVs from other provinces. Together, we discuss and see what are the differences in RSCJ's education from thirty years ago to now? And see if there are any changes.

In the class, together we reflect about this document and become more aware that the spirit and the source of education of RSCJ thirty years ago is still connected to the inner spirit and to the awareness of the world reality. RSCJ, no matter what time in history commits herself to become the heart of Jesus in the middle of the suffering world. Therefore, the main focus of RSCJ education in the past and in the present is the education of youth, the marginalized, destitute and neglected people.

I thank God for the chance I had, to discuss this topic with Sr Chio from Peru. Through our sharing, I got a new and wider insight about RSCJ education in our world now, which is affected by technology and science. The most interesting part in our sharing was that both of us shared about the continual RSCJ spirit which is to strengthen the inner values of each child, helping each child to become an ambassador of peace and love in the world.

Through this class, I myself can understand more about the spirit of Internationality of our Congregation, that we all want to make a change in the world.

A million thanks to Sr Nance for helping us to reflect the spirit of our Congregation. I understand more the meaning of education that was dreamed by our Congregation; which is education based on the Sacred Heart of Jesus.

To Everything There Is A Season, And A Time For Every Occupation Under Heaven (Ecclesiastes 3: 1)



Hi everyone, this is me again Adriana Dos Santos, a third year PTV. Once in two years, congregation gives us a chance to go back to our own villages for three weeks, to meet our family and to enjoy the fresh air and the green environment. For me, those three weeks is very valuable because it is a time for me to share love and life experiences. It is time to spend time with nieces and nephews. But more than that, it is a time for me to share my life prayer and experience of God with my mother.

Last July was a special time for me and my family. I had time to help my mother in her small store and remembered all the good childhood memories. This small store became the silent witness of my mother's struggle to raise all of us. Although, we all have grown up, but the store is still there. In this small store, I saw my mother's struggle to raise all of us.

Listening to my mother's life experiences and the experiences of my family I could feel the presence of God in each one of them inviting me to address something more in my life. The quiet atmosphere of the village and the beautiful scenery made my three weeks of holiday a grace-filled time. I felt my time with my family is very short, but then I was reminded about the Ecclesiastes saying, "To everything there is a season, and a time to every purpose under the heaven." For me, it means, there is time to meet family but there is time to go back to the community, and go back to the usual activity. There is time to meet family but also time to leave them. Yet, we are still united in prayer and God's love. Thanks to all of you, and wait for our stories hereafter.

Asianz PTV Meeting 2017-Philippines



Dear all, I am glad to greet you all again in this edition. I am Filomena Soares Amaral, a third year PTV. In this newsletter, I'd like to share with you all a short reflection about Asian PTVs meeting. Asianz PTV meeting is a meeting for young RSCJ from ASIA, Australia and New Zealand that is held every two years. This year, the meeting was held in the Philippines and the theme of our meeting was "Setting Sail to New Frontiers.". There were 13 of us present in the meeting; 5 from

KOC province, 5 from Indonesia area, 3 from India province and 1 from Philippina. There were six speakers and some Philippino Final Professed who participated in the meeting.

I myself felt that the goal of this meeting was to build the spirit of Internationality among the PTVs. After the meeting, I can humbly say that we are now prepared to set sail to a new mission and to an unknown place without seeing the borderline, believing that God is waiting for our presence.

Where are we going to go? Where is the demanding world? Those are the questions that were often talked in the meeting. I learned that as an International Society, we are called to be open to the reality of the world that needs to be served. And to answer the question above, we must need a strong faith of God.

This was the first meeting for me, and it was full of enthusiasm. How happy was I to get this opportunity, that I could meet other PTVs, experienced new things, and God in a new environment. I am aware that I can only have this opportunity because of God's goodness and generosity through the Congregation. Just like a mother, our Congregation gives us lots of things to nourish us for the future.

Self-Managing Leadership



Greetings to all RSCJ in the world. I am Henni Sidabungke, a fifth year PTV. It is a great pleasure for me to greet you all through my reflection about Self Managing Leadership program that given by Takagani, one of our Lay collaborators, Last October.

I am aware that this kind of program is not a new thing for us because we have received this in our earlier years of formation. However, this program has been very helpful because we came to understand and accept ourselves in a deeper way.

On the first day of the program, we were invited to look at our life stories, to identify each stage of life, realizing every moment that made us sad or happy. When I looked my life graph in the past years, I saw lots of moments that gave me happiness; particularly when I was in peace with others and when I surrendered to God. I experienced this powerfully during the Long Retreat when I was a novice. Yet, there were also moments of sadness; for examples when I was in the

middle of conflict or when I was in a situation of disharmony. From this graph, I learned that I was very easily affected by a situation and easily feel down. However, during my formation years, I have received help of people who love me; my graph now reflects the struggle of Henni to the true self, struggle to choose the only action that can strengthen and make her more beautiful. Thus, when I am invited to imagine my life in the future, I see myself becoming the person God dreams of; a strong, joyful and peaceful woman who can help others find their happiness.

Living Values Education

‘To do’ is greater than ‘to be’, this is how we define the education system in this era. Students from kindergarten up to University students are forced to deal with the demands of the time and the effect of technology. Most schools, institutions or offices demand high intellectual rather than high personal values. With a high concern about our world, RSCJ Indonesia, Novices, Pra- Novices, PTVs, Sr Gera and Sr Lulud had a workshop about Living values education, from 29 November – 02 December at our Novitiate community. This workshop was facilitated by Takagani, one of the members of Living Values Association.

In this workshop we reflected more about our own values, and learned to sharpen those values so that they become our life cultures. We learned that in life each person needs to feel safe, respected, valuable, understood, and loved, thus we were asked to create situation so that those values can transpire in real life. We were invited to imagine the face of the world if each one is persistent in practicing those positive values, the world must be very peaceful, full of smiles and joy. We also reflected the obstacles that often lead us to conflict, that make the peaceful world only become an imagination. Thus, in this program, we were trained in some skills such as active listening, which invited us to detach from ourselves and listen to others attentively. This active listening skill also helps us to become a mediator during a conflict resolution.

There were lots of moments of silence, activities and discussion during the process, that obviously improved our understanding about ourselves. The program ended with us making an ‘action plan’ for the future so that the fruit of the program will not stop within ourselves but will bring a great influence to others. Each one of us thought of the values that we wanted to deepen in our own life and thought of a way to share these values with others. In our action plan, we

passionately focused our goals and our intention to enliven the values to small children and youth of all faith traditions. May this become a reality!

Healing Past Memories and Facing Our Fears



Hi everybody, I am Natalia Do Rego, a fifth year PTV. In this edition, I'd like to share with you my reflection on our Healing program that was given by Sr Gera

The three days program took my attention back to my deepest heart, with a calm mind, to relook at all the experiences that were both opportunities and obstacles in my life. Staying in silence, encouraged me to see and to face the reality of my life, and that was the greatest grace in my life. When I see my past experiences with joy, and without hatred I can accept them, draw meaning from them and can see the reason why this happened to me. I realized that every person in my life is a strength, they are the ones who teach me how to love and how to forgive others.

God teaches me to see His love through the attitude and the goodness of others. The processes of the program encouraged me to become a friend of my own life story and in practicing the ways to enter my own heart. I can see God is changing me to become a mature woman, I find new life to continue God's work in my daily activity in the Sacred heart.

Last word, I want to thank Congregation, Sr Gera who have helped me, and my friends who always support me. Thanks be to God for having shown me light in my own heart.

Ministry Experience in Pondok Bocah

Pondok Bocah (Home for little children) is our informal school. The criteria to be admitted to Pondok Bocah is that the child is five years of age, lives near our community and hails from a family who is unable to meet the financial demands of pre-school. In this school, the children and staff are from different religions and cultures. We thus have many opportunities to become a family. The differences among us does not become a problem, but becomes a richness.

The children come to school with much joy and are happy to learn. The mothers are happy too because Pondok Bocah provides a safe space for their children while they can go to work and earn some income for their families.

I am grateful to be entrusted with this ministry in Pondok Bocah. I realize that this place has become a place that shapes me to become a committed, strong and loving woman who has a wide heart to embrace everyone in my ministry, especially children who yearn for love. It becomes a place that helps me to grow in faith, and strengthen my relationship with God through each person I meet, children, teachers or the parents. All of them have taught me to be simple, to be open, and to accept others humbly as a family. In listening to the stories of the children, staff and parents I also learn to be a free and brave person to do something new, that gives me energy and meaning in my life.

Many thanks to all who have helped me in this ministry!

MEMORIES



**Celebration of Mater Feast
at Novitiate Community**



Sr Gera & PTVs after Healing program



Five PTVs



Nata with 'Pondok Bocah's



**Henni with Young Catholic Students at
Maranatha University**



ASIANZ PTVs Meeting



Workshop: Living Values Education