

Pastoral Programme Newsletter

November 2024



A workshop for Sudanese returnees in Juba



A transformative psychosocial and spiritual workshop for Sudanese returnees was held in Juba from 5-9 November 2024, with the aim of addressing the emotional and spiritual challenges of reintegration. With 34 participants, the workshop provided a vital space for reflection, healing and community building through group discussions, cultural exchanges and spiritual support.

Participants shared powerful stories of resilience, seeing themselves as survivors and finding renewed purpose despite their difficulties. The programme highlighted the importance of ongoing support for returnees, emphasising the need for long-term emotional support, community networks and access to essential resources.

Continued commitment is essential to help returnees rebuild their lives with dignity, stability and hope.

Training of Small Christian Communities in Malakal

From November 25th to 27th, 2024, the Diocese of Malakal hosted a formation and training session for Small Christian Communities (SCCs), supported by Friends in Solidarity - USA. The workshop, led by Fr. Emanuel Tredeo M.Afr, welcomed 37 participants from various local communities.

The training focused on deepening participants' understanding of SCCs, emphasizing their foundation in Scripture, prayer, fellowship, and



missionary spirit. SCCs play a vital role in the Church by fostering intimate, lay-led gatherings that nurture faith, build community, and promote evangelization. The session also highlighted the importance of lay leadership in guiding these groups and supporting their growth through spiritual formation, personal support, and outreach activities. The initiative is a significant step towards strengthening the Church's grassroots mission and empowering local communities in Malakal to live out their Christian vocation.

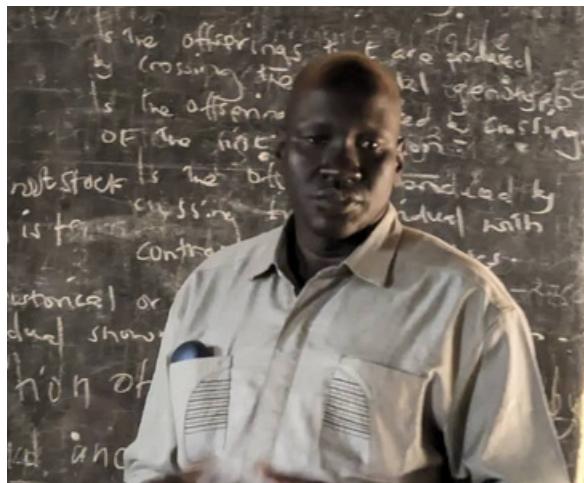
Trauma Healing and Motivational Workshop in Jongali State

From November 25th to 29th, 2024, a transformative five-day workshop took place in Bor, Jongali State, focused on trauma healing and motivation. Supported by the Schools Sisters of Notre Dame, the event saw the participation of 47 students from Malek Secondary School.

Facilitated by Fr. Christy John CMF, a Solidarity Member, and trained volunteers Kuol Thou Majok, Achiech Geu Ayom, and Peter Khor Gatwech, the workshop included a variety of activities aimed at healing and emotional growth. Key sessions included the exploration of Viktor Frankl's meaning of life, body literacy, breathwork, Tai Chi exercises, and techniques for managing trauma through Emotional Freedom Technique (EFT) and finger holds. Participants also

learned healthy coping strategies and theoretical concepts like labyrinth therapy.

This workshop provided essential tools for emotional healing and empowerment, helping participants navigate trauma with resilience.



The “Laudato Si” project and tree planting



As part of our ongoing commitment to environmental stewardship and sustainable development, the “Laudato Si” tree planting project, supported by Friends in Solidarity - USA, continues to have a positive impact in several parishes in our community. This project, inspired by Pope Francis, which calls for ecological action and care for Our Common Home, has successfully reached four parishes and is ready to expand.

This initiative not only helps mitigate climate change, but also promotes a deep sense of responsibility and care for the environment in our communities.

Let us all work together in the spirit of Laudato Si to nurture and protect the gift of creation entrusted to us!