

Revival of My Spirit at Restful Waters, Singapore

By Sr Monica Kujur



Pic 1 Seated: Sr Monica Kujur (CEIN), Standing from left: Sr Madhalai Vinnarasi (CEIN), Sr Theresia Anita Yuniastuti (Indonesia), Sr Jennifer Fernando (Sri Lanka), Sr Faustina Nguyen (Vietnam), Sr Rita Lorenzo Luis (Angola), Sr Josephine Daniel (Pakistan), Sr Anthoniammal Soosaiappan (CEIN), Ms Martha Hesty (Indonesia), Standing at the back from left are Sr Magdalen Bui (Vietnam) and Ms Rodelia Albotra (Trainer, Grant Proposal Writing, Monitoring & Evaluation)

“He leads me beside still waters, he restores my soul” Ps.23:2. The Lord brought me to **“Restful Waters”** on 10th March to restore my soul and to fill me with love, peace and joy. The warm welcome by Sr Lucy Chia and Melina Ong made me feel at home in the new place. I was filled with joy as I met the participants from Indonesia, Pakistan, Sri Lanka and Vietnam. Even though I did not know the majority of the participants, having met them for the first time, I felt comfortable among them. Fortunately for me, there were three participants from CEIN Province, and this added some comfort to my stay in Restful Waters.

TRAINING WORKSHOPS on

- LEADERSHIP
- PRESENTATION SKILLS
- SELF-DISCOVERY
- GRANT PROPOSAL WRITING, PROJECT MONITORING & EVALUATION

Organised by Good Shepherd Convent Restful Waters, Singapore, this 15-day holistic programme’s primary objectives are to teach and en-skill participants to:

- plan and write effective grant proposals;
- present with impact;
- be a better leader;
- understand oneself and others better; and
- effectively monitor and evaluate projects.

Other objectives included offering participants a broad spectrum of experiences and learning, such as community living in an international setting, building relationships, understanding and appreciating different cultures, and witnessing Good Shepherd partnership in action.

The programme culminated with each participant giving a presentation on a project they plan to carry out in their country and the support needed. It is with joy and gratitude that some projects found sponsors following the presentations.

Through the programme, participants acquired both hard and soft skills necessary to be more effective in mission.

By Melina Ong

Mr. Nick Jarvis Tan, the resource person for “**Christian Leadership in the Modern World**” is a man for God. From his sessions, I could feel his love for the word of God and his thirst to live a life for God’s Glory. He chose to begin his first session, which was also the opening of the programme, at Gardens by the Bay as a symbol of the beginning of human life at the Garden of Eden. His involvement of others from his family and circle of friends made the session more interesting and deepened my faith in God. The creativity of his session awakened my ability to be creative.



Pic 2 At Gardens by the Bay with Nick



Pic 3 Sharing in Pairs at Gardens by the Bay



Pic 4 Showing off our Creativity

Ms. Alison Lim, the trainer of “**Effective Presentation Skills**” is a person who walks the talk. She sharpened my presentation skills through her session and sharing of her lived experience. Her use of visuals and the practical sessions enabled me to learn new presentation skills.



Pic 5 With trainer Ms Alison Lim (in yellow)



Pic 6 Practice, Practice, Practice

The “**Journey of Self Discovery**” by Sr. Lucy Chia and Melina led me to discover more of myself. The session was filled with the Word of God and their life experiences helped me to analyze my life. The sharing and opportunities offered helped me to become a better person and one who lives for the Lord and His mission. This session also enlightened me to understand others and the need to give opportunity and support for their growth.



Pics 7 & 8 Session with Sr Lucy Chia & Melina Ong

Ms. Del Albotra, the trainer of the “**Grant Proposal Writing**”, gave sufficient time to coach each participant. She was approachable and simple, thus making the participants feel at home with her. Her individual attention enhanced my understanding of Grant Proposal Writing and the ability to synthesise the issues. The session on Monitoring and Evaluation taught me tools needed for monitoring and evaluation. She also drew my attention towards minute needs which are required for a successful project.



Pic 9 Listening attentively to Del

The presence of a small group of participants was a blessing to get personal attention to learn better. The opportunity to present our draft presentation was another learning session from each other. It was really remarkable to see the efforts of each participant at the final presentation. I enjoyed offering help and receiving the same from others.

I was happy that at the end of the programme, I was able to share my proposal with the Good Shepherd Mission Partners and well-wishers. Even though my proposal was not selected, nonetheless I gained clarity on the issues which my community mission is focused on. I was also very happy that I could demonstrate my learnt presentation skills for the final presentation.



Pic 10 Grateful for the personal attention



Pics 11 & 12 Sr Monica and Sr Theresia keeping the audience engaged with their presentations

I am grateful to my Province Leader, Sr Sabina Pathrose and her team who gave me this opportunity to come to Singapore for the training. I am also thankful to the Organizing Committee, especially Sr. Lucy and Melina, who journeyed with us from the beginning of the session to the end. Their accompaniment will be remembered in my life's journey. My heartfelt thanks go to all my friends, the co-learners, who contributed towards my growth and enriched me through their sharing.

On the whole, this session has revived my Spirit. The faith sharing of the trainers and trainees has made a great impact in my spiritual life. The sessions equipped me with knowledge and skills to be efficient and effective in my mission and to live for the glory of God.



What was your experience of the programme?

"I am very grateful for the opportunity to participate in this session. It opened my mind and my heart, to see and understand about diversity. We lived, learned, shared and encouraged one another".

Sr Faustina Nguyen, Vietnam



"The workshops and activities have improved my skills and raised my confidence to live out my religious life through learning, community life and relationships. I was inspired by the teachings and witnessing of the presenters, to work professionally together enhancing my talents and capabilities..."



I am delighted to have been a part of this programme where I could understand more about my personality and others. I could practice the teaching of Jesus where each one of us are called to be a leader. Leadership is not merely about power, but how can my life become a bridge for others to feel the love of God – in my being and in my doing."

Sr Theresia Anita Yuniastuti, Indonesia

"It was really an enriching experience for me living with an international community to witness lots of love, concern and hospitality especially from Sr Lucy Chia and Ms Melina Ong. I felt everyone was well looked after. The soul touching reflections are admirable. My sincere gratitude towards the team at Restful Waters, mission partners and benefactors. My experience of their love, generosity, commitment and passion for the mission – has deepened my commitment".

Sr Josephine Daniel



"During the 15-day session, I became aware of my purpose in life and discovered who I am and how I can use the gift of knowledge I possess on the topics i.e. leadership, coping mechanism, presentation skills and grant proposal writing. I can use all these to proclaim Jesus, be real, simple and uphold one another especially in ministry. To speak for the women, young girls and children at risk who have no voice. I realized the meaning of my life is to be a Christ presence in the world which does not need preaching but a "presence"." Sr Anthoniammal Soosaiappan, CEIN





"I am grateful for the workshops, living as an international community and witnessing partnership in action. I learned many things that are useful for my work and contribution to the Good Shepherd Mission. It was a wonderful experience, many new learnings and beautiful moments".

Ms Martha Hesty, Indonesia

"I am so thankful for the time to be here in this session. Coming here, I had the chance to learn from professional trainers in the areas of Presentation Skills, Leadership Development, Grant Proposal Writing and Self-Awareness. Living in an international community, we got to know one another, worked as a team and supported each other. To sum up, it was a great time for me". Sr Magdalen Bui, Vietnam



"I am really grateful and feel blessed to be in this programme. From the beginning to the end, the organisation was excellent. The Grant Proposal Writing workshop was especially valuable because it was a new area of learning and I received lots of clarity on how to write a grant proposal.

In the Journey of Self-Discovery workshop, the real-life examples and demonstrations allowed me to become aware of myself and this knowledge will help me to live my life in community as a better person and to have better psychological well-being".

Sr Jennifer Fernando, Sri Lanka

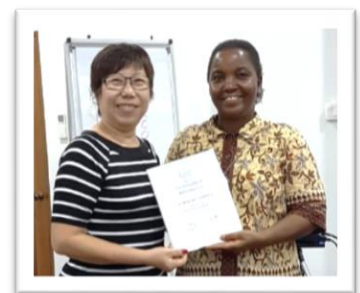


"It was a beautiful experience, caring, supporting, helping one another in an international community. The workshops were very meaningful."

Sr Madhalai Vinnarasi, CEIN

"I am very grateful for this opportunity. I felt at home. Your vision and international spirit help us to be one and to engage with each other. Thank you so much for this opportunity."

Sr Rita Lourenco Luis, Angola



Certificates were presented by Sr Joan Marie Lopez, Province Leader, Singapore-Malaysia and Ms Morene Sim, Chairperson, Restful Waters.