

Transform4Life Newsletter, April 2021

As COVID19 continues to affect and grip the world in a plethora of ways, so does the resolve of Transform4life to continue to transform lives of individual and communities by addressing the ever-increasing need of caring for those in need of emotional and mental health through various online programmes.

ONLINE WORKSHOP:

The Third session of the Christian Perspective on Mental Health by Dr Kuruvilla George was attended by number of participants who had previously been unable to attend the sessions. The comprehensive teaching by Dr KG was complimented by meaningful discussions and questions on the content by the participants.

One participant wrote to us saying: *"I recently attended the Christian Perspective on Mental Health session via Zoom with Dr Kuruvilla George. I was truly blessed by that session and have shared with my bible study group about the Zoom session."* The topic of mental health has struck a chord with many people, especially in Malaysia. The several sessions have resonated the need for sound teaching with a patient handling of the questions by participants.

BEING AN AGENT OF HEALING:

The Agent of Healing continues to attract new participants. Many in the batch of March were introduced to T4L by keen recommendations from previous participants of our training as well as a result of the Online Workshops. In response to our question on how they would use what they've learnt, a participant said: *"I'm teaching grade one to grade three students and I'm planning to apply what I've learned in this training program to communicate and work with the students better."*

One of the challenges we face in our online training program is the increasing 'online meeting fatigue' owing to the plethora of online activities in these Covid times resulting in many not wanting to sign up for one more!

However, there also are those who have never attended online meetings before as we realized from the response of a participant: *"This was my first experience of a zoom meeting and I was very nervous on our first session. But the talks and discussions were relaxed, open and encouraging. I could engage well with the discussion."*

We are so encouraged to hear that our methodology and content is appreciated.

ALIVE TRAINING:

Level 1 and 2: *"I didn't know one has to heal one's own trauma first."* said an excited participant on discovering what the ALIVE Training is all about. She had joined the program on the recommendation of a church leader anticipating the training to equip herself as a good caregiver, by the second session she understood that this journey

was going to be much more than just that. This is one more participant who could recognize the therapeutic dimension of our training and that too, right at the beginning.

Right now, the Level 1 and Level 2 training programmes are happening simultaneously. We have scheduled to start a Level 3 training for participants from East Asia and Australia. The training will be conducted on 5 Thursdays.

SAATHI:

"It's the first time attending such a workshop, it's different."

"Appreciation to SAATHI team for attending to the need of the hour."

"Looking forward to more sessions with SAATHI."

These are some of the feedbacks received soon after the completion of SAATHI's introductory seminar with St. Philomena's college, Bellary, Karnataka. The session was held on 20th March, with 25 teachers registering and participating on the day. The responses and interactions from the teachers kept the entire session lively and interesting with the varied presentation of meaningful imagery and perception of emotional trauma. The group discussions were amazingly led by the teachers themselves. Language was not a barrier as the teachers could choose to speak in English or Kannada, and the group leaders would then help with the translation. The overall session was a great success and teachers await more such sessions with SAATHI.

We are encouraged even as we attempt to sow seeds of encouragement through the means of these online programmes as we hear from individual participants. And we hope that lives, families, and communities will heal and become agents of grace and healing to each other and others.

PRAYER POINTS:

- We request your prayers for the new website that is being developed. Besides the financial obligations, we need your prayers and help in creating the content. If you would like to be part of this venture, please write to us.
- The Online ALIVE Level 3 for East Asia and Australia starts on 22nd April and will be held on 5 Thursdays. We request your prayers for all the participants and Sunny Philip who will be facilitating the sessions.
- We request your prayers as we promote "Being an Agent of Healing" training program in the churches. There is an opening to conduct it in association with the Youth League of the Mar Thoma Syrian Church.

Transform4Life Team.