



Newsletter nr. 1 of 2019

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Dear IAAR friends!

It is brimming with gratitude that we once more drop into your living rooms with news of the projects that IAAR is supporting and all the great initiatives that are helping us raise funds.

1. PRH in TANZANIA

There is a dynamic feeling in PRH Tanzania and the future is assured. The challenges for the educators in this very poor country are not to be underestimated. They themselves believe in it and are wholly convinced that they are called to give their contribution to the development of their country through the PRH formation.

Their gratitude for our solidarity is immeasurable.

Margreth, a future educator testifies:

MY EXPERIENCES PRESENTING SHORT MODULES DURING 2018

I am Magreth Lazaro from Tanzania. I am following the professional formation. For me it was a beautiful and surprising experience to be able to animate short modules. To me it is the gateway to success. Thank you for the financial aid and the formation that I have received to be able to animate these modules successfully.



In 2018 I animated 8 short modules and accompanied 40 clients (regularly or occasionally). I am in the process of building a good network and the people are very active to promote PRH in Tanzania.

During the preparation of, and while presenting a module, I feel filled with energy and creativity. This encourages me and makes me determined to continue my engagement. I long to become an accomplished educator who helps people to discover who they are and to free themselves of the hindrances preventing them from being happy and from flourishing.

The reactions I receive from the participants motivate me to continue along this way and to give it my all. Here some of their reactions:

"Many many thanks. The module 'If I say no I feel guilty' was an enormous help to me. To a question from my children or others in my surroundings I often say 'yes' even though I feel a clear 'no', and that does not feel right. Now I understand better what makes me lose my equilibrium with the result that I feel guilty afterwards.

The module helped me understand my problem towards others. If I feel 'yes' or 'no' when confronted with a question I usually delay giving my answer and I realize how inefficient my hesitance is. This manner of reacting has a negative effect on all my relations.

The module touched and enriched me deeply. I discovered that I live departing from my head (I-myself) and not from my being and deeper conscience. Simultaneously I discovered that my material and personal surroundings have a great influence on me, and this in a positive as well as a negative way."

MY TRIP TO TANZANIA AS PARTICIPANT - EDUCATOR FROM IRELAND

It was for me quite a challenge as if I was going to the end of the world, not knowing the culture, having to see where it was on the globe and being told that I had to get vaccinated. I didn't know what kind of clothes to bring and in my mind, I thought Africa was for summer clothes, the whole year round, but luckily I had brought a sweater!



9 hours on a plane... My first impression was a 'wow', you must remember that I had left Amsterdam airport and landed in Kilimanjaro airport - what a contrast! A taxi driver was there waiting for me. 'I almost saw a friend in him'.

I spent my first night in a small Hotel in Arusha. The food was different and it was a game for me to try and find out what it was – a culture shock. There were 9 of us for breakfast, the others heading out to a safari and I going for an inner safari experience that would help me be more authentic.

I was fascinated by the vastness of the land, it never ended and the skies and nightly moon made me feel the oneness between Ireland and Tanzania. Finally, when I arrived at the venue that would be my home for 11 days – I was welcomed by the warmth and kindness of the people. All through the days they broke their backs to help me, taking care of me, being good to me, sharing laughter with me, bringing me to see the life of the coffee bean, from its seed to my cup and more over with some as a gift to bring home and enjoy.

The life rhythm in Africa is different from the one in Europe, there's no rush. I was there for a purpose. I am a PRH Educator who speaks English and I needed to be nourished by the English version of the two workshops I attended. I was invited to attend these sessions. These two weeks went by much too quickly and I am fully thankful for this opportunity to grow so much more in different ways.

Eibhlin Maher, September 2018

2. PRH in CONGO

Taken straight from reality - Maarten's impressions concerning life in Kinshasa written down during the formation period in Congo from 7 to 21 July 2018



Pauline, Helène, Brigitta



The 'kitchen' with 'les mamans'

This year we have an unusually busy program. The colleagues are requesting formation, amongst them the two brand new educators Brigitta and Pauline. Also, the two future educators Zoë and Romaine have their compulsory formation. And then there are the collaborators with their specific needs. On the program, amongst others, is a series of individual conversations, meetings, the workshop 'Clarity in my relations', the professional training, exercises in the PRH-aiding relationship, and a General Assembly. We hardly have sufficient time to discuss and organize everything.



Julien, Dieudonné, Jean-Baptist, Jactinthe



Meeting with the collaborators

Surviving

Everyone we speak to tells us that the situation for the person on the street has deteriorated further. The wages are not increasing and are often not paid out, this while life is getting more expensive. Simon, a new PRH-educator, is principal of a school but he tells us that he needs to combine three jobs and that his wife runs a store to be able to pay the school fees of their four children.



Proof that it is no small feat to live in Congo is clear because shortly prior to our arrival the youngest daughter of Jean-Baptist, Magda (in the center) was stricken with a life-threatening malaria attack. To prevent any brain damage she had to be taken to hospital for treatment. During our stay her sister Daniella also suffered a serious malaria attack and she had to receive serum for four days. That the children were able to be treated against malaria is thanks to the help from Flanders. Families who do not have sufficient funds are not able to have their children treated. The medical institutions are unrelenting, no money, no medical care!

Also, during our stay, sister Pauline our new colleague, gets a phone call to inform her that there had been a burglary in the school (Eastern Congo) and that practically all material had been stolen. A little later she received news that one teacher ended up in hospital after having been beaten up because he had dared to fail a pupil.

In the neighborhood where we stay there is no longer any water from the water main. Daily there are power outages, sometimes these continue for the whole day. Most people prepare their meals on small charcoal fires. The churches of 'de Reveil' are forced to switch to generators. They at least have funds for gasoil.

PRH in Congo is growing slowly but surely

There clearly is progress for PRH and that definitely is also the result of our annual visits and the support from IAAR and Flanders. In January Paulina and Brigitta became educators, and next year the first 'Who am I?' workshops are planned for Romanie and Zoë. Even this year a VBPG workshop will be presented to four participants. And Jacinthe is starting MPV with a new group.



Pauline gives workshops in Eastern Congo, a four-hour flight from Kinshasa. Brigitta gets most of her participants from the religious congregation in Kinshasa itself.

There is no shortage of candidates to follow the formation, but of material there definitely is. For ordinary people it is as good as impossible to pay for a workshop even with a tariff of 20 dollars for four days. Most are not even able to pay 5 dollars.

Jacinthe says that with this she cannot recuperate her own expenses (a.o. photocopies are very expensive) and then there still remains the problem of the lodging and the daily meals...

On the last morning we have to go to the check-in counters of Brussels Airlines where we drop our bags for the evening flight to Brussels. There we run into Paul Peeters a former priest who worked his whole life in Kinshasa and who, during the last few years, mainly helped aids patients. You easily become discouraged he says, that continuous fight against poverty, the bureaucracy and the corruption.

We tell him that in the meantime we can relate to that, to which he solemnly declares: But you have to continue coming here, YOU HAVE TO CONTINUE COMING HERE... it is essential for the people of good will. What can they do without our help...

3. Numerous Initiatives in aid of IAAR

Quite a number of activities were launched.

Heartfelt thanks to all the initiators:

3.1 Guy celebrates 65!

At the occasion of his birthday celebration Guy invited his guests for a river cruise.

As gifts he asked for contributions to IAAR.
It was a fine initiative and an occasion to promote IAAR.



3.2 Helma celebrated her 50 years and testifies!

"A party was in the pipeline: I had not yet celebrated the fact that I had turned 50, because I had been too busy with studies alongside my work. I wanted to invite persons from all areas of my live, bring them in contact with each other and to let them hear, see, and experience IAAR and PRH. As a present I asked for money for IAAR and for some relaxing activities. I rented a hall in a 'Friends of Nature house' and decorated the hall with a table of items from the IAAR-stall as well as a serpentine, made up of answers received to short questions, which I had inserted in my treat at the occasion of my 50th birthday, like as an example "To you, what is the key to happiness?"



After a leisurely walk, the guests were divided into groups and received a booklet with assignments and material to creatively depict the theme of the party: learning and celebrating being present your whole life. The group could choose one or several assignments. After completion this was followed by a voluntary plenary presentation and a joint meal. I introduced and presented PRH, the mission of IAAR and the raised gift contributions for IAAR.

The results were beyond my expectations: people gave generously, even if they were unable to be present, and the guests were enthusiastic to be creative together with each other and to reveal the beautiful results.

3.3 Results of our IAAR-stall of the past 5 years



The PRH-stall has made 5.522 Euro net during the past 5 years.

It was run by the collaborators of IAAR, gathered together thanks to small projects and during markets, information sessions, parties, sales to friends...

3.4. International market at Sint-Niklaas

"During the international market in Sint-Niklaas we manned a stall for IAAR next to the one of PRH. There was a lot of interest from the visitors, maybe due to the nice weather which meant that people were more eager to linger and buy things.

There were also a series of games for children. They had to complete an assignment at the stalls for which they registered and had to collect 12 stickers with which they could win a prize at the central stall. This year's theme was 'little heroes'.

We operated a Wheel of Fortune (what is it that makes you feel happy?). There were numerous children who chose 'playing with friends' or 'liking someone'.

With such a mini-conversation you could observe how they were making a trip in the direction of their being (and that the parents were moved too!) It was beautiful to witness.

Afterwards, equipped with the flyer of PRH and IAAR, the parents went to have a look at the PRH stall, or they moved on to the next assignment.

Els



3.5. David being energetic for Congo

"I organized a concert with a friend who is a pianist. She wanted to do something. The only thing I had to do was to rent a piano. A nice program, with some works of De Boeck as a framework and free entry (only a voluntary donation for the project Congo). It turned into a very pleasant meeting and fund-raiser for IAAR.

3.6 Initiatives at the occasion of 'THE WARMEST WEEK' action, a campaign to support a good cause.



For a third year running the collaborators of IAAR brainstormed to come up with meaningful initiatives for the campaign supporting good causes called "The warmest week"

People are encouraged to take action to collect money benefitting an organization with a social aim. During the last week before Christmas all these campaigns are bundled and made public on air via one of the national radio stations.

The money collected is then transferred to the chosen organization.

Listed below are some of last year's activities:

* Annick and Patrick organize a creative workshop

During this workshop 'Being creative through bonding' we took the time, on Sunday November 25, to let our hearts beat for those who are left at the wayside, people who remain standing in the cold... to listen to them and then express ourselves in creative ways.

* A living room concert in Utrecht

On Sunday November 25 Helma organized a 'salon' concert with international music performed by an ensemble of bamboo flutes.

* Aperitive concert 'Bart, playing by heart'

Bart Van Kerchove, composer and piano teacher presented this concert on Sunday December 2nd in Lokeren. This he did together with 3 collaborators.



They played some of Bart's very own compositions:
Bifurcation Point
Notes Lydiennes for the right hand and the white keys
Rope Skipping
Pirate of the North Sea, for piano duet
Ani
Image Oubliée, for piano duet
Mozart Variations
D-toxification

* Qigong for life

Qigong is a century-old Chinese health practice. It is looked upon as the basis of Tai Chi. The soft and repetitive movements, supported by the breathing, is an efficient way to prevent illness, stress and fatigue.

On December 15th it was time for a new 'Qigong for Life', in Mortsels, animated by Kris

* Sale of personally crafted ceramics

Bart B, one of the initiators of the campaign 'The warmest week for IAAR' thought it would be an excellent idea to sell his creations in support of IAAR.

During the preceding months he spent much of his free time spinning and baking scores of pots and bowls with the sale of these items in mind.

He held two sales days, one on his birthday in November and one on December 9th.



* Two benefit performances by Jo

Jo, gave two benefit performances in Mechelen on 14 and 15 December in aid of the campaign for IAAR. His one-act play 'The bubble, happiness, and the postman' turned out to be a huge success.

"Within our little hearts we all, quietly but very adamantly, count on the fact that you will come and watch. No, No, not only you, but bring everyone with you who supports a good cause, in order that we may make the world a better place TOGETHER. And you will definitely return home a happy person.



* Sacred dancing animated by Katelijne

Against the background of the warmest week to the benefit of IAAR, Katelijne animated an afternoon of sacred dancing in Antwerp on Sunday December 9th.

* Cathy makes and sells headbands

Together with two friends, they met for several weeks in a row to knit headbands and to sell these in support of IAAR.

* Lutgart sells house plants

With plants she grew herself, and left-over walnuts from the neighbors she started the temporary sale of these for the warmest week.

All these initiatives together meant 9 890 Euro to be placed in the drawer of IAAR.

HEARTFELT THANKS FOR ALL THESE INITIATIVES, BE IT WITHIN THE FRAMEWORK OF THE WARMEST WEEK OR OTHERWISE, AND THANK YOU FOR THE WARM HEART YOU CARRY FOR IAAR!

Your support is of immense importance to us!

Magda Uyttersprot,
Chairperson - www.iaar.eu