

Pastoral Program Newsletter

July 2024



Trauma healing workshop for visually impaired people

From July 1-5, 2024, 33 visually impaired people attended a five-day trauma healing program to address psychological challenges arising from conflict and social stigma. During 2024, Friends in Solidarity (FIS), with support from the Solidarity Pastoral Service, conducted several trauma healing workshops for visually and hearing impaired participants at the Rajaf Blind School in Juba, South Sudan. The workshops used braille and sign language interpreters and included activities such as Tai Chi and Pal Dan Gum exercises to promote wellness. Focusing on "body literacy" and using Capacitar exercises, participants learned how to balance energy and emotions. Despite challenges, such as the complexity of sign language interpretation, the workshops improved participants' resilience, social interaction and independent living skills.



The feedback was extremely positive and showed significant personal growth and empowerment. Future workshops will focus on facilitator training, inclusive environments, cultural sensitivity, and continuous improvement.





Empowering Women Through Trauma Healing Workshops in Juba and Terekeka

Between July 8-19, 2024, the Solidarity Pastoral Service successfully conducted two workshops focusing on Post-Traumatic Stress Disorder, trauma healing, and reconciliation in the Central Deanery and Terekeka Pastoral Region of the Archdiocese of Juba. These workshops, targeting 42 couples from 16 parishes in the area, aimed to help women recognize and heal from trauma, transforming them into positive influencers within their communities; but also to improve couple communication, family life, and gender balance awareness.

Interactive sessions were held on effective communication, justice in relationships and environmental awareness, rooted in Catholic teachings and inspired by Laudato Si'. Participant engagement was high and feedback extremely positive.



Catechist Workshop on the Eucharist

From July 15 to 19, ahead of the 2024 National Eucharistic Congress, the Diocese of Wau organized a three-day seminar for 50 catechists to deepen their understanding of the Eucharist and improve their teaching skills. This initiative aimed to promote unity and spiritual growth within the community.

The workshop consisted of three main moments:

Day 1: The theological and spiritual significance of the Eucharist.

Day 2: Practical catechetical methods and skills for effective teaching.

Day 3: Day of recollection with prayer sessions and guided meditations.

Facilitated by a local spiritual formation and catechetical expert in collaboration with Solidarity's pastoral team, the workshop provided catechists



with a comprehensive understanding of the Eucharist, practical teaching skills and opportunities for spiritual renewal and community building.

The event, supported by the Congregation of the Sisters of Mercy in Dublin, culminated in a recollection led by Fr. Emmanuel Tredou M.Afr, focusing on the theme "Eucharist: A Healing for Community Transformation." This impactful workshop improved the knowledge, skills and spiritual well-being of catechists, ensuring effective transmission of Eucharistic teachings to the wider community.

