



GR@ILVINE

GRAIL PROGRAMMES NEWSLETTER

Kleinmond, South Africa, December 2018



Eileen Rudolph, housekeeper supervisor at The Grail Centre, will retire. She says: "I will miss it a lot."

TFT is like salt in food, invisible but giving taste

By Sr. Marykutty Mathew Palaparambil, India

I am Sr. Marykutty Mathew Palaparambil, a health worker by profession. I worked for some time as a community health nurse and gradually became a community development worker. I live in India and work with indigenous (Adivasi) women, empowering them and helping them to be free, self-sustained and to live happily. Together we are trying to make our surroundings a better place to live in. It was around 2016 and I was in the process of organising Adivasi women and conducting various types of training when I did the TFT course.

The first challenge I faced was changing my own pattern of giving classes. I changed from the conventional classroom method to a participatory method. The women resisted in the beginning as they were used to passive listening. When I began asking them question after question to get to the root of the problem, they were pushed to think and they were not used to this particular way of thinking to answer these kinds of questions. Gradually the women were introduced to critical thinking and they began to enjoy it. In this process the learning became interesting and the process of change became faster and more visible. The skills of conflict management helped me to overcome the challenges faced with the introduction of the new methodology. Using creative methods and materials like newsprint, crayons and other visual aids also began after TFT.

I was also actively involved in my organisation's triennial planning programme in my Province in India as well as in our International gathering to plan for the sexennium for the entire congregation which is spread over 50 countries. It took only a moment to spell out my experience at TFT, but in my actions I contributed in various ways towards liberation and transformation - of myself, the congregation and the people with whom we

IN THIS ISSUE

TRAINING FOR TRANSFORMATION

TFT is like salt in food, invisible but giving taste.

By Sr. Marykutty Palaparambil, India - p. 1-2

MTHIMKHULU VILLAGE CENTRE

Mthimkhulu News. By Debbie Hull - p. 2

THE GRAIL CENTRE

The Centre says goodbye to Eileen.

Book now your accommodation for 2019.

By Heleen Sliep - p. 2

work. Our six-year Global plan is informed a lot by TFT and it is like salt in food, invisible but giving taste by its addition.

In my community there is more dialogue and we practice the principles of deep democracy. We have planned together the many small steps that we need to collectively take in order to take care of creation. As a community we also inculcate these values in the children who live in our hostel. One simple example is that after I shared my experience of TFT, as a community we gave up sugar and we are more aware of the limited resources of nature and the responsible use of things.

With the help of Ramesh and Sunil, my peers at TFT, and under the guidance of Fr. Xavier, we gave a course of TFT to our women leaders - in total about 100 women in different groups. They too learned the new skills and techniques. No more do we sit in classroom style, we now sit in a circle, where we can see and relate to each other. Instead of preparing and giving lectures we now follow the TFT animation and facilitation method of Learning and Teaching Teams. The leaders learnt with practical experiences how to plan, execute and evaluate workshop. One of the participants, Jermaben, commented: "Now I know that where there is a problem, there is an answer too. It is only a matter of going to the root cause to solve the problem." Geethaben commented that "Learning to be good listener has helped me to make my family a happy family". Training on gender equity was totally new and Radhaben said "Knowing gender was as if entering into a new world".

I had an opportunity to work with Fr. Xavier to conduct two ten-day TFT courses for the Christian Brothers in Shillong. In fact, it was like an internship because there I realized that I had not understood some aspects and only partially understood others.

Conducting the classes together with other TFT graduates and Fr. Xavier was like attending a refresher course which helped me to go deeper into the reflections, especially regarding the principles of Paulo Freire.

Currently, I move from place to place animating the sisters of my province. Some of my sisters have shared that they see a change in me after my training of TFT. I agree that my learning and experience in TFT has brought some personal transformation in my life. My thinking and acting pattern changed and I began to see the people and the world around me differently. My perception and vision have changed. I am transformed from being a welfare-oriented worker to being a transformation worker. I am convinced that in the process of my personal transformation I will take my community and congregation along with me. I am sure the effect will be the spark of transformation for all of us in all our work.



A TFT course with women leaders.

Mthimkhulu News

By Debbie Hull

DSD-Youth Program

In partnership with Beauty School of Excellence, Mthimkhulu conducted two courses on the Acrylic Dip Nail system, one in Kleinmond and the other in Hawston from 5-22 November 2018. We have had a great response to the course as many of the students have gone through our previous nail courses. Most of the learners have used their knowledge and skills to start their own businesses.

In partnership with "Nosipho Consultancy" we also conducted two First Aid Level 1 accredited courses. One participant, Albert expressed the following: "Thank you Mthimkhulu for giving me the opportunity to do the course... it equipped me the knowledge on how to handle small injuries in my community. Before the course, I was too afraid to help."

Mthimkhulu Smartkids "Debutant Ball"

Mthimkhulu Smartkids had their "Debutant Ball" on 23 November 2018. It was a fundraising activity that involved the parents and about 50 people attended.

Early Childhood Development and Aftercare

Our school had a visit to the Harold Porter Botanical Garden in Betty's Bay on the 15 November, made possible by SANBI (South African National Biodiversity Institute).

Our motto is that "Children learn through play." We have currently space for 41 children.

With the 5year olds moving to Grade R, there is space available for 20 kids. Please come and register your child if he/she is between 2yrs and 5yrs old. Aftercare registration is also open for children between Grade R – Grade 5.



Visit to the Harold Porter Botanical Garden in Betty's Bay on the 15 November.

The Centre says goodbye to Eileen

By Heleen Sliep

Eileen Rudolph joined the Grail Centre in March 2009 and will be retiring at the end of December due to health issues. Eileen says she enjoyed working at the Centre and will miss it a lot.

We are sad to see Eileen go, but we wish her good luck and best wishes with her health. She will be spending time enjoying her eight grandchildren and one great-grandchild. Thank you for your loyal service over the past nine years!

Book now your accommodation for 2019

The Grail Centre is currently experiencing a busy festive season with guests, new and old, arriving to spend their holidays with us.

If you or your organisation is planning on taking an out of season break, be it time-out, strategic planning, team-building, or a quiet retreat; be sure to book your space soon. We still have accommodation available between 14 January and 30 March, 2019.

Our old friends (regular visitors) are always welcome and we are excited to welcome new friends to the Centre.

ABOUT US

The Grail Centre Trust is based in Kleinmond, Western Cape. This Not-for-Profit Organisation delivers two programmes, namely Training for Transformation and Mthimkhulu Community Development Programme. In addition, the Grail Centre Conference and Retreat Centre can accommodate groups of up to 50 people. Our work is not possible without the support from funders and donors. You too could help us today to expand it. If you so wish, contact Eunice at eunice@grailprogrammes.org.za.