

Psycho, sexual, spiritual integration



**29th & 30th Sessions for
1 to 10 years
Perpetually Professed
Sisters of SWI, CEIN & SMMI**

Psycho Sexual Maturity

1. Difference between sex and sexuality
2. Different stages of sexual intercourse
3. Three dimensions in the personality of Religious life:
4. Sexual weaknesses in the Religious
5. Psycho sexual disorders
6. How to handle the issues

Celibate Religious life and sexuality

Problems faced in Religious life

characteristics of psycho sexual maturity

Tips to help observance of Celibacy

Trinity model of relationship

Disturbing elements of community living

Pillars of Religious Life



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It was an exciting moment for the young sisters to be gathered together once again to cherish the memory of being together as we were in the formation. This was possible only when the meeting was announced and the sisters started to travel from far and near for this meeting to Nagpur at CEIN Provincialate.

The day began with Eucharistic celebration at 7am in the Good Shepherd Provincialate Chapel at Nagpur. The mass was concelebrated by Fr. Sebastian D' Costa and Fr. Herald D'silva Pillar Fathers. Father preached on the topic Psycho, sexual, spiritual integration. He preached based on the Gospel taken for this gathering: The temptation of Jesus.

Day 1: The session began at 9; 30 am with Prayer led by Srs. Japamale Rani and Jyothi Lakhra.

Sr. Pushpa Louis the province leader of CEIN address to the Young and energetic sisters from both the provinces and SMMI sisters. She began with the quote by Bro. David Steindler Rast saying "it's not happiness that makes us grateful, but the gratefulness makes us happy". Sister emphasized that we are at the prime stage of our religious life, that we are called to work together as Religious for the one Universal Church.



Sr. Precilla Noronha and Sr. Shantha Selvaraj ongoing formation link persons had introduced the resource person namely Sr. Josephine CTC from Tamilnadu.

Sr. Josephine began the session by forming the participants into five groups. She awakened the group by asking the questions from the Bible.

1st and 2nd Session was on **Psycho Sexual Maturity**, the topics covered in these session were:

1. Difference between sex and sexuality, 2. Different stages of sexual intercourse, 3. Three dimensions in the personality of Religious life:

- a) Well rooted ideals and effective freedom
- b) Healthy natural qualities
- c) Effective freedom.

4. Sexual weaknesses in the Religious

Health Break:



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5. Sexual issues relating to the Religious:

a) Past sexual experience, b) Homosexuality, c) Heterosexuality, d) Masturbation, e) Asexuality, f) cyber sex

Video clip was played on the true friendship: **Dog and Dolphin.**

Lunch break

3rd session: We began the session in the afternoon by watching a video on “Growing up” the reproductive system of male and female. Menstrual cycle and child birth and breast self-examination. On these topics the interaction session was conducted.

7. Psycho sexual disorders: eg: Paedophilia

8. how to handle the issues that you encounter as personally or in the ministry that we are involved.

She concluded the session on saying about the sexual integration: sexual integration happens when we connect the dots between all the fragmented aspects of ourselves. Putting the past into the past and allowing the hurt to heal in its own time and gently communicate with one another.

Health Break

Debate was conducted on the topic: Community living fosters and does not foster celibacy.

Sr. Vinnarasi was the moderator and group one spoke community life does not foster celibacy and the 2nd group spoke for; the speaker were 1. Srs. Julia, Monica and Christin, 2. Srs. Latha, Madavi and Rita

At 6.45pm we had the guided meditation conducted by resource person Sr. Josephine and at the end we had a sharing of the experience.

At 9.30pm the recreation conducted by Srs. Josephine and Rajkumari it was fun filled and enriched with entertainment. All of us received a surprise gift which was appreciated by all of us. We concluded by singing a hymn to Our Lady.



The day begun with the Holy Eucharist celebrated by Fr. Herald D’silva. He preached on the topic acceptance, love for oneself and others.

Soon after the Eucharist we had the group photo session to cherish the memory of our get to gather.

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1st Session: The session began with the prayer conducted by Srs. Urmila and Sr. Kumari Kalai Selvi invoking the Holy Spirit and calling to be united with the Lord like wine and the branches Jh:15

The topic for the day was **Celibate Religious life and sexuality**

Five ways of handling sexuality and intimacy in celibate life: they are as follows: Repression, Suppression, Sublimation, Gratification, Integration

We had an exploring of the commonly expressed problems in Religious life: Loneliness, Concerned About Identity, Touch, Hunger, The Inappropriate Release of Sexual Tension

Basic characteristics of psycho sexual maturity

- Deepening self -awareness
- body comfort and healthy sense of body image
- sustained and consistent intimacy with God, self and others
- Avoidance of manipulation and abuse
- Faithfulness to primary commitments: Congregation Vision and Mission



Health Break

Group Discussion

2nd Session: Questions for discussion are as follows...

1. Where did we find our fulfilment and what are the driving force for life?
2. What are the challenges we face in religious life?
3. How can I/we help a sister who is struggling in religious life?

3rd Session: Tips to help observance of Celibacy

- exclusive love
- repeated acquaintance with the Saints and Monks the past and the present...
- following the guideline noble routine of life
- Not letting the mind to be ideal
- regular study of the Bible and good books
- formation of good habits

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4th session: Personal reflection on Mission

The questions are...

1. What are the broad goals of your current ministry?
2. What are the weaknesses that prevent us from meeting our goals?
3. What are the great blessings that you have seen in your ministry?
4. What complains /disadvantages do we have in our ministry?

5th Session: Trinity model of relationship

-Love and respect, -Trust, -Mutuality

Disturbing elements of community living

-Power game, -Generation gap, -competition, -Gossiping, -No concern for others, -lack of family spirit, -Lack leadership and team spirit

Pillars of Religious Life

- ❖ Holy Eucharist
- ❖ Holy Bible
- ❖ Teachings of the Church
- ❖ Tradition of the Congregation



Spiritual integration is to practice and incorporate into our life everyday which will help us our life more spiritually by meditation, spiritual reading, practice gratitude, spend time with Nature and be open to the signs of the time and the other means of helping and doing good for others.

At 4.pm the session was ended with the vote of thanks proposed by Sr. Josephine Rgs.

Conclusion: we the young finally professed sisters are very grateful to the Provincials and their team for organizing these two days of enriching session to be more effective in our religious life for the sake of Mission and for personal growth. Especially we thank Srs. Precilla and Sr. Shantha for all their arrangements and accompaniment.

Reporters: Srs. Thomasy, Jancey. I, Pushpa. J