



IMPORTANT INFORMATION

“Hospitaller Youth, in Portugal, aims to encourage young people to be active members of the Church, builders of a world that is more humane, Christian and of greater solidarity”

Fernanda Caetano, Hospitaller Sister and member of the ‘Hospitaller Youth’ organisation in the Portuguese Province, explains what this nationwide ecclesiastical movement is and what it entails.



Sister Fernanda Caetano, HSC

Hospitaller Youth (JH, for its abbreviation in Portuguese), in Portugal, is a nationwide ecclesiastic movement that brings together young people between the ages of 13 to 30, who we call Hospitaller Youth.

It was created on 1 January 1988 by the Order of Saint John of God (OHSJD, for its abbreviation in Spanish) and the Congregation of the Sisters Hospitallers of the Sacred Heart of Jesus. It was made up of young people whose experience of serving people in need had made a difference in their lives and who expressed an interest in showing hospitality in a more committed way. Being able to carry out this initiative was like a dream, which came about in wake of the efforts of Sister Laurinda Faría and Brother Augusto.

From the beginning, in this movement **young people learn to live in human solidarity in depth, while they embark on a journey of evangelization and education**

in faith, in order to become active members of the Church; builders of a world that is more humane, Christian and of greater solidarity.

The goal of JH is to announce Jesus Christ, the human face of God, who walked the earth doing good to all and healing the sick, and to invite young people to carry out their same mission in the world. To achieve this ideal, JH provides its members the following goals:

- To deepen their knowledge of Jesus Christ and to adhere to his proposal as a way of life and happiness.
- To develop their personality and become builders of a more

just society with greater solidarity.

- To know about charisma and the hospitaller mission in order to make a commitment to people in need.
- To discover life as a vocation and to take on a personal mission in the Church.

Structure and functioning

Throughout almost 30 years of existence, the organisational structure of the movement has undergone some changes to adapt to the young people's needs. **Its structure is inspired by the image of a bicycle wheel**, as a symbol of dynamism, vitality and action. The **'hub'** represents the origins, spirituality; **it is the core of the movement**. The **'spokes'** are vectors that start from the centre to the periphery and spread hospitality all around; they are **the work groups**. The wheel as a whole, joining the hub and the spokes, gives consistency to the structure, meaning they can only work together.

Currently, because of the situation of the young people who participate in the activities, the work groups operate in geographic areas near our health clinics, spread all across Portugal: north, centre, south, Azores and Madeira. All the members actively collaborate in the organisation and running of the JH, joining these groups with specific tasks.

JH, as a pastoral service of the OHDSJD and of our HSC (Sisters Hospitallers of the Sacred Heart of Jesus) congregation, **depends on the respective Provincial Superiors** who are represented by the members they designate to make up the 'hub' and to manage the movement. The members of the 'hub' know about, encourage and support annual projects and programmes, providing the necessary means for their development.

The provincial teams of the Youth Vocation Ministry, of both institutions, collaborate in the programming and evaluation of JH, in harmony with the members of the 'hub', responsible for guaranteeing the fidelity of the movement to hospitaller spirituality, promoting an annual programme of activities and supporting the pastoral process.



'Hospitaller Youth' Activities

Characteristics

JH has its own pedagogy, focused on personal commitment. **Each young person, by joining JH, rises to the challenge of learning and practising a specific experience of hospitality** in everyday life following the particular characteristics of the movement such as 'service'. In order to achieve this, each one of them is provided a list of hospitaller commitments, from which they must choose one.

Young people who wish to be part of JH must enrol, which is valid for one year, ending on December 31. The renewal of this enrolment, at the beginning of each year, is a way to strengthen the sense of belonging and fuel the responsibility for human and Christian growth. In addition, the commitment methodology connects young people with others, making the shared experience of the challenges proposed by the JH possible, and inviting them to be **'sowers of hospitality'** in their family, school, work, group of friends, etc. In essence, everywhere and in all situations.



Hospitaller Youth

Activities

The annual programme includes a wide range of activities and experiences that require different levels of commitment: holiday camp, hospitaller weekend, training courses, hiking, camping, spiritual retreat, hospitaller carnival, hospitaller Easter, hospitaller Christmas, hospitaller day, community experience, missionary work, etc.

As the JH is a nationwide movement, it allows each young person to sign up for his or her preferred activity, according to the person's personal availability and geographical area of residence.

JH is especially involved in the world of mental health and psychological suffering, by virtue of charisma and the hospitaller mission. **The religious communities and centres of the order and our congregation are a point of reference for young people, as well as a space where most of the activities of the annual programme are carried out.** It is an opportunity to fight the stigma that affects people suffering from this disease.

Parishes, schools and organised groups are also places to spread, learn about and practice hospitality through JH. Each young person, individually or in groups, can participate in solidarity activities inside and outside of the hospitaller institutions.

Each year, JH chooses a global slogan that calls on us, having to do with the ecclesiastical proposals, the hospitaller spirituality and the awareness of the youth involved.

"JH is especially involved in the world of mental health by virtue of charisma and the hospitaller mission. By being exposed to the reality of our centres, young people experience their own vulnerability, while discovering their gifts and abilities"

For this reason, the frequency of the activities we carry out depends on the area where the centres are located, the availability of those responsible for promoting them and the youths' interests, who are the focus of this project.

Hospitaller Youth

JH is the face of OH and HSC's Youth Vocation Ministry. **On their journey, young people are considered the protagonists of their own path.** The boldness, novelty and creativity of the proposals increase with their active involvement both in organisation and execution. When the young people learn about this initiative and the values we foster, they undergo a vital transformation, rekindling their personal, family, professional and ecclesiastical lives. Hospitality becomes what shapes their existence.

By being exposed to the reality of our centres, they experience their own vulnerability, while discovering their gifts and abilities; the ill are their best evangelizers. Thanks to these activities, they discover the best of themselves and change their attitude; they want to accept new values and clarify their life choices, both vocationally and professionally.

The encounter with Jesus leads to a change of view and heart. A fundamental part of JH is that all of its members are able to **'spread the virus of hospitality'**, share the discovered treasure and understand that all that is done or said is part of a 'mission'.

INSTITUTIONAL

The Latin American Province celebrates the 60th anniversary of the Inmaculada Clinic



Anniversary events

Last 15 August, the 60th-anniversary celebration of the Inmaculada Clinic of the Sisters Hospitallers in Bogotá (Colombia) took place. The clinic is a leader in mental health at a national level, thanks to its high standards of professional quality, in addition to the great humanity and hospitality shown in the treatment of and assistance to users, families and collaborators from all areas, since its beginnings.

The celebration of this very important date has been marked by an atmosphere where the values of our founding father St. Benedict Menni were experienced.

The commemorative events were focused on a Eucharist presided by Chaplain Fernando Granados SJ, in which patients; relatives; collaborators; and the sisters Margarita Sánchez, local Superior; Ana María Lizarrondo, legal representative of the centres of Colombia; Marleny Ruíz; Carmen García; and Ana Isabel Urquijo participated. Ernestina Aros Alegría, provincial superior of the Latin American Province, was also present, who travelled from Brazil to attend the celebration. The Eucharist was as enlivened by clinic's the choir, made up of caregivers administrative staff and patients.

After the Eucharist, the performance of a play written and directed by the psychiatrist Germán Posada Peláez began, in which the history of our congregation was recreated with a touch of humour.

In the afternoon, a commemorative ceremony was held in which the managing director of the clinic, Dr. Germán Augusto Guerrero Gómez, gave a historical overview of Sisters Hospitallers in Colombia and of the clinic, talking about their growth in terms of infrastructures, services and collaborators.

Meanwhile, Ernestina Aros, provincial Superior, commented on how and which sisters founded the clinic and spoke about the first years of hospital presence in Latin America.



INTERVIEW

“Josefinato is an intense training period, where each sister discerns her perpetual devotion to God”

Léontine J. Ngo Mbock



Sister Léontine J. Ngo Mbock, hospitaller sister and manager of Josefinato, explains what the last year of training entails before Perpetual Profession.

What does the preparation of the sisters for Perpetual Profession mean?

On the part of the congregation, a clear and decisive option for the training of its members. This implies a great investment in human and economic resources, generosity and selflessness on the part of home communities. The trainers who accompany the ‘josefinas’ are completely dedicated to this task, it is our apostolic mission. The ‘josefinas’ sisters leave their homes, usual communities and daily tasks to focus on their training process,

which entails many efforts and sacrifices in the adaptation and integration to a new context, as well as the study of the Spanish language, a fundamental element for this process.

It is important to highlight the generosity of the ‘Motherhouse’ community, which hosts the whole group every year, and the other Spanish Province communities with whom they live for a few months before the training, studying the language.

For us, the trainers, it means taking off our shoes to get closer to the ‘sacred land’, to the mystery that it is and it is what each sister that has faith in us constitutes. What it means, an unconditional acceptance of the person as a whole and, from there, continuing the discernment process already begun in the previous stages.

We must know how to be close to each one of them, listening, observing, patiently accompanying, respecting their personal pace, confronting them and helping them to discover God’s path in their life. In a nutshell, showing them the paths that lead to God, as the document ‘Consecrated Life’ reminds us and, above all, showing them

the beauty of the path of following the Lord and the value of hospitaller charisma in which this is put into practise (CL no. 66).

How is this preparation carried out and what does it entail?

Josefinato is an intense training period, with a view to each sister and the congregation discerning their perpetual devotion to God in the hospitaller following of Christ.

A theoretical and experiential training plan is carried out that seeks to achieve a harmonious integration between the human dimension, with the anthropological elements and the spiritual dimension, with the distinctive theological and charismatic elements.

The Josefinato period allows each sister to consider her personal background with awareness and on the existential level, summarising it by giving her a more conscious direction towards self-transcending values that give consistency to her identity as a hospitaller consecrated woman.

What are its phases and how are they divided over time?

We could call the three important parts of the course phases:

1. Contextualization: places each sister in her own cultural reality, where she is from, reminding her of the values and limitations that characterise her. She is also oriented within the congregation; its origins in Ciempozuelos; Granada, the cradle of hospitality; its life plan: the restructuring process; and the challenges we face.

Moreover, she objectively looks at the reality of the Church; our Mother, and consecrated life in her womb; the Magisterium which guides the proclamation of the New Evangelization; and lastly, the realistic view of the world around us, in which we live and to where we are sent.

2. The encounter with reality itself: the person's values are strengthened and her wounds are addressed, which allows her to be deeply immersed in the experience of God's merciful love that heals.

3. Deepening the charismatic identity: to strengthen her being a consecrated woman in hospitality, from charisma and the hospitaller spirituality.

What results are achieved?

The sisters' human and spiritual growth, they take their own learning process seriously and take responsibility for it. They gain inner freedom and can decide on and choose the ultimate commitment with greater awareness.

This leads to people who are at peace with their past, open and available for the hospitaller mission where needed. Dedicated women, with a certain level of maturity, joy and happiness.

The cultural exchange, the universal fellowship that is experienced and shared, is also a rich asset and is a true testimony of hospitality in today's world.

Portuguese Province

'Culture of Quality' seminar



Holding the 'Culture of Quality' seminar

The Portuguese Province held a **'Culture of Quality'** seminar on 21 September, to reflect on the state of the province itself and its human resources.

The 'culture of quality' of an organisation can be defined by the approach to the concept of quality and the way it is put into practise on a daily basis by each one of the professionals. **Human resources play a key role in the 'culture of quality' of an organisation. It is an integral part of the success or failure of the effective and sustainable implementation of the quality management system.**

Constant improvement is one of the objectives of this province, which carried a 'culture of quality' assessment in its 12 centres, through the application of the 'Culture Quality Survey' (CQS) from the Dutch company 'All About Quality Consultancy'. The seminar, led by Guus Van Beak, included all the centres and was a time to reflect and identify paths to keep improving their care processes.



'Personalised Medicine in Psychiatry' National Conference

Italian Province

Despite the diagnostic and therapeutic advances of the last decades, a significant proportion of patients with psychiatric disorders have proven to be resistant to pharmacological and non-pharmacological treatments, with unsatisfactory response rates of 25% -50% and a high tendency to relapse over the years.

Faced with this situation, the Villa San Benedetto Menni centre of the Sisters Hospitallers in Milan (Italy) will hold a national conference called 'Personalised Medicine in Psychiatry'. The event, which will take place on 27 October in Milan, has been organised in collaboration with the Sisters Hospitallers International Foundation for the Support of Research in Psychiatry (FORIPSI) along with the sponsorship of the World Psychiatric Association

(WPA) and the Association of Medical Rehabilitation Specialists of Private Hospitals (ARSOP).

Professor Giampaolo Perna, scientific director of the conference, and the rest of the speakers will have the task of **explaining the role of personalised medicine in psychiatry, as well as personalization of care in usual clinical practice** and, consequently, clarifying what the future of this increasingly widespread and rooted approach will be.

This free event will be held at the renowned Fonderia Napoleónica Eugenia (Via Thaon di Revel, 21 in Milan) and will be attended by Anabela Carneiro, general Superior.

Social Debate Forum, live broadcast

People interested in going deeper into the topic '**Personalised Medicine in Psychiatry**', will be able to follow the live streaming (via web streaming) of a **Social Debate Forum** organised by the General Communications Committee. During this forum, which will be held on **28 October from 10 to 11:30 a.m. (Local time in Italy)**, the key points presented at the conference the day before will be addressed. In addition, it will be possible to participate in an interactive way and to exchange knowledge with experts, in real time from anywhere in the world, by posing questions that the speakers will answer during the last part of the forum. :

Don't miss it!

Follow the forum live through this link: <https://events.bizzabo.com/suoreospedaliere/home>

Twinning agreement

English Province



Twinning agreement

The Sisters Hospitallers Benedict Menni Health Centre in Monrovia (Liberia) and the Sisters Hospitallers Aita Menni Hospital in Mondragón (Province of Spain) have signed a twinning agreement last August. **This action aims to pool efforts for the improvement and expansion of existing services in the African centre.**

The event was attended by Sister Florence Adevor, superior of the Monrovia community; Mikel Tellaeche, manager of the Aita Menni Hospital; and Sister María Rosa Izquierdo, representative of the Benedict Menni Foundation.

The agreement formalises the existing collaboration between both centres, through the 'We Are Like You' project.

'Expert Patient' Program

Spain Province

The Sisters Hospitallers Sagrat Cor Hospital in Martorell has been the first centre to introduce, in Spain, the 'Expert Patient' programme for people with serious mental disorders. This project is based on the fact that patients who have their illness controlled (hence the connotation of 'experts'), share their experience and give advice to other patients who are in earlier stages, in order to encourage their recovery.

After carrying out a pilot test, in 2016 several groups of 'expert patients' were formed at the Adult Mental Health Centres in Martorell, Sant Feliu de Llobregat and Vilafranca del Penedès (Spain). These groups, made up of a maximum of ten patients, met weekly for five weeks. After these sessions, the Vilafranca del Penedès group decided to continue meeting and to create the association: Mental Health Users Association (USMA, for its abbreviation in Spanish).

Xavier Reig, a psychologist who coordinates at the Martorell Hospital day centres and one of the promoters of the project, stresses that this program highlights the need to move from a vertical relationship, professional-patient where the professional takes decisions, to a more hori-



'Expert patient' group

zontal relationship in which the 'expert patient' becomes an intermediary between patients and professionals, a fact that results in an improvement in the quality of the service.

He also considers the results to be very satisfactory. 'This October we will begin to create new 'expert patient' groups. At the same time, we are studying the possibility of extending the initiative to other territories where the Sagrat Cor Hospital has community resources', says Xavier.

80th anniversary of the Saint Rémy Hospital

Provincia de Francia

In the French Province, they celebrated the 80th anniversary of the Sisters Hospitallers Hospital located in Saint Rémy, with a book that tells its history. This publication, developed in collaboration with the Association of Bourgogne-Franche-Comté Hospitals (AHBFC, for its abbreviation in French), is titled: 'A Contemporary Era in Psychiatry. Saint-Rémy Hospital from 1937 to now', and has been written by the historian Noëllie Aulas.

In addition, this publication was the main topic of a conference organised by AHBFC, attended by more than 250 people in response to the invitation from the Mayor of Saint Rémy, Mr. Christian Mettelet. Although the Saint Rémy community is currently closed, the Hospitaller Sisters María Soledad López and Marie Florence Descamps were invited to the event.



Book presentation conference

Hospitality without borders...



Staff and activities at the centre



The mission of Sisters Hospitallers in the Sekondi-Takoradi district in Ghana began in 2000, when the bishop of the diocese of the same district, R. John Martin Darko, invited the sisters to take charge of the psychiatry unit of the health complex 'Holy Child Health Centre', known as the 'Damien Centre'. The sisters collaborated with Jane Chantal, in charge of the unit at that time until 2002 when they took charge of it.

Background

'Damien Centre' was created in 1995 after the diocese identified a gap in the care of people with mental illness in the district. After investigating where the ideal place would be for its creation, it was decided to remodel a part of the 'Holy Child Centre' and to turn it into a community day centre for adults.

After nine years of hospitaller presence in Takoradi, our institution agreed to take over the rest of the 'Holy Child Centre' general health complex. Currently, three Hospitaller Sisters manage both the day centre and the health complex: Sister Georgina Donzing, Sister Anastasia Gifty Acquaye and Sister Margaret Afful, together with 88 employees.

At the 'Damien Centre', people aged 17 to 60 with chronic mental illness who are undergoing psychiatric treatment –either at the Ankaful Psychiatric Hospital or at any other mental health

centres in Sekondi-Takoradi, are cared for. Patients usually have a high level of psychosocial impairment and need help for their reintegration.

Welfare activities of the complex

- Periodic psychiatric patient visits at their homes.
- External consultations.
- Rehabilitation, therapy and follow-up (currently there are 17 rehabilitation patients).
- Raising awareness of 'mental health' at churches, schools, and in local communities. In Ghana, there is considerable stigma with respect to this type of illness.

In 2016, a total of 564 consultations and 37 home visits were made to people with mental and/or epileptic illnesses.

The 'Holy Child Centre' health complex, which serves people of all ages, is made up of various departments: outpatient, maternity, children's clinic, laboratory, and orthopaedics. Last year in 2016, in outpatient consultations 30,922 people were attended and there were 521 deliveries.

The complex aids urban and rural communities in the Sekondi-Takoradi area, whose population is a mix of tribes, ethnic groups and nationalities.

To reduce expenses, detergent, soap and antiseptics are made and sold.

Training for 'spokespeople'



Sisters attending the meeting along with the trainer

On 19 and 20 September, a group of Sisters Hospitallers from the General Government, Provincial Governments, Provinces and Delegations met in Madrid (Spain) to learn about some public communication techniques.

This meeting, organised by the General Communications Committee, has helped the sisters who have participated to gain personal resources to handle the job of being a 'spokesperson', which certain leadership positions involve at our institution.

'Today it is not enough to 'do and keep quiet', communication has codes we must know if we want our message to reach the people around us, and most importantly: that our message is credible and taken into account', said Sister Rosalía Goñi, General Secretary, during her welcome address.

Important dates: October and November

■ Pre-Chapter Meetings:

- Spanish Province (30 October–3 November)
- Delegation of Vietnam (14–16 October)
- Portuguese Province (22–25 October)
- Italian Province (13–15 November)
- English Province (23–27 October)
- French Province (3–6 November)
- Latin American Province (6–12 November)
- Delegation of the Philippines (28–31 October)

■ Second Sessions 'Laypeople with Charisma', organised by the Portuguese Province in Fátima (Portugal) on 20 and 21 October..

- Social Debate Forum on mental health, webcast live from Milan (Italy) on 28 October from 10-11:30 a.m.
- Anniversary of the death of our founder, María Josefa Recio Martín. 30 October.
- The superior general participates in the meeting of Delegates of the International Union of Superior Generals (UISG, for its abbreviation in Spanish) from 5 to 11 November.
- 'Provincial methods of communication' meeting in Madrid, Spain. 6-8 November.

For more information and contac:
comunicacion@hospitalarias.org
www.hospitalarias.org