



Il-Kelma tal-Kappillan

Gheżież parruċċani,

Li taghraf is-sbuhija

Dan l-aħħar kellna patri Taljan għal xi jiem fil-Provincja tagħna. F'mument minnhom ġie d-diskors fuq l-ewwel qaddis Malti – San Ġorġ Preca – li bosta minnha b'ton familjari bqajna nsejnhulu 'Dun Ġorġ'. L-għada li kellimtu dwar il-figura ta' Dun Ġorġ iltqajt ma' superjura tal-MUSEUM u introduċejtielu. "Din lil Dun Ġorġ tiftakru sew" għedtlu. Hi minn naħa tagħha rrakuntatlu xi esperjenzi li kellha ma' Dun Ġorġ fit-tfulija u fiż-żgħozija tagħha. Però f'mument minnhom qaltu: "Imma dak iż-żmien mhux kulhadd għaraf il-qdusija ta' Dun Ġorġ għax il-qaddisin biss jagħrfu l-qaddisin". Laqtitni u lil dan il-patri għedtlu: "Iktibha fi djarju din".

Kemm jiġrilna fil-hajja li ma nindunawx bil-qdusija, jew almenu bi sbuhija, ta' hafna nies li jkunu madwarna. Mifxulin u mgħaġġlin nibqgħu għaddejjin. Nitkellmu u niġġudikaw nies li lanqas għal hames sekondi qatt ma kelliminhom f'hajjitna. Indoqqu l-horn wara anzjan li qed isuq bilmod mingħajr lanqas biss nafu min qed isuq il-karozza, minn xiex għadda jew minn xiex għaddej f'hajtu. Nahtfu nies li lanqas biss ikollna l-icken hjiel x'qed jiġri f'hajjithom.

Spiss dan jiġri għax m'għadniex hin nieqfu u nirriflettu u napprezzaw id-dettalji ta' sbuhija. Nintilfu fuq dettalji inutli u waqt li nagħmlu hekk inkunu qed nitilfu l-hajja nnifisha.

Matul dan ir-Randan thegġeg sabiex tara s-sbuhija f'dawk li l-Mulej poġġa fi triqtek. Wara kollox x'differenza hemm bejn il-qdusija u s-sbuhija? Fl-aħħar mill-aħħar il-qaddis mhux dak li wera s-sbuhija tal-umanità fil-qawwa kollha tagħha? Fl-aħħar mill-aħħar, il-Mulej Ġesù, li tiegħu int dixxiplu, mhix is-sbuhija fiha nfisha? "Tu sei Bellezza" jgħidlu San Franġisk! Kemm kellu raġun!

Il-kumpliment tar-Randan it-tajjeb!

P. Andrew Galea OFM Conv.

Il-Ġimgħa 31: Il-Verġni Mqaddsa Marija tad-Duluri

Marija, Omm tad-Duluri, għinna biex nifhmu r-rieda ta' Alla f'mument ta' tbatija kbira.

Papa Franġisku



Anger Can Be Bad For Your Health – Gary Chapman



When is the last time you felt angry? How did you handle your anger? Was it a pleasant experience for you? How about the people around you? All of us have seen people explode. Many of us have exploded. On the other hand, many people pride themselves in holding their anger inside. But internalized anger is bad for your health.

The biblical challenge is that when we experience anger, we are to process it in a positive way. That may mean gently confronting the person who stimulated our anger. Or, it may mean asking God to forgive us for being so 'bent out of shape' over such a minor matter. Learning to process anger in a timely and healthy way is one of the first lessons for healthy relationships.

THE VISITOR

Why do people get angry? I believe we get angry when our sense of 'right' is violated. But we have two kinds of anger; definitive anger - when someone has wronged us; and distorted anger - when things didn't go our way. Much of our anger is distorted. The traffic moved too slowly. Our spouse didn't do what we wanted.

This distorted anger is still very intense and must be processed. Here's a question: Would it be helpful if I shared my anger with someone? In sharing it, might I improve things for everyone? Or, should I simply 'let it go'? Whatever you do, do something positive. Don't hold anger inside. Anger was meant to be a visitor, never a resident.

ADMIT IT

When you are angry, the first positive step is to admit to yourself that you are angry. Say it aloud, "I'm feeling angry." The second step is to ask God to help you handle your anger in a positive way. "Lord, help me to do what is right and good with my anger." The third step is to ask: "Did someone sin against me?" If so, the biblical answer is to lovingly confront the person and seek reconciliation.

On the other hand, if you are angry simply because something happened that irritates you, then ask: "What can I learn from this experience?" If the other person habitually arrives late for your appointment, perhaps you can talk with them and negotiate change. Thus, the anger has served a positive purpose. God wants to teach you how to handle your anger in a godly way.

JUST THE FACTS

When you are angry - be sure to get the facts before you take action. You hear your spouse tell someone on the phone, "I'll be there tomorrow night." You know that tomorrow night is your date night, so you get angry. Before you storm in and say something harsh, take time to ask: "Did I hear you promise someone to do something tomorrow night?" Your spouse says, "Yes, I told mom I'd bring her blanket by. I thought we could do it either before or after we go out to eat."

Your anger subsides because you took time to "get the facts". Often we jump to conclusions about what someone said, or did, and in anger we accuse them. We mess up a perfectly good evening because we failed to ask questions.

PROCESS

In my book: *Anger: Handling a Powerful Emotion in a Healthy Way*, I asked the publisher to print the following statement in the back of the book as a tear out. My suggestion is that you put it on the refrigerator so that when a family member feels angry at another family member, they can take the card, and read it aloud to the person at whom they are angry. Here's what the card says, "I'm feeling angry right now, but don't worry. I'm not going to attack you. But I do need your help. Is this a good time to talk?"

It brings a little humour into the tenseness and reminds you of what you are not going to do. It also is asking the other person to help you process your anger. It's an easy way to help family members learn to process anger in a positive way.

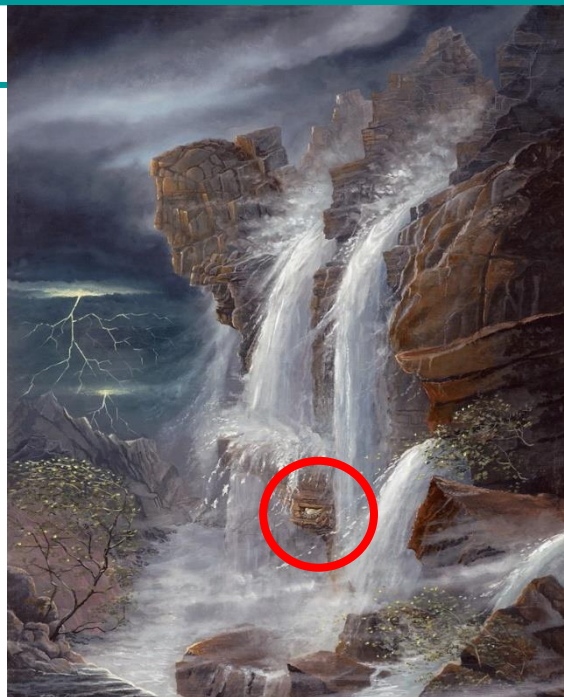
LENT

A SEASON OF
REFELCTION, RENEWAL AND PREPARATION



Kif tpingiha l-Paċi?

Darba kien hemm wieħed sinjur li kien lest li jhallas somma kbira lil dak l-artist li jirnexxilu jpingi stampa li tissimbolizza l-Paċi. Diversi artisti ġabu t-tpinġijiet tagħhom li kienu jinkludu xenarji sbieħ ta' nżul ix-xemx, muntanji u pjanuri bis-siġar, eċċ. Kollha kienu sbieħ imma s-sinjur ma għażel l-ebda waħda minnhom. Ġurnata minnhom kien qed jara żewġ pitturi li kienu għadhom kif waslulu. Waħda kienet turi lag kalm imdawwar bi ħdura meraviljuża u muntanji fil-bogħod. L-ilma kien kalm ħafna, qisu ħġieġa. Ftit sħab f'sema kaħlanija. Il-pittura l-oħra kienet turi veduta differenti ħafna. Stampa ta' blat salvaġġ u ilma nieżel b'saħħa waqt maltempata qawwija, sajjetti fil-bogħod. In-nies baqgħu skantati li dak is-sinjur għażel it-tieni waħda. Kif jista' jkun li stampa daqshekk ta' maltemp tissimbolizza l-paċi?



Is-sinjur spjeġa li l-ewwel pittura kienet sabiħa u paċifika, imma ma kinitx turi l-verità fejn kien jinstab il-paċi. Kulhadd kien jista' jhossu fil-paċi fejn lag daqshekk kalm u ftit sħab u forsi xi naqra żiffa. Imbagħad urihom xi ħaġa li ftit kienu raw qabel. Jekk tħares b'attenzjoni lejn il-muntanji tat-tieni stampa, kien hemm, bejn iż-żewġ kaskati, u mdaħħla f'wieħed mix-xquq, bejta bl-għasfura fuq il-bajd żgħir.

Ir-raġel qalilhom: “Din it-tieni stampa turi l-veru paċi, għax huwa fil-maltemp tal-ħajja li aħna nsibu l-vera paċi, meta mqabbdin ma' Alla, inkunu nafu li l-preżenza tiegħu se tħarisna u tiproteġina waqt kull tip ta' maltemp.”



ta' Marzu

Jum Dinji tal-Mara

Grazzi u tislima lin-nisa kollha tax-xogħol siewi.
Mhux illum biss imma s-sena kollha.

Ejja nidhqu f'it!!

Ġorġ kien id-dar meta ċemplulu u qalulu li missieru waqa' minn fuq sellul ta' xi 20 pied u kien qiegħed l-isptar. Ġorġ telaq maħrub lejn l-isptar jistenna li jsib lil missieru bi ksur u forsi fil-periklu tal-mewt. Malli rah skanta għax kulma kellu f'it grif u qatgħa żgħira.

Ġorġ qallu: “Veru miraklu, pa, li ma ġralek xejn serju.”
“U le,” qallu missieru, “x'miraklu miraklu! Jien waqajt mill-ewwel skaluna.”



Tberik tal-Familji: Din is-sena, it-tberik tal-familji se jsir bl-appuntament. Kull min jixtieq li xi patri jiġi u jiltaqa' mal-familja tiegħu hu mitlub biex sa **I-aħħar ta' Marzu** jhalli ismu, l-indirizz u n-numru tal-mobajl fuq l-email: **tberikqawra@gmail.com**



KOMPLIĊI

Int ukoll kompliċi?

Il-Ġimgħat tar-Randan: Wara l-quddies tas-6:30pm

Riflessjoni fuq xi wħud mill-persunaġġi tal-Passjoni ta' Ġesù u kif anke f'dan kollu idda d-dawl tal-Vanġelu.

- 3 ta' Marzu: *Il-Folla mkaxkra* – Jude Muscat
 10 ta' Marzu: *Iz-zekziema jippuntaw subgħajhom* – Albert Debono
 17 ta' Marzu: *Pietru, il-beżżiegħ* – Fr Colin Sammut OFM Conv
 24 ta' Marzu: *Alla l-Missier li jhalli* – Fr William Bartolo OFM Conv

Attivitajiet matul Marzu:

Kull nhar ta' Tnejn ikun hemm Lectio Divina wara l-quddies tas-6:30pm.

Matul ir-Randan, kull nhar ta' Ġimgħa, ikollna Via Sagra animata fis-6:00pm fil-knisja.

- Il-Ġimgħa 3 8:30am Pellegrinaġġ għar-Redentur tal-Isla.
 Is-Sibt 4 9:30am sa 12:00pm: IRTIR fil-knisja tal-Manikata.
 Bejn it-tliet parroċċi: Qawra – Burmarrad – San Pawl il-Baħar.
 Imexxi Fr Paul Darmanin OFM Conv.
 Kull min hu interessat għandu jhalli ismu fis-sagristija.

Mit-Tnejn 6 sal-Ġimgħa 10: BUĠIBBA – San Massimiljanu Kolbe:

Eżerċizzjoni għal kulhadd waqt il-quddies tat-8:00am.

- Il-Ġimgħa 17 4:30pm Laqgħa fil-knisja għall-ġenituri tat-tfal li din is-sena se jagħmlu l-Preċett jew il-Griżma.
 It-Tnejn 20 San Ġużepp, l-għarus tal-Verġni Mqaddsa Marija. Festa pubblika.
 Il-Ġimgħa 31 **Il-Verġni Mqaddsa Marija tad-Duluri.**
 5:00pm Quddies.
 5:30pm **Pellegrinaġġ bix-xbieha tal-Duluri.**
 6:30pm Quddies.


Ħinijiet tal-Quddies	San Frangisk ta' Assisi Qawra	San Massimiljanu Kolbe Buġibba
Mit-Tnejn sal-Ġimgħa	7:30am, 8:30am, 6:30pm.	8:00am.
Is-Sibt	7:30am, 8:30am, 6:30pm.	8:00am, 6:00pm.
Il-Ħadd	8:00am, 9:30am, 11:00am , 6:30pm.	9:00am, 6:00pm.

***The 11:00am mass on Sundays and days of obligation is in English.**

Uffiċċju Parrokkjali:

Triq Annetto Caruana, Qawra SPB 1211

Tel: 27577088 emejl: frangiskaniqawra@gmail.com

 /Parrocca Qawra San Frangisk

Miftuħ: It-Tnejn u l-Erbgħa: 4:30pm - 6:00pm u s-Sibt: 9:30am - 11:00am

Website ġdida – idnol u ara: www.qawrachurch.com