

# Ark VOYAGE



News Letter of Don Bosco Animation & Research Kendra, New Delhi

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## Captain Speaks...

The skill of expressing one's needs directly and positively



LQC acknowledges the needs behind our feelings. What others say and do may be the stimulus for, but never cause of, our feelings. When someone communicates negatively, we have four options as to how to receive the message:

- (a) Blame ourselves
- (b) Blame others,
- (c) Sense our own feelings and needs
- (d) Sense the feelings and needs hidden in the other person's negative message

In the practice of LQC (Loving Quality Communication) we saw that the first skill required was 'Observation without Evaluation.' The second was the skill of identification and expressing of feelings positively. Now the third skill is the ability to express our needs directly and positively. Once we identify and name our feelings, the next step is to take responsibility for our feelings. Often, Parents and teachers, or children and students attribute the words and behavior of the other to be the cause of their feelings. LQC makes us aware that what others say and do may be the stimulus, but never the cause, of our feelings.

- **Feelings are neither right nor wrong. Feelings have no morality.**
- **Feelings may be spontaneous, but our response to them is a decision.**
- **Can we decide on our feelings ?**
  - A. Can Fear be a decision?
  - B. Can Sadness be a decision?
  - C. Can Anger be a decision?
  - D. Can Guilt be a decision?

Our feelings arise from how we choose to receive what others say or do; and more directly from our particular needs to acquire the skill of identifying our needs, and express them directly and positively. **When we face negative messages from parents or children, teachers or students there are four possible responses.**

- (a) **We can blame ourselves** - When the other accuses us of being selfish, we may accept the other's judgment, and blame ourselves, which may produce in us guilt, or shame.
- (b) **We may blame others** - We may retort to the accusation of our being selfish, and say that the other is selfish and not we. However, such a response can produce feelings of anger in ourselves.
- (c) **We sense our own feelings and needs** - When I am accused of being selfish, I may respond saying that I feel hurt when you say that I am selfish, because I need some recognition of the efforts I am making to meet your needs.



## Captain Speaks...

- (d) **We recognize other's feelings and needs** - When I receive a negative message, I may recognize the feelings and needs of the one who sent me such a message. Then I may "Are you feeling hurt because you need some more attention or consideration?" It would be to our advantage to deepen my LQC when we connect our feeling with our need. Once we recognize our need, make it known to the other.

Judgments of others are alienated expressions of our own needs. If we express our needs, we have a better chance of getting them met. For example, If a child tells his Daddy, "Daddy, you are working late every night this week; you don't seem to care for us at home." When the child expresses his need for time together with Daddy' indirectly with a kind of judgment and accusation', Daddy turns out to be defensive. But instead, if the child expressed his directly and said, "daddy, I really missed you this week since you were not here all the evenings this week , I wish I could spend some time with you and enjoy our togetherness, such a compassionate expression of the child evokes a positive and proactive response from daddy , rather than a defensive and negative response.

**"Emotional liberation involves stating clearly what we need in a way that communicates that we are equally concerned that the needs of others be fulfilled. LQC gets deepened with this emotional liberation that facilitates the spontaneous expression of one's needs."**

In my experience in Marriage Encounter Movement, I have learnt that many couples suffer in their marital relationships , form their inability to express their needs. This is more often true in the case of women they suffer the pain of not expressing their needs. Often the culture also encourages women to make sacrifices and deny their own needs to take care of others.

LQC leads us from emotional slavery to emotional liberation. In this process, the first step is that we get convinced that we are not responsible for the feelings of others.

The next step, however, is that we take responsibility for our intentions and actions. I conclude this section saying "Emotional liberation involves stating clearly what we need in a way that communicates that we are equally concerned that the needs of others be fulfilled. LQC gets deepened with this emotional liberation that facilitates the spontaneous expression of one's needs."

- Fr. Joe Arimpoor, sdb



# Youth Animation Program (YAP)



**Institution:** Christ the King School  
**Place:** Bholath  
**Dates:** 5 & 6 January 2015  
**Resource Persons:** Mukesh & Mareena  
**Participants:** 71 Students

## Celebrating differences is the secret of producing synergy

**‘Wax Museum’ activity** brought out the significant characters that one has to face and deal with in one’s daily life with friends. Their significant insight was that the people are different. One has to adjust and understand different types of characters.

One of the students summed up the lesson from the activity as: “We have to not only recognize the differences in our circle of relationships, but learn to appreciate, and go further even to celebrate differences, if we want to build up harmony and love, and live peacefully and happily.”

**‘Bridge-Making’ activity** brought out the basic lessons in team building. In the analysis of the exercise they brought out the necessity of a leader as well as the need to work with a leader. On the one side they said that the leader should recognize the talents of the individuals and facilitate their participation and contribution, and on the other side the members should feel that the project is theirs, which should bring forth co-responsibility from all.

At the end of the program the students remarked: ‘We need such sessions and activities to identify our own talents and bring them forth towards building up of better families and the nation.’



**Institution:** Word Vision Lajpath Nagar  
**Place:** New Delhi  
**Dates:** 17 & 19 December 2104  
**Resource Persons:** Mukesh, Mareena & Sekhar,  
**Participants:** 30 Community Children

## God Doesn’t Make a Junk ! Build up Your Self Esteem

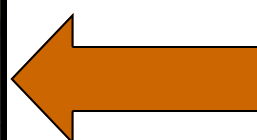
The students remarked that it is the first time that they had a seminar. They not only learnt lot of new things, but got opportunity to interact with the resource persons as well as their peers.



*Exposure and feed back are the two pillars on which a ‘Mature Ego’ rests.*

One of the girls remarked that she liked the exercises on Johari Window. What gave her hope was the fact that by grabbing every opportunity to express herself and being open to feed back, she was sure to enlarge the first quadrant of the Johari Window and become more loving and loveable.

The participants were very keen to improve their self esteem. The most powerful message they received was: “people with good self esteem can achieve a lot.” The students wanted more of such seminars. They were particular that their teachers should be as loving and friendly as the resource persons of the DBARK team were.



**Making bridges ...  
Building up relationships**



## Youth Animation Program (YAP)

**Institution:** Syromalabar Youth, St. Francis Church  
**Place:** Dilshad Garden  
**Dates:** 25<sup>th</sup> January 2015  
**Resource Persons:** Mukesh, Mareena, Abi, & Chandra Sekhar

### 'TEKNON' Strengthened by Higher Aspirations

The Syro-Malabar youth of New Delhi region were very happy with the novel approach of the DB ARK Team at their special program called: "TEKNON" (Signifies good relationship between the youth by the bonds of love and friendship. It also means 'Children of God' living in full dependence on the Heavenly Father. They feel close to God. They are led by the Spirit.)



*'God-seekers', with questions to understand the meaning of their religious practices.*

The special flavor that DB ARK Team added was the 'Integration of Mastery, Mystery, and the Entertainment.

The mystery part included the sessions on Self-Awareness, Self-Discovery, and Self-Esteem on the one side, and Interpersonal Relationship both in the family and among friends on the other side. When it came to the session on: "What does God mean to Me?" many questions arose.

The insight that the ARK Team carried home and discussed with the Director of DB ARK was that the youth do not get sufficient and appropriate Catechesis after their adolescence. When they have many critical

questions, the accompaniment of the Priests and Educators/Counselors is not adequate. Many unresolved questions and problems taunt them. They crave for friendly and understanding adults who can accompany them in their religious growth. Some become indifferent; others withdraw from the Church activities; some seek for religious meaning outside the Church.



**Institution:** Mount Carmel School  
**Place:** Gaggal  
**Dates:** 28 & 29, January 2015  
**Resource Persons:** Mukesh George, & Mareena Thomas

### Parent's Accompaniment of the Children is the Need of the Hour

The two-day Seminar for the students focused on their growth to maturity through a process where they become more aware of themselves, and discover and develop their talents. One of the students remarked at the end of the seminar: "If only I could improve in my Self-Esteem how much more I can achieve in my life!"

The Session on "ME and MY FAMILY" brought out the need for the parents to get more involved in the life of the students. The students expect more understanding from the parents. They want the parents to spend time with them. The young crave for a listening, and understanding ear.

The ARK Team felt that if there is adequate accompaniment of the children by the parents where they practice 'unconditional love, and reason, and facilitate their God-experience most of the problems of the youth will disappear.

**Will the Parents' Seminar: "PARENTS' EMPOWERMENT PROGRAM" be a solution? Why not?**



# Teachers Enhancement Program (TEP)



**Institution:** St. Mary's School,  
**Place:** Buxar, Bihar  
**Dates:** 22 & 23 January 2015  
**Resource Persons:** Fr. Joe Arimpoor, sdb,  
 Mr. Mukesh and Ms Mareena

## Preventive System of Don Bosco — The need of the hour for the teachers

The Seminar focused on the Preventive System of Don Bosco. One of the Seminar participants summed up the effects of the Seminar on the participants as follows:

- 1 Love and Relationship are central to this New Pedagogy. Relationship can get additional energy released by the students.
- 2 A guided freedom with accompaniment will make the students more free and spontaneous.
- 3 Presence of the educators among the educands is vital to the fruitful practice of this system



*Participants of the seminar with resource team — Fr. Joe, Mukesh and Mareena from DB ARK.*

Presence is understood to possess qualities like:

- i An Animating Presence, which means a life-giving presence;
- ii A presence that encourages the students to perform better;
- iii An Inspirational and Motivating presence;
- iv A presence where the Educator appreciates the students, gives positive strokes, and enjoys in 'Good-Finding' in the students. Appreciative Inquiry builds up the young and brings out the best from each student.

v Finally, it is an empowering presence, where the students removes the obstacles and blocks in their lives and allows the energy to flow abundantly in their lives.

4 We thought discipline and control were everything in managing the students. Now, we realize that there is a difference between 'Discipline' and 'Culture of Discipline'. While the former is more external, the latter is internal. Culture of Discipline is acquired by the deepening of one's personal convictions. Reason plays a vital role in the formation of convictions.

The three Decisions that the Teachers have taken as a result of this Seminar:

1. Continuous Improvement in our Profession:
  - Read and Lead
  - Update ourselves
  - Use modern means to become "a Learning Teacher"
2. Treat students with Respect, Love, and Equality
3. Be present with the students beyond class rooms:
  - Know the students
  - Listen to them
  - Encourage and motivate them
  - Animate and motivate them.

The teachers wanted more of such seminars. They expressed the need to acquire the adequate skills to practice this New Pedagogy – the Preventive System of Don Bosco.



*Teachers present their decisions to practice the New Pedagogy.*

# Special Programs



**Institution:** AIACHE

**Place:** Christ University, Bangalore

**Dates:** 29, 30, & 30 January 2015

**Resource Persons:** Fr. Joe Arimpoor, sdb

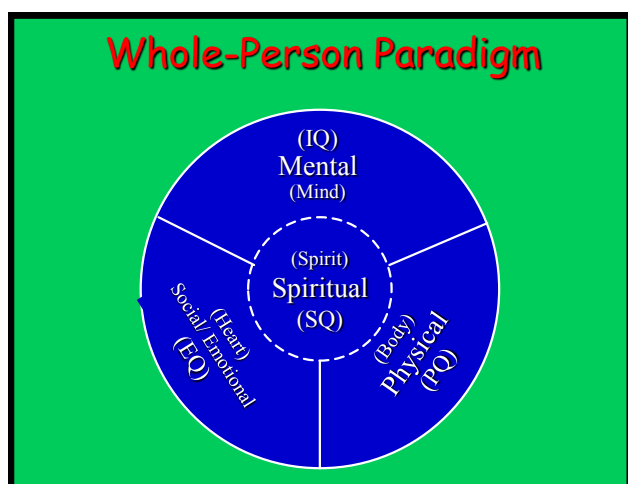
**Participants:** 150 Principals

## A New Agenda for Higher Education in India: 'A Holistic Education where the Spirit plays the significant role

All India Association for Christian Higher Education (AIACHE) was born in 1967. It has grown over the years and now it has 350 Christian Higher Educational Institutions in India. Principals and Educationists from these member institutions participated in this conference. The main theme of the conference was: **Perspectives on Nation Building – A New Agenda for Higher Education**

One of the basic questions raised in this conference was: “What was the most significant contribution of this Association to the field of Higher Education in India?”

The answer to this question influenced all the presentations and reflections at this Conference. It may be put very succinctly as “A Holistic Education where the ‘Spiritual’ (Christ) influences the Physical, Mental, and the Emotional spheres of one’s life.”



Fr. Joe Arimpoor, sdb presented his paper on **“Channeling the Aspirations of Youth”**. He focused on two main aspirations of the University students:

1. The youth are in search of meaning in their lives. They crave for a genuine experience of the “Good News” in its fullness. Hence, he concluded saying that **“Education must culminate in Evangelization”**. Education facilitates the Discovery, Development, and the Deployment of all the God-given gifts, especially *“the GOOD NEWS”*. Only then education is complete.

He went one-step further and said: “Every person has the Right to Education (RTE), Education in its fullness, when it culminates in Evangelization. Hence RTE (Right to Education is really ‘RTE’ = **‘Right to Evangelization’** – Right to know, Right to deepen, and the Right to live ‘the Good News.’

2. Young people are the object of God’s call. They play an active role in listening to it and responding to it responsibly. The awareness of vocation is the way to understand life and freedom truthfully. In a word, **vocation is loving, self-giving, making of oneself a gift**, which witnesses a new culture. Vocation is a response in love, which transcends one’s ego.

**Discovery of one’s vocation** – God’s call — and responding to it generously and courageously is the culmination and the crowning activity of all our educational endeavors. Here the deepest aspirations of the young are responded to and channeled to the ultimate goal – one’s vocation.

Once again, the service of counseling and guidance comes in to its paramount importance. It is not merely solving some problems in one’s life, be it personal, educational, or career-oriented. But it is **listening to one’s inner voice - God’s call – and formulating a plan of life to fulfill it**. This vocational fulfillment is the ultimate goal of our Education Ministry.

The participants remarked that it was a new way of looking at the aspirations of the youth, and Education channeling these aspirations to one’s vocational fulfillment and self actualization.



## Religious Animation Program (RAP)



**Institution:** St. Mary's School  
**Place:** Buxar  
**Dates:** 24 January 2015  
**Resource Persons:** Fr. Joe Arimpoor, sdb  
**Participants:** 50 Fathers and Sisters

## Special Program



**Institution:** Don Bosco ARK  
**Place:** Okhla, New Delhi  
**Dates:** 31 January 2015  
**Participants:** DB ARK Team and Invitees

### Bosco Bicentenary Seminar: "Preventive System of Don Bosco"

This Seminar was a gift of the Salesian Community of Buxar to the Diocese of Buxar, on the occasion of the Bicentenary Celebration of Don Bosco's Birth (1815 to 2015). Fr. Bijoy Parackal the superior of the community took the initiative to organize the program. Fr. Charles Lobo, the former provincial of the Salesian Province of New Delhi, and at present, a member of this community, welcomed the participants and introduced the program.



*Fr. Bijoy Parackal sdb the Leader of the Buxar Salesian Community Welcomes the Participants.*

At the end of the Seminar, Fr. Anil Benet D'Cruz the parish priest and the principal of the school remarked: 'Not only the Salesians were a gift to the diocese, but their animating presence is an additional gift.' The Bishop too noted that the pastoral zeal of the Salesians, especially among the young is praiseworthy.

Fr. Joe Arimpoor, sdb the resource person invited the participants to launch the "DAAD REVOLUTION" in the diocese especially among the young. The "Good News" is best proclaimed when men and women of Good Will join in Doing An ARK a Day ( 'DAAD'), where ARK stands for An Act of Random Kindness.

### BBC — BYO Party

It was a unique way of celebrating the Feast of Don Bosco. Don Bosco always wanted to reach out to youth of every kind. The novel idea of this celebration was to invite young people, who are usually not invited for such celebrations. Hence the very name of the celebration: **BBC – BYO PARTY (BOSCO BYCENTENARY CELEBRATION – BRING YOUR OWN).**

The DB ARK Staff and the Bosco Volunteers invited their friends for this celebration. The food items that they brought, the Barbecuing, and the Psychedelic Music under the leadership of Manish Chanchal added life and color to the program.

The planners of this program considered this initiative as a pilot program to test the idea of floating a **YOUTH CENTRE with a difference**. They intend to float various different programs and invite the youth to come and enjoy and benefit from such programs. Programs may be of different kinds like: Entertainment, Professional, Social, Cultural, Spiritual, etc. There is no need of a permanent membership. Admission to each program is independently welcomed.

**COMING SOON "POFG" – PROGRAMS ORIENTED FLOATING GROUP**

*Fr. Jose Mathew, sdb the new Provincial of New Delhi with Fr. Joe Arimpoor and the DB ARK team.*



## Special Program



**Institution:** Don Bosco ARK, Okhla, New Delhi

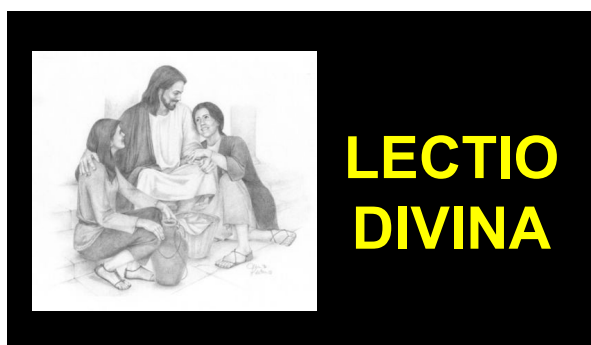
**Dates:** 12 January 2015

**Resource Persons:** Fr. Joe Arimpoor

**Participants:** Staff of DB ARK

### Experience the Joy of the Good News through Lectio Divina

DB ARK emphasizes on discovering the “Good News” in each one, activating it, and living by it. The “Good News” is the image of God (Love, Truth, and Justice) which God implants in every human being at birth. It is, further amplified in the Scriptures. When one reads the Scriptures devoutly, the “Good News” in oneself gets activated. This vibration purifies and perfects the “Good News” in oneself.



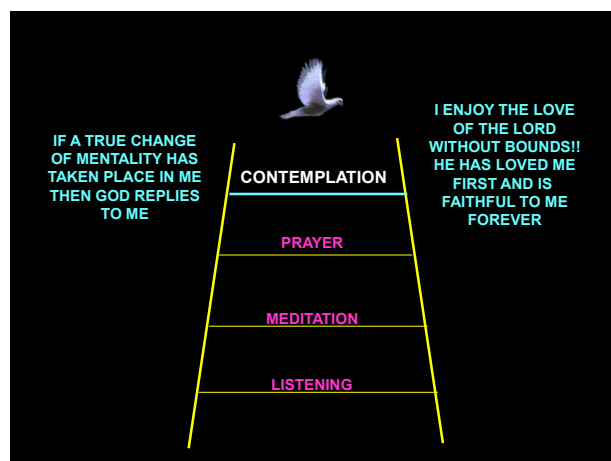
*‘Lectio Divina’ - Scriptural Reading is Movement of intimacy with the Master*

DB ARK carries out such an exercise, once a month in common among the staff. It is called: **“Lectio Divina”**, in Latin, which means Divine Reading/ Scriptural Reading. It has six steps:

- 1 An Act of deep faith in the ‘Good News’ is the pre-requisite to benefit the maximum through this exercise. **Call upon the assistance of the Spirit** to understand the true message of the ‘Good News’ for oneself.

- 2 **Read the text from the Scriptures** slowly, deliberately, and with an articulate attention to every detail.
- 3 **Silent reflection of the text** follows, with certain verses that may have struck the person.
- 4 **Dialogue with God** on the message received through this reflection. It may relate to some part of one’s life as it happens now.
- 5 **Get in touch with God** who is present in oneself through a short prayer.
- 6 Each one thanks God for the personal message received through this exercise, and **decides on a specific act to come closer to God and one’s neighbor.**

The DB ARK Team members remark: “Lectio Divina has become a way of life for us. It energizes us; renews us; helps us to get into the right track on our journey ‘Towards Shores Beyond’.”



*Steps to Read and Live by the Scriptures*

# Published by

**DON BOSCO ANIMATION & RESEARCH KENDRA**

Provincial House,  
Okhla, Jamianagar,  
New Delhi-110 025

Ph: +91 -9212475683/9868175683,  
[donboscoark@gmail.com](mailto:donboscoark@gmail.com)  
[joearimpoor@gmail.com](mailto:joearimpoor@gmail.com)



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