

ARK VOYAGE



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

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Captain Speaks...

POSITIVE PSYCHOLOGY AND SPIRITUALITY



A sinless life is half-baked spirituality. A healthy spiritual life includes a virtuous life which makes one's spirituality complete. **Your virtuous life and a holy life is your strength. Using your strengths you can overcome your weaknesses/sinfulness.** A holy life is a journey towards "perfection". Holiness is the sum of virtues carried to the greatest height attainable by a creature, heroically loved and practised through a complete detachment from every human desire and consideration. Renunciation is the hallmark of a good spiritual life.

Overemphasis on your sins, and remaining there without getting reconciled with God, and experience the mercy of the all-forgiving God, and go forward you will not be able to practise virtue and live a life of love for God and for one's neighbour. **A person who is holy experiences the Joy of the 'Good News.'** Every human being is created according to the image of God. Since God is a spirit, one wonders what is this image of God? God is the 'God News'. Once again one would ask: **'what is the Good News?'** God is Love, Truth, Just, and Mercy. This is the Good News, and that is the image of God according to which all are created. The life-long task of every human being is to discover this Good News in oneself, and in others. When one lives this Good News he/she experiences the Joy of the Good News.

A Person who lives a Holy Life is a Happy person.

He is Calm and Serene, even in difficulties and adversities.

He Trusts in GOD!

Sinless Life

Follows the Commandments of God.

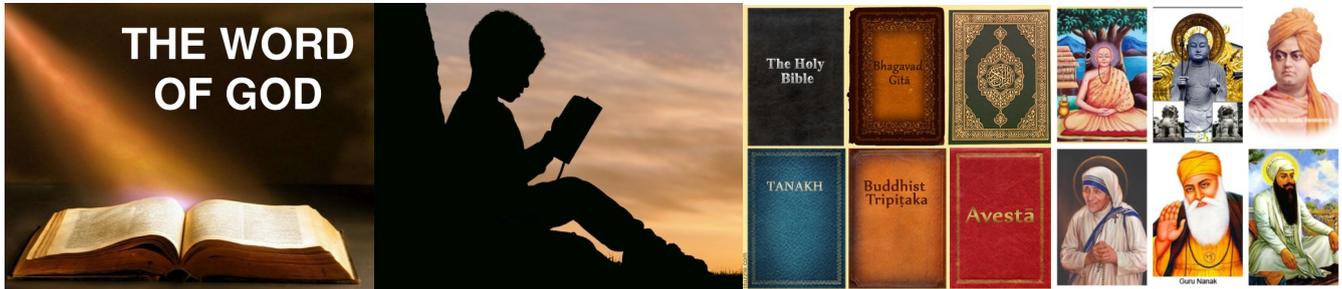
Virtuous Life

Love, Truth, Forgiveness, Intimacy with God...



Captain Speaks...(Contd.)

The 'Good News' in every person is further amplified in the Scriptures. Hence the 'Word of God' in the Scriptures becomes the point of reference for one's holy living. A further point of reference is the Saints in every Religion. Who are the Saints? They are those who lived the 'Word of God' in a heroic degree, and affirmed thus by God, and men.



We are the Image of God = Word of God - Amplified in the Scriptures - Lived Heroically by Saints

One who is spiritual and holy enjoys the true 'Happiness of Love' (Amoris Laetitia). God is Love! When one experiences Love, he experiences God. It is the experience of God that makes one truly spiritual and holy, which leads to true happiness..

Spirituality ensures life in its fullness. It is the total well-being of individuals. When it moves towards its fullness it breaks the comfort zone of the self and reaches out to the well-being of others, who are less privileged than them. Everyone is called to be holy. And the Angelic message is that it is within the reach of all with the grace of God. And the grace of God is available to all who ask for it with faith and trust in God.

What does spirituality really mean?

What does 'Life in its Fullness' mean?

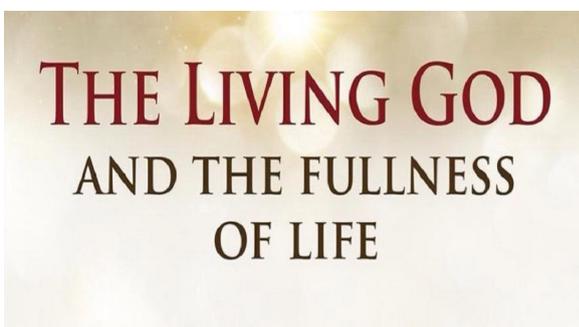
In the first place,

It means living with God.

Recognizing God's image in others, and hence respect and love others, leading to a warm and loving relationship which ends in the pursuit of the well-being of others.

Becoming aware that we are created according to the image of God, that is, we are a miniature of the 'Word of God', and our life-long task is to recognize this fact and activate it in our lives through 'good deeds'. Further, the journey towards holiness gets culminated in the sharing of this happy experience of living the 'Good News' with others.

Well-being/spirituality/holiness is the birthright of all human beings. Every adult – parent or teacher – has the duty to create the awareness of this call in the young. It is not an optional luxury. It is vital for the fulfilment of one's vocation, which is the meaning and purpose of one's life.



☀️ Captain Speaks...(Contd.)



A virtuous person gets continually nourished by:

- Word of God
- Acts of Love
- Acts of compassion

In this way, he keeps growing in holiness. 'In the way of the Lord, if one does not go forward, he will automatically goes backward.' However, this journey is not all sweet. It is more like eating a gooseberry, as explained by a youngster who was growing in her spirituality and living a holy life.

She says that when she started her spiritual journey, it was rather difficult at the beginning. It was sour. But, somehow, with the accompaniment of a holy priest, and that of a good Counselor, she went forward in her spiritual journey. Then life became more difficult. She was tried with more trials and difficult situations.



Gooseberry



Sour at the Beginning



Next it turns bitter



Finally it becomes Sweet

Second, it became bitter. Once again her spiritual guide accompanied her with encouragement and prayers. She withstood all these difficulties and sufferings. Her prayer life and trust increased. Finally she reached a stage when she experienced the sweetness of God's love and care. Now she invited her friends and says: "Taste and see how sweet is the Lord. I will never give Him up!"

When one gooseberry is over, another appears. Each time the intensity of sourness keeps increasing. But the strength and the capacity to face it also keep increasing. The journey continues from sourness to bitterness, and finally to sweetness. The inner joy and happiness pervades one's whole life. That is when one gets immersed in God and one's neighbour.

*Taste and See how Sweet is the Lord!
Fullness of Well Being is only in the Lord*

☀️ **Captain Speaks...(Contd.)**

When one experiences the divine grace in oneself, he/she moves to a richer, and a fuller life. This is what the Master said long ago: "I have come that they may have life, life in its fullness"(Jn. 10, 10). Martin Seligman, the Father of Positive Psychology, echoes the same strain today, when he says: "it is the 'well-being' that every person craves for, and works for all his life.



Your self-actualization is complete only when you have flowered to the full your spiritual gifts too. God wants all to be holy and enjoy the fullness of life. While some reach a heroic level of sanctity, and we call them publicly saints; all have to strive to live a spiritual and holy life. It is not impossible. It is within our reach.

- When one lives an honest life, he/she is on the way to holiness!
- When one becomes compassionate, and reaches out to those in need, she/he is on the way to holiness!
- When one becomes aware of God's presence in oneself, and relates to Him in prayer and lives in union with Him, he/she is living a holy life!
- When one is able to renounce some of his/her desires to have more, to overpower others, and possess others and use them as objects he/she is living a Godly life!
- When one forgives another who has hurt him/her, she/he is living a holy life!

A Holy Life has two dimensions: (i) A sinless life where one follows the Commandments of GOD; (ii) A Virtuous Life where one lives a life of Love, Truth, Forgiveness, and Intimacy with God, which makes him to reach out to his neighbour in Love.



Captain Speaks...(Contd.)

All are called by God to live this fullness of life in Him. When one enjoys the life of holiness, he gets accelerated in his journey towards "Perfection".

Our call to holiness has two dimensions. On the one side, it is a universal call, as such all have to strive towards it. On the other hand, some respond to this call, in a heroic degree. These are called Saints who are publicly proclaimed and ratified by the concerned relevant authorities.

Happiness is the result of being holy. When one has found God and experienced His love and goodness, one enjoys true happiness.

When we make the clarion call to the young: "Be Saints!" it means 'Live Holy! Live Happy!'

When we love and reach out to others in God's name, especially those who are in need, we experience a joy, and happiness beyond what any other pleasure can give.

When the young do an Act of Random Kindness (ARK) every day, they develop an attitude of love and care for their neighbours. They become enthusiastic about doing good. They live their daily lives to the full, turning their ordinary actions to an extraordinary quality. That, in fact, is the super high way to holiness and spirituality.

When DB ARK, launched the "DAAD REVOLUTION" (Doing an ARK – Act of Random Kindness) among the young, it was with the intention of guiding the young along the way to holiness and happiness. The young, in this way, grow to be kind, compassionate, loving, and loveable.



JOIN DAAD REVOLUTION
AND COME ON BOARD !!!

"DO AN ARK A DAY (DAAD) AND GOD WILL RECEIVE YOU WITH OPEN ARMS TO ETERNAL BLISS !"

Every good deed done is a step towards 'Perfection'. God is present in this world through good deeds of Love, Forgiveness, Healing, and making people 'whole', that is, ensuring that we have fullness of life.

- Fr. Joe Arimpoor, sdb

PY YAR MOVEMENT

Institutions : Notre Dame School, Badarpur & World Vision, Gautampuri

Program : FIG(Face-to-Face In Groups)

Dates : 18 January 2019

Animators : Ms Himanshi, Ms Assuntha, Fr Joe, Mr. Sekhar, .

Participants: 120 Children

Institutions : St. Gregorios School & Govt. School Janakpuri, Asha Niwas and Asha Grih

Program : FIG(Face-to-Face In Groups)

Dates : 31 January 2019

Animators : Ms Himanshi, Ms Assuntha, Ms Sneha

Participants: 30 Children

THE PYYAR MOVEMENT MARCHES ON TO THE NEXT STEP - FACE TO FACE IN GROUPS (FIG)

The PY Children of Notre Dame School at Badarpur, interact with the YAR children of World Vision, Gautampuri.



The FIG (Face to Face In Groups) leads the members to greater friendship. They meet their counterparts, interacts with each other, exchange gifts, share their meals.



Fr. Joe Motivate the children to know each other better, and relate & build up the friendship.

A SECOND FIG AT ST. GREGORIOS SCHOOL

The PY Children of St. Gregorios School interact with the YAR children of Govt, School Janakpuri, Asha Niwas, Najafgarh, Asha Grih, Dwarka Sec 8 & 19 Boys and Girl,



The experience of FIG (Face to Face In Groups) deepens their friendship especially through the Group Dynamics exercises. The analysis and interpretation of the behaviour of the participants in these exercises reveal their personality at a deeper level.



Mr. Boyaz M, the Principal of St. Gregorios School, Dwarka welcomed the children and expressed his appreciation for the this wonderful PYYAR Movement reaching its second stage where children meet each other and deepen their friendship.

VOICE OF CHILDREN (VOC)



Institution : DB Ashalayam
Program : VOC Introduction
Dates : 15th, January, 2019.
Animators : Sneha, Seema, Fr. Joe Arimpoor, sdb. Assuntha, Himanshi, Sekhar, Robin,
Participants: 29 Children

Institution : DB Ashalayam
Program : VOC-2
Dates : 14h, January, 2019.
Animators : Sneha, Seema, Fr. Joe Arimpoor, sdb. Assuntha, Himanshi, Sekhar, Robin,
Participants: 24 Children

A DEMO OF THE VOC

The VOC Team of the DB ARK invited the Don Bosco Ashalayam Juniors for the introductive session of the VOC, There were 29 children who were eager to have this experience of the VOC program.



The DB ARK Team gives a glimpse of the forthcoming events of the program.



Aakash is happy to receive his ID card and books from Fr. Joe to attend the VOC program.

The Group Dynamic exercise (Humpty Dumpty) was the most enjoyable item that the children experience during this program.

VOC 2 for the Seniors of DB Ashalayam

The Theme of VOC– 2 is Relate To Me. Both the Animators and the Participants enter into a professional relationship in their journey from Brokenness to Wholeness.

While this relationship is professional it becomes also very warm and personal in the Don Bosco way. When Hope and Confidence are infused in the children they look up to their Mentors as friends and problem-solvers.



The DB ARK Team is creative and resourceful in identifying, effective group activities, where children spontaneously reveal themselves and their problem.

When the children engaged in these activities, Time stops for them. They are excited and they want more.

SPECIAL PROGRAM

Institution : DB ARK Family
Program : Culinary Art Expression
Dates : 27th, January, 2019.
Animators : Fr. Joe, Sekhar, Robin, Sneha, Himanshi, Assuntha, Seema, Bijaya, Sophie, Mukesh, Abi, Gilbert, Pravesh, Sheetal, Juliet, Ambika, Rakesh.
Place : Don Bosco, Jhajjar, Hariyana

Institution : DB Ashalayam
Program : Don Bosco Tambola
Dates : 30th, January, 2019.
Animators : DB ARK Team
Participants : Ashalayam & Snehalaya Children and Staff

DON BOSCO FEAST WITH A NEW EXPRESSION OF CULINARY ARTS

Fr. Joe Arimpoor, Director of DB ARK is ever creative in finding new initiatives to build up his team. This time it was a “Cook-Out”. The Team was all excited in getting all the ingredients necessary to express their culinary skills.

For many of them it was the first time that they had a barbecuing experience.

A NEW WAY OF LOVING DON BOSCO BY KNOWING HIM MORE



The Children of DB Ashalayam were excited with this new experience of learning more about Don Bosco and at the same time, winning prizes for the same.

Kudos to the DB ARK Team for their innovative way of inviting the children to learn more about Don Bosco.



The Great Excitement when one of the youngest players won the TAMBOLA.



GOOD NEIGHBOURLINESS PROJECT (GNP)

Institution : DB ARK
Program : GNP
Dates : 25th & 28th, January, 2019.
Animators : DB ARK Team
Participants : 107 Children of the Neighbourhood

DON BOSCO IS FOR ALL YOUTH

The Universal inclusive Love of the Master is so well understood by Don Bosco who says: "It is enough for me to know that you are young, I Love you".

His Love was all inclusive it is the same spirit with which DB ARK reaches out to its neighbours. The Socio-Economics barrier of Caste, Ethnicity, Wealth, and other Discriminating barriers are challenged and efforts are made to bring in Love, Unity and Harmony.



YAR Children from the Neighbourhood



PY Children from the Neighbourhood

While the children are simple, open and transparent and open to relating to other children of different backgrounds, The adults finding difficult to allow their children to Mix with other children whom they consider lower than them on various socio-economic factors.

DB ARK with its common program tries to remove any of the discriminating factors and bring them together to one fold.



You may

1. Draw the cheque in favour of: "Don Bosco ARK" or
2. You can transfer the money to: AC Name: Don Bosco ARK, AC# 13020100235970, IFSC: FDRL0001302
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