

CAPE PROVINCE: 1937

Transformation through Giving and Receiving

Life swings us between the rhythm of *giving* and *receiving*. Too often we perceive giving to have a strong hold on us and receiving that minimises considerably when we are involved in service. As we renew our intention to enter into our ministry wholeheartedly, may our decisions contribute towards a balance between these two actions. The rhythm of our breathing is similar to our rhythm of ministry: we breathe in, we receive, we breathe out, we give and change occurs.



- **IN EDUCATION:**



Poverty is constantly discussed in the news and its enormity can be overwhelming when one only focuses on the issue.

We realise that as soon as we begin to build relationships, by getting to know the poor, we fight poverty and make a difference in individual lives.

Our 3000 learners within all our schools are from low income families and therefore, we endeavour to provide quality education in collaboration with loyal and committed educators.

- **THROUGH SOCIAL WORK**

Our Sisters run two Senior Citizen Clubs where meaningful relationships are forged among the elderly. Assistance is provided for them to collect their pensions safely to avoid exploitation. Once a week there is an opportunity for them to meet, enjoy companionship, friendship, celebration and recreational activities. Families are encouraged to respect the human dignity of the elderly by providing support, encouragement and healthy inclusion in family life.



- **OUR THEODOSIUS WING**



We acknowledge the wealth of wisdom among our elderly Sisters who faithfully served in active ministries over 50 and 60 years. A separate community with an appropriately adjusted time-table, encourages healthy interpersonal relationships. By remaining moderately



active they enjoy good physical and emotional health and cognitive functions.

The Sisters maintain a healthy connection with family and friends who visit regularly. Their main ministry is to be prayerfully supportive of Sisters in the Province and Congregation.

- **THE CHILD AND YOUTH CARE CENTRE**

This facility originally named, Holy Cross Orphanage, was established in Parow, Cape Town, after many children were left orphaned during the Spanish 'flu of 1918 which wiped out millions of people world-wide.

It currently responds to the needs of 100 children and youth who have experienced being removed from situations of deprivation, constant abuse, domestic violence and substance abuse.

Many young women who grew up in the Orphanage generously give of themselves as donors, helpers and employees.



- **SANCTUARY FOR WOMEN AND CHILDREN IN CRISIS**



Holy Cross Sisters St Clare Sanctuary was established as a sheltered accommodation for victims and survivors of gender-based cruelty. Violence undermines social and economic development and reinforces inter-generational cycles of poverty and inequality. Through courses in skills training, residents are empowered to self-manage and be reintegrated into their families. Women are encouraged to become independent, self-reliant and appropriately skilled to participate in breaking the cycle of abuse.

One Sister shares of her time and skills among the residents working jointly with lay carers and the Centre Manager.

- **GROWTH FACILITATION**

Emotional intelligence is a vital component for growth in spirituality. This empowers us to take charge of our lives and helps us to acquire skills in competency and confidence. Many people seek meaning and fulfilment in their lives by searching for help in dealing with life's challenges. We design programmes for school personnel and Religious communities to deepen their understanding and appreciation of their emotions. By practising skills, they are encouraged to transform their behaviour by renewing their minds and remaining open to God's will for their lives.



Through our ministries we hope to achieve the full realisation of human dignity and human potential that raise awareness and service delivery in harmony with each other, God and the Earth. May God help us to live out His invitation: “Give and it will be given to you; a good measure, pressed down, shaken together, running over, will be poured into your lap...” (Luke 6:38) thus enabling us to grow in becoming a transforming presence within society for God’s greater honour and glory.