

**Sarasvita**
Faithful Companions of Jesus
Centre for Spirituality & Human Development

Oasis Bagi Mereka
yang Haus akan Kasih Tuhan



Greetings!

From Editor

Dear Sarasvita Friends,
Greetings!!

This first Newsletter will be filled with news of Sarasvita activities from October – December 2020. It includes: Retreat in Daily Life, Two-Day Retreats, Praying while Biking, Inner Journey through Dreams, and monthly Mass and Peace Meditation (everyfirst Saturday).



Enjoy

Mass and Meditation for Peace

On the first Saturdays of October 3rd and November 7th, Sarasvita started each new day with Mass and Meditation for Peace at Sarasvita Garden. We prayed and meditated together to create a vibrant energy of Peace. Birds singing, the gentle breeze of the wind and the sound of running water, created a beautiful atmosphere enabling us to welcome a new day in praise of our Creator. Peace was flowing from our hearts to each other, our families & friends, to the Earth and the Universe.



A TWO-DAY Retreat
"HOPE IN THE DARK" on 30 & 31 October
and 14-15 November 2020.

By Sarasvita Team

Facilitator: Sr. Agnes Samosir FCJ

Each retreat was well attended by 15 women who had lost their work or business or beloved ones during this pandemic. The retreat was filled with God's faithful care and love. There was much laughter and tears. We experienced miracles, peace, beautiful emerging friendships and above all the LIGHT OF HOPE. What a blessing!!

A Retreat in Daily Life

By FCJ Sisters

A Retreat in Daily Life was held from 22-25 October 2020, online and in person. Eight participants joined on line. They were from Jakarta, Padang (West Sumatera) and Melbourne. Another eight were in person. Most of them enjoyed the opportunity of making this retreat without leaving their work or houses. They also appreciated the opportunities of spiritual accompaniment and of sharing in a big group at the beginning and the end of the retreat.

INNER JOURNEY through DREAMS
on 28-29 November 2020.

by Sarasvita Team
Facilitator: Sr. Agnes Samosir FCJ

The workshop was well attended by 23 people. They learned three ways of interpreting their dreams. The retreat was filled with loving surprises, miracles and healings. One of them said, "through my dreams, I know GOD truly LOVES ME."



FCJ Sisters also offer spiritual
direction and retreats online at
Sarasvita.

Thank you for your generosity

We are truly grateful for your generosity which has enabled us to facilitate retreats and other programs free of charge, during this global pandemic. Thank you for bringing hope to us in this difficult time.

BIKING

By Sarasvita Biking Team.
Facilitator: SR. Inez FCJ

Praying while biking on a beautiful morning, Saturday, 28 November 2020, Sr. Inez, fcj accompanied people cycling from 05.00-09.00 along Mataram Canal. It was a beautiful day, and the earth was fresh after the night rain. Seeing with new eyes, the participants were amazed by God's artwork - the beauty of nature.

Breakfast was ready at the labyrinth of Sarasvita Garden when they returned to Sarasvita. They went home with smiling faces filled with hope for the next new adventure of praying while biking

