



ACTION PLAN:

2015-2020

GOAL

Being Discerning Holy Family Women on Mission, We dare to respond to the needs of our Context.

PRIORITIES

FORMATION	FAMILY	MINISTRIES
<i>Formation is a personal and collective responsibility in the Holy Family, for each Member to become mature, and committed Women Religious and our life to become integrated, joyful and fulfilled to bear witness as Consecrated Religious of the Holy Family.</i>	<i>We are responsible and accountable to live and to pass on the Heritage of the PBN Family to the next generation, with the Charism of Being Family, living our Membership with a deep sense of belonging. We introduce it, promote its vocations and live our Mission Communion at all levels, taking the Holy Family of Nazareth as our Model.</i>	<i>With Contemplative approach and the Missionary zeal of our Early Mothers, we discern the Signs of the Times, listen to the cry of the Poor and the Cosmos, be ready to move, dare and risk, to make ourselves available for the Mission of Christ, with passion for God's People.</i>

A C T I O N P L A N

- Discipline myself to prioritize Prayer Life
- Cultivate quality relationships; accept myself and others for who they are.
- Give my personal life newness and rhythm by having a “Personal Project” to grow in my Commitment.
- Be responsible to seek guidance in Accompaniment & Spiritual Direction.
- Faithful to my Journal Writing to evaluate myself on a day to day basis.

Basic Formation :

- Maturity to be considered essential as far as possible – human, psychological, emotional, faith and other – to be attended to before entry to the Novitiate.
- Guidance and accompaniment to discern one’s vocation, personal Charism and the ability of the Candidate to life Religious Life.
- Experiential and practical formation to experience God, the Word, the Eucharist and the Signs of the Times for relevant ministry.

- Whole hearted cooperation and collaboration in all that concerns the PBN Family (introducing the PBN Family, promoting Vocations, living Communion, celebrating Family Feasts)
- Taking interest to read the Holy Family Materials (Interconnection, Agape and the News Bulletins of the Family), sharing it in Community, get in touch with them through Information & Communication Service.
- Set aside a special time during the day to visit the “Home of Nazareth” in spirit, to learn humility, detachment, charity and to live for God Alone, and to pray for each country and Vocations.
- Be open, transparent, truthful and accountable to the Community to foster quality relationships and to experience Communion in Community, through dialogue, respecting the differences (age, languages & mentality).
- Genuine love towards each one
- Self -sacrifice and detachment.

- Allow ourselves to be led by the Spirit in and through the Word of God – reflecting, meditating and giving quality time for it every day to know the Will of God.
- Value the Unit and Community as places from where I am “SENT” and learn to respect the mediation of Leadership.
- Enter into open and constructive dialogue with those who are responsible, to express our desires and to seek guidance and support to choose ministries together.
- Rooted in God Alone, we make ourselves available for any ministry – by setting aside our personal needs and choices and accepting the need to be sent wherever the needs are.
- Express our need for Training in special fields of ministries.
- Net-working with other Organizations.
- Evaluating the Year Plan Annually.

A C T I O N P L A N

1. Once a month a day for oneself in silence.
2. Session for Juniors and Accompaniers together.
3. A junior sister be present during formation team meetings where possible.
4. For inner child healing find ways and means.
5. Evaluating our personal project with the accompanier once in two months (include your personal value system as one of the objectives).
6. Daily Yoga, meditation, breathing exercise etc.
7. Forming ourselves to form the other vocations.
8. Revive the structure of basic formation(heart level formation) before pre-Novitiate,

- Reach out the needy “Dare to move”
1. Providing continual support to the Sisters who have already started new ministries, Especially in Vanni.
 2. Professional training to the young sisters to go beyond “ Charity model”.
 3. Initiate or continue ministries in collaboration with other vocations.
 4. Youth ministry for each junior sister.
 5. Discern the missionary vocation and respond.
 6. Respond to the context in the light of the Gospel.
 7. Be available for any ministry.

1. Once a year celebrating life with five vocations.
2. During Final commitment preparation spend one week with the contemplatives.
3. Promote vocations for the PBN Family.
4. International Formation – During Novitiate /during final Vows preparation.
5. Be a member of the organizations ,social service centers etc.e.g:CPR, JPIC,CPA,Social environmental centers, gender based violence, child right movements.
6. Find ways to deepen the Spirit of God Alone.

A C T I O N P L A N

COLOMBO UNIT

<p>Being faithful to the personal prayer Consciousness Examine Quality Accompaniment and Spiritual Direction Being touch with me always Self-criticism (positive & Negative) Reading the signs of the time in the light of the gospel Joyful witness of our life Spiritual reading</p>	<p>Genuine Love towards each one Responsible membership accept the differences Being touch with the whole association and promoting other vocations Forgiveness, dialogue, and discern together Keep contact with the sisters of other countries Faithful to the community project</p>	<p>We seek and take initiate a new ministry We pool and share our resources among us Networking with other organizations Once a year conducting an awareness programme for certain groups(Children, youth, families) Search for new ministries Evaluating the action plan once a year In the unit Missionary zeal</p>
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A C T I O N P L A N

PAKISTAN

<ol style="list-style-type: none"> 1. God the centre of my life 2. Time for personal prayer and integration 3. Time for the word of God-Read, Reflect and 4. Make it my own 5. Inner healing –get help from trained 6. Space to grow in inner freedom, overcome fears 7. Grow in discernment 	<ol style="list-style-type: none"> 1. Grow in belongingness 2. Respect for elders 3. Humility to accept challenges 4. Zeal for growth of the family (PBN) 5. Overcome selfishness and ambition 6. Build communion <p>Personal sacrifice and detachment</p>	<ol style="list-style-type: none"> 1. Not to be sticking only to be teaching in the schools and principal ship 2. Courage to go to tribal areas 3. Helping the brick –kiln workers/drug addicts 4. Helping the ladies who work in Muslim houses 5. Active participation in the Work of Justice & Peace 6. Go in search of children who do not go to school

A C T I O N P L A N

Self-Formation

To awake the inner self:

- Course in inner healing
- Guidance from our sisters.
- Living my own personal values- accept my own uniqueness

Still we are open to the new calls to respond-

Deepening our membership:

- Spirit of God Alone
Live in the light of the Gospel
- Sensitive to the needs of the community
- Active participation in the community activities
- Accountability –faith sharing
- Strengthen the bonds of our relationship with our P.B.N family

Dare to Move:

- Collaboration with other institute, Go's
- Education-Tuition for tribal, dropouts, children going to the Government Schools
- Youth ministry
- Respond to the cry of the earth: Give awareness to avoid the use of the plastics
- Gifting a saplings on birthdays
- Home gardening
- Family visits: Promotion of five vocations
- Health care centre-Conducting camps.

ACTION PLAN

CONTEMPLATIVE

1. To take sufficient time for our spiritual readings
2. To find time to be with oneself
3. To be faithful to our daily examination of Conscience
4. To spend extra hours in prayer for the conversion of hearts

1. As our Apostolic Sisters and the PBN Family members are taking daring steps in their mission we try to support them in and through our life of prayer
2. We try to accept our sisters in self-forgetfulness, gentleness, and humility
3. We try to spend time with our aged and sick sisters and to give them the care they need

1. To get involved in the movements which are working for justice and peace(AVAAZ)
2. We try to recognize the face of Jesus those who come to our door, in the intercessions of all our people, in the Nature.
3. Through our life of work we try to be in solidarity with the whole of humanity

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