

AQUA

DECEMBER 2021



**“AND THE WORD BECAME FLESH AND DWELT
AMONG US, AND WE HAVE SEEN HIS GLORY,
GLORY AS OF THE ONLY SON FROM THE FATHER,
FULL OF GRACE AND TRUTH.” (JOHN 1:14)**

SHARING FROM THAI PROVINCE

AQUA – DECEMBER 2021

by Ursulines Thailand

Cover: The Nativity by Mr.Manut Tajan, teacher of Piyamart School, Payao.

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1. English Online Course Experiences with Sr.Lee and Sr.Anne-Marie Dixon

Narumon Charoenkun, OSU

I would like to give thanks for giving me the best opportunity to learn English which is really interesting. I learned both as a person individually and in a group with the sisters. Here's my evaluation from this English course.



1. Learning in this English class helped me to know more vocabulary, especially the difficult words.

2. I can improve my English speaking a lot and I also can communicate and understand English more.

3. This English course helped me to be more confident when speaking English.



4. I was very impressed and happy with this English class because the sisters who taught me were very kind and truly tried to help me and tried to understand me. And of course I will keep practicing and I will try my best to improve my English more and more.



Thaweelux Wannasrirat, OSU

I like studying English even though I do not have much time but I know that this activity plays an important role in improving my English; for example in speaking, listening, reading, vocabulary and seeing the sentences. This motivated me to listen intently, to understand what people were speaking. I searched translations for my homework ahead of time in order to help me understand before I started the class. I dared to ask questions when I did not understand and Sister Lee tried to explain to me.



During group lessons although there was not much time for each person, I had gained experience from listening to other people speaking. Although I did not understand what she said, I listened to the accents and speech of each one and



tried to understand what she was talking about, even if it was hard to hear. I felt that Sister Lee and Sister Ann were very generous in organizing this event. They are both attentive and trying to understand the people who are learning a language that is not theirs.



Supunsa Tamatr, OSU

I was very impressed with the instructors. They tried to find lessons and to prepare exercises to help us understand English better. Although sometimes the exercises were very helpful in practicing English, Sister always told us to do what we could and to have fun learning English. I felt that this class was fun and helped me learn new English words. It helped me know my friends; the sisters from Indonesia and Taiwan who have difficulty in using English as well. I felt that sometimes a lesson was easy and sometimes it was hard but I tried.



The thing that I liked and was most impressed with was having one-on-one study with the teacher because it was a conversation and I used what I learned to talk about it. I understood what she asked but sometimes it was difficult to answer. However, I would try to find pictures or try to explain to the teacher. I am very grateful to Sister Lee and Sister Ann-Marie Dixon because the Sisters tried to help us and took time to walk side by side with us. Sometimes there might be some miscommunication, some wrong timing, or occasionally I forgot the time. I felt guilty because it was really my fault because communication was misunderstood and

sometimes I forgot to read emails. During the one-on-one lessons, the teacher would always say that "Is there anything we need to improve?", such as reading, punctuation, reading correctly and pronunciation. Sometimes I still could not get it straight. The teacher always found a way for us to memorize vocabularies and to train ourselves very well. I was a teacher who cared so much for my students that I felt when I was a student I didn't really care as much as the teacher gave me. But I was happy all the time with either the one-on-one or group study because we knew each other well and knew the teacher.

I want to thank the people who organized this course because our group learned a lot. Practicing English together helped in getting to know the Sisters more in different groups and we got some time to chat and understand each other better.

Sometimes when I didn't understand a lesson, I tried to look it up on YouTube and prepare for the next teacher's appointment.

I feel that these lessons have helped me to concentrate on English a lot because the teacher always arranged a time in advance when to study, and so having time to prepare meant online learning was not a barrier to our teaching. I felt it was great that we didn't need to travel but we could still talk to teachers and groups of students comfortably.

I would like to thank Sister Lee and Sister Ann-Marie Dixon very much for their patience. They helped me to improve my English, and they worked hard to find activities that would help me learn English. I'm sorry that sometimes I didn't pay attention and I forgot. I did not respond to the assessment. An essential aspect of my language development is to spend more time on English. Thank you, Sisters for walking beside me. Thank you very much.



2.Ongoing Formation Online Course Experiences

Handling Emotions with Skill and Grace

Somchitr Krongboonsri, OSU

I attended a course on Handling Emotions with Skill and Grace by zoom provided by Emmaus Center in the Philippines. This course helps me to know how to handle emotions. I would like to share one aspect from this course.



Observing and Describing Emotions

Here are some questions to help:

1. Prompting Event for my emotion (who, what, when, where). What set off the emotion?
2. Vulnerability Factors: What happened before that made me vulnerable to the prompting event?
3. Interpretations (beliefs, assumptions, appraisals) of the situation.
4. Face and Body Changes and Experiences: What was I feeling in my face and body?
5. Action Urges: What did I feel like doing? What did I want to say?
6. Face and Body Language: What was my facial expression? Posture? Gestures?
7. What I said in the situation (be specific)
8. What I did in the situation (be specific)
9. What aftereffects did the emotion have on me (my state of mind, other emotions, behavior, thought, memory, body, etc.)?





New Normal Opportunity

Jantana Wongsankakorn, OSU

This year, from August to November, I received a fruitful experience. I joined an online course at the East Asia Pastoral Institute (EAPI), Philippines. This is the “Renewed Pastoral Leadership” program. It was an opportunity for me to broaden my horizon and try online technology. I got acquainted with not only Zoom application but also the Canvas application, a learning management system, as well. Moreover, I learned key practices for the 21st century.



I am Impressed with all modules offered, especially the last one, “Stewardship, Resource Development and Projects”. I like the process of planning and working out a project, through 8 steps.



Upon my reflection, I thought about Pope Francis who has initiated a consultation process and launched 2 years synodal journey which takes place from the local level to the universal one. Pope Francis said in the address of the opening of the synod “it is necessary that the local churches work at their preparation with the participation of all “. The Synodal Church calls everyone to be a stewardship by encountering, listening and discussing together. I was a representative of the Ursulines to attend the synod meeting of Bangkok Diocese. We shared our reflections and experiences in order to know the situation of the Church. I think this synod is very special because the leader allows the small people of the church to participate and share his/her dream.

I am highly grateful to Pope Francis for giving this opportunity to us, young and old, men and women. This is really the Church for all.

May the Holy Spirit renew our Holy Church!



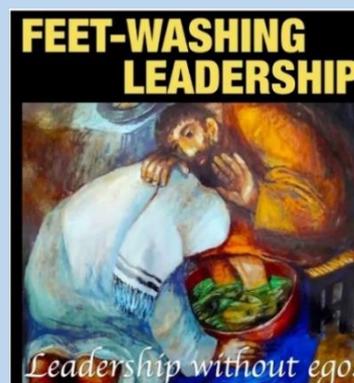
Servant Leadership in the 21st Century



Prapatsorn Srivorakun, OSU

The ongoing formation is a process of renewal and updating in the sense of a continual development and growth of our personal identity. Thank you to the provincial and her councillors who are generous to the members by providing them with continuous training.

The picture of Jesus washing the feet of the apostles is servant leadership in action. Jesus is the model for servant leadership. The washing of the feet is a timeless and very powerful image for me to recall again and again.



Throughout the four weeks of study, I learned how to serve and lead in today's society!

First, I learned that to be a servant leader, awareness of oneself (strengths and limitations) is very essential and team management (participative leadership) is the closest style to servant leadership.

Second, I learned the servant leadership of Jesus and I entrust everything to God! I also learned to pray for God's guidance, then make flexible changes and find solutions according to different people and cultures. As Fr. Johnny Go, SJ, the speaker, said, "In every case, there is no one right answer!" according to different backgrounds, cultures, education! How to deal with it is the main thing!

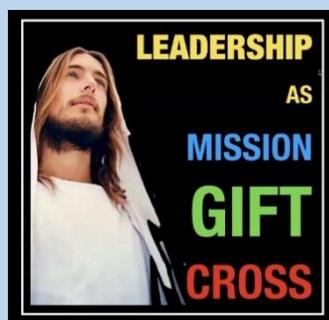
Third, servant leaders measure success through growth and development and together with this is what the speaker Bob in the TED Talk said after reading the book "It changed my life". This is so because I learned that being a leader, it is important to see it as an opportunity for growth and development as I serve and it won't happen unless I become open to change, setting aside ego and learning becomes growth only if there is change.

Fourth, leadership is a sharing of power and responsibilities, always supporting one another and being aware of the ability and limitation of myself and others, just as Christ did. He shared power with his disciples and let them serve the people. Be wise and prudent in solving technical and adaptive problems. I have learned a lot, from Father, from the videos and sharing from our participants. This module has helped me to evaluate myself deeply and it reminds me that leadership is a gift to serve and share with others.

Credit : EAPI Class Slides



Servant Leadership in the 21st Century by Fr. Johnny Go, SJ.



Suwanna Chaipornkaew, OSU

The most valuable learning for me is Leadership as a gift and the opportunity to serve others – not the ego. Leadership is a gift from God and God’s plan is to help myself and others around me to grow. I need to pray continually for God’s guidance to be a servant leader without the ego, like Jesus, and to understand the feelings and the needs of others more so that I can serve them. What is significant for me is to have a close relationship with God and to learn from Jesus; then to connect with people by building good relationships ... heart to heart connection that is put into action through active listening, respecting each one as he/she is, empowering and supporting others to grow. Thanks for the opportunity to join this online course with new friends from various countries.



Credit : EAPI Class Slides



My Experience of EAPI Online Module - Spiritual Discernment

Aug 19 – Sep 09, 2021, By Francisco Machado

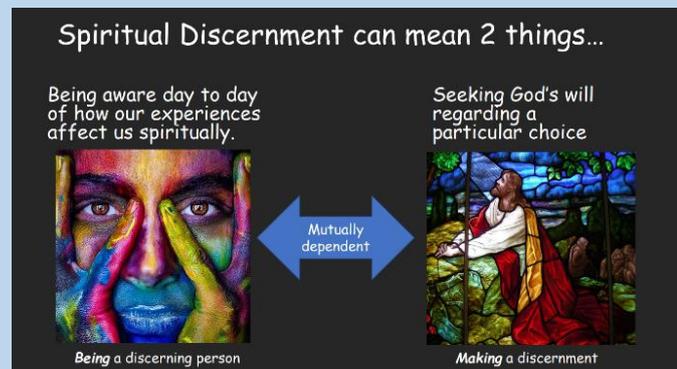
Pilaiwan Kitsawat, OSU



There are, of course, a wide range of benefits for attending this training course, including gaining more understanding in spiritual discernment, learning in a comfortable environment (by being in my own space with fewer distractions, feeling relaxed), and receiving personalized feedback from the trainer after the session. However, the benefits also extend to include improved awareness day to day of how my experiences affect me spiritually, and seeking the choice “For the Greater Glory of God.”

I would like to share something I learned recently.

- Discernment of spirits in day to day life is the foundation of our spiritual life. It basically entails AWARENESS, UNDERSTANDING, and ACTION.



- Ignatius' rules show us a path to avoid important traps in the spiritual life, and continue growing spiritually in the midst of both desolation and consolation.

Credit : EAPI Class Slides

10th/11th RULES: Helpful thoughts to cultivate

“ When you are in consolation, be humble, and take strength for when the time of desolation comes”

(Ignatius' words rephrased)

“ When you are in desolation, think about how strong God is, and how you will never be left without grace to overcome all obstacles.”

(Ignatius' words rephrased)



When I Became An Online Student

Praedee Maneeratanawongsiri, OSU

The Pandemic of Covid-19 has completely changed the way of living all over the world. I am no exception especially in regards to my ongoing formation. This year I have taken 3 online courses:

1. A private lesson with Sr. Mary Alice Duggan, an Ursuline sister of the Eastern Province, New York, USA.
2. Spiritual Discernment: Insights and Practices for finding God's Will.
3. Virtue Ethics for Leadership in a Multicultural Context. The second and third courses are run by the East Asian Pastoral Institute, Philippines.



I have received an email from Sr. Susan Keinzler advising me to have a private lesson with Sr. Mary Alice, to improve my English before going to Tertianship at the end of this year. Sister Mary Alice is one of my best teachers. She has a good and well thought out plan for teaching me. She had to take her time checking and correcting my homework and then sending it back to me so that I could review and practice it. She also shares her personal experiences and her good ideas regarding our Constitutions. She is my most important English teacher. I feel that I am lucky to have her because I can learn from her how to be a good teacher.

The second course is Spiritual Discernment. In fact, I have learned about this subject before. I choose to go deeper into this subject because I think it is a good opportunity to review my knowledge again. Most of all I want to check my current relationship with God and I realize that God is always with me in every moment of my life and God allows me to have different experiences for my own wellbeing, even if I cannot see it straightaway because of my limitations. I also realize that I missed so much of the great lessons that God was giving to me. Now I am more confident in God's love and guidance so that I can fully trust God.

The third course is Virtue Ethics. This is the first time that I am learning about this topic in English. There are quite a few words I have come across for the first time in my life. That is why I do not fully understand the lessons. To tell you the truth, I find this course a little bit boring. Anyway, I still get something out from it because this online course is well planned. They upload the video of the lessons on YouTube so we can go back and look at it again and again. But the content of this course challenges me.

I need to have an open heart and mind to evaluate others and myself. I got very low marks. I was shocked with the results. I thought I was okay, but really, I was not. Once again, I became aware of my weakness as a human being. To summarize this course: I have understood more clearly about the letter of St. Paul to the Romans: ‘We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it’. (Rm.7:15-20)

Finally, I would like to take this opportunity to say thank you to all involved in my online study; in a special way, Sr. Mary Alice who has been my teacher from February to the end of October. I express my gratitude also to the Ursuline leadership team in Thailand for giving me this opportunity to learn and to the teachers and staff of The EAPI who created this course and all friends who attended the courses and shared their knowledge, their opinions, and most importantly, their real experiences. This helped me a lot. And my last and most important thanks to God for everything God has done for me. DEO GRATIAS!



Beautiful and powerful words in Khmer and English that impressed me.

Nongnut Rueankham, OSU



This year, I had the opportunity to increase my knowledge of English and Khmer. Let me share my impressions of some of the words in both languages. These are words that are beautiful, powerful, and charming in themselves. In my experience, whenever I have the opportunity to use these words. I can feel the growth within myself and it also affects my good relationships with the people around me.

Credit: www.khmerlessons.com

ល្អណាស់
/l'or nas/
Very good

ស្អាត
[s'aat]
Beautiful

អរគុណ
/or-gun/
Thank you

ចិត្តល្អ
[jedt-l'or]
Kind

បាទ / ចាស
/baat (male)/ , /jaas (female)/
Yes

អត់ធ្មត់
[odt-tmudt]
Patient

សុំទោស
/som-dtoos/
Sorry

សប្បាយចិត្ត
[sab-baay-jedt]
Happy

សំណាងល្អ
/som-naang l'or/
Good luck



3.Missionary Life at International Community Battambang, Cambodia

Footprints of Hope...Sparkling Dreams at Battambang

Songsaeng Thinwan, OSU

When I was assigned to leave Bangkok to be a missionary in a neighboring country in our ASEAN countries, I had studied the history and culture of Cambodia quite a bit. I read articles and books titled “Khmer Discussions”, a travel journal in the style of MR Kudrit, a travel book, even though events, conditions of the country and people or Cambodian society have changed a lot. But this book is still



worth reading and it's really fun to read, inserting ideas with illustrations from a master cartoon artist, Khun Prayoon Chanyawong who combines cuteness and the nerve of Angkor Wat. Angkor Thom has a charm inviting him to go on a journey, as if once to print footprints on this ground. As well, I read a book "Literature for ASEAN" by Prapassorn Sevikul, where the author reflects on the events that happened in the Kingdom of Cambodia during the year 1975 which helps you to know the history at the same time with literary taste that truly creates literature for ASEAN.



In the early morning of January 4th, 2016, I still remember the atmosphere of traveling with many sisters who accompanied me on the journey. The van headed straight to the Thai- Cambodian border at Khlong Luek checkpoint, Sa Kaeo Province. My luggage has been lifted from the van to be transferred to the cart to the Cambodian side. People's lives at the border are becoming more diverse. The languages they spoke are both Khmer and Thai with a slightly different accent. I met two Thai missionary sisters who were there waiting for me. Among the Thai missionaries who were sent to Cambodia for missions I am the 3rd generation missionary in a Khmer International House.

2010-2017 Sister Jantana Wongsankakorn, with one sister from Indonesia and one sister from Taiwan, a pioneer model with sisters from Australia, was the coordinator of an international Cambodian group with the four Asia-Pacific Provincials supporting the mission there.

2014-2016 Sister Prapassorn Srivorakul, 2nd generation missionary, there were two Indonesian sisters and two Thais.

2016-2021 Sister Songsong Thinwan, 3rd generation missionary, there were two Indonesian sisters and one Thai.

I studied and practiced speaking Khmer in Battambang Province. It was a very exciting experience. I enjoyed the language and practiced speaking skills with the local teacher to gain more understanding. Khmer language is very close to Thai language. Some words that are similar are days, months, years, and numbers tens, hundreds, thousands, ten thousand, hundreds of thousands. It is only the pronunciation in the Khmer accent that is important. Numbers 1-10 should be remembered precisely.

I wrote a letter contract to be a missionary for 3 years only, but after staying in Cambodia for a while, the contract was changed to 5 years to allow more time to learn the language, culture, and practice in a more serious manner. I have experienced helping with pastoral work at the Church of Mary, Jarabviel, bringing Holy Communion to a grandmother until she passed away 2 years ago, visiting old people and doing drawing lessons with children. At the beginning of the pastoral work, continuing the rural work passed over to me from Sister Jantana Wongsankakorn under the Ursuline 's Learning Road Project. This involved support training on quality of life in rural areas far away, taking care of food for students in one school, and also following up on the construction of the third bathroom and taking care of the construction of a school, building 3 classrooms for a small school with a very beautiful view of the rocky hills.

During the last three years, I had more opportunities to work with youth at the learning center, organizing short courses to enhance their skills in computer,

English, Khmer, Thai, guitar, music and martial arts, Taekwondo. These were passed on to continue the work according to the spirit of Saint Angela Merici from the older generations, to open spaces for youngsters to come and exchange their experiences. Villagers, teachers, students, staff and parents were impressed with our work and the devotion of our sisters past and present. They saw rapid evolving change and were satisfied with the quality of education training at this church. The Battambang Confederation allowed the Ursuline group to work with the local Church to open a 1st grade elementary school according to the request of the Ministry of Education. On November 5th, 2018, there was an opening ceremony for the first grade and we requested to increase the class each year until 6th grade which will be the highest class of Mother of Peace School, Jarabviel. The Ursuline's service to Battambang becomes clearer through the guidance of the Holy Spirit, the parish priest and Bishop Kike Figaredo, Apostolic Prefect of Battambang.

In the Academic year of 2018-2019, there were 35 primary school students, 21 males, and 14 females using the learning center's building. We use the Khmer



language classroom as a primary school classroom, but there are times when the noise of children disturbs the young people who come to study computers in the afternoon.

In the Academic year of 2019-2020, 3rd grade was added with the Covid situation causing a simple building blessing of the school. The school was closed and postponed indefinitely. There was some online tutoring among students who were ready. As for parents who were not ready for the online system, they had to pick up the work sheet at school. Overall, students are virtuous, smart, courageous, generous, helpful and assertive, and are disciplined. Despite the obstacles in the classroom and some discipline of the children in the early stages, we are very fortunate to have teachers and staff who are talented, love training, and can be flexible in solving classroom situations by using the Learning Center Building as a temporary place to study during the school's initiation phase.



Khmer and Thai classrooms are Grade 1 A.

The computer room is the classroom of Grade 1 B.

The music room is Grade 2 A classroom.

The English room is Grade 3 A classroom.



A small hall in front of the learning center building is used as a place to learn to dance and have lunch in the first phase. The Penny Pagoda Great Auditorium was named for the cabinet that funded the building during the Second Missionary Era. We use it as a meeting place for students, parents, student development activities, respecting the national flag and use as a place for lunch for students of grade 1 and grade 2 when the number of students increases.

On the closing date of the academic year 2018-2019 of the Mother of Peace, first grade students were delighted to be transferred to the second grade. Today, everyone has received certificates and awards of outstanding students in various fields. A group photo was taken with the new parish priest, sisters, teachers, students, staff and parents in a small meeting room in the Learning Center building. It is a picture of the impression and pride of parents who come together to make the dream of Mother of Peace Primary School come true. From the picture, it can be seen that the students do not have the correct uniform according to the school regulations. Since it was an experiment in the first year, the parents still lacked money, so they used the general uniform first. Finally, school uniforms have begun to be in accordance with the school regulations and the school's educational management policies in the next school academic year.

Regarding the selection of a teacher to act as headmaster, this person must be Cambodian. It was done with the approval of both the Ursulines and the local Church. Finally, we have the right person, Mr. Tom Chheat. At the beginning, we are accepting applications of one teacher for 1st grade. The teacher who has qualified to work with us is a female teacher with 13 years of primary school teaching experience. She is a teacher from the government school, who loves children and teaching. We see the power of her dedication and her ability to cooperate with the

sister team. During the establishment of the school, she ensured the school quality of learning for first Grade students was impressive for parents who were very satisfied to send their children to this school. Students have good grades, are smart, courageous, and assertive, creative, becoming leaders, who help and serve others. There is one administrative teacher. When the number of Grade 2 and Grade 3 increases, the number of teachers and working staffs in the class will be increased respectively to be suitable for a total number of 119 students.

On March 16th, 2019, the first day of the construction of a two-story primary school building with 12 classrooms, a small auditorium, teacher's room, a nursing room and Admin room, inquiries, male toilets, female toilets, and a lawn in front of the flagpole. It took us one year to complete the construction as promised because we had good builders and used very high quality building materials. This is evident from the strong and stable construction.

Formation mission of children, youth and women in Chrab Viel village became clearer through the guidance of the Holy Spirit causing the beginning of the Mother of Peace Elementary School and in addition, the house of the Sisters was built to accomplish the will of God through the cooperation of the local Church as well. Throughout the time as a missionary at the Khmer International House for 5 years and 6 months, my spiritual journey makes me appreciate every experience the Ursulines have given me in the opportunity to learn as a part of my cultivating experience of loving God and finding Him in everything. Sowing the seeds of love, happiness, and kindness with courage, willpower, resoluteness and patience in order to deliver beautiful and valuable things wherever I go. Thank you for your prayers and encouragement in the many ways that have always been given to me. May God reward you for your kindness.



4. Experiences of Covid-19 in the Philippines and the State Quarantine in Thailand

14-Day State Quarantine



Siphim Xavier, OSU

Covid-19 has totally changed our way of living and our lifestyles in many ways. I would like to share the experience of my 14-day state quarantine in Pattaya last year.

When the Covid-19 started early 2020, I was doing my PhD program at Saint Vincent School of Theology in Quezon City, Philippines. On March 14th, 2020 the government announced that they were going to lock down Manila and some parts of the Philippines. From then on, I stayed in the seminary compound for 3-4 months until June because I needed to renew my visa. Many Thai sisters who were in the Philippines were worried about not being able to fly back home for many reasons. In early August, I was planning to return to Thailand because I needed to see my doctors at the end of 2020. I could not delay my return because we did not know when the Royal Thai government would stop providing some flights for Thai citizens to return home. I got a chance to fly back to Bangkok on the 29th of August 2020. The Royal Thai Embassy was very nice and kind to us. It was a blessing that I could get a ticket to fly back home. We were informed that we needed to join the State Quarantine provided by the government upon our arrival in Thailand.

I was very excited to return home. I did not worry much about the state quarantine because the desire of returning home was greater than the worry. Upon our arrival at Suvarnabhumi airport in Bangkok, all passengers were gathered together to fill out some forms and have a medical checkup. Then we were told that the officials would send us to the Asia Pattaya Hotel which would be our place for the state quarantine for 14 days. The Thai government officials provided us with some basic supplies such as soap, shampoo, toilet rolls, 6 dozen bottles of drinking water, temperature tube, garbage bags, sweepers etc. They provided us with three

delicious meals every day. The room was nice and comfortable. I could not see the sea but I could see the golf course from my window. I was disappointed that I could not get a room with a sea view but I realized that I was so blessed to have safely arrived in my motherland and I got a very good chance to have a nice room



with a view. Every day we needed to measure our temperature and give a report



to the nurses and doctors via Line Group made by the medical team of our group. After staying here for two days, the doctors called us to have a Covid-19 SWAB test, and once again before leaving for our homes, we needed to have a second SWAB test.

The government was so good to its citizens. We are so fortunate to have very good services provided by our government. Everything was provided by the government for free. We did not have to pay for our food or lodging at all. Four or five days before our departure to our own homes, there was a list given to us asking if we needed a vehicle to return home. If anyone needed help, the care provider team would arrange for the passengers to get transportation and provide tickets for returning to their hometown, asking also who needed to go to the bus terminal.

After staying for 14 days at Asia Pattaya, a van with 2 sisters from my community came to fetch me and took me home. I had a very good experience of being quarantined for 14 days. We were not allowed to walk outside our rooms. We needed to stay in our room, no visitors, and no ordering of food from outside. It was the same as house arrest or being in jail. We had no freedom to go anywhere. Even so, I was happy, although I was so impatient sometimes. I enjoyed my stay with some reading, watching some news and movies, listening to some music, having good rest, and teaching English by Zoom to a young Vietnamese seminarian.

I do pray for the Covid-19 patients and medical teams in every country. I hope one day the situation of Covid-19 will improve and slowly disappear from our world. Praise be to our God and our Thai government who has taken good care of

their people. I also give thanks to our Ursuline family members who also pray and support me to have courage to cope with everything.



5.From Thedthai to Mae Sariang



Puangpaka Prapassan, OSU

First of all I thank God and thank the Ursuline sisters for giving me the opportunity and the support and for encouraging me all the time both in pastoral care at Thedthai and in youth care work at Mae Sarieng. Although the work is different, it has given me a lot of experiences consciously and unconsciously. If these various experiences are without God as the center, these things can't be achieved. No matter how good I am, without God there is no fruit, no happiness, no creativity. Patience and enthusiasm for work will not arise. I try to hold on to the Word of God who says “I came to serve others, not for others to serve me.” So I feel very happy with the pastoral work at Thedthai and to take care of the youth at Mae Sariang.

The main pastoral work at Thedthai is to visit the sick and the elderly in the village, to teach catechism to children and youth in villages and in the hostel. Sometimes I teach married couples and those who will receive Baptism and Holy Communion.



The work at Mae Sarieng is to take care of and be friends with the young women. There are 11 people altogether, from grade 8 to grade 12.

From the experience of working when I had to go out to the village, I saw a wide variety of people, recognizing the suffering, happiness, physical and mental needs of the brothers and sisters on the mountain. Now onto a more stationary job, I rarely bring the youth to experience life in the village. All 11 youths are very



cute. They are not stubborn, not naughty, neat, responsible for work, easy to live with, and easy to feed. They just need some advice in the matter of serving others, being sacrificial, giving, good manners and, most importantly, cleanliness, both

personal and public.

Living with teenagers nowadays requires a lot of understanding, acceptance, opening wide our mind and heart, trying not to talk too much, and not teaching too much. Teenagers do not like this, so just talk less, be an example or work with them. I really appreciate and thank God.



ขอบคุณค่ะ

Khob-Khun-Ka

Thank you

6.Attachment : Ursuline Education in Thailand

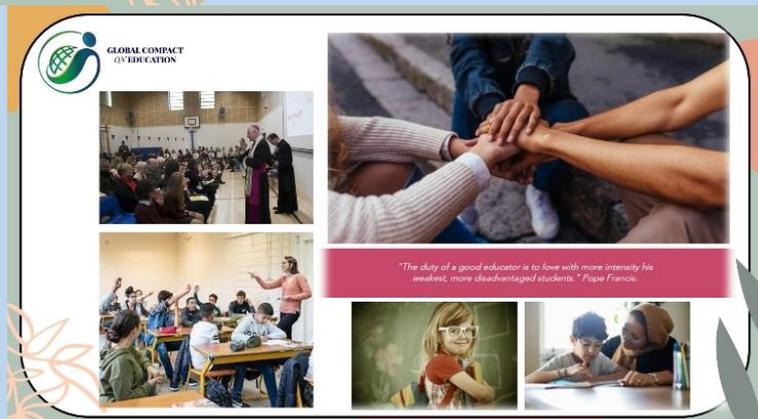
AQUA 2021

Global Compact on Education

The present situation of the pandemic has required growth mindset, courage and initiatives to make changes and adaptation so that education could continue. Pope Francis’ appeal for Global Compact on Education in order that education could be seeds of hope for a better world has been taken seriously by the Catholic Educational Council of Thailand with the support of the Bishop Conference. The first Zoom meeting on 26 July to explain the concept of Global Compact on Education was attended by over 2,000 Catholic school administrators and teachers. The second meeting on October 13 to explain the Thai context and possibilities of networking and collaboration was attended by 5,000.

For the four Ursuline schools in Thailand, Serviam is our moving force. We realize the need to set our goals according to our situation. Above all, we need the collaboration of all our teachers and staff. So, each school will work out its own plan. Each school has Serviam spirit and experiences in student activities as a basis for their development.

Thanks to Sister Moekti of Indonesia, students of Regina Coeli and Mater Dei are joining a project that they could work as Ursuline students together with students of other countries. Sister Moekti has gone beyond her borders to create opportunity for young people to network and learn from one another.



Mater Dei Alumnae Association

The forever active committee of the Mater Dei Alumnae Association has shifted all activities to 'online'. For example, instead of setting booths at a shopping center as in previous years in the event called 'Taste of Mater Dei', they did online food service participated by about 50 alumnae groups. The new requirement for this year was that the first lot of food was not for buyers' consumption, but buyers paid for the food to be delivered to hospitals or other places that gave services to Covid patients. They created Charity Order in order to have taste of merit, taste of sharing and taste of support. With their creativity and skills in communication, they were able to go beyond their target with the support of alumnae. About 10,000 sets of food boxes were sent out. Also, delivery services from the 50 caterers who paid to join this event went beyond expectation. Alumnae Association met the target in their donation to Mater Dei Foundation and helped alumnae restaurant owners in their difficult time to be able to come back into business.

Another beautiful and successful project was their campaign to raise funds for retired teachers. A group of alumnae were commissioned to write a song appealing for alumnae to look back to their school days and support retired teachers. Once written, the song was sung by singers who are all alumnae and the back-up music was played by alumnae also. The song was played in a few social media applications. Donations poured in 7-8 times higher than the set target.

The world has changed, but the spirit of Mater Dei alumnae has not changed, and has been passed on from one generation to another.



Vasudevi School : Opportunities, Learning and Journeying together

It has been almost two years now that Covid-19 has changed our life and way of living. Many activities for livelihood came to a halt. Children could not go to school. However, education and learning has not stopped. On the contrary, there has been a great deal of learning during this pandemic time. Online learning has involved not only students but teachers as well as parents. The whole community learn together.

It is not too difficult to build up skills for using technology. The challenge is in ‘accessing’ to technology. Students come from different background. Learning context for each child is different. Not all students are well equipped with self- discipline. Some students are not ready to focus their attention to the screen. Perhaps their parents cannot afford a bigger screen for them. How are teachers to attract attention of students? How to help them to be mindful always? What helps students to focus? Within the syllabus, there are subject areas that need practical experiences. How are teachers to prepare their lessons? How to teach skills with their hands when students are learning from home?

Good and thorough lesson plans have become vitally important. Teachers need to be creative and find new ways of teaching. Teachers need to be flexible and open minded. How could the end result be achieved without direct guidance and support from a teacher? When teaching students how to make a fish out of coconut leaves, the teacher is not only teaching the handicraft, she is teaching Thai tradition and culture. She is also teaching values. Mobiles for infants are made from joining together the many fish made from coconut leaves. The teacher demonstrates, explains and guides students step by step. At the end, students are very proud of their handwork.

A school is such a lonely place without students! Teachers teach from home and students learn at home. At Vasudevi, the staff who used to be so busy every day preparing food for students had nothing to do. With Serviam spirit, Vasudevi first joined the campaign to share food to neighbors in need. A cabinet with food supply was set and anyone in need can come and pick what she/he needed. Then, Sisters and staff created another project. They cooked and made food boxes for medical personnel at a nearby hospital. “Food for Fighters” was a project created to help medical personnel in Bangkok. Alumnae and parents rendered their support. Spirit of Angela is always within us and inspires us to join force in serving society.

This pandemic creates many changes. It gives an opportunity for us to learn new things. It is not easy to change and do something new. Yet, it is not impossible. If we are ‘bound together with the bond of love and charity’, we can walk together to create a new world of good will and harmony.



Regina Coeli College

It is almost 2 years since all of us, worldwide, have been challenged by the COVID-19 pandemic, which even now continues unabated on a global scale. The number of infections increases daily and we have learned to live cautiously, taking care of ourselves and those around us in order to stay safe.

Regina Coeli College has also been deeply affected by the COVID-19 situation. School Managers and Directors have been forced to review their main policies and action plans, while the academic management department plans and implements the various safety measures to be initiated and maintained in accordance with state directives according to the context of the school, amidst the ever-changing and increasingly complex development of this pandemic situation.

Regina Coeli College has been at the forefront for implementing and updating the various safety measures for both academic and student affairs. Our school teachers have worked tirelessly and enthusiastically to prepare three different strategies for teaching under these difficult conditions, often working until late each evening in order to provide first class, innovative lesson material, comprising Google and PowerPoint presentations to captivate our students' imagination and attention studying at home.

Teachers, teaching procedures and student activities are more flexible with studying methods such as, "On Site" at school, or "Online" and "On Hand learning", procedures which have the support of students and parents alike.

Students in turn, have to adapt in order to complete the learning process continually and effectively according to the curriculum. We believe effective communication, together with clear, well-planned Growth Mindset methods are the keys to success.

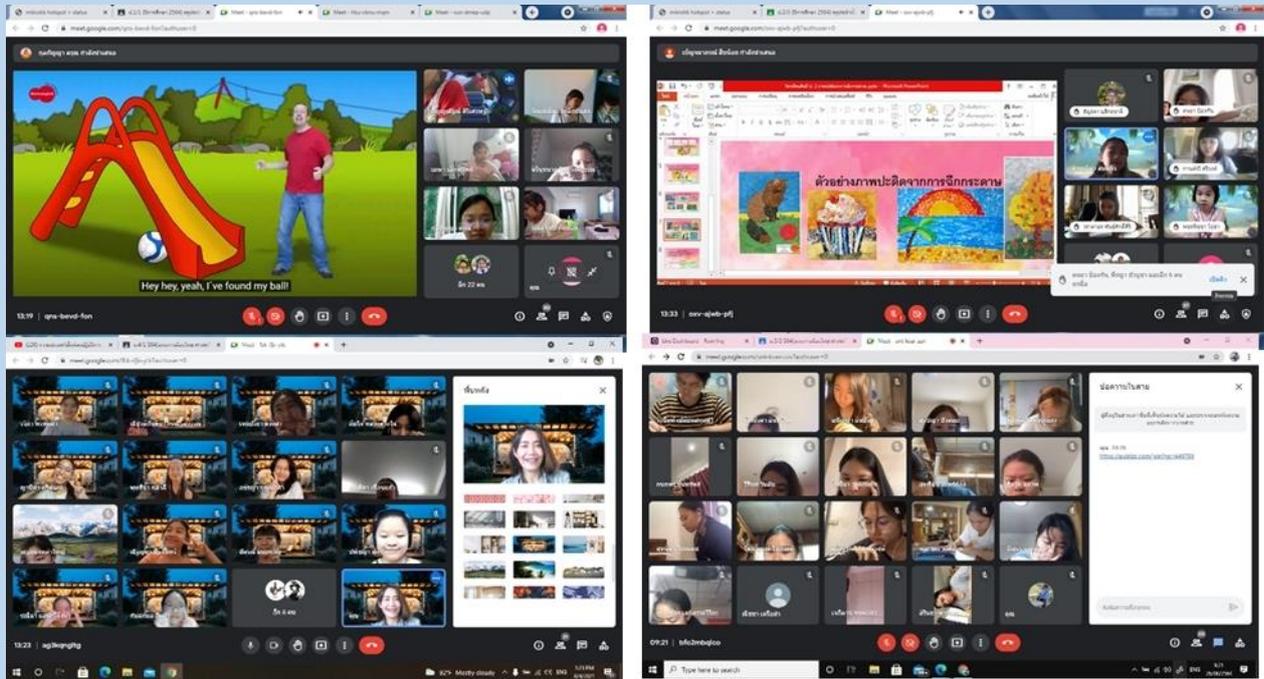
Regina Coeli College is the only all girl school in Chiang Mai. We focus on creating the desirable female characteristics, "Thai women with universal minds", possessing all the skills necessary to be applied for potential, future careers.

This academic year, 2021, the school has commenced planning of two new, additional study programs, for high school students (M.4-M.6) during the academic year 2022; namely the "Culinary Art Program" and the "Health Service Business and Herbal Products Program". The aims of these two programs are to prepare and build foundational skills for students leading to career structure and employment.

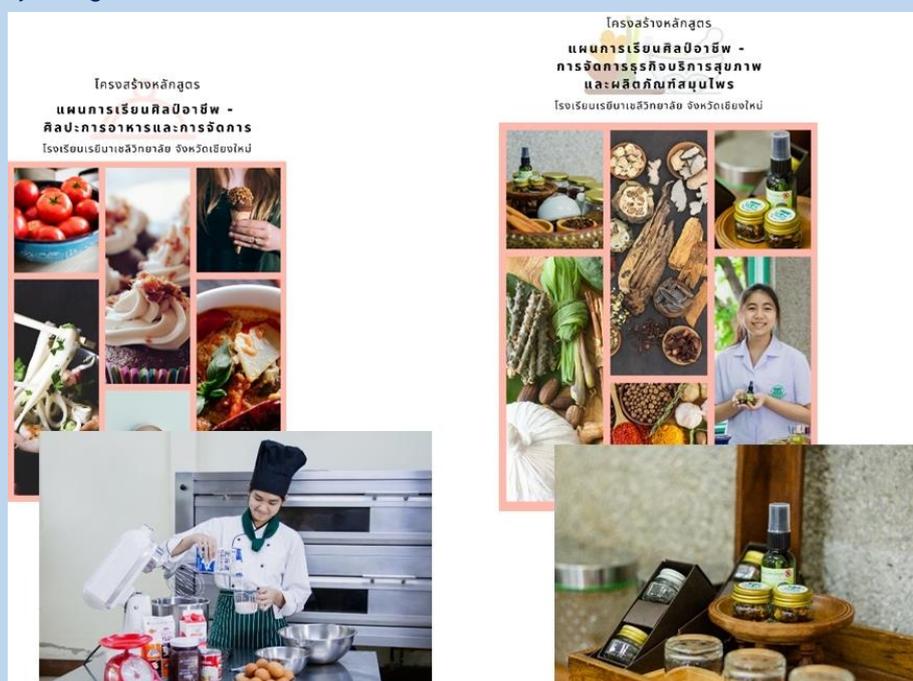
Both study programs are designed specifically to increase knowledge and skills for secondary level students, in line with the highly competitive, digital era of a changing world.

Students will be able to apply the knowledge gained from within these programs, thereby increasing their potential to build a positive career attitude, creating awareness and important roles and duties of being part of the community and society in a truly, competitive world.

Online Lessons



2 New Study Programs



Mater Dei School

Mater Dei School, not unlike any other schools in the whole world, has to face the challenge of continuing the education while meeting the safety standard and procedure set by the government which is in line with recommended international standards.

Mater Dei is able to shift to online learning with less difficulties than many other Thai schools. This is due to the readiness and support of parents, the availability of IT support and the growth mindset of teachers and staff to learn, adapt and work together.

First semester of the present school year (June 1 to October 1,2021), all learning was through Microsoft Teams. At the end of the semester, each year level team of teachers, counselling team and clerical staff team were given one hour and fifteen minutes to share with the administrative team what happened during the four months.

Each team prepared sharing on the following topics:

- The goal of the school is that each student learns, what are the challenges?
- How do you monitor learning of each child?
- How to you meet the needs of students with special need?
- How do you do tests and evaluation? What are the results?
- What are the new acquired skills of teachers in working together?
- What lessons have you learnt in working together as a team that are useful for second semester?
- The team leader is to give an overall picture of teamwork, and at the end of the session, each member of the team shares her/his reflection.

Mater Dei has 13 year- level teams from kindergarten to Grade12. Each team has 9-12 members. The counselling team includes seven counsellors. Clerical staff number is 21. The administrative team spent valuable 20 hours listening to the reports which were scheduled from October 1-8.

It was wonderful to hear the sharing of how teachers work together as a team. The focus of each team was on how to reach each individual student and how to attract them to the learning. Teachers helped one another in IT skills and in preparing visual aids. They realized that positive and clear communication is very important. They were willing to adapt and change when needed. They appealed for help to improve their skills. Teachers learned that clear understanding of school goals and strategic planning are very important. Regular meeting of each team to listen to one another, supporting one another and sharing information and concerns help them to work together well. One team leader thanked the school for choosing Growth Mindset as theme for this school year. She said that Growth Mindset equipped her team with a master key to face every challenge. Every teacher is thankful for all the support received.

The repeated words used in all the reports were: togetherness, teamwork, clear goal, support, sharing, communication, planning, reflection, adaptation, no one left behind, inclusive, open-minded, learning, flexibility, understanding, empathy and Serviam spirit.

Mater Dei School

Elementary



Secondary

