



# non uno di meno onlus

progetto sviluppo delle Exallieve/i delle Figlie di Maria Ausiliatrice

[www.nonunodimeno.org](http://www.nonunodimeno.org)

## HOLINESS FOR YOU TOO LETTER FROM THE PRESIDENT

This is the slogan of the Salesian Family days of spirituality celebrated in Turin from 10 to 13 last January.

A synthesis of the **Strenna of the Rector Major**, was the message, written on colorful rubber bracelets, and addressed to the lay and religious components of the Salesian Family, and in harmony with the "Gaudete et exultate" of Pope Francis to all men and women of good will.

The martyrdom that has sewn them into centuries of history is presented as an ordinary program of Christian life, constantly lived in the presence of God, following Christ.

It is holiness which is the duty of every believer, proposed by Don Bosco and Mother Mazzarello, longed for by the young Domenico Savio and consisted in deriving joy from the accomplished duty, from the shared joy of the game, from the capacity to create relationships.

We are not born Saints, we become saints, and not by ourselves. Holiness is a progressive journey, it is a full and successful life, as the fulfillment of God's saving project for each one of us, with respect for freedom. It is fulfilling oneself as a person, living according to the Beatitudes, in communion with others. It is a response to the gift of God, a willingness to fulfill his will. It is to fully realize the vocation to love, to make the grace of Baptism fruitful, letting yourself be guided by the Spirit. It is living prayer as thanksgiving, supplication, intercession, adoration.

Among the Beatitudes, proposed by Pope Francis as stages along the path to holiness, I would like to dwell on that which call blessed peacemakers, because it seems to summarize all the other and more urgent beatitudes



to live in a time torn by conflict. Being peacemakers means: Being pure of heart, eradicating from within weeds of selfishness, envy, pride and pride. To be poor in spirit, in the evangelical poverty of discovering that they are nothing, of having nothing, other than that freely given by God.

Preserving the ability to cry with those who cry, sharing anxieties and sorrows of a brother in difficulty. It means being hungry and thirsty for social justice capable of ensuring respect of the dignity of every human being.

To be meek and humble of heart, merciful, able to offer and ask for forgiveness. It means not fearing misunderstanding, derision, persecution because of the Gospel. Finally, it means being able to accept the Cross as the last stage of the journey of holiness, accepting the annulment of one's own will to make room for that of the FATHER.

And when with this acceptance we will find the ability to thank, rejoice and adore, we will have found peace of heart, to such an extent as to let it overflow onto others.

**Happy Easter**, in a fraternal embrace of peace.

**Anna Maria Musso Freni**  
President Non Uno di Meno ONLUS

**Non Uno di Meno ONLUS**  
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# Direct line

## Is holiness out of fashion?

**In the Apostolic Exhortation “GAUDETE ET EXSULTATE” (JOY AND HOLY EXPERTS)**, Pope Francis, with his lively language, accessible to all, warm in humanity and wisdom, shows that **HOLINESS IS NOT FROM OTHER TIMES**, that the Holiness **IS NOT FOR SUPERHEROES**, with a halo, that Holiness is not even performing miracles, having mystical revelations or extraordinary visions, but announces us – as it has often been said in these six years in his general audiences, in homilies in Santa Marta and even on twitter – **THAT SANCTITY CAN BE REACHED BY US ALL** simple mortals!!!

**POPE FRANCIS**, for me it is the **PROPHET OF OUR TIME!** And this **PROPHET** of our “today”, smiling, searching our heart, certainly inspired by God, simply tells us that **EVERYONE CAN BE HOLY!** In our “terrible daily life” – as St. Teresa of Avila affirmed – living our everyday life, doing the most banal things required by our family, from our usual work ...

I would like to invite everyone to read this booklet on the sanctity “next door”, this Exhortation in which Pope Francis demonstrates that “Holiness is NOT for superhumans, endowed with superpowers”, It is not ... “for faces like images”, but it is **A ROAD THAT EVERYONE CAN TAKE**, even those who have serious defects, even those who have committed serious sins ... We were reminded of King David, who was an adulterer and a murderer, we remembered San Camillo de Lellis, a gambler and troublemaker ... Those who knew Don Bosco said that he had a “bilious” character, but also missed the train to stop and listen to a boy (Don Lemoyne).

“Padre Pio was bad tempered to the point of being cantankerous” (A. Pronato).

**The Pope reveals to us** that, despite our limitations, our misfortunes, even despite our sins, if we ask for forgiveness and repent, if we strive to accept the **FRIENDSHIP OF GOD** and **LOOK FOR IT**, as we are capable of doing, even in our modest daily reality, we can **BE HOLY**, especially if we keep the **GOSPEL** in mind, if we try to put into practice the words of **JESUS**, who said: “**LEARN FROM ME THAT I AM MEEK AND HUMBLE OF HEART**”, we can be saints even washing the dishes, polishing shoes, caring for a child or an old person, working on the computer.

I was deeply struck by the third chapter of the “Gaudete et Exsultate”, where the Pope reviews **THE BEATITUDES**, which are **NOT** rules, but ascertainments: those who strive to be meek, merciful and bearers of Peace are blessed, find serenity! Find Joy!

**After having read BLESSED BE THE MEEK** with his usual practical sense, the Pope, adds: “If we live agitated and arrogant, we end up tired and exhausted” (par. 72).

It reminds us of **BLESSED ARE THOSE WHO**

**ARE CRYING** and makes us reflect: “knowing how to cry with others, this is Holiness” (76). He reiterates: “**BLESSED ARE THE MERCIFUL**, that is, those who give, who help, who serve, who forgive, who understand ... and quotes **JESUS** when he says:” Do to others what you would like them to do to you “. Jesus does not say “blessed are those who plan revenge”, but he calls blessed those who forgive and do so seventy times seven ...

**Look and act with Mercy.** “This is holiness” (82). He announces, with Jesus, “**BLESSED ARE THE PEACE MAKERS**” and adds: “to criticize is not to build **PEACE!** The evangelical peace does not exclude anyone. It also integrates those that are a bit strange, difficult and complicated people, those who are different, those who have been struck by life ... Solving conflicts ... and sowing peace around us, this is Holiness!” (89). We have reflected particularly on this, discovering that Pope Francis, like **JESUS**, ensures the “bliss”, that is the **JOY** to those who try to put into practice these words from the **GOSPEL**.

**So here we have underlined** the three characteristics of Holiness: **JOY!** ... but Don Bosco did not say: “Devil and melancholy get out of my house”? and Saint Domenico Savio: “Don’t we make **SANCTITY** in being **VERY CHEERFUL**”? We ex-pupils have the joy of feeling loved by God in our DNA! ... The second characteristic is **HUMILITY**, made up of meekness and kindness, but above all the **SERVICE TO OTHERS DONE WITH LOVE**, seeing in the brother who suffers in both soul and body, Jesus himself, who left us that masterpiece of the parable of the “Good Samaritan”.

**I have learned this service for the poorest**, even the most disagreeable, those who are very different at the school of Don Bosco, that has always sought out the “poor and abandoned” children. This **LOVE**, given with silent generosity, in simplicity and in every day efforts, announces that Holiness is our Pope Francis, who for me too, as for Saint Catherine of Siena, in his time, is “**THE SWEET CHRIST ON THE GROUND!**”

by **Gabriella Gambarin**

*Ex Pupil, Venetian Federation of Holy Angels*



# THANKS TO YOUR CONTRIBUTION *Life grows*

On behalf of the beneficiaries of the initiatives listed below, we extend our deepest thanks to **all of you Benefactors**. The generosity shown is a stimulus to continue to support existing activities.

## 119 - DEMOCRATIC REPUBLIC OF LAOS - Thakhek

### A FAMILY AND HOPE FOR THE GIRLS OF THAKHEK

**Thank you!** A small step has been taken to allow the girls from numerous villages in Laos to continue their studies, offering them the possibility to obtain a high school diploma which will favor their future. This contribution goes in the direction of a social improvement for women and orphans in Laos.



## 133 - ETHIOPIA - Gubrye A VERANDA FOR GUBRYE

**Thanks** to you it was possible to create a meeting and reference point where, in a course of catechesis and education, many young people, without other means, will be able to meet, play and share a hot meal, keeping as far as possible from the daily dangers that the road presents.

## 145 - PARAGUAY - Maskoy - Puerto Casado WE HELP TO BUILD TO IMPROVE HEALTH CONDITIONS

**Thanks** to your help the Daughters of Maria Ausiliatrice present in the territory of Puerto Casado since 2010 have been able to give life to a small medical consultancy that can now guarantee the local population decent basic health care, also thanks to the training of local nursing staff.



## 147 - ITALY - Tor Bella Monaca (Rome) AT SCHOOL THANKS TO YOU

**Thanks!!!** The Small Community of FMA Sisters will now have the opportunity to continue to offer its service in favor of an educational, scholastic and psychological project aimed at 5 girls from particularly disadvantaged families, already in reception at the "Casa Mia, Casa Nostra Day Center" Active in the district of Tor Bella Monaca in Rome since 2003.



### YOU CAN SEND YOUR AID FOR PROJECTS AND FOR DISTANCE SUPPORT BY:

**Current postal account** number 69867380  
in the name of **Non Uno di Meno ONLUS**  
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*or*

**Bank transfer** on one of the below specified  
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#### NEW INFORMATION

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Receipts are valid for tax deduction in the tax return  
in Italy.

# PROJECT CONCLUDED WITH *5 per MILLE*



**150 - ITALY - Padua**

**ALISOLIDALI ONLUS ASSOCIATION**

## **HELP CHILDREN TO GROW UP HAPPY**

**To whom?** About 25 school-age children.

**Where is it?** In Padua at a facility managed by "Associazione Alisolidali Onlus".

**What is it?** The initiative starts in 2014 from a group of foster parents and FMA alumni in the service of the community that aims at meeting families in difficulty reported by institutions, parishes and Caritas. Every day, in the afternoon, qualified volunteers accompany school-age children in their tasks, offering in the Salesian spirit tutorial support and a space for recreational and sports activities. The happiness and the possibility of a peaceful future felt by this carefree feeling is given

at this time by volunteers who need a contribution to buy games to entertain younger children, full of life, of enthusiasm and of hope.

**Cost of the project: € 2.500,00**

**Project managers: S. Merlin, Alisolidali, PD - Sr. T. Pavan, Ist. M. Ausiliatrice PD**

**151 - ITALY - Padua**

**LEONATI ASSOCIATION**

## **STILL A HOUSE FOR GIRLS**

**For whom?** For 6 girls who would have finished their education at a family home.

**Where is it?** In Padua at the Casa Famiglia managed by the Association Leonati who has worked in the Paduan territory since 1993 with two family houses in which girls and boys are welcomed who cannot count on the support of their families of origin and are followed in their journey by the Salesian nuns until they come of age.

**What?** We would like to allow 6 girls, now adults, to stay at the home, considered for years as their families, at least for a first period that allows them to continue their education while waiting for their own economic autonomy.



**Cost of the project: € 2,500.00**

**Referrals: Alessandro Santaterra, Ass. Leonati, Padova - Sig.ra A. Scarsi, Fed. Pd**

## **THE CHOICE OF 5 PER MILLE**

**With the tax return** it is possible to allocate your 5 per mille of IRPEF to the Non Uno di Meno ONLUS, the development project of the FMA Ex Pupils. A gesture that costs nothing and is worth a lot. In fact, thanks to the 5 per mille it is possible to make a contribution which, for donors, has no additional cost on taxes, but is an additional aid for families, children and young people in need. **Allocating the 5 per mille is simple:** just put a signature and the tax code of the Non Uno di Meno ONLUS in the space reserved for the support of the non-profit organization, which can be found in the tax return forms (model 730, single certification).

**To mark your choice use the**

**FISCAL CODE OF THE ONLUS Non Uno di Meno**

The choice of the destination of the **8 per mille of IRPEF** and **5 per mille of IRPEF** are in no way alternatives between them, therefore both choices can be expressed.

**97397810587**

**149 - HONDURAS - San Pedro Sula**  
**Maria Mazzarello School**

## THE STUDY TO SENSITIZE HOPE

**For whom?** About 21 children

**Where?** In San Pedro Sula, Honduras

**What?** The local “Maria Mazzarello” school welcomes about 250 young people and adolescent children – 80% of them children – to a large extent with a high social risk and without the support of their families of origin. The project foresees the economic resources to favour study for children belonging to poor families in order to give rise of an intimate awareness of a different possible future and a new hope to young people.

**Cost of the project:** € 3,800.00

**Project manager:** Sr. Carmen Leticia Rubio Vega, FMA



## 152 - THE DAUGHTERS OF THE SALESIAN MARIA AUSILIATRICE ASSOCIATION DB SOLIDARITY CAMPAIGN FOR SYRIA



The presence of the FMA in Syrian land dates back to 1913 through the work of the **Italian Hospital, in the district of Mazraa in Aleppo**. During the civil war of 2011, which later became an international conflict, the Sisters of Don Bosco remained faithful to their mission with the presence and support of the local populations. Of course, there are many but starting from the small things **a request that our peacekeepers require is an operational program for managing the patient’s medical records and a laptop for each department** so that doctors and nurses can constantly monitor and update the data of the many patients.

**We help these Sisters through an awareness campaign**

**Project leader:** Sr. Vilma Tallone e-mail: [info@missionegiovanifma.org](mailto:info@missionegiovanifma.org)

[www.cgfmanet.org](http://www.cgfmanet.org) - [www.missionegiovananima.org](http://www.missionegiovananima.org)

**video campaign:** [youtube.com/missionegiovanifma](https://www.youtube.com/missionegiovanifma)

**DISTANCE support Adopting** at a distance means financially supporting a child by allowing him to continue living with his family, if he still has one. It means offering a way to grow, study, learn a trade without tearing the child away from its land and its culture. **For whom?** For children living in distress: exploited, abandoned without food, home and education; without the possibility of treatment. **What?** Food, medicine, clothing, educational and recreational material. **How?** Annual or monthly, quarterly or semesterly contribution. The amount will be reduced by the bank transfer fees. For information: tel. 06635692 fax 0639375131 Via Gregorio VII 133 sc / b 00165 ROME e-mail: [nonunodimeno@yahoo.com](mailto:nonunodimeno@yahoo.com)



# PROJECTS *in progress*

## 126 - REPUBLIC OF PANAMA, Darien - Pinogana FOR A HEALTHY AND HEALTHY ENVIRONMENT

**For whom?** For 30 children guests at the Hogar Maria Auxiliadora

**Where?** Darien, Pinogana district

**What?** The FMA offer children assistance at their small home, assistance and support for carrying out tasks and for their needs. With this project, you contribute to the organisation of the rooms, classrooms and health services where children are welcomed.

**Cost:** € 5,000.00

**Project leader:** Sr. Margarita Cuadra Gaitàn, FMA



## 139 ITALY - Cerignola

### AFTER SCHOOL THE ACTIVITIES FORMATION II

**For whom?** Children of the primary school "Giuseppe Pavoncelli" Cerignola

**Where?** Italy

**What?** The work of the FMA consists a nursery and primary school, for a total of about 200 children. Unfortunately, many of them need help with school support because they live in situations of degradation. The project aims to give hot meals, after-school activities, sports, snacks and school materials.

**Cost of the project:** € 3,000.00

**Contact:** Sr. Giuseppina Picarreta, FMA



## 143 - OCEANIA, Solomon Islands WE GIVE DIGNITY TO WOMEN THROUGH EDUCATION

**For whom?** For the women of the Henderson community

**Where?** Solomon Islands - Oceania

**What?** The FMA community of Henderson has, for several years now, been giving courses in literacy, mathematics, computers, sewing, cooking, hygiene, small business management and morality in support of women who have been disadvantaged since childhood by not being able to receive adequate education. The project is aimed at facing the costs foreseen for the courses.

**Cost:** € 5,000.00

**Project leader:** Sr. Edna Mary MacDonald, FMA

## 144 - PAPUA NEW GUINEA, Sidia Island WE SUPPORT THE CANTEEN FOR THE GIRLS OF SIDEIA

**For whom?** For 60 - 70 girls aged between 8 and 15 who attend the Santa Maria primary school on the island of Sideia run by the FMA.

**Where is it?** Island of Sideia - Papua New Guinea

**What?** The girls and women who attend St Mary's Primary School reside with the sisters. Not all the girls' families manage to cope with the cost of school fees. The dream of the FMA is to give a more nutritious meal with milk, bread, vegetables and at least on some festivities add meat as well.

**Cost:** € 3,500.00

**Project leader:** Sr Cathy Urgello, FMA



## 148 - TANZANIA, Tobora - Mahenge A HAND GIVEN FOR TOBORA

**To whom?** 10 orphaned children

**Where is it?** At Tobora located in the western part of Tanzania

**What?** Orphans welcomed in the Mission, in need of everything: educational activities, social, health and food assistance.

**Cost of the project for 20 children:** € 3,500.00

**Project manager:** Sr. Luisa Busato



The BEATITUDES of the

## *SALESIAN FAMILY*

Blessed is the Salesian Family that finds joy in poverty. Filled with God's grace It will work miracles among the poorest and the outcast ... this is Holiness!

Blessed is the Salesian Family which, with the humility and charity of the Good Shepherd, welcomes and lovingly accompanies young people, teaching them to communicate and welcome those who are different ... this is Holiness!

Blessed is the Salesian Family which, by being close to others heals the wounds of those who suffer and gives hope to those who have lost it by bringing the joy of the Christ Arisen ... this is Holiness!

Blessed is the Salesian Family which, with hunger and thirst for justice, accompanies young people to achieve their project of full life in the family, in work, in political and social commitment ... this is Holiness!

Blessed is the Salesian Family which makes a living experience of mercy, opening its eyes and heart to listening, to forgiveness by making oneself a welcoming home... this is Holiness!

Blessed is the Salesian Family that seeks to be authentic, integral and transparent, cultivating a gaze that goes beyond appearances and recognizing in each person the working grace of God ... this is Holiness!

Blessed is the Salesian Family which starting from the truth of the Gospel, faithful to the charisma of Don Bosco, becomes yeast for a new humanity, accepting even the cross for the Kingdom of God with joy... this is Holiness!



## The Condor who didn't learn to fly

On a mountain path, near the summit, a farmer found a strange egg: too big to be a chicken, too small to be an ostrich. He took it home.

The wife had a turkey that was sitting on her nest. Seeing that the egg was more or less the size of the others, put it under the turkey's tail. After some time, the chicks began to break the shell as did the that of the egg found in the mountain. And although he seemed different from the others, the differences did not make him look out of place with the rest of the brood, even though it was a baby condor. Having no other models to imitate, the little condor imitated the turkeys: it scoured, looking for worms, seeds, and waste. Sometimes he felt a bit strange, especially when he had the opportunity to be alone, which was not often the case, as turkeys do not tolerate solitude and cannot stand others being alone.

Their characteristic is that although they have large wings, they do not fly. One day, looking at the clear sky, the little condor was surprised to see large birds that flew majestically, almost without moving their wings. He felt a suddenly shaken, as if an ancient call

that wanted to wake him in the depth of the fibers. His heart began to beat fast, anxiously. "Why can't I fly like that?" Asked the little condor.

At that moment a turkey came up and asked him what he was doing. He laughed at him when he heard the answer. He told him he was a romantic and that he had to stop dreaming. They were something else. He had to come back to reality and go to a place where they could find lots of fruit and many qualities of worms.

The poor animal awoke from the spell and followed his companion into the chicken coop. He resumed his normal life, always tormented by a profound internal dissatisfaction. He never discovered his true identity as a condor and died scratching around, exactly as he had lived. And to think that he was born for the peaks! Let us not be afraid to tend upwards towards the heights of God; let's not fear that God will ask too much of us.

*Translation and reduction from "Cuentos rodados"  
by Mamerto Menapace, Great Fatherland,  
Buenos Aires, 1986*

## HAPPY EASTER!

***"The Lord has risen to tell you that,  
in front of those who decide to love,  
there is no death that holds,  
there is no tomb to close,  
there is no sepulchral boulder  
that does not roll away"***

**Tonino Bello**



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