

NU-IDA-94

25-7-13



### **India – Bangalore: Session on psychosexual integration for junior confreres**

Junior Priests met from July 1<sup>st</sup> to July 3<sup>rd</sup>, 2013 in Maria Bhavan for a session on psychosexual integration. The resource person for the session was Fr. Vincent Paul Raj, a Claritian Missionary.

Healthy sexuality is the experience of feeling whole, healthy, holy and worthy as a sexual person, willing and able to consent to a variety of relationships with appropriate boundaries, being consistent with one's value system. Growing in self-intimacy is essential for integration of sexuality.

During the session particular attention was given to the sexual disorders and deviation, such as Pedophilia. The meaning of many other sexual disorders and deviations was highlighted, together with their pastoral implications.

The young priests were invited to build up the seven habits of a committed persons: being proactive, beginning with the end in mind, putting first things first, thinking win- win, seeking first to understand then to be understood, synergizing and sharpening the saw. Sharpening the saw means continually keeping oneself physically, intellectually, socially and spiritually alert at all times.

We also had a *Color Code* session in which we identified ourselves with one of four colors, namely blue, yellow, red and white. Each color represented some aspects of one's personality. It was an icebreaker with a lot to ponder for one's personality and the relationship in the community.

We felt it was wonderful refreshing session that helped us to be aware of the challenges we face every day, to be more vigilant and balanced in our relationship, to recommit ourselves more authentically.

*-Fr. Joji Kalarickal, SMM*