



Newsletter – August 2022

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CREATING A STRATEGY FOR MY LIFE – FOLLOWING THE FOOTSTEPS OF MY MOTHER

SEE

I hope to be like my mom when I reach 50. It may seem obvious that most of us look up to our parents when we were younger, however as I grow older, I find myself having more respect for her, not just out of gratitude but in admiration for her character.

She developed her strong set of values from her career as a social worker. At the start of her social work career, my mom enjoyed doing house visits and connecting with the people she counselled. My mom passionately believes that a life of service is a life with purpose. This is something I would like to emulate in my own career, as I firmly believe that when we work with a clear purpose and stay true to our values, it will be easier to resolve the inevitable ethical dilemmas we will be faced with.

My mom is also compassionate, I have countless examples of her kindness but one which really resonates with me was an experience we shared recently. Just last year, my helper of 20 years developed schizophrenia. It was a scary time for all of us because we did not know what was going on. At this time, my mom already had her hands full, my grandma had just received news that her cancer had relapsed and was in a depressive state and my sister was taking her PSLE exams. My mom was extremely stressed. Instead of sending my helper home amidst this chaos, my mom acted quickly, got her the best psychiatrist she could find and counselled her daily to help her differentiate the voices from reality. It was not an easy journey and it took a year of trying out different medications and dosages before finding out exactly what worked. I really admired the love and patience she showed during these times and she had an immense amount of faith that things would work out in the end. This experience taught me that in life we will often find ourselves in impossible situations, be it at work or our personal lives. However, during times of great difficulty, I would like to emulate the resilience and faith she had in the midst of crisis and to be always able to stand firm in faith even if everything around me is shrouded in uncertainty.

Lastly, I admire my mom's constant pursuit of growth in her career, since she has been in social work for the longest time she has managed to reach the peak in her career path. At 50 years old she has said that instead of retiring she would like to set up her own family therapy clinic. She says she misses working directly with patients and being able to interact with them. She has taught me that age is not a barrier for growth, just because we hit certain numbers does not mean we are done learning. I would like to become a person who is open to growth no matter how difficult or painful it may be. When I turn 50, I would like to have my family and best friends there to celebrate with me. I hope that over the years, I have successfully maintained relationships with my friends and family who are important to me at this moment. I also hope that the 50-year-old me has the reputation of being kind, generous and a helpful member of society. I envision myself as someone who is successful, although my definition of success will change over time, I hope that I will choose to be ethical in the decisions I make to achieve this. I would want these significant people in my life to say that I have been kind with my words and actions, helpful to them through the difficulties of life, determined to make a difference in the world, loving, loyal and compassionate. I want to have built a life, 20-year-old me would be proud of. Success to me would be being able to retire my parents, having my family and friends say that I am honest, kind, and generous. I also want to take care of my own needs and be able to prioritise my happiness with experiences like vacations and the ability to buy myself nice things. Success to me is also financial freedom, wanting to have a family of my own but also being able to give them the best options in life, like how my parents did for me. Success would also be having no regrets in life, being able to say I give my best in every situation. Most of all, being successful would be being able to share my resources with others, to empower and encourage them to bring out the best version of themselves.

To follow through with this, I would like to set certain boundaries for myself. Firstly, I would like to prioritize time for my family throughout my week no matter how busy I am. I know it will be difficult when I must balance work and my personal life, however life is short and I want to make sure I live without regretting that I did not spend enough time with them. Secondly, I would like to avoid comparing myself with others as a metric of success. This will allow me to prioritize my happiness. Thirdly, I would like to always use the resources I have been given to help others grow. Having a life which is not focused solely on my personal growth and gains will help me to achieve meaningful connections with others. This will also hopefully give me purpose during the times in my life where I want to give up.

One of the things I found important was the need to constantly reflect and ask yourself questions about your purpose and how it aligns with you in your career. Secondly, the quality of the relationships you have and the people you surround yourself with play a pivotal role in helping you remember your values and purpose. Thirdly, when faced with moral dilemmas, it is important to take a step back and identify the competing ethical values with the people at stake in mind. I realized there was a lot of overlap with the concepts we had learned in class, for example the importance of decision-making processes, using ethical concerns as a formal part of all decision making. This would be important in my mom's line of work as it would require her to be more people oriented and centered. Her examples also tied back to how formal systems in leadership create, maintain and change cultures, being able to demonstrate moral traits and being a visible role model of ethical conduct to influence a certain standard of culture and values. Upon reflection of how I would navigate potential ethical challenges in the future, the key values which I will use would be integrity and empathy. I think these values would

allow me to be aligned with my purpose in my profession and aid me in making ethical decisions when I am faced with them. Having integrity when faced with temptations and rationalizations will give me the strength to overcome them and remind myself of my personal values and beliefs. Having strong core values will also allow me to feel uncomfortable with making poor choices which will induce strong feelings of guilt which would be a reminder that this is not who I am. Remembering my purpose in life with the boundaries I have set for myself to avoid compromising my happiness, will give me a strong backbone no matter how tempting it may be to give in. Empathy, putting myself in the shoes of those I will hurt by making bad decisions will also allow me to think about the future consequences before I act. This will help me to also reflect on my intentions toward the ethical challenge posed and protect me against lapses of self-control. Most importantly, my principle to measure success, to look at how much of a positive impact I have made rather than how much money I have made will help me to reflect and weigh the impacts my decision will have on the people I care about for example, my colleagues and family. At the end of the day, the person I must face is I. Therefore, I would like to be someone who is proud of their actions, not someone I do not recognize because of the poor choices I made when faced with ethical challenges. This, I hope will drive me to be mindful of my decision-making process when faced with ethical issues in my professional and personal life.

Article by Glenda (Edited Version)

Causes

Why do our children fail to listen to their parents' advice/counsel? Give some examples.

Consequences

What are the consequences if our children fail to listen to good advice from their parents or elders? Give some examples.

JUDGE

1. What would our Lord Jesus consider as "success" for his disciples? Can a "successful life" as defined in the Bible be achieved without parents?

Consider the following bible verses:

Matthew 22: 34-40

John 14:6-7

Matthew 16:24-26

Matthew 19:28-29

2. How does the Social Teachings of the Catholic Church and Encyclicals encourage us to develop a good parent-child relationship?

ACT

1. What can I do as a parent to win the heart of my child?
 2. What can I do as a CFSM member to strengthen the bonds of children and their parents in my community? Did I do anything so far?
 3. What can the Movement do for our parishes or for our Singapore society? Especially for children from broken homes or have no proper guardians?
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Announcement

CFSM Singapore's 60th Anniversary Celebration

Date: 24 September 2022

Time: 6pm

Venue: Our Lady of Perpetual Succour

Mass followed by Dinner

All CFSM members and their families are welcome to attend.

\$30 per person. Children below 12 FOC. A souvenir umbrella will be given.