



Networking Cedara



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Tuesday, 31 October: Communal Reconciliation Service (5 pm, Emmanuel Ndlovu CMM presiding)

Friday, 3 November: Cultural Day (2 pm, Hall)

Monday, 6 November: Final Day of Lectures for this term-

Tuesday, 7 November: WEDNESDAY SCHEDULE
Study Break Begins (until 12th November)
Year 4 Faculties Exams (8.30-12.30- various venues)

Wednesday, 8 November: Year 4 Faculties Exams (8.30-12.30 various venues)

Thursday, 9 November: Post-Grad Seminar (8.30-15.00- Classroom 0-3)

A KIND REMINDER TO MOTI

We are all requested to avoid speaking loud in the Library as others may be studying. Noise disrupts, please collaborate for the good of all.

NEWS FROM UKZN

The Senior Promotions Committee met earlier today, and approved the recommendations made last month by the Promotions Committee of the College of Humanities.

I am delighted to be able to announce, therefore, what I have been sitting on (with a few confidential calls to the colleagues involved to say that things were looking good) that the following members of our school were recognised in the process:

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Dr Bernard Matolino - Promotion to Associate Professor
Dr Herbert Moyo - Promotion to Associate Professor
Dr Beatrice Okyere-Manu - Promotion to Senior Lecturer
Dr Lilian Siwila - Promotion to Associate Professor

I extend my warm congratulations to these four members of our school, and thank them for the contributions that these promotions recognise.

The process was demanding, and the committee level processes rigorous. Not all applicants in the College were successful. Since there will be a new process from early 2018 (it is pending Council approval, and then some implementation decisions commencing at Senate), anyone who did not succeed, indeed anyone at all, will be eligible to apply for academic promotion (perhaps again) fairly soon. I'm in the process of engaging with the members of our school who were not successful on this most recent occasion.

Once again, hearty congratulations to Dr Okyere-Manu, and what will soon be Professors Matolino, Moyo and Siwila.

Kind regards,

David

**THE SUN WILL RISE
(WE LIVE IN PRISONS OF OUR OWN CREATION).....
George M. kambwili Chanda SCJ**

Despite of the many people who are against you, despite of the many obstacles and challenges you encounter, one day THE SUN WILL RISE AND SHINE ON YOU. Remember, the strength of a slave is in the song that "If it doesn't rain then the evening shall fall." No matter what or how much the master tries to do; there will always be something, somehow from somewhere by something or someone to stop the master to use the slave to the end somehow.

Many times, our masters are of our own creation. We have created our own prisons for ourselves and these prisons are the FEAR of what OTHERS think about us. At times we end up making wrong choices which in the near future will hurt us or haunt us, not because we want it but because we pay much attention to what others think of us. One of the Bemba saying goes like: "Umuntu ninsoni, kabili

umuntu muntu pabantu." muntu pabantu." Yes no man or woman is an island, but remember you are an individual and that individuality is what makes you to be you and not him or her. Yes we need to pay attention to others but to a certain limit, but when you are RIGHT it doesn't matter who thinks otherwise. Remember there is only ONE TRUTH and nothing in between.

Say the TRUTH and be TRUE and the TRUTH shall set you free. No matter what you are going through, be true and the truth shall set you free. And only when you are true, that's when your SUN WILL RISE AND SHINE UPON YOU. I don't know what you are going through but my prayer is that "May your sun shine upon you, May you have peace in your heart, and may your heart's desires come to fulfilment.

REJECTION
KELVIN FRANCIS BANDA, OP

Most Theologians such as David Schnasa Jacobsen, agree that theology is important as theology is a task that has to be taken up anew again and again. Theology, especially pastoral theology, reflects and touches the experiences of people that have always been an important part of the Church's evangelization. The article will reflect the impact of being rejected by people whom one loves and trusts. It will also give a few solutions to face rejection.

Rejection, we have all faced it at some point in our life. One of the most crucial moments in life is to be rejected and feel unwanted by someone you love, trust, believe in and think a person can be there to support and hold you regardless of the problems you would face in life. Being rejected is a moment of regret, confusion, panic and depression. It can leave a person feeling hurt, betrayed, a feeling of not being good enough and unloved. Rejection leads a person to feel and think that one is useless. Rejection can happen from either family members or friends. Whether from family members or friends, rejection is something emotional and traumatic, which brings about loneliness in a person. If a person who is rejected on whatever terms, can lead to suicidal thoughts. The problem of being rejected brings in many negative feeling and thoughts such as low self-esteem within a person.

Research by Kirsten Weir (2012) shows that, the pain of being rejected is not so different from the pain of physical injury. Thus, rejection also has serious consequences for a person's psychological state and for society in general. Social rejection can impact emotion, cognition and even physical health. Persons have an ultimate need to belong. Just as we have needs for food and water, we also have needs for positive and lasting relations" (Nathan DeWall). This need is deeply rooted in our evolutionary history and has all sorts of consequences for modern psychological processes.

Despite the cleverness of human persons, we rely on social groups for survival. We are created to live in cooperative societies, and for most of human history, we depended on groups for our lives. Like hunger or thirst, our need for acceptance emerged as a mechanism for survival. With today's modern conveniences, a person can physically survive a solitary existence. But, that existence is probably not a happy one. Thanks to millions of years of natural selection, being rejected is still painful. That is not just a metaphor. Naomi Eisenberger; Kipling Williams and colleagues found that social rejection activates many of the same brain regions involved in physical pain (*Science*, 2003). The presence of stable bonds among friends and family members is a defining characteristic of social persons. It should perhaps not be surprising that the absence of these connections threatens the health and life of humanity.

The major impact of rejection is loneliness which makes most people feel sad and feel worthlessness, which further results in depressive symptoms which adds a risk factor of increased vascular resistance and blood pressure in some people. The deep evolutionary roots of leaning our brain and biology toward self-preservation also suggests that much of what is triggered when we feel socially rejected may be nonconscious. For example, feeling socially rejected increases our motivation to connect with others. Nonetheless, it also produces an implicit (nonconscious) exaggerated intensity for social threats (Cacioppo and Hawkley, 2009). This, in turn, leads to attentional, confirmatory, and memory biases that lead us to think and act toward others in a more negative fashion, which in turn can increase negative interactions with others and fuel feelings of isolation (Cacioppo, Cacioppo and Boomsma, 2013).

Humanity can try to overcome rejection by being busy – some would get too involved in the academic world so as to escape being rejected. Others would try to escape rejection by being on as many social networks as possible. However, such does not help as one fails to face reality. Facing reality is what is important since a person can accept oneself after being rejected. A person needs to know that being vulnerable is power. Thus, never feel or be afraid to being rejected. There is always some level of risk when one puts ones heart out there, but one can choose to adopt the mind-set of being detached from the outcome – rejection. To be clear on this, “being detached from the outcome -rejection” does not mean one is emotionless zombie or the worst kind of person, but rather feel okay with whatever the outcome may be. You simply have a take it or leave it attitude. You are happy if that person is in your life but also happy if such a person chooses not to be.

One of the next steps one can take to overcoming rejection is setting ones up to manifest the things one really wants in life. This starts with looking deep into oneself. One must love oneself first. One must really know what one wants and have the strength and courage to walk away from someone when one does not offer what

one needed. When one truly knows oneself, only then can one move forward to creating the space to find peace and happiness. When one starts to define what one wants and actually put action forward to creating it. One should not let the fear of rejection rule an individual, because one will never see ones own beauty and worth and neither will anyone else.

Therefore, rejection is a reality that is life challenging. But, it does not have to have the power over a person. The more one encounter rejection, the better one is able to succeed in ones personal life, professional life and relations. When one chooses to not let rejection diminish ones core personality, or take it personal, one ultimately is creating an opportunity to have life that starts happening for him/her rather than to him/her. Remember that the choice is ours and it is within choice that all things are possible.

No weapon that is formed against thee shall prosper; and every tongue *that* shall rise against thee in judgment thou shalt condemn. This *is* the heritage of the servants of the Lord, and their righteousness *is* of me, saith the Lord.

Isaiah 54:17 (KJV)

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