

## Psycho-Sexology Workshop: Integrating the Grace of Holiness in Its Entirety



The Sisters of Notre Dame Indonesian Province held a Psycho-Sexuality Workshop for Junior and young senior sisters on 14–15 February 2026 in Pekalongan.

This workshop featured the guest speaker, Fr. Fransiskus Iwan Yamrewary, MSF, a Missionary of the Holy Family Priest. He presented the material in an open and contextual manner. Fr. Fransiskus began by discussing several real cases from religious life and society at large. This sharing served as both a mirror and a warning. Psycho-sexual issues are a reality that cannot be ignored but need to be understood in a mature and wise manner. He defined psychosexuality as everything pertaining to the mental, emotional, and behavioral processes associated with human sexuality. Through a communicative and reflective approach, participants are encouraged to view sexuality not as a taboo subject, but as a gift that needs to be healthily integrated into their vocation.

Participants were encouraged to understand and accept their ‘femininity’ as part of their God-given identity, fostering emotional and spiritual maturity. This maturity enables sisters to bear authentic and joyful witness in their lives. Additionally, participants were guided on the wise use of social media, recognizing it as a space that strongly influences self-image and relationships. Key takeaways included embracing identity, nurturing maturity, and being intentional in social media use.

In her address, Sr. Maria Robertin, the provincial, emphasized her hope that self-offering should be evident not only in the habit worn but also in the way each sister offers herself completely to God. She encouraged the integration of positive values into daily life, both in community living and in ministry.

Throughout the two-day event, participants showed great enthusiasm. They actively engaged in discussions, personal reflection, and the sharing of experiences. Key takeaways included a deeper understanding of chastity, recognizing sexuality as a divine gift, and a commitment to safeguarding, respecting, and integrating it maturely into religious life.

This workshop is a concrete step by the Indonesian province. It helps young members develop holistically, focusing on personal, spiritual, and apostolic growth. The goal is to enable them to live out and share a relevant, meaningful Christian witness in the Church and in society.