

Make Jesus Real

SEPTEMBER 2019
BULLETIN



MARTY'S REFLECTION ON 2019

Firstly, I am on Long Service Leave in term 4 – Canada and USA – very excited!

Paul Crennan will be my replacement in Tasmania and he is also very excited to be sharing his wisdom and talents helping teachers, students and parents understand the power of MJR in their everyday lives. Please don't hesitate to contact him at paul.crennan@catholic.tas.edu.au.

The wonderful Catherine Simmonds from Rockhampton has agreed to coordinate the Bulletin – thanks Catherine. If you have any super MJR stories/lessons to share please send them to her from October to December at catherine_simmonds@rok.catholic.edu.au and she will pass them on to the amazing Charmaine at Garratt Publishing, who then puts her magic touch to it.

The year 2019 has seen many steps forward in how MJR is perceived across Australia:

- † Listening to Laura Avery from the Northern Territory at a recent Tasmanian colloquium stating that, 'MJR for many is like opening the doorway to Jesus.'
- † When Gemma Thomson and I released *MJR 24/7* in February, this was one of our main goals – to give those who have no or little affiliation with Jesus an experience of Him by using real, everyday issues. I am pleased to say that a number of Catholic high schools and colleges have realised this need, plus the need to develop dialogue in the classroom through pastoral care and journaling using *MJR 24/7*.
- † The Melbourne Conference was a beautiful experience for many of us. Although it was decided not hold a 2020 National Conference, it is inspiring to hear how many diocese are putting together their own MJR gathering in 2020 – WA Perth already has over 300 people registered for their gathering! If you hold one of your own, please let us know where and when, as some people who may not be able to attend one in their state/territory, maybe able to visit your gathering.
- † Tasmania is looking at each school having an MJR ambassador, similar to the Rockhampton MJR leaders, to be 'a link' for staff, students and parent/carers in regards to MJR. This enthusiastic person would then keep the message of MJR alive in their school – embedding it so that it becomes part of the values, discipleship and evangelising culture of your school communities. More on this in the New Year.

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AFL's Richmond Tigers win 2019 Grand Final! A win for family, N.G.U. (Not Giving Up) and T.E.A.M. (Together Everyone Achieves More)

Everyone who knows Marty Ogle, the Tasmanian Values Education Officer, understands his passion for his Richmond Tigers. Peter Mitchell wrote the following after their premiership win:

Marty, I noticed so many MJR messages that the Tigers have followed and the following became clear after the win.

The importance of family and especially strong family values, including spirit, love, trust, teamwork makes the dream work, resilience, believe in your self, being determined and not being sorry for yourself (eg players who didn't get to play on the big day). These wonderful values underpin the Richmond Football Club. Somehow we have to try to have that same spirit in Catholic Education to spread the message to our schools throughout Australia.

The amazing story of Marlion Pickett, the 27-year-old debutant who had spent more than two years in prison as a teen, then playing for South Fremantle, before being drafted by the Tigers mid-season this year, and finally, an astonishing selection for his first AFL game, in the grand final.

Marlion's whole story of learning life's lessons and changing his life around, demonstrates redemption, humility and the importance of family to him (e.g. giving his AFL premiership medal to his father). And, the SOJ moment in the grand final, when his teammate Dustin (Dusty) Martin, waited for Marlion so he could kick the ball to him, enabling Marlion to kick his first ever AFL goal. The *Spirit of Jesus* in action!

Mitch

"The reason your greatest growth comes from your darkest moment is because it enhances humility and learning (two of the most important ingredients for a successful team!). Rather than catastrophise (when we were losing) we focussed on learning. We learned about sacrifice, perspective (e.g. Jack Higgins' brain bleed), leadership, belief in ourselves and our team and most importantly, WHAT CAN BE ACHIEVED WHEN NO-ONE GETS THE CREDIT!"

Trent Cotchin
Captain, Richmond Football Club
Speaking at the Team's Best and Fairest Night



MITCH'S TRAVELS

Mitch, on his way back to Tassie, stopped in at Newcastle and spoke about the super team they have up at Taree – the wonderful Melissa Northham, she is a living example of MJR and WEST; Natasha Brotherton (MJR with Kevin fame and pictured); Alison Cosway; Lee Sullivan and Adam Butchmann.



Mitch was also keen to share these responses from the Grade 6 class on these four questions he asked after the MJR lesson:

Where did you see the Spirit of Jesus in your life over the last three days.? I saw the Spirit of Jesus when...

Giving

Taylor offered me her jacket when I was cold.

Care of the
Environment
& Helping

**Thoughtful
of Others**

When Tilley helped me pick up some rubbish when we both didn't have to.

My dad when we were camping, made all of our food for me and others.

Welcoming

Empathy

Dan our bus driver always gives me a cheerful 'good morning' every day.

When Leo asked me how I was when my Pa passed away.

Friendship

Including

When Damien gave me his pen when he wanted to use it.

Jess and Emma invited me to play with them when I was standing near them.

From Pages 6-60 of the MJR Book

What are some attitudes and values that you wish to take into your life as 'compass points'?

They wrote 10 to 15 on a card. Here is a selection of their answers...

Coping with anger, feeding the positive wolf and have a positive attitude to life and people.

Building a bridge and getting over problems.

Be determined, never giving up and not to feel sorry for myself

Seeing the goodness in others, searching for the hero in myself.

Honesty and trust and making good choices in my life.

Be a giver not a taker in life and be a grinner and a winner not a moaner and groaner.

I am in charge of my attitude to life and to have better people skills.

Happiness and inner peace. Reflecting over my day each day.

Having a sense of humour and being a diffuser and not an escalator.

To be the best person I can be.

Learning to have mental toughness and self-discipline.

Seeing the Spirit of Jesus in my life, living in the NOW of my life.



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MITCH'S TRAVELS CONT'D. ...

What sort of person do I want to be as I grow as a person? What qualities do I want to develop?

Many said similar things ...

- | | |
|-------------------|---------------------------------|
| † Friendly | † More Caring and Compassionate |
| † Helpful | † Forgiving |
| † Good Listener | † Be a W.E.ST Person |
| † Kind | † Honesty |
| † Humble | † Encouraging More Grateful |
| † Generous | † Thoughtful of Others. |
| † More of a Giver | |

What was your 'Oh Yeah' moment or some thing you learnt or enjoyed today?

I enjoyed the video clips, especially the man who learnt to walk and run again.

From the video clip on 'Teenage Affluenza' there were many 'Oh Yeahs'.

My mum and dad do a lot for me and I don't appreciate them enough.

I have a safe house with so many comforts and food water and clothes.

There is always someone with much more problems than I have.

I didn't realise that I have such a great and easy life compared to others who are starving.

I should be much more grateful for what I have and not moan and groan as people have much tougher life than I have.

Here are responses from three Grade 6 girls Lara, Kaysha and Poppy, who take the MJR messages to the younger classes.

We do not see Jesus standing next to us, but in yourself and in other people.

Jesus is part of our life and can change the way we live. We can make Jesus a part of our daily lives with our actions and words.

Mr Sullivan tells us the day before what the focus is and we plan what we are going to do with each group. Each group does an activity, art, posters or brainstorming to hang around our school.

MJR can help our well being. It can make us happy, healthy and comfortable.

This shows you that MJR can be achieved in so many ways and having Grade 6 leaders take it to the school is very powerful.

As Mitch says ...

"SOME PEOPLE THINK YOU HAVE TO BE TRAINED IN MJR.

IF YOU TEACH RE, YOU CAN DO MJR."

You just have to live it!



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MITCH'S TRAVELS CONT'D. ...

BEING COUNTER CULTURAL IN TODAY'S SOCIETY OF PUT DOWNS

Meeting people in caravan parks, I heard some terrible stories of how their grandchildren were being exposed to very hurtful comments from their peers. They said, they as grandparents were upset, as well as their families and the individual child. They all agreed it was getting worse. From politicians to reality shows on TV, sport, internet, etc., all try to break a person's spirit. It is having a detrimental effect on Society.

We should be counter cultural as Jesus was in His time.

I tell the grandparents in caravan parks, that one the wonderful corner stones of MJR, is *Encouragement*. They totally agree there should be a much bigger emphasis on each child to be more encouraging in their world at home, school, and wherever they recreate.

One of the great tools we have in our schools is found on Page 26 of *Make Jesus Real*. It has 35 words and encouraging phrases, that may be helpful.

Each person should be encouraged in some way each day – this is how we grow as people. After a class, discuss what small ways we can 'make someone's day, every day'.

What small compliments can we make on a daily basis to family/friends at:

HOME

1..... 2.....

SCHOOL

1..... 2.....

WHERE WE RECREATE

1..... 2.....

When we make someone's day using a compliment or an encouraging word, we make them feel good about themselves, and we become happy as well. It is a 'Win Win'.

We grow as a person as we BECOME GIVERS OF ENCOURAGING WORDS.

A wonderful habit to develop in all of us.



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WHAT'S HAPPENING AROUND THE SCHOOLS

MARY MacKILLOP CATHOLIC COLLEGE, HIGHFIELDS QUEENSLAND

MJR Coordinator, Justine Worner, has supplied a wonderful report on the **MJR Peer Support** they ran last term.

[Click or tap here to view it.](#)

ST THERESE'S MOONAH, TASMANIA – GRADE 6 MJR GARDEN PROJECT – LEAVING A LEGACY

This year Grade 6 at **St Therese's** had been searching for a community project. They met with Marty as he'd been planning to upgrade the Church garden for most of the year.

Here's what two students said about the project ...

For the last two days, Grade 6 students have been working in the garden at the front of the Church to make it look nicer. Marty, the 'MJR guy', has been a big support in the garden – he has been wanting to do it for ages. He took out groups and we helped him do the garden. We all enjoyed helping him with the garden but it was a mentally and physically hard job. It was such a rewarding experience and it will be good to see in a few years – and we will be able to say, 'WE DID THIS!'. **Abisan and Harry T**

The MJR concepts utilised during the Garden Project were ...

OH YEAH – When everyone was working so hard to get that fern root out and when we got it out everyone was like OH YEAH! **Lorelei Jones** :)

WIIFM – I think we all worked our best and were determined to finish everyone was giving their all, even though it wasn't for them. **Ella**

DETERMINATION – Everyone was determined and was trying their hardest to get the job done. Nobody was fighting or anything and it was a lot of fun. **Jane**

POSITIVE SIGNS – Everyone was sharing the tools and barely anyone was rude, angry or a sulk. **Erica**

LISTENING SKILLS – Mostly for group 1 but for all because this old lady came out of the church and talked to us about God and different plants to have in the garden and also to teach us shovelling lessons :) She may not have known much about gardening, but we listened with respect anyway. **Stella**

PEOPLE SKILLS – Everyone was positive to help out in the garden and nice to each other and that made it really fun. **Jack** :)



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ST THERESE'S MOONAH, TASMANIA CON'T. ...

RESILIENCE – No one cried or was being rude to anyone or were silly or ruining the plants. This made it really fun and exciting. Mitchell

ANGER MANAGEMENT – People were not lashing out when stuff did not go their way like when Evan could not get the root out he did not take it out on anyone or anything. Amir :)

COPING WITH ANGER – Raking was frustrating to do because of all the rocks and roots but in the end I got it done, it was a lot of fun. Harry B

BODY LANGUAGE – People would not give up even though it was really hard but fun and I really want to do it again with my friends. Joshua and friends :)

LEADERSHIP IN SCHOOLS – Leadership in our school was shown by us cooperating and improvising with plans for what plants we could use. We all worked together and set a good example for the younger children. Jessica

GIVER NOT A TAKE – Being a giver is when you do something good/nice for someone not just yourself. Being a taker is when you're being a little bit selfish around others and showing bad manners. Like when people had to share the tools etc, no one complained. Jorja

TAKING THE GOOD WITH THE BAD – Everyone was so happy and glad when we got fern 1 and got a bit upset when fern 2 was hard but in the end we took the good and the bad. Kayda

ATTITUDE – Everyone worked their hardest and tried their best also everyone had a positive attitude. Shadi :)

SAVING THE PLANET – We got lots of rubbish out of the garden bed. Also we are making the garden so it stays there for a very long time. And we are passing down the garden to the next Grade 6 class. Douglas :)

ATTITUDES ARE CONTAGIOUS – Some of the people in grade 6 were excited about having the garden project set for us to help with, soon that spread around the classroom. After one shift of helping most of the class were enjoying themselves. Nicola

TEAMWORK – Teamwork is a very good thing to have because you have great friends that will help you when you need help. The garden that was very fun when we did the garden with Marty that was so much fun. Alex

T.E.A.M. – Everyone was complimenting each other with kind words and encouraging and helping each other. E.g. Amir was encouraging everyone to help get out a big root and was talking to the others kindly. Evan :)



LINKS

A LIFE-CHANGING VIDEO FOR YOU

Every teacher, student (secondary) and parent needs to watch the following talk given by the great **Benjamin Zander**. It may, and should, take your life in a better direction, lessen anxiety and give you positive 'food for thought'.

So take 15 minutes off from what you are doing today and learn from a great teacher. Show it to your staff and work colleagues.

<https://www.youtube.com/watch?v=qTKEBygQic0>

Prince Ea – Every Teenager Needs to Hear This

A short but great message that goes beautifully with

Page 131 in the *Make Jesus Real 5/6 Book*

– If you want to fly like an eagle don't hang around with turkeys!

<https://www.youtube.com/watch?v=pLgVB1stuJ8>

Season of Creation 2019: Web of life

A celebration and in-depth look at planet earth

as seen from many churches' points of view from around the world.

<https://sj-cluny.org/Season-of-Creation-2019-Web-of-Life?lang=fr>

Evoware - Replacing Plastic with Seaweed

An amazing story about one young man's perseverance to solve the plastic problem by using seaweed as a container and packaging.

<https://www.youtube.com/watch?v=Iw6FCdVeBNE>



MJR BANNERS

What makes the MJR Banners great:

- Bright and colourful
- 7 core messages to choose from
- 900mm x 500mm in size
- Eyelets that make displaying easy
- Ideal for classroom or around the school
- Constant reminder of the MJR values

[Click or tap here for more information](#)

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**ORDER
NOW**

2020 MJR CALENDARS

ARE NOW AVAILABLE TO ORDER!

The *MJR Calendars* enable students to take the *Spirit of Jesus* and our positive *MJR* messages into to their homes to share and practice with their families and friends.

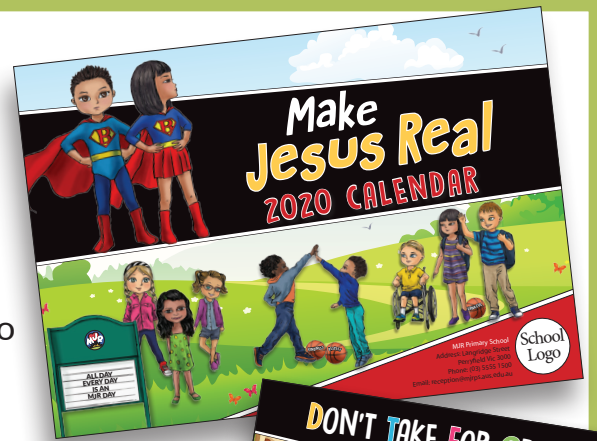
Allow your whole school community to experience the joy students have as they discover the *Spirit of Jesus* in everyday life.

You can also brand these [MJR Calendars](#) with your own school logo and information.

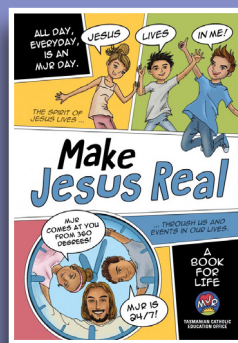
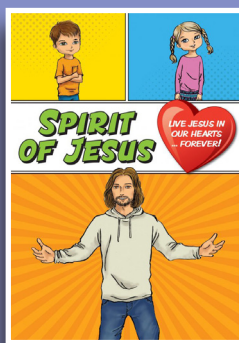
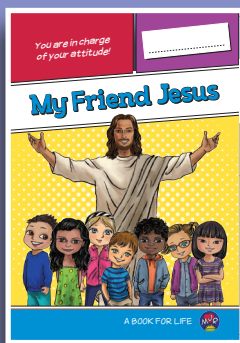
Use them as a fundraiser – they'll pay for themselves in so many ways!

Click or tap [HERE](#) to discover how easy it is to fundraise for your school using our 2020 *MJR Calendars*!

Contact Garratt Publishing for more information at sales@garrattpublishing.com.au



THE MJR SERIES



[CLICK OR TAP HERE FOR MORE INFORMATION](#)

Live Jesus in your Hearts – FOREVER!

The MJR Team ...

Marty, Mitch, Michele, David,
Rose, Karen, Sandy and Charmaine

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