

Message										
Mental Toughness	self-discipline									
Ability to Make Good Decisions										
Soft Options/Snow Flakes										
Win the Hard Ball										
Making Good Choices										
Stress										
TEAM										
Teamwork 1 Percenters										
Sustainability										
Saving the Planet	mindful									
Care of Creation										
Save the Planet One Classroom at a Time										
Go Karts/Billy Karts	self-discipline									
Teamwork at Home (TAH)										
Leadership in Schools										
Taking the Next Step	generous	compassionate	thankful	forgiving						
MJR is 24/7										
Growth Moments	unselfish (selflessness)									
Resilience	resilience									
PART 2 SPIRITUALITY OF THE EVERYDAY										

God Moments	goodness									
My God Moments	kindness	compassion	gentleness	humour	sensitive					
Welcoming God Moments	kindness	thank you (courtesy)	helping							
Walking God Moments	kindness	cheerfulness	helpfulness	friendliness	encouragement					
Now is an Important Word										
God Moment in Action										
MJR and the Eucharist p85	<p>As the priest consecrates the bread and wine so that they become the Body and Blood of Jesus, so we who participate in that Eucharist receive and become the Body and Blood of Jesus.</p> <p>We become the presence of Jesus in the world. ...the Eucharist is the secret ingredient. The Eucharist is food for the journey of life and love.</p>									
Holy Spirit	<p>The Holy Spirit gives us the insights to see Jesus in our daily life-if we ask him.</p> <p>W-welcoming...living our Baptism every day E-encouraged by the Spirit in Confirmation S-sorry (and forgiveness) in Reconciliation T-thankful in Eucharist to God and each other as the people of God...the Church</p>									
Religion and MJR	MJR is a way of life.									
Press the Rewind: Reflect on Your Day										
The Little Things in Life										
Jesus Says	humble (humility)	meek	merciful	pure-hearted	peacemakers	courageous				
The Spirituality of Everyday Life	determination	compassion	tolerance	kindness	gentleness	concern	generosity	patience	understanding	helping
	volunteering	honesty	joy							

More Stories Jesus Told										
Parables in Everyday Life										
Following Pope Francis										
Forgiveness	forgiveness									
Forgiveness Decisions										
Self-Evaluation	Self-discipline	tolerance	Understanding	patience						
Qualities We Admire in People										
Fourteen Ways to be a Good Friend	1. reliable	2.honest	3.helpful	4.loyal	5.respect	6.truthful	7.forgiving	8.generous	9. honesty	10.
	11.encouragement	12.	13. acceptance	14.						
Friendship	kindness	friendship	helping	welcoming	encouragement					
Peer Pressure										
If You Want to Fly Like an Eagle										
The Storm	courage									
Stay Connected to Jesus	The secret is to stay connected to Jesus so that you receive his power as you read God's word and come to the Lord's supper.									
PART 3 REFLECTIVE JOURNAL										

The overarching virtue in the MJR programme is kindness, followed by helpfulness, forgiveness, generosity, friendliness and encouragement.

The central theme is Eucharist realised with the help of the Holy Spirit.