



# MJR Bulletin



AUGUST 2022

Here's hoping, that after two very demanding terms, teachers and staff were able to have a relaxing break to prime themselves for the second half of the year.

Those at the rock face – the teachers, teachers' aides, admin, and grounds people – all need constant reinforcement and support. SO... why not show your appreciation by giving them a *Spirit of Jesus* postcard.



Just write the name on the space provided and leave them with your colleagues – it's that easy!.

Make sure you have a constant supply in an area that others can access so they can share with staff.

Click [here](#) to download.

Marty

## BELIEVE IN YOURSELF – BIY

This is a constant theme that MJRers strive to deliver to those in their care, including fellow staff members.

It is not easy to do as so many in our care have high anxieties or have a pessimistic attitude to life. Here is a snappy BIY song that could be sung at assembly.

<https://youtu.be/FEY8H1Km1x8>

Why not follow it up with this amazing *America's Got Talent* (AGT) contestant Maddie, who Never Gave Up on her dream. Get the tissues ready!

[https://youtu.be/Xo\\_frPIgC4](https://youtu.be/Xo_frPIgC4)

## MITCH'S TRAVELS

Peter & Jenny Mitchell have been very busy travelling up the east coast of Australia visiting a number of schools spreading the Good News from MJR. He has dropped me a line about what, when, and where he has been visiting. This month, and in next bulletin, I will be highlighting various aspects of his travels.

### ACTIVITY ONE

Mitch suggested to the teachers they ask their classes to list 5 little things they CAN DO or SAY at home and at school each day that will 'make someone's day' better.



### ACTIVITY TWO

Mitch asked the students to reflect on their MJR books and asked them to journal some of the people and life skills they thought were important to them. He then asked them four questions, and here are some of their responses.

#### Question 1

Where did you see the *Spirit of Jesus* over the last few days? Name the gospel value you saw in your story.

I saw the *Spirit of Jesus* when...

- ✚ Mary was confused as to where to sit and Holly said, "come and sit with us." (Including)
- ✚ Noah was cheering on Colte when he was racing. (Encouraging)

**Question 2**

What small things did you do to show the *Spirit of Jesus* to others? Write down and highlight the gospel message you demonstrated to others.

I saw the *Spirit of Jesus* in me when...

- ✚ *When my dad cooked tea for us and I thanked him and I saw a smile on his face. (Gratitude).*
- ✚ *When we were playing at lunch and I was cheering them on (Encouraging).*
- ✚ *When I comforted this girl at the netball court as she was crying. (Supportive, Compassion).*

**Question 3**

So far in July, what compass points do you want to take into your life as you prepare to leave primary school after seven years?

- ✚ *Positive people are winners and grinners in life.*
- ✚ *To be more a 'giver' of myself than a 'taker' in life.*
- ✚ *To be more of an 'Encouraging' person.*
- ✚ *That the 'Spirit of Jesus' works through me every day.*
- ✚ *A day is wasted if you don't reflect on it.*
- ✚ *Communication and body language need to be more positive.*
- ✚ *Attitudes are contagious...is mine worth catching?*

**Question 4**

What are some key things from the MJR session today that will you take into your life?

- ✚ *How important the small MJR things we do every day are – like smiling, saying thanks, and kind, helping acts.*
- ✚ *Be less of a moaner and groaner.*
- ✚ *That the 'Spirit of Jesus' live in us 24/7 and forever.*
- ✚ *I loved the two wolf story.*
- ✚ *St Teresa prayer:*  
*"...Jesus has no body now in 2022 but mine."*
- ✚ *How important it is to be kind, cheerful, friendly, and helpful.*
- ✚ *Believe in yourself (BIY).*
- ✚ *Be determined. Don't give up or feel sorry for yourself.*

**A GREAT WAY TO FINISH THIS BULLETIN**

It is not often you get to go to a 100th birthday party! Recently I did, and a beautiful *Spirit of Jesus* moment occurred.

The local priest Fr Krish and Deacon Michael made the day special for Bob (and everyone who attended) by going out of their way to get a special greeting from Pope Francis for Bob's 100th birthday.

He can be seen below with his wife Anne – this was definitely the *Spirit of Jesus* in action.

**MJR TIP**

Remember to do kind things until it becomes a HABIT!

**LINKS**

**BIY** – Here is an amazing video about a girl who didn't believe in herself, but found the courage to show her skills.



*Amanda Mammana – a singer with a speech impediment moves the judges to tears | AGT 2022*

<https://youtu.be/PQGYv6Khk8E>

**Looking for Inspiration fore those who love soccer?**

*Nadia Nadim: From Afghan Refugee To Danish Footballer*  
What an inspiration! She overcome so much to be one of the best in the world.

[https://youtu.be/\\_4TBJgY9e1E](https://youtu.be/_4TBJgY9e1E)

**Live Jesus in your Hearts - FOREVER!**

The MJR Team ... Marty, Mitch, David, Karen, Rose, Sandy and Charmaine

# MJR PODCASTS

*The MJR Podcast – A GPS for Life*

Each Podcast episode has an accompanying 3-2-1 Activity Sheet which are available from the Resources page of [www.makejesusreal.com.au/resources](http://www.makejesusreal.com.au/resources).

To listen to the MJR Podcasts go to:

**Spotify:**

<https://open.spotify.com/show/4VDJEOncL2UVVL7AqPX91Y>

**iTunes:**

<https://podcasts.apple.com/au/podcast/the-mjr-podcast-a-gps-for-life/id1513474986>



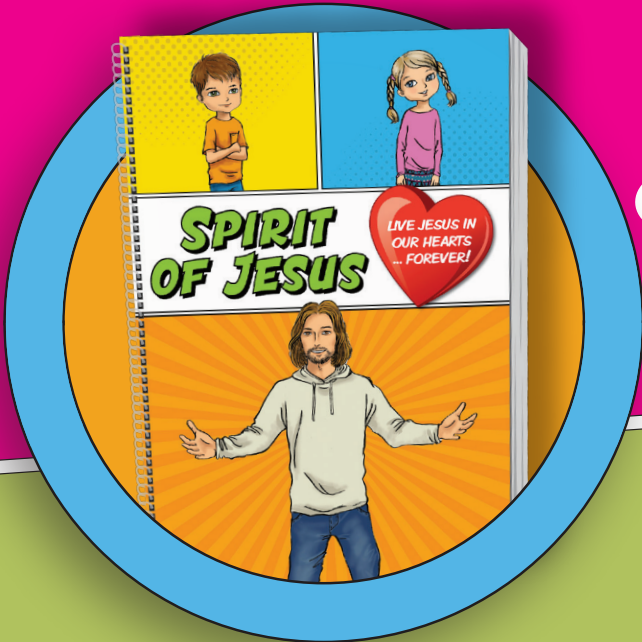
# WE WANT TO HEAR FROM YOU



Got an idea for a story, or want to share a story that captured the ears and hearts of your students?

We'd love to hear from you. Please email Marty at: [marty.ogle@catholic.tas.edu.au](mailto:marty.ogle@catholic.tas.edu.au).

**Note:** If you are including images, please ensure you have permission to do so.



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The MJR Team ... Marty, Mitch, David, Karen, Rose, Sandy and Charmaine



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