



MJR Bulletin



DECEMBER 2023

Well, we have all survived until the end of the year and it is important to stop – even for three minutes – and reflect on: *Where you have seen 'Spirit of Jesus' moments? Have you contributed to bringing joy to others? Can you plan a special moment that will put a smile on others' faces?*

I would like to thank all of the MJRers who strive to action the words and teachings of Jesus.

And a **BIG thank you to Mitch** for his amazing capacity to continue to 'spread the message.' His enthusiasm, energy and contagious attitude belies his age.

Merry Christmas and enjoy a well-deserved break... See you at the 2024 MJR National Conference!

Marty

REFLECTION

As we race towards the end of the year it is crucial to:

- reflect ourselves
- teach those in our care the power of reflection, and
- use the reflections below in a positive manner.

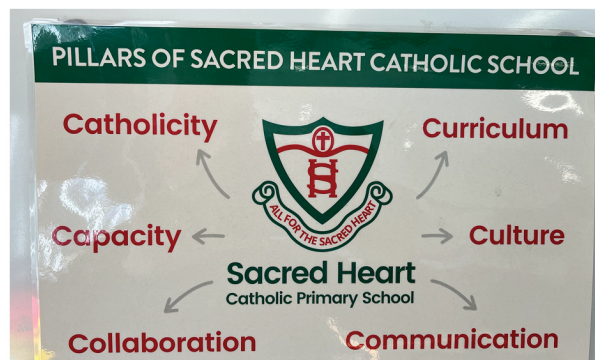
Reflection questions:

- What have I achieved?
- Have I lived the values that Jesus taught and demonstrated?
- Have I made the world a better place for those around me?

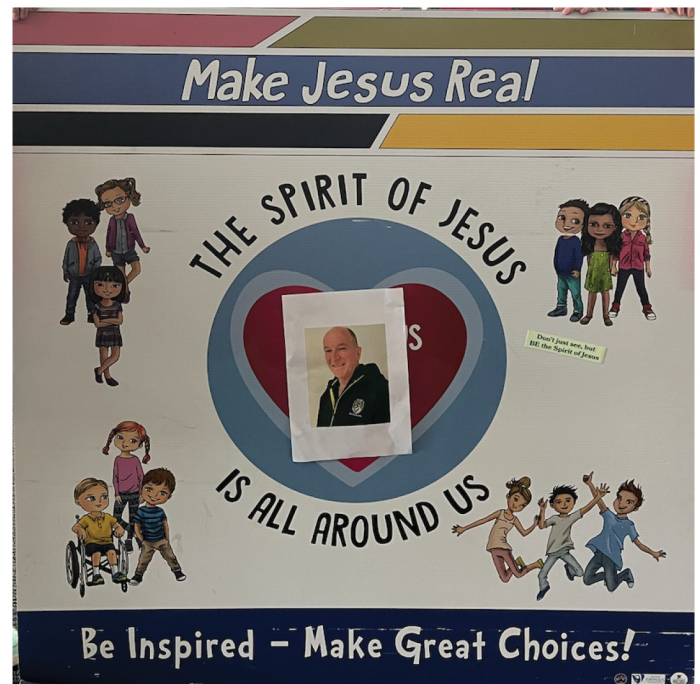
HIGHLIGHTS FROM MY TRAVELS

In my travels around Australia, I encounter many amazing school communities who deliver the message of their charm and of Jesus in interesting but captivating ways.

Recently I was at **Sacred Heart Launceston** and they have displayed their pillars – what they stand on – but they all start with the letter 'C'. Knowing this school community, they don't just display these, they encourage those in their community to strive to improve their school by acknowledging them and then actioning them.

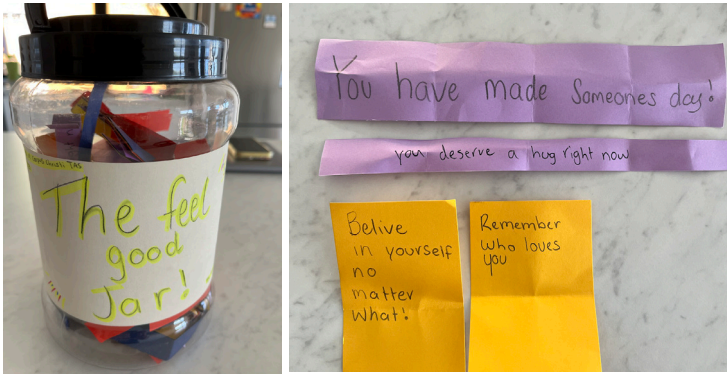


I was also surprised with a number of 'Spirit of Jesus' moments by students – obviously reflecting or being taught how to make someone's day better. **Corpus Christi students in Bellerive Tas**, showed me how they had put my face on their 'Spirit of Jesus' board.



They spoke about how they look forward to my visits. One student stated that the last time I visited, I had encouraged the class to go home and ask their parents/carers, 'Can you help me to stop back chatting?' He said that he had gone home and sat with his mum, asked her this question, and now has found his life at home is uncomplicated and joyous. He came up and thanked me – Wow!





The same school also presented me with 'The feel good jar' which contains many inspirational habits. When you are feeling down you just pluck one out.

St Thomas More's in Launceston had a reflection time with their student leaders and came up with the following amazing quotes – not just to reflect on, but then they had them painted on large walls in their school.

REHEARSE THE POSITIVES – So cool, unique and deep



EMBRACE YOUR WEIRD – we all have a uniqueness and/or differences and this wonderful wall/quote sums up how we should tackle it.



Leadership Focus or Leadership Pledge for Year 5's or other school leaders.

I have been working with a lot of Year 5 students who are looking at becoming leaders in Year 6 (actually they will all be leaders!). We construct a leadership acrostic, using the word LEADERSHIP and I ask them to google words beginning with the letter L etc. We then vote on the words we like the most. The great words chosen by students from St Therese's Moonah Tas can seen below.

St Therese's Leadership Focus

- L**istener
- E**mpathetic
- A**ccountable
- D**etermined
- E**nthusiastic
- R**espectful
- s**elfless
- H**onest
- I**nclusive
- P**ersevering

GALLERY OF HIGHLIGHTS

St Patrick's Lochinvar – with Maryanne Hacker and her wonderful school team



Mt Carmel Sandy Bay Tas – seeing Jesus in Everyone



St Brigid's Wynyard Tas – School Vision



Click [here](#) to read their vision.

Star of the Sea George Town Tas – meaningful Christmas donations for local families



Stella Maris Burnie Tas – Stunning window



The MJR National Conference has been designed for experienced MJRers, newcomers to MJR, and those who do and don't teach RE.

You'll meet and learn from secondary and primary teachers from across Australia who have real, in-classroom experience of teaching MJR, and have witnessed not only the transformation of students within their classroom, but their entire school community! Plus, you will have many opportunities to ask questions, comment, and be physically involved.

ACCREDITATION AVAILABLE.

For more information visit:

<https://bit.ly/49Ghc5J>

SCAN



LINKS & SUMMER READING

The One Voice Children's Choir have covered an inspiring song which a great teacher shared with me. I can't reveal her name as the song is a surprise for parents at the end of year graduation. The words are beautiful, as is the harmony.

My Wish – One Voice Children's Choir Cover
Original artist Rascal Flatts

https://www.youtube.com/watch?v=vto_uliWEgo

The most successful kids are 'healthy strivers' – here's what their parents always do.

– Jennifer Breheny Wallace

Jennifer Breheny Wallace, from Harvard University, has published a thought-provoking book – *Never Enough: When Achievement Culture Becomes Toxic and What We Can Do About It* – based on research looking at what makes children successful. She discusses the importance of 'what really matters' especially when anxiety and stress are so prevalent in our classrooms and home. Here is a summary of some of her work – so much relevance to our current situations. Why not put it in your school newsletter for parents/carers to read.

<https://www.cnbc.com/2023/10/15/parenting-researcher-how-to-raise-successful-kids-healthy-strivers.html>

the



PODCAST

a GPS for life

MJR PODCASTS

The MJR Podcast – A GPS for Life

Each Podcast episode has an accompanying 3-2-1 Activity Sheet which is available from the Resources page of 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.ogle13@gmail.com.

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

I would like to finish with a quote from Mitch for you all to keep in mind...

MJR is about positive people and life skills, with the Spirit of Jesus, being lived each day in today's world that is crying out for these skills.

Peter 'Mitch' Mitchell



Wishing you all a great finish to the year and that you have a restive 'feet-up' time during the holidays.

Looking forward to seeing you at the 2024 MJR National Conference in Perth.

God Bless

The MJR Team

Live Jesus in your Hearts – FOREVER!
The MJR Team



www.makejesusreal.com.au



1300 650 878



sales@garrattpublishing.com.au



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