

## MJR Bulletin

FEBRUARY 2020



Welcome back to  
the new year and  
hopefully we will

see MJR continue to grow throughout  
Australia.

First of all, a big thank you to the ever-enthusiastic **Catherine Simmonds** who took over the MJR Bulletin duties whilst I was away. She continues to lead the MJR way in Rockhampton by encouraging individual schools and teachers to share how they are integrating MJR into their school communities and in to their other subject areas.

Secondly, we felt that the Bulletins were getting too big – as teachers we only have so much time to read them. So, we are endeavouring to keep them more succinct with usually one focus ... and we've given it a new look!

#### MJR Conferences

The decision was made at the 2019 conference to have bi-annual conferences in the future. If you are organising a state, territory or local conference please let me know and we will highlight them in the MJR Bulletin.

We will also continue to highlight YouTube videos and articles that can be connected to MJR but if you come across any that you feel are appropriate, please email it to me. This month I have an article on Ash Barty's mindset coach and a beautiful way to start a Monday morning.

Marty



## GRATITUDE

As our prayers, thoughts and donations go out to those people deeply affected by fire (and floods), we should take a moment to look at the reactions to those who sacrificed their lives and took time to fight the fires. Overwhelming gratitude has emerged in many forms for not only the fire fighters but for those that fed them, planned and coordinated the large number of helpers, the news reporters and all the others who put up the hands to help.

*Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.*  
– Henri Frederic Amiel

The following are just two examples of 'Gratitude in Action' and students (and staff) who may be questioning aspects of this disaster and the effect it has had on them, can take solace in the amazing gratitude moments that have and continue to occur.

The Herald Sun ran 16 pages of tributes on January 21st – giving people the opportunity to demonstrate how much they appreciated the hero actions of those involved. The following is a powerful video of some New Zealanders showing respect to a fallen colleague by doing the Haka.

[www.heraldsun.com.au/news/national/funeral-haka-performed-in-tribute-to-australian-firefighter-killed-battling-blazes/video/c7d9ebfda6fe0c1010aa8eeeb8c](http://www.heraldsun.com.au/news/national/funeral-haka-performed-in-tribute-to-australian-firefighter-killed-battling-blazes/video/c7d9ebfda6fe0c1010aa8eeeb8c)



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## TRUE LEADERSHIP

The following is an article about NSW Rural Fire Service Commissioner, **Shane Fitzsimmons** who led and continues to demonstrate the positive attributes needed to be a successful leader.

So many of his attributes such as empathy, humility, positivity, vision and showing vulnerability were also shown by our great leader Jesus. Take a moment to read and listen to how Shane reacts in a time of crisis.

[www.heraldsun.com.au/business/work/australians-praise-nsw-rural-fire-service-commissioner-shane-fitzsimmons-as-fires-rage/news-story/0c3e81a35079dca02a6e6a93ce8e1601](http://www.heraldsun.com.au/business/work/australians-praise-nsw-rural-fire-service-commissioner-shane-fitzsimmons-as-fires-rage/news-story/0c3e81a35079dca02a6e6a93ce8e1601)

## LINKING MJR LESSONS

In the MJR books, the attributes, traits and ideas highlighted above, can easily be used as a focus in your daily lessons.

### My Friend Jesus

- ✝ Following in Jesus' Footsteps (p23)
- ✝ Thoughtful/Caring/Kind (p25)
- ✝ You are in Charge of Your Attitude (p30, p50)
- ✝ When Problems Come Your Way (p52)
- ✝ Teamwork (p55)

### Make Jesus Real

- ✝ Attitude (pp6-12, p31)
- ✝ What's in it For Me? (p13)
- ✝ Be Determined (p18)
- ✝ Heroes (p19)
- ✝ Generosity (p37),
- ✝ Mental Toughness (p54)
- ✝ TEAM (p61)

### Spirit of Jesus

- ✝ The Great 8 (pp18 - 24)
- ✝ How Do You Serve Others? (p29)
- ✝ Attitude of Gratitude (pp34-35)
- ✝ Where is Your Heart Room? (p72)

### MJR 24/7 - a Book for Life

- ✝ Problem Solving (pp29-32)
- ✝ Grit (pp37-40)
- ✝ Grief and Loss (pp41-44)
- ✝ Going the Extra Mile (pp53-56)
- ✝ You Are Not Alone (pp121-124)



## MJR CALENDAR 2020

There is still time to order the **MJR Calendar** for 2020.

The **MJR Calendar** takes MJR beyond the school gate and enables students to take the positive MJR messages into their homes, to share and practice with family and friends.

Not only it is a great way to bring the Catholic Faith to life in your entire community, but it can also be used as fundraiser – they'll pay for themselves in so many ways!

[Click here for more information.](#)

## LINKS

Ash Barty's mindset coach (also AFL's Trent Cotchin and surfer, Stephanie Gilmore's coach), was interviewed by the ABC. Below is a link to a fascinating article about the interview. It highlights the need to learn from falls/failures and to move past the 'perfection myth'.

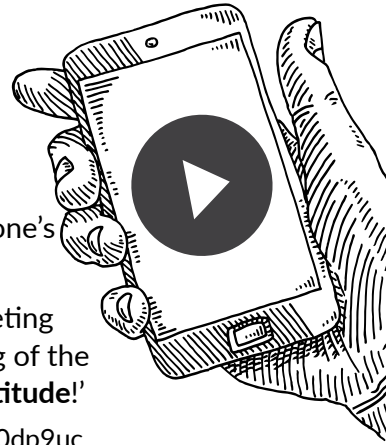
[www.abc.net.au/news/2019-11-15/ash-barty-mentor-ben-crowe-advice-for-on-and-off-sports-field/11704022](http://www.abc.net.au/news/2019-11-15/ash-barty-mentor-ben-crowe-advice-for-on-and-off-sports-field/11704022)

And now 'a beautiful way to start a Monday morning'

– a young man changes everyone's day!

Why not show it at a staff meeting or to students at the beginning of the week to show 'It's all about attitude!'

[www.youtube.com/watch?v=xctzp0dp9uc](http://www.youtube.com/watch?v=xctzp0dp9uc)



## MJR HINT of the Month

### STORYTELLING – JUST LIKE JESUS

MJRers firmly believe that by using the topics in the the MJR journals (note journals, NOT books), it allows storytelling about the issues brought up in the sessions.

Teachers use the topics to tell their connecting story – students love to hear these AND don't forget to let them tell their own stories.

It helps:

- ✚ to develop a stronger relationship between students and teachers, and
- ✚ a better connection to FAITH and Jesus.

For example, NEVER GIVE UP:

- ✚ 'I Can Do It' attitude, **MJR 24/7**, (p33)
- ✚ Do You Win the Hard Ball?, **SOJ**, (p37)
- ✚ Jessica Watson, **MJR – Grades 5/6**, (p20)
- ✚ You're in Charge of Your Attitude – **MFJ**, (p50)

There are so many super stories about Never Give Up (NGU) – many cancer sufferers, athlete Turia Pitt and Nick Vujicic, who was born with Tetra-amelia syndrome.

Here is a wonderful article about Nick Vujicic that appeared in the *Daily Mail*, UK, [www.dailymail.co.uk/news/article-7416273/Australian-Nick-Vujicic-born-no-arms-legs-contemplated-suicide-bullied.html](http://www.dailymail.co.uk/news/article-7416273/Australian-Nick-Vujicic-born-no-arms-legs-contemplated-suicide-bullied.html).



## 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.

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

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



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