

## MJR Bulletin

MARCH 2020

**We are needing MJR more than Ever!**

Hello to everyone in these strange and challenging times.

Definitely this is when we need Jesus in our lives and to share positive actions that help those who are struggling.

Here are some MJR materials to send home to Years 3 - 8 students who maybe be self-isolating, have been taken out of school by parents, or if schools are closed by authorities.



## JOURNALING

This is such a powerful tool of reflection that may help students.

Ask students to find as many inspirational acts/people who are doing positives to help those around them.

Write the names/acts of kindness down in the back of their journals.

One example, is a story from *The Project* about a couple in Scotland who are giving free gifts to the elderly. This can be found at:

[www.thescottishsun.co.uk/news/5380516/coronavirus-scotland-falkirk-shop-package-pensioner/](http://www.thescottishsun.co.uk/news/5380516/coronavirus-scotland-falkirk-shop-package-pensioner/)

or via their Facebook page:

[www.facebook.com/TheProjectTV/videos/871039836654186/](https://www.facebook.com/TheProjectTV/videos/871039836654186/)

Ask **YEARS 5-6** to go to Page 125 of MJR, and write down the qualities you admire in these people.

## MOANING &amp; GROANING

**YEARS 5-6.** Ask them to go to Page 14 of MJR. While colouring the people in, change the sayings into positives.

On Pages 15 & 143 of MJR, divide the pages in half with a heading *Moaning & Groaning* on one side, and the *Positives* on the other. Then reflect and write down each day where you moaned and groaned, and then write how you could have been more positive.



## GETTING SWITCHED ON TO 'THE SPIRIT OF JESUS' AT HOME

Why not make a sign like the one above, and place it around their own homes and then when they have a meal together talk about the 'Spirit of Jesus' moments from today.

**YEARS 3-4.** Ask them to go to Pages 8, 9 & 10 of SOJ.

**YEARS 5-6.** Ask them to go to Pages 146 & 109 of MJR.

Then ask them to write down an event that happened today and reflect on it.



## SET A GOAL FOR TODAY

This could be to say thank you 10 times, or be positive.

**YEARS 3-4.** Ask to go to Page 32 of *SOJ* and colour it in. Then on Page 33, write down each day, one thing that you did that was positive.

**YEARS 5-6.** On Page 85 of *MJR*, ask them to draw on the TV, a 'God Moment' that they have seen.

Look at the photo to the right, of the Mirror from **St Aloysius, Hobart**. Suggest students make a similar poster for a mirror in their home, and discuss during mealtimes, about the affect this has had on their family.

**YEARS 7-8.** Ask them to read Page 45 of *MJR* 24/7 – Topic 10. Then write a gratitude letter to someone who has done great things for them. Also, ask them to go to Pages 25-28 – 'You are in charge of your attitude', and then write, 'The key to my happiness during this time at home is ...'. List five things.

Next, go to:

[www.womansday.com/life/inspirational-stories/a31668524/coronavirus-acts-of-kindness/](http://www.womansday.com/life/inspirational-stories/a31668524/coronavirus-acts-of-kindness/) and journal what these wonderful people are doing to help support others during this time.



## SOME BEAUTIFUL IDEAS FROM CATHERINE SIMMONDS, ROCKHAMPTON

Given the changing nature of our current circumstances, there is a sense of unease and nervousness in the wider community which is being felt by the students in our schools.

There are many elements of *MJR* that can be beneficial to draw on at this time. Some of these include:

### W.E.S.T.

**WELCOME** with a wave, nod or foot tap,  
**ENCOURAGE** with positive words and phrases  
 (written or verbal),  
**SMILE**, and a  
**THUMBS UP**.

With people being a little more on edge than usual, the willingness to say sorry is important, as is taking the time to say thanks (for the little things as well as the big things).

[https://drive.google.com/drive/folders/1gyYaajNuS8Uj4Tev4\\_dB5Q2hHleb9O5](https://drive.google.com/drive/folders/1gyYaajNuS8Uj4Tev4_dB5Q2hHleb9O5)

### ATTITUDE OF GRATITUDE

Even at this challenging time we have much to be grateful for. Taking time to identify what we are grateful for lowers stress levels and helps us to have a more positive outlook.

<https://drive.google.com/drive/folders/1bYVf7326MXnuSWUpO0xueTbU7eO8HyDW>

### SOJ

The *Spirit of Jesus* is present – we just have to be switched on to it! Help your students to recognise the Spirit of Jesus moments in their day.

<https://drive.google.com/drive/folders/115-bswr7v3ANxhl2CW3lgW49TrAlraUD>

Thank you for all that you do to *Make Jesus Real* in your school.

God bless,

Catherine Simmonds

## LINKS

A couple from Scotland are giving out free materials to the elderly.

<https://www.facebook.com/TheProjectTV/videos/871039836654186/>

Nick Vujicic is a great inspiration at this time. Everything didn't go right for him but through his attitude he has found a way!

[www.youtube.com/watch?v=Q6HnFuzSJdQ](http://www.youtube.com/watch?v=Q6HnFuzSJdQ)

Beautiful examples of kindness during the coronavirus outbreak – the world is FULL of wonderful people.

[www.womansday.com/life/inspirational-stories/a31668524/coronavirus-acts-of-kindness/](http://www.womansday.com/life/inspirational-stories/a31668524/coronavirus-acts-of-kindness/)



## Challenge for Students

The following sentence is totally made up of two letter words. It will help students during these times.

Can you figure it out? (Answer below)

i\_l\_i\_t\_b\_i\_l\_u\_t\_m!

## MJR HINT of the Month

### AT TIMES LIKE THIS WE NEED 'THE INSPIRATIONAL'

Click here for a quick sheet I compiled for a quick gathering, it contains:

- A Facebook post from Michael, a close friend of mine,
- Picture of a card a young woman was dropping to those self isolating, and
- Jesus – our Inspiration

Also, the Patron Saint of Plagues and Pandemics is ... DRUM ROLL ... wait for it ... YES... (click on link)

<https://gulfnnews.com/world/meet-st-corona-the-patroness-of-plagues-and-pandemics-1.1584521800786>



## 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.

CHALLENGE ANSWER: If it is to be it is up to me!

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

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