



Hello to all MJRers. I hope your year is going well. I thought I would open this Bulletin with this thought...

The art of REFLECTION is a BIG part of MJR. Through regularly going to our HEARTROOMS we can – and must – reflect on our day, our behaviour, our habits, the positives, and the negatives etc.

We need to teach our students 'that a day is wasted if we don't reflect on it'.

So, take a moment EACH DAY to reflect on the Good, the Bad and the Ugly – you might be surprised how many *Spirit of Jesus* moments that surround you or how many people need your help.

Marty

WEBINARS ARE ON THEIR WAY...

Lookout in the following weeks for information about **MJR Webinars** to aid newcomers to MJR/SOJ and sessions that will benefit experienced practitioners!

HIGHLIGHTS FROM MY TRAVELS

I am currently caravanning through WA with my wife, Karen. Over the next months I will be spreading the MJR message to a number of WA Catholic schools. My first stop was part of a spirituality day at the **Our Lady of the Cape Primary School** in Dunsborough near Margaret River – yep hard to take! I was impressed with the 'thirst' of staff for an MJR refresher and ways of finding to *Make Jesus Real*. The wonderful Assistant Principal, Amie Meyer shared the following reflections:

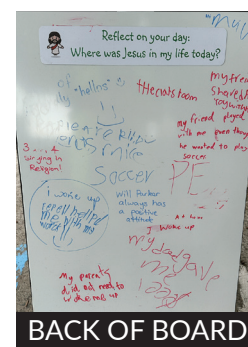
1. Loved the way Marty aligned the principles of MJR to our school vision, values, and promise, as well as to CEWA's *Wellbeing Framework* which is a focus in our *School Improvement Plan*.
2. It was made clear that MJR can be used as a complementary reinforcement of our RE Curriculum plus other subject areas such as HPE – it was palpable and contagious.
3. It was a timely and necessary reinvigoration of the 'why' and 'how' and certainly opened up a great conversation about how we can make MJR even more effective at our school and in our community.
4. The *Spirit of Jesus* was present throughout our day and Marty truly tuned us in to looking for ways to make Jesus real to our staff and students in 2024. It was both a professional and personal day.

STAR OF THE MONTH

Amelia Daun from **St Virgil's College** in Hobart Tasmania was inspired by ideas she saw in the *December 2023 MJR Bulletin*. In fact, she took them up a notch!



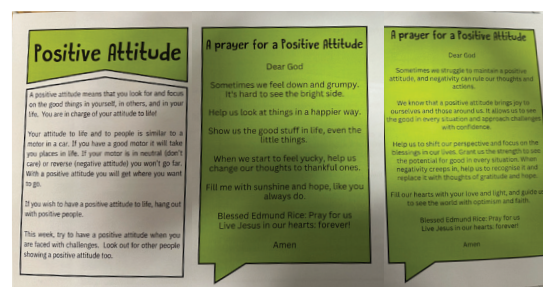
Theme of the week.



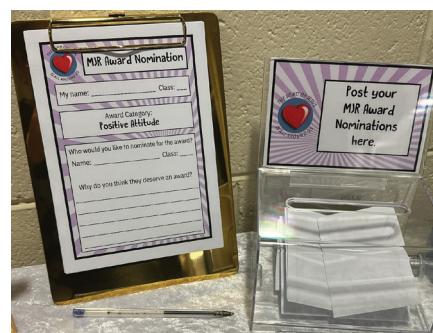
Students and staff write about someone who has shown the theme.



The many themes ready for each week.



Explanation of the theme and prayers to use are sent to teachers and placed in the school's newsletter.



MJR AWARD

Sheets are available for students, staff, and all the school community to nominate someone for the award.

SIDE TRIP

I had the opportunity to attend the *Margaret River Readers & Writers Festival* – WOW! I listened to three very well-known Australians and here are some of their quotes for you to share amongst your staff and students.

William McInnes – actor and writer whose latest book *Yeah, Nah!* is about 'I accept your proposition but I don't agree'.

Talk to yourself – I sometimes tell myself to shut up, but I don't listen enough.

Learn to cut (others) a bit of slack.

Making your mark in life means taking what you do seriously – but, not yourself!

Julie Goodwin – first *Masterchef* winner, author, radio and television presenter who spoke so authentically about her battles with mental health. Julie was looking at a cliff when two strangers sat with her for two hours 'they were just being there with no judgement'.

Shame is such a deadly emotion!

— *Your Time Starts Now* by Julie Goodwin.

Perhaps you could use Julie's story to demonstrate to students the positive effect that not judging someone can have.

Wendy Harmer – comedian, broadcaster, journalist, and author (her latest book being *Lies My Mirror Told Me*) spoke about her battle to be one of the first women to take on comedy and live radio. She used this quote;

I think mirrors should think longer before they reflect.

— Jean Cocteau

MITCH'S TRAVELS

Peter (Mitch) Mitchell recently joined with Ray Smith from **Larmenier Catholic School**, Launceston in presenting an MJR inspired in-service day to **Holy Rosary School**, Doubleview, WA. Ray was on a 'fact finding mission' on how 'they do MJR/SOJ' in Perth. We thought it worthy to highlight some of Ray's reflections, including:

- » The realisation that students have the *Spirit of Jesus* in their hearts and that they can recognise this in themselves and others.
- » Sharing the prayer of Saint Theresa of Avila (1515) with a class of Grade 5 students and discussing what is meant by 'Jesus has no body but mine...' and Mitch bringing this prayer "alive" and "relevant" in 2024.
- » OH YEAH moments were also a favourite to witness.
- » Meeting Representatives from CEWA and being able to talk candidly with them as a practitioner of MJR.

- » Meeting other practitioners working in groups from Kinder to Grade 6. Sharing ideas and better ways to set students alive with the *Spirit of Jesus*.
- » And it makes no difference if it is Tasmania, WA or Queensland, the message is the same – there are *God Moments* all around us, all of the time – we just have to be open to them!

Whilst in Perth, Mitch met with Mark Powell, Ben Bull, and Keely Trouchet at Catholic Education Western Australia to explore how the 'MJR way of life' can benefit WA school communities. If you are in WA, stay tuned for more information on the outcomes of those discussions in future Bulletins.

MITCH'S POSTIVITY ACTIVITIES

Mitch has created a series of activities that will help reinforce positivity.

Click [here](#) to download.

LINKS

To finish, please take a moment to show staff, students, and your school community the following powerful poem.

The Dash - a poem by Linda Ellis recited by Havva Ramadan.

<https://www.youtube.com/watch?v=hPGNjtjv-kA>



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>

DO YOU HAVE ENOUGH WORKBOOKS?

Remember, each student needs their own workbook to ensure the MJR messages and learnings stay with them beyond the classroom.

Click [here](#) to order.

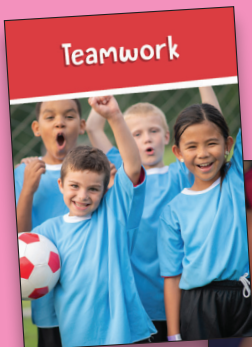
MJR Early learning READERS Set of 8

Prep
to
Year 2



Click Here for
More Information
or to **BUY NOW!**

A Religious Education
and **Literacy** Tool
in the **One Resource!**

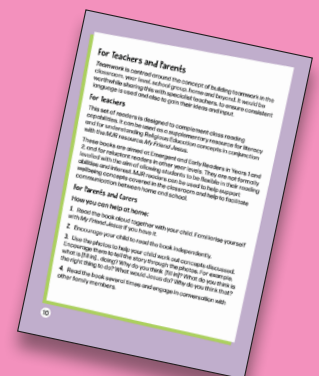


Contemporary
Australian Images



Familiar
MJR Characters

Guide for
Teachers and Parents



Live Jesus in your Hearts - **FOREVER!**
The MJR Team