



UNITY IN DIVERSITY

# St Oliver's Mini Newsletter

Term 1

Week 5

2015

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**Gospel** Ordinary time Year B Mk 1:12-15

He was tempted by Satan, and the angels looked after him. The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him. After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

### Reflection

This short Gospel reading does not give much detail about Jesus' forty-day stay in the desert. The important point is that it marked the beginning of Jesus' mission to fulfil the promise made by God to save humankind. Jesus comes back from the desert with a sense of urgency; he is renewed and eager to get his message across – repent and believe! In the story of Noah, a rainbow appears in today's first reading as a sign of God's covenant with us. Covenant means that there is an agreement. A rainbow is a symbol of diversity in harmony. In a rainbow, the individual colours are unique, but they blend together and form a beautiful unity. Being a 'Rainbow People' means we are a people of diversity who live together in harmony. This is especially important in our school as the motto is "Unity in Diversity". In the New Testament Jesus used nature as a way to teach the Good News. We have begun the season of Lent, a time to repent and renew our belief in God's promise.

### In Brief

- God keeps promises.
- God is our teacher and guide.
- The waters will save us.
- Leave the devil in the desert.
- Repent and hear the Good News

**Answering Jesus' Call** God said the rainbow was a sign of the covenant between God and the earth. How is your relationship to our planet earth and all of its life? What are some of the problems human beings are creating for other forms of life, and what are some things you can do to help solve those problems?



## 1<sup>st</sup> Week of Lent Project Compassion:

### Growing food for life



Twenty-five years ago, married couple Eric and Ma worked hard, but their farm was unprofitable. They had a very limited income and diet, until they took a training course at the Tutu Rural Training Centre (supported by Caritas Australia). Using the skills they learnt there, the couple have built a successful family life, and a thriving farm that provides them with a healthy diet and sustainable source of income.

Your donation to Project Compassion helps people in isolated areas of Fiji gain the skills they need to grow food for life.

[www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion) 1800 024 413

### Sacramental Program:

Some students in Stage 3 have received some information for preparation for the Sacrament of Confirmation for Term 3 (children must be 10 years of age by June 30<sup>th</sup> and have received the Sacraments of Penance and Eucharist). Please return filled out forms to the Parish or School Office. Preparations for these classes are at St Patrick's Cathedral Parish, Parramatta. The Sacrament of Confirmation will take place at St Oliver Plunkett church, Harris Park.

|                        |                                                 |
|------------------------|-------------------------------------------------|
| Confirmation Session 1 | Wednesday 15 <sup>th</sup> July 2015 at 7.30pm  |
| Confirmation Session 2 | Wednesday 5 <sup>th</sup> August 2015 at 7.30pm |
| Confirmation Session 3 | Saturday 22 <sup>nd</sup> August 2015 at 4pm    |

*Preparation for Sacrament of Confirmation the week before the date of Confirmation – time to be discussed with families of candidates*  
**Sacrament of Confirmation St Oliver Plunkett Church on Friday September 11<sup>th</sup> 2015 at 7.00pm**

Children who would like to receive First Holy Communion in 2015 the dates are as follows...

|                           |                                                                                  |
|---------------------------|----------------------------------------------------------------------------------|
| Enquiry Session           | Wednesday 14 <sup>th</sup> October 7.30pm                                        |
| Introductory Session      | Wednesday 21 <sup>st</sup> October 7.30pm                                        |
| Session 1 Baptism         | Wednesday 18 <sup>th</sup> November 7.30pm                                       |
| Session 2 Baptism         | Saturday 28 <sup>th</sup> November 4.30pm                                        |
| <b>Mass of Commitment</b> | <b>St Oliver Plunkett Church on Sunday 29<sup>th</sup> November 2015 at 10am</b> |

Mrs Franca Bonserio Religious Education Coordinator

# Focus On Learning



Golden rules for parenting success in 2015

Michael Grose

Just as the world around us is rapidly changing, the requirements for effective parenting are also changing rapidly.

Here are some golden rules to guide you along your parenting journey in 2015:

## **Talk more**

With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

## **Build confidence**

With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children's confidence. It would also seem that we have somehow forgotten how to absorb children's fears, insecurities and anxieties, and instill a sense of **confidence** that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

## **Aim for redundancy**

The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it's simply easier to do a job ourselves, and the new expectation that 'good' parents do everything for their kids. The new 'strict parent' is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here's a six-word slogan to help you remember: *"When kids can, let them do!"*

## **Practice problem-ownership**

Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

## **Be brave**

Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It's relatively easy to develop children's independence at home as the stakes aren't as high however, developing children's independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that's why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won't stop you worrying, but that's part of the game.

## **Add emotional intelligence to your parenting mix**

With kids experiencing mental health challenges at a depressingly high rate it's time to add some emotional intelligence to the parenting mix. It's important that parents help their children to develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don't overwhelm us; and how to recognise and respond to the emotions of others. These are life-changing skills that if learned, are capable of impacting significantly and positively on future generations.