



Gospel Mk 10:42-45 Shorter form A reading from the holy Gospel according to Mark

The Son of Man came to give his life as a ransom for all.

Jesus called his disciples to him and said to them: 'You know that among the pagans their so-called rulers lord it over them, and their great men make their authority felt. This is not to happen among you. No; anyone who wants to become great among you must be your servant, and anyone who wants to be first among you must be slave to all. For the Son of Man himself did not come to be served but to serve, and to give his life as a ransom for many.'

Reflection A major theme of the Scripture readings is 'The suffering servant'. The Gospel reading shows Jesus being faced with the ambition of James and John, who want to make sure they get positions of power in the Kingdom of God. Instead of getting angry at them, Jesus gives them a lesson in being disciples. Jesus teaches them that greatness comes from serving others, even to the point of suffering. Promotions or titles are absent in the Kingdom of God. Rank does not mean getting served; it means putting the needs of others first. Jesus promises first prize for taking last place.

Answering Jesus' Call What does it really mean to practise servant leadership? It means placing the needs of others before your own desires for prestige or authority. We've all known people who have been given a position of leadership and they really only wanted the job as recognition of their popularity; a thank you for previous work done; an opportunity to demonstrate their strength of will or cleverness with words. Servant leadership is about collaborating; it's about empowering people to do their best; it's about trusting others and about rolling up your sleeves and getting on with the job.

Mission Month In the media we often hear people say "Stop the Boats", Asylum seekers who come to Australia are the poor. They do not have work or study rights and are struggling to overcome the cruelty of the injustice of leaving their unsafe country. They come to Australia with limited access to basic goods such as food and furniture. The Jesuit Refugee Service (JRS) and the Mercy sisters are helping these people. St Oliver's will be contributing to JRS **by wearing mufti clothes to school on the 23rd October** and donating a gold coin for the privilege. This serves as a reminder of how fortunate we are that we have different clothes to choose from unlike Asylum Seekers who leave all their possessions.

All are invited to attend **The Mission Liturgy on Friday 23rd October 2.30pm**, Guest Speaker, Mrs Maeve Brown from JRS. All gold coin donations are to be given at the Liturgy. Food vouchers and Opal transport Cards also welcome. Thank you!

Franca Bonserio
Religious Education Coordinator

**Friday 23rd October 2015 ... Mufti Day gold coin donation
Mission Liturgy @ 2:30 Guest Speaker Mrs Maeve Brown
All Welcome**

In Brief

- To lead, you must serve.
- To lead, you must suffer.
- The Lord is our protector.
- Jesus knows how we feel.
- Jesus awards first prize for being last.

Dates to Remember

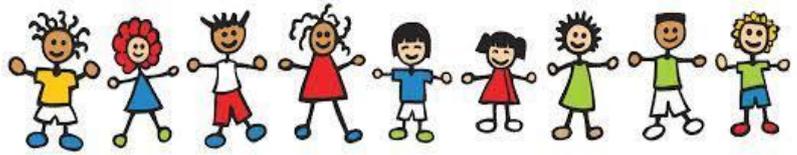
October

- 23rd Parish Mass – Stage 2
Mission Liturgy @ 2:30
Mufti Day gold coin donation, All Welcome
- 26th Book Club – due today
- 28th Kindergarten Transition
- 30th Parish Mass – Stage 1
Assembly – Stage 1 @ 2:30

November

- 4th Kindergarten Transition
Stage 3 excursion to
Powerhouse Museum
- 6th Parish Mass Stage 3 & K
- 13th Parish Mass Stage 2
- 20th Parish Mass Stage 1
Assembly Stage 2 @ 2:30
- 27th Parish Mass Stage 3 & Kindy
- 28th Bunnings BBQ – Fundraiser
- 30th Swimming Program begins
Every day for 2 weeks

Focus On Learning



Exploring the New Frontier in Parenting – Emotions

By Michael Grose

It's official! Emotions are now part of the parenting and educational mainstream! For some time they've been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience. Not now. It is time to put emotional intelligence front and centre in our parenting and teaching.

The quickest pathway to happiness and success is the acceptance and recognition of feelings. Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

This is not to say that we ignore children's poor behaviour, neglect to set limits or not ask anything of them when they've experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

So where do we start? Here are five ideas to help you explore the alien landscape of kids' emotions, the new frontier of parenting:

1. Listen first When your child fusses and fumes about some wrong-doing or hurt they've experienced clear your mind and listen. Avoid trying to fix the situation just show understanding and compassion. There is no better feeling than being understood.

2. Contain rather than manage (let your kids do the managing) Children's behaviour can become tangled up in upsets and disappointments. It's hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don't have to do that for them.

3. Know that emotions can be pleasant and unpleasant We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4. Build a vocabulary around emotions Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5. Help your kids recognise, then regulate emotions. Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that's not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don't always get it right. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. When it becomes part of your family's DNA then emotional intelligence will be passed down from generation to generation. You'll know it's had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!