Dear Parents and Caregivers,

A basic belief in Judeo-Christian religion is that we are all born in the image and likeness of God. You can check it out in the Bible in Genesis Ch 1 versus 24-31 ... the contents of the sixth day of the creation story. You might not have thought much about that so I'd like to challenge you to consider what it might mean to your world view if you really believed that everyone begins their human existence as the image and likeness of God. Add to that thought the other profound spiritual truth that 'God is Love'. Putting these two concepts together says, to me, that we are all born to bring Love into this world. Now before you think I'm calling for a return to the 70's, and will be putting on my old caftan, sticking a few flowers behind my ears (no hair to put them in any more), and start eating mushroom soup while dancing carefree in the muddy fields of Woodstock, I'd like to discuss what LOVE is within a spiritual/biblical framework.

In St Paul's first letter to the people of Corinth there is a clear description of what is meant by the concept of 'Love'. My favourite translation goes like this:

“Love is patient and kind; it is not jealous or conceited or proud;
Love is not ill-mannered or selfish or irritable;
Love does not keep a record of wrongs;
Love is not happy with evil, but is happy with the truth.
Love never gives up; and it’s faith, hope and patience never fail. Love is eternal.”

1 Corinthians 13: 4-8

It's often a reading used in Christian wedding ceremonies. When I read words like 'evil', in that context, I use the explanation suggested by Fr Richard Rohr that St Paul refers to the false self as 'evil' ... the false self is our habitual pattern of thinking also called 'ego'. So Love (remember, God isn't found in the ego thoughts we have but is found when you stop those thoughts, maybe through meditation or prayer.

If you swap the word 'Love' in St Paul's advice above for 'God' it is not a surprise at all however when you consider we are born in God's image and likeness and therefore we are capable of bringing Love into the world then it's a little bit confronting, at least to my ego. Read the following and you'll see what I mean.

I am patient and kind; not jealous or conceited or proud, not ill-mannered or selfish or irritable, I don't keep a record of wrongs, I'm not happy believing my ego thoughts but find happiness with deeper insight. I never give up and my faith, hope and patience never fail .... I am eternal.

Wow! Little ole me called to be this profound ... My ego says, 'well if everyone else acted that way I would too! So who'd like to start' .... actually I think Jesus came to show us how to do this ... How to reach a heavenly state of being as it would surely be if we could all live this way!

Now Jesus went through a process of suffering, death and resurrection to be transformed into Christ (you know Christ wasn't Jesus' last name?) and there's a lot of modern day spiritual writers that suggest that process is the path through which all human egos can be transformed back into being the image and likeness of God ... some even call it being re-born or a better word for it, re-minded. This notion of remembering our purpose is a very strong theme in current spiritual writings. I'm not suggesting for a second that we can become God ... No, No, No that would be my ego at work and in my younger days I may have wandered down that path a few times when I believed the stories I made up in my head were 'true' and, of course, others who didn't agree with me were 'wrong'!

No what I suggest is that we are all capable of bringing Love into this world through our thoughts, words and actions. When we fall in love with a significant other it seems to come easily and is a desirable, exhilarating way to be ... imagine if you could fall in this kind of love with everyone ... that's what I believe Jesus came to show us? I think Jesus came to bring this good news to the poor (in spirit) and to set captives (of their ego minds) free...

What did you think or feel or did you get a gut reaction when you read these thoughts of mine?

I hope you find some 'still' time this week and maybe 'hear' some encouragement from deep within to be Loving as God has and does Love you, usually through the kindness and words of those around you.

Yr 4 - 7 Athletics Carnival

Due to an error in the pointscore, the 13 Yr Male Age Champion was William Petcos. Congratulations William.

Apologies for any inconvenience this may have caused and congratulations also to Lachlan Shields who was placed a close second.

NSW University English and Mathematics competitions

Fifty eight students participated in the NSW University English and Mathematics competitions in July. The following students have been awarded either a Credit or Distinction for their skills in English and/or Maths.


Caitlin Webster participated in NSW University writing competition and received a Credit for her Writing skills. Congratulations to all students who sat these competitions. Certificates will be given out on Assembly this week.

15 October 2013
Dear Parents/Caregivers,

We continue with the Virtue of Helpfulness this week. I came across the following story which is obviously written from an American perspective, but I think it has a lot to say about helpfulness in general and ‘paying it forward’, which need not be in the form of money. I hope you enjoy it as much as I did...

One day a man saw an old lady stranded on the side of the road, but even in the dim light of day, he could see she needed help. So he pulled up in front of her Mercedes and got out. His Pontiac was still sputtering when he approached her. Even with the smile on his face, she looked worried. No one had stopped to help for the last hour or so. Was he going to hurt her? He didn’t look safe; he looked poor and hungry. He could see that she was frightened, standing out there in the cold. He knew how she felt. It was that chill which only fear can put in you. He said, ‘I’m here to help you, ma’am. Why don’t you wait in the car where it’s warm? By the way, my name is Bryan Anderson.’

Well, all she had was a flat tire, but for an old lady, that was bad enough. Bryan crawled under the car looking for a place to put the jack, skimming his knuckles once or twice. He had to get dirty and his hands hurt but he was able to change the tire. As he was tightening up the lug nuts, she rolled down the window and began to talk to him. She told him that she was from St Louis and was only just passing through. She couldn’t thank him enough for coming to her aid.

Bryan just smiled as he closed her boot. The lady asked how much she owed him. Any amount would have been all right with her. She already imagined all the awful things that could have happened had he not stopped. Bryan never thought twice about being paid. This was not a job to him. This was helping someone in need, and God knows there were plenty who had given him a hand in the past. He had lived his whole life that way and it never occurred to him to act any other way. He told her that if she really wanted to pay him back, the next time she saw someone who needed help, she could give that person the assistance they needed; and Bryan added, ‘And think of me.’ He waited until she started her car and drove off. It had been a cold and depressing day, but he felt good as he headed for home, disappearing into the twilight.

Further down the road the lady saw a small cafe. She went in to grab a bite to eat and take the chill off before she made the last leg of her trip home. It was a dingy looking restaurant. Outside were two old gas pumps. The whole scene was unfamiliar to her. The waitress came over and brought a clean towel to wipe her wet hair. She had a sweet smile, one that even being on her feet for the whole day couldn’t erase. The lady noticed the waitress was pregnant and nearly full term, but she never let the strain and aches change her attitude. The old lady wondered how someone who had so little could be so giving to a stranger. Then she remembered Bryan.

After the lady finished her meal, she paid with a hundred dollar note. The waitress quickly went to get change for her. The old lady slipped right out the door and she was gone by the time the waitress came back. The waitress wondered where the lady could be. Then she noticed something written on the napkin. There were tears in her eyes when she read what the lady wrote: ‘You don’t owe me anything. I have been there too. Remember Bryan’. The old lady had written.

Well, there were tables to clear, sugar bowls to fill and people to serve; but the waitress made it through another day. That day when she got home from work and climbed into bed, she was thinking about the money and what the lady had written. How could the lady have known how much she and her husband needed it? With the baby due next month, it was going to be hard. She knew how worried her husband was, and as he lay sleeping next to her, she gave him a soft kiss and whispered soft and low, ‘Everything’s going to be all right. I love you, Bryan Anderson’.

God loves you too, Judith.
QUOTE OF THE WEEK
“One good thing about music, when it hits you, you feel no pain.” ~ Bob Marley ~

CLASSROOM NEWS - There are many ways to reinforce concepts taught in class and to encourage music at home, some of which are listed here.

• Sing to as well as with your child
• Read rhymes with your child and have them clap the rhythm of the rhyme
• Make a list of how often you hear music during a tv advertisement or show
• Dust of your guitar, piano, clarinet, or other instrument from your childhood and play a tune – you will be surprised how quickly things come back to you
• Make music fun – mistakes are quite alright as this is the process of learning

STELLA SPOTLIGHT - If your child is involved in a school choral or instrumental ensemble you would have received a note last Thursday with information regarding their performance tomorrow evening. Students are reminded to wear their formal school uniform and to arrive at the Hall no later than 6pm to warm-up and prepare.

MUSIC COUNT US IN – Thursday 31 October
Congratulations and thank you to all of the students who have submitted fabulous cd covers for this year’s song ‘Keep On’. The overall winner of complimentary tickets to Stella Spotlight is Samantha Murray from 6A. Year level winners will be announced in next week’s newsletter.

DATE CLAIMERS
Stella Spotlight - Wednesday 16 October All Choral and Instrumental Ensembles
Assembly - Thursday 17 October Junior Strings
Musica Viva - Wednesday 30 October All classes
Assembly - Thursday 31 October Bella Voce and Grace Notes, all students for
Music Count Us In
Piano Soiree – Thursday 7 November Ms Worthy’s students – Hall @ 6pm
Singing Soiree – Wednesday 13 November Ms Bond’s students – Hall @ 6pm
Gayndah Excursion – Thursday 21 November Senior Concert Band, SM Singers, String Ensemble

INSTRUMENTAL MUSIC NEWS - Instrumental, Singing and Speech tuition timetables for Term 4 were emailed to all enrolled families on Tuesday 1 October and all lessons and ensemble sessions have commenced. If you did not receive yours, it means we do not have your correct email address! Please email us at StellaMarisMusic@bne.catholic.edu.au and a copy will be sent to you. Timetables are also shown on the notice board outside the music room.

Remember, if you need to contact your child's tutor, details are shown on the top left corner of the lesson timetable. If you have queries regarding anything musical – please feel free to catch up with us before or after school, by contacting us in writing or via email.

Musically Yours,
Inez Durrer
Classroom Music Specialist
idurrer@bne.catholic.edu.au
Todd Wynyard
Instrumental Music Coordinator
twynyard@bne.catholic.edu.au

STELLA SPOTLIGHT
NO PRESOLD TICKETS
TICKETS AVAILABLE AT THE DOOR
Wednesday 16 October 2013 | 6.30pm
School Hall | Adults $8

Baylee Hankin and Kaiden Smales made the finalist stage for ‘The Voice’ (children’s edition). This was held over the holidays in Brisbane. Watch out for these two to appear on your television sets!

Jayda Murray, Jada Cleary, Alina Robbins, Charlotte McArdle, Jess Hollis and Baylee Hankin made the netball representative side for Sunshine Coast. The trials were held on the 19th and 26th September at Fisherman’s Road netball courts. The next games will be held in February.

Lucian Champion (7A) competed in Sydney at the Volkswagen Junior Masters (National Football Championship) 6/7 October. 20 teams from around Australia competed and Lucian’s team (Under 12 Buderim Wanderers) won. The whole team will now travel to Rome, Italy, (all expenses paid for the team) to represent Australia and compete against 20 other countries.

Such an amazing achievement!

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Gratitude

This term “Just a Thought” will reflect on gratitude. Gratitude is an attitude about living and can have an immeasurable effect on our experiences.

After our recent spate of natural disasters it was amazing to see so many people helping, but, more importantly, people who lost all their possessions saying how blessed they were that they and their families got out in time. We don’t have to wait for a natural disaster to practice gratitude.

It’s not unusual to become complacent about the beautiful and fantastic things around us. We can forget what it was like when we first saw them. Some of the smallest and simplest things we held in awe. They become just parts of our life that we almost no longer even see.

Let’s focus on what we have, learn to appreciate the people around us and the environment in which we live. Appreciate the little things we are able to do everyday, simply because we can do them. Gratitude is the appreciation of the simple things in life we usually take for granted, the things that go on everyday mostly unnoticed.

I had an extra week away from school to bring my 87 year old mother from Sydney to live with me on the Coast. It wasn’t a long thought out plan. She was very depressed and not able to function without support. She has always been a very independent woman and now I finally have a chance to help her, share with her and care for her with gratitude for life she has given me. My husband has welcomed her and she is improving. I am grateful everyday for his compassion and understanding to having my mum at home. So the three of us live in a household where it’s a circle of gratitude for all different reasons. My daughter-in-law drove down to Sydney with me and we had time to learn more about each other and develop a deeper relationship. So you can see, even a situation which brings about significant changes provides many interacting moments where gratitude is shared.

“Do not take anything for granted – not one smile or one person or one rainbow or one breath, or one night in your cozy bed.” - Terri Guillemets, American quotation anthologist.

Christine Craig (Guidance Counsellor)
email: c.craig@bne.catholic.edu.au