**One Day at a Time**

There are two days in every week we should not worry about. Two days which should be kept free from fear and apprehension. One of these days is *yesterday* with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed. We cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is *tomorrow*. With its possible adversities, its burdens, its large promise and poor performances. Tomorrow is also beyond our immediate control. Tomorrow’s sun will rise, either in splendour or behind a mask of clouds, but it will rise. Until it does, we have no stake in tomorrow, for it is yet unborn.

This just leaves only one day.... *today*. Any person can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities – yesterday and tomorrow – that we break down. It is not the experience of today that drives people mad. It is the remorse or bitterness for something which happened yesterday and the dread of what tomorrow may bring.

Let us therefore live but one day at a time.  

*Author Unknown*

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**Dear Parents and Caregivers**

Having lived most of my life in schools, I do not have to look far to see those who live from term holiday to term holiday. Sometimes I only have to look in the mirror. Staff and students talk about what was done during the last holiday and about what they are looking forward to in the next. The very young even wish their lives away as they count down to birthdays and other special events. As we get older, however, we can come to dread what’s ahead, rather than to wish for it in excited anticipation. Mostly, we can be quite unconscious about how we are living life in relation to time and it can be useful to stop for a moment to think about where our thinking takes us: Is it back to the glory days or to past injustices or mistakes? Or is it racing ahead to the future and what might be, good or bad?

Living in the past or future, however, sees us miss the gifts in the present and indeed robs us of our ‘life’. Oddly enough it is only through giving our best to each moment, right here and now, that we exert any influence over what sort of future we create for ourselves and others. We all need to be reminded that there is a place of rest in our lives ‘a place where we must be if we are to function well.’ This place of resting – the arms of God if you will – is simply here and now: seeing, hearing, touching, smelling, tasting our life as it is.” (Charlotte Joto Beck, in Stephanie Dowrick, *Forgiveness and Other Acts of Love: Finding True Value in Your Life.*)

As the unknown author of the piece above remarks, ‘It is only when you and I add the burdens of those two awful eternities – yesterday and tomorrow – that we break down.’ Our minds, with their ongoing internal commentary and chatter, are constantly leading us back or projecting us forward into worlds that do not exist. In fact, the present is all there is and awareness of our bodies’ senses, as Charlotte Joto Beck reminds us, anchors us in the present and leads us into the presence of God as well. Living in the present opens the floodgates to a new quality of life through the greater likelihood of connecting deeply, and yet simple, with one’s soul.

Here’s to fullness of life, in the moment.  

*Glenda*
Dear Parents/Caregivers,

As we move into Term 4, with the year flying past and the end of the school year and the reporting period in sight, the Virtue chosen for this fortnight is Purposefulness. Over the next few weeks, students will be demonstrating their learning and hopefully be very pleased with their own progress this year. When one chooses to be purposeful, great things can be accomplished. Having a vision or goal for what needs to be done, acting in a concentrated and focused way and sticking to the purpose until its completion, ensures success - certainly success in achieving set goals if they are matched to the ability and effort required to achieve them.

In practising Purposefulness, what is needed is:
- A clear vision of what you want to accomplish;
- Careful consideration about why you want to accomplish it;
- A concentrated effort on achieving goals;
- Doing things one at a time and finishing what is started; and
- Persevering until you get results.

In the spirit of Purposefulness, with this week’s newsletter is a flyer asking for assistance in sourcing an upright freezer for the newly formed Stella Maris Care Pantry. The purpose of this service is to support families when sickness or other event causes undue hardship and the provision of meals for a limited period would be of assistance. We had approximately 20 people attend the inaugural meeting of the Care Pantry last Tuesday to discuss issues related to the setting up of this service. We were fortunate enough to have a guest speaker, Birgit Sowden, Coordinator of Grammar Care Pantry, who gave us some insights into her experience with the operation this service. Hopefully the newly formed Care Pantry will provide a hand for community support at Stella Maris.

A core value underpinning the formation of this group is the notion of loving service, very necessary because it is the fuel that will sustain us. We are here to serve God, one another, and those we reach – but if it isn’t out of love, it means nothing. Being Purposeful means we have stopped and prayed and thought about where God wants us to go and how to get there. It ensures that we have good procedures and effective strategies in place. It includes both the “what” and the “how”. It includes vision and process. Without Purposefulness and a spirit of service, all our creativity can be without real impact. A coordinating committee, meeting today, will write up a set of guidelines for the purpose, guiding principles, and operating procedures which will guide its activities of the Care Pantry— keep watching this space for more news about this new group serving Stella Maris community.

God bless,
Judith.

Cybersafety Presentation at Stella Maris

Parental awareness—essential today!

Stella Maris will hold an internet safety awareness presentation for students, teachers and parents on this Wednesday 19th October. Grades 3-5 12.30pm; grades 6 & 7 2pm; Staff, 3.30 pm and Parents 6pm. If you would like further information about cybersafety or the presentation itself, please visit: www.cybersmart.gov.au. Or contact Christine Craig on 54088910.
**MUSIC NOTES**

**STELLABRATION**

**ANNUAL PERFORMING ARTS SHOWCASE**

Wednesday 2nd November 2011
6.30pm for 7pm
Stella Maris School hall
Adult - $5, Child - $2
Tickets on sale Monday 23rd October Front Office.

Letter with details home with your child this week.
All students who participate in Instrumental and/or Vocal
Ensembles will perform.
Concert from 7 – 8.30

Re-Enrolment – emails have been sent to all currently enrolled
students in the instrumental music program (including speech, drama
and singing) outlining the re-enrolment process for 2012. Please attend
to this ASAP prior to Monday 31 October. If you did not receive this
email, or if you need to update your email address, please let us know
at StellaMarisMusic@bne.catholic.edu.au.

Recruitment – in coming weeks, I will be seeing all students in Year 2,
3 and 4 to tell them about the opportunities available to them in at Stella
Maris 2012. Information packs will be made available to students in year
5, 6 and 7 who also wish to consider musical opportunities.

If you have any questions regarding re-enrolment or recruitment, please
direct them to StellaMarisMusic@bne.catholic.edu.au.

QSO Excursion – all students attending this concert on Wednesday
need to ensure they meet outside the year 7 classrooms ready to depart
at 7.30am. Please wear formal uniform with your school hat and bring
lunch and snacks in a small bag.

Music Examinations – Well done to all students who performed so well
on the weekend. Thanks also to Mrs Allison Brown and Mrs Lyn
Wordsworth for assisting with supervision on the day.

galanksey@bne.catholic.edu.au - Classroom Music / Choral Program
wynyard@bne.catholic.edu.au - Instrumental Music (including singing, speech, drama)

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**Stella Maris ‘Walk on Water’ Surf Competition**

The competition will be held on Tuesday 25th October.
Any questions please contact Mr Quinn via the school office.

**Honesty is the best policy**

Thank you to:
Bridie Eva, Grace Stanley, Audrey Cambridge, Oceanahe Low, Ruby Towner, Lilly Huby, Arkie Johnson, Bridget Fuller, Samara Austin

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**Principal's Awards**

20th October 2011
Riley Kane, Kirra Dixon, Kyralee Mellish, Samara Austin, Hunter Kidd,
Sarah Baillie, Sahnya Terare, Renee Housego, Ashton Bougoure,
Heath Andrews, Max MacDonald, Connor Edwards, Tahlia Penn,
Emma Gilligan, Tahlee Fabri, Sam Tonkes, Nikita Butorin,
Dale Sargeant, Bridgette Morley, Jarrod Wynnard, Beau Ingram,
Kunica Lamb, Sienna Coghlan.

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**UNIFORM SHOP**

Uniform shop is running a special on socks. We would like to hand some
savings down to you. SPECIAL ON SOCKS: 2 pair for $5. Stock up
now and save.
Keep smiling! Leanne Dowe Uniform Convenor

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**Tuckshop News**

New Stock “Quelch” Fruit Juice Ice Blocks
.50c each or 1/2 .25c instead of Zoozer Doopers

**Ingredients Roster**

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**Week Ending 21 October**
The 28th October, Day for Daniel, is a national day of action and significance; your participation is greatly appreciated as we remember Daniel and honour his ongoing legacy of protecting children and helping to keep them safe.

The message from the foundation is very loud and clear. It is not one of fear but empowerment, through support, education and valuable life skills.

Day for Daniel is the Daniel Morcombe Foundation’s national day of ‘child safety action, awareness and education’. On this day the Stella Maris Community is encouraged to wear something red and the children can pre-order ice-cream & red jelly surprise for $2, $1 of which goes to the foundation to support their work. In addition safety messages and/or activities will be organised by classes and grades 2-7 will view the Foundations latest DVD in the Hall at 1.30.

Activities including community walks, morning teas and safety information sessions are held nationwide to promote these messages that are designed to help keep children safer in our community. If you wish to find out more go to www.danielmorcombe.com.au

2011 is especially significant and poignant because Daniel has been found and we, as adults, are mindful of that. The work of Daniel’s family through the Foundation continues as a reminder to be vigilant about the safety of children. The Morcombe’s tenacity, courage, persistence and faith make them true heroes.

By showing our support for this day we are reminding each other that safety, whether it be travelling safety, sun safety, cybersafety, driving safety, health and well being, protective behaviours etc are not inherent in children but need to nurtured and supported by the communities in which we live.

On the 28th we acknowledge Daniel’s Legacy, celebrate children and promote safety.

“There is no trust more sacred than the one the world holds with children.” Kofi Annan