Dear Parents and Caregivers

In Glenda’s newsletter article last week she referred to the experience of having a busy mind or in her words, “carrying too much stuff in our heads can cause unnecessary suffering”. I have known this experience (busy thoughts) most of my life and in more recent years have searched to find some peace from relentless thinking.

Several years ago I was introduced to the concept of discovering my personality through a program called the Myers Briggs Type Indicator. The (MBTI) assessment is a psychometric questionnaire designed to measure psychological preferences in how people perceive the world and make decisions. These preferences were extrapolated from the typological theories proposed by Carl Jung. Jung theorized that there are four principal psychological functions by which we experience the world: sensation, intuition, feeling, and thinking. In this theory one of these four functions is dominant most of the time. Yes mine is thinking. Katharine Cook Briggs and her daughter, Isabel Briggs Myers added some more functions to form the MBTI.

More recently I have found another system of identifying personality traits has given me even better insight into my habitual patterns of thought. The Enneagram is a system based on an understanding of three centres of intelligence, that being, Gut or Body knowing; Heart knowing and Mind knowing. It came as a great shock, to me, to discover I could gather information from my body or heart as I had always swum in a sea of constant thoughts and never really trusted my feelings or intuition (not that I even knew about that).

I’m finding my search is becoming quite a common practice as folks realise the way in which they have always viewed the world doesn’t really help explain why there are such different views AND nearly all of us think we are right in our view. Even twins can be passionately opposed in their world view having inherited the same genetic code within very similar cultural influences. How can we have such different views on Religion, Art, Music, Environment and so on and so forth. No view is right or wrong however the behaviour of people based on their view can be quite different.

Personality theories help explain that we all develop a thinking pattern sometimes called an ‘ego’ and that is what produces world views that we will readily hang on to and sometimes even publically announce as our beliefs. This ego is developed over a lifetime. We also need to develop this ego to survive in the human world and have opinions. This term ego also has another meaning as boastful or arrogant which is not what I am referring to here. This ego is not a bad thing per se it’s just a name of something that occurs in human beings. The MBTI and the Enneagram are ways to label your pattern of thinking and the emotions that lead to your feelings. Over time it is possible to gain skill in catching your ego at work by recognising your thinking pattern. Knowing that a way of responding in certain situations is basically a habit of thought rather than a must can afford you some choice in the matter of how you act. Without any idea of these patterns you are unconsciously driven by your ego or pattern of thinking. This unawareness is really evident in children, as it should be, for they are rapidly developing and have no idea they are forming habitual patterns of thinking. Of course a person must first develop a pattern of thinking before they can discover the pattern through self-reflection.

Through contemplation, meditation, prayer or finding some other way to quieten thinking it is possible to attain some peace of mind or more accurately, peace from the busy mind.

I hope you are blessed with some peace in your busy world this week.

Terry

Stella Maris Year 5 Students 2013

St John’s College is in the process of establishing the structures for the addition of Year 7 students to high school in 2015. Parents of Stella Maris Year 5 students are invited to provide St John’s with their email address if they would like to be sent any relevant information relating to their son or daughter starting Year 7 in 2015.

This will allow us to keep you up to date and inform you directly of due dates of our enrolment process.

Please send your email address to Maree Cuthbertson at mcuthbertson@bne.catholic.edu.au

Children’s Story Books Needed

Brother Gerard visits primary/kinda schools in Papua New Guinea. They are in real need of children’s story books. Please donate to the church or parish office or books can be dropped in to Mrs Bernie Baillie in Prep D or the school office.

Donations need to be received no later than September 11.
Dear Parents/Caregivers,

A couple of staff members were discussing during the week if Awe really was a Virtue, or a state of being. As it has been chosen as the Virtue for the fortnight, I decided to go beyond The Virtues Project to research Awe and found the following snippets which I think express the nature of Awe quite profoundly:

Because we are imperfect beings who are self-blinded to the truth of the world’s stunning complexity, we shove reality into paper-thin theories and ideologies that we can easily grasp, and we call them truths. But the truth of a sea, in all its immensity, cannot be embodied in one tide-washed pebble...In each little life we can see great truth and beauty, and in each little life we glimpse the way of all things in the universe. If we allow ourselves to be enchanted by the beauty of the ordinary, we begin to see that all things are extraordinary. If we allow ourselves to be humbled by what we do not and cannot know, in our humility we are exalted. If we allow ourselves to recognize the mystery and the wonder of existence, our fogged minds clear. Thinking clearly, we follow wonder to awe, and in the state of awe, we are as close to true wisdom as we will ever be.  

(A Big Little Life, pp. 7-9, Dean Koontz).

For me Awe is the breathtaking moment when one realizes that a greater power – the power of God – is at work here, rather than just a coincidence or random events occurring without any rhyme or reason. Awe is experienced in that unexplainable moment when connections between the human experience meeting with the divine become quite evident, even if only to one’s spirit – in the inner place where truth is recognized.

Perhaps this quote from Max Lucardo expresses that moment of Awe better than I can in his exploration of the Lord’s Prayer:

“I’ve seen you strolling the malls, walking the aisles, searching for that extra-special gift. Stashing away a few dollars a month to buy him some lizard-skin boots; staring at a thousand rings to find her the best diamond; staying up all night Christmas Eve, assembling the new bicycle.

Why do you do it? So the eyes will pop, the jaw will drop. To hear those words of disbelief: “You did this for me?”

And that is why God did it. Next time a sunrise steals your breath or a meadow of flowers leaves you speechless, remain that way. Say nothing and listen as heaven whispers, “Do you like it? I did it just for you.” (From The Great House of God (Word)).

I wish you an awe-stuck and inspiring week.

God bless, Judith.
MUSIC NOTES

QUOTE OF THE WEEK
“Next to the Word of God, the noble art of music is the greatest treasure in the world.” — Martin Luther

TIP OF THE WEEK - Write On Your Music: Always have a pencil handy. Writing on your music is not a bad thing. It is actually a very professional action.

QCMF NEWS - If parents have photos of the choirs, string ensemble, or band in Brisbane, could you please send copies to Mrs Durrer or Mr Wynyard?

EISTEDDFOD - Congratulations to the following students and their achievements at the Sunshine Coast Junior Eisteddfod. We know there are many other awards that are not mentioned below but would like to congratulate ALL of the students who participated. Regardless of the outcome, you are all be commended for taking the step onto the stage. Well-done and special thanks to our tutors Ms Beattie, Mrs Salmon, and Ms Worthy for preparing the students for these performances.

Speech and Drama Awards
Olivia Hunt – 2 x Highly Commended and 3rd Prize
Alisa England - Performers Merit Award
Tara Watson - Highly Commended
Jayden Hall - Performance Certificate
Emily Hamilton – Highly Commended
Rachel Hamilton – 2nd Prize, 3rd Prize and Highly Commended
Daniel England - Highly Commended
Charlotte Maher - Performers Certificate
Isobel Hamilton – 2 x Highly Commended
Lily Foott, Tayla Gorham and Scarlett Toohey-Crock – 2nd Prize
Abby O’Brien – 4th in overall Speech Championship Junior
Lachlan England – 1st Prize

Piano Awards
Shelby Smith - Highly Commended
Joshua Linnett – 4 x 1st Prizes
Nathan Linnett – 1st Prize, 3rd Prize and Highly Commended

Singing Awards
Laura Magao & Sophia Cruise – 1st Prize
Laura Magao – 2 x 2nd Prizes
Genevieve Langford – 3rd Prize and a Highly Commended

DATE CLAIMERS
Stella Spotlight - Wednesday 16 October All Choral and Instrumental Ensembles
Musica Viva - Wednesday 30 October All classes
Assembly - Thursday 31 October Bella Voce and Grace Notes, all students for Music Count Us In

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
jdurrer@bne.catholic.edu.au

Todd Wynyard
Instrumental Music Coordinator
twynyard@bne.catholic.edu.au

The September/October Vacation Care program is now available to families. There are also spaces available for families needing After School Care in Term 4. Please refer to the webpage for details. Otherwise families are welcome to phone or email (details below).

Tamara Scutts (Outside School Hours Care Coordinator)
T. 07 5477 3418 or W. www.immanuel.qld.edu.au

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## SPORT NEWS

**Maroochydore Oztag Junior Summer Season 2013 Boys & Girls!**

**Where:** Maroochydore Rugby League Grounds

**Who:** Girls & Boys u6,u7,u8,u9,u10, : u11,u12,u13,u14,u15

**Sign On Information**

**Date:** Monday 2nd and Wednesday 4th September 2013

**Times:** 4:00 – 5:30pm

**Location:** Maroochydore Rugby League Grounds, Wises Road, Maroochydore

**Nomination:** Minimum 10 player p/team. 8 players on the field.

**Note:** Individuals or small groups welcome. We can assist where possible to place players into teams.

For more information visit www.maroochydoreoztag.com

## MAROOCHY LITTLE ATHLETICS

**“Fit Active Kids”**

**Sign on Day – FRIDAY**

**6th September** – from 4pm-6pm

**Ages 5yrs and up**

**Where – Maroochydore High School Oval**

**Email:** admin@maroochylittleas.com

**Ph:** 0434197101

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**Week Ending 30 August** - D Cracknell, D Lyndon, D Mills, E Peters, E Rawlings, F Ellis, J Camp, J Collins, J Ellery, J Fuller, J Lee, J Ratcliff, J Robinson, J Williams, K Elder, K Holzer, K Kapolos
What the snake can teach you about being too nice

The snake was vicious, snarling, and dangerous. He terrified the villagers, biting the children and scaring all the adults. But sometimes he felt lonely and craved companionship. One day, a wise man wandered into the village. He clearly saw the chaos the snake’s actions had brought. “Listen up, snake.” Said the wise man. “You’re not only making the people here unhappy, but you yourself are clearly miserable. Practice some kindness and gentleness to improve the lot of everyone here, including you.”

And so the wise man went on his way.

Years later, the wise one happened to pass again through that same village. To his surprise, he saw an inert, passive plaything being kicked by the children. He realized that this was, in fact, none other than the formerly aggressive serpent he’d had words with years before. The snake managed to free himself from his tormentors and slide up to the man. “Your advice was disastrous!” he hissed faintly. “Practicing gentleness has brought me complete misery! Now I’m used as a toy, laughed at, and taken for granted. I was better off before!”

The old man replied, “You took my advice too literally and without reflection. I said that you shouldn’t bite... but I didn’t say you should never hiss!”

Kids need to learn how and when to "hiss" so they can stop being bitten! Have a great week!

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

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**Come along to these great free opportunities for the Sunshine Coast indigenous community...**

at Maroochydore Football Club, 462 Maroochydore Rd, Kululu

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**COME & TRY’ SOCCER AFTERNOONS & BBQ**
When? 4pm-5pm 26 August
Who? All children, teens & families are welcome.

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**WEEKLY SOCCER TRAINING SQUAD**
When? 4pm-5pm each Monday afternoon, from 2 Sept
Who? All children, teens & families are welcome.

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**APPLY FIRST AID COURSE – Get your apply first aid certificate**
When? 9am to 5pm, Saturday 13th October
Who? Anyone over 16. RSVP to ensure your spot (20 people max).

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**BEGINNER COACH & UMPIRE COURSE**
Become an accredited beginner coach & umpire
When? 9am to 5pm, Saturday 23rd November
Who? Anyone over 16. RSVP to ensure your spot (20 people max).

For more information or to RSVP, call Tim Sheridan on 0407 767 260