

February 2016 Reflection



READING Joel 2:12-18

"Yet even now," says the LORD, "return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments." Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and repents of evil

REFLECTION

In Brother Superior's Pastoral Letter (2015), he speaks about transformation: "Transformation is not doing better what you already are doing, but doing something entirely different. Transformation happens in mission. Transformation is risk-taking and very challenging. To be transformed, first we must meet people who are different, not our family, friends and neighbors who are like us. Let us meet across differences – intellectual, cultural, national, racial, religious and other differences. In other words, let us cross boundaries, go beyond borders and stand on the peripheries."

The Prophet Joel reminds us to "Rend your hearts and not your garments" (Joel 2:12). *The Holy Spirit is ever ready to transform our hearts and to lead us further in God's way of truth and holiness.* (Don Schwager)

Lent is a season of transformation, let us look to the words of Brother Superior and ask ourselves: What brings about transformation/change, renewal, adapted renewal or re-foundation? Are we doing enough in our own personal lives, in our ministries and our Districts? Are we really called to maintain all of our institutions? How do we move if we are bound by our institutions? How do we move an Institute that is so large? How do I personally move myself? How ready are we to "die" so as to allow new life to come into being?

RESPONSE

Servants of the Word, www.dailyscripture.net, Don Schwager

Lord Jesus, give me a lively faith, a firm hope, a fervent charity, and a great love of you. Take from me all lukewarmness in the meditation of your word, and dullness in prayer. Give me fervor and delight in thinking of you and your grace, and fill me with compassion for others, especially those in need, that I may respond with generosity. Amen.

La Salle College Achievers at the Hong Kong British Parliamentary Debating Championships 2016



La Salle College has been supporting the Hong Kong British Parliamentary Debating Championships 2016 and congratulates the 20 boys who participated in the workshops over the preceding weeks and final tournament at Hong Kong University on Sunday 14th February. La Salle College participants formed two teams with both teams reaching the quarter finals from among 40 teams. These are all important experiences learning how to think, formulate ideas, and express these ideas coherently. A great life skill and a great asset in ones repertoire of life skills.

Photo courtesy of Ernest Leung

(More news from La Salle College at: <http://web.lasalle.edu.hk/eng/home.php?t=news#tab>)

SJII Malaysia International Baccalaureate Scholarship Launch

January 27, 2016 was the chosen day to mark the launch of the IB Scholarship programme of SJII Malaysia. Many thanks to our generous fund contributors namely Tropicana Corporation Berhad and LAPIS who equally contributed to our starting fund of RM 3 million. This media event was graced by Tan Sri Dato' Danny Tan of Tropicana Corporation Berhad and his Directors and management team, LAPIS's Directors led by Mr Michael Sng as well as visiting Brothers, including, Br. Paul Ho FSC, Auxiliary Visitor for Mission and Association.

(See more news and photos at SJII-M's FaceBook Page at: <https://www.facebook.com/SJIIM/>)



Announcements

- Br. Larry Humphrey FSC, president of SJI International is sharing this invitation to all counsellors of LEAD:

SJI International in Singapore announces **GLOBAL UNIVERSITY COUNSELLOR CONNECT 2016** and invites participation from High School Counsellors in LEAD and the Region:

We are very pleased to announce that the Global University Counsellor Connect (GUCC) 2016 will be held on April 1st and 2nd at SJI International School in Singapore. Along with some sessions that were offered at GUCC 2015 we are expecting to hold new sessions on:

- setting up a counselling office
- university options in Europe, Singapore and South Korea
- US community colleges and foundation courses
- university options for students with special needs
- helping students navigate their Senior year,
- introduction to Naviance
- developing a school profile
- careers and strengths profilers
- writing references for both the US and UK
- higher education options for average academic and middle income students

More information and registration forms are at <http://www.globaluniversitycounsellorconnect.com>

We request you to please pass this on to any counsellors who might be interested in attending and look forward to seeing you and your colleagues in April.

- Thank you for the corrections made to the **1st Draft of the LEAD Directory**. We are working hard to incorporate them and publish the Directory a few weeks from now.
- Last call: Please register your attendance to **annual retreats** (all Brothers) and flight details (those travelling to a retreat outside their countries). Attendance: <http://goo.gl/forms/x5wbeVLnuA> and Flight Details (ONLY for those flying in to another country for their retreat): <http://goo.gl/forms/ID1vkVVvfJ>
- Last call: **LEAD Directors' Workshop** Participants, Organizers, and Resource Persons, please register your attendance and flight details. The Steering Committee needs to make preparations for the workshop in April. Please register online for Attendance: <http://goo.gl/forms/nyvvK9eW28> and for Flight Details: <http://goo.gl/forms/vjgiD3b5Zi>

Health and Wellness

Cauliflower. A member of the cruciferous vegetable family, cauliflower contains phytonutrients called indoles, which studies show may lower cancer risk. One cup cooked packs more than 90 percent of your daily vitamin C need. Try purple, orange, or green for a hit of antioxidants. EAT IT. Steam, then mash, cauliflower for a mashed potato substitute.



Collard Greens. Collards are high in fiber, calcium (more than 25 percent of your DV in one cup cooked), magnesium, and potassium. The latter two are minerals crucial for healthy blood pressure. Studies also show that nitrates found in collard greens, spinach, and other “cooking greens” may improve blood flow to exercising muscles. EAT IT. Collard greens make for a tasty tortilla or wrap substitute.

Kale. It’s loaded with a compound called xanthanthin, which may help prevent age-related loss of vision. One cup cooked supplies more than 1,000 percent of your DV for vitamin K and more than 25 percent of your DV for manganese, which may help protect your body’s cells against aging. EAT IT. Kale is best cooked by steaming, which helps activate its cholesterol-lowering fiber in your gut.

SUPERFOODS (Runner’s World, December 2015 issue, page 46 – 47)

Fraternally,

Edmundo Fernandez FSC
Manila