



LEAD Brothers Community Directors Workshop

From April 8 to 11, 34 Brothers Director of LEAD plus the Director of Novices of PARC gathered at the Baan Phu Waan Pastoral Training Centre in Sampran, Thailand. The first day of the workshop consisted of sharing and dialogue with experienced Directors of their best practices for animating communities. We also listened to the needs of young Brothers in Community (represented by Brs. Pongpat and Quilino) and Senior Brothers (represented by Br. Augustin Julian).

The second day was a little more heavy. I started the day by reviewing the participants on the District's Child Protection Policy and Guidelines, followed by Br. JJ's session on the importance of having last wills and living wills for all Brothers. Brs. Gus and Vince shared their experience of caring for retired Brothers and Brothers in formation. Br. Jose the Bursar gave a session in the afternoon on community financial management.

The highlight of the workshop was the handing of formal obediences and the closing dinner at the nearby JSM Pizzeria and Restaurant where Brothers who love to sing had a chance to showcase their talent at the karaoke station. (I'm still hoping that we didn't drive any of the customers away).

I wish to thank the Steering Committee, headed by Br. Dennis Magbanua for their excellent work and the Thai Brothers for their warm hospitality (which included personal pick-ups at the airport). I am already looking forward to our next workshop!

LEAD STORY

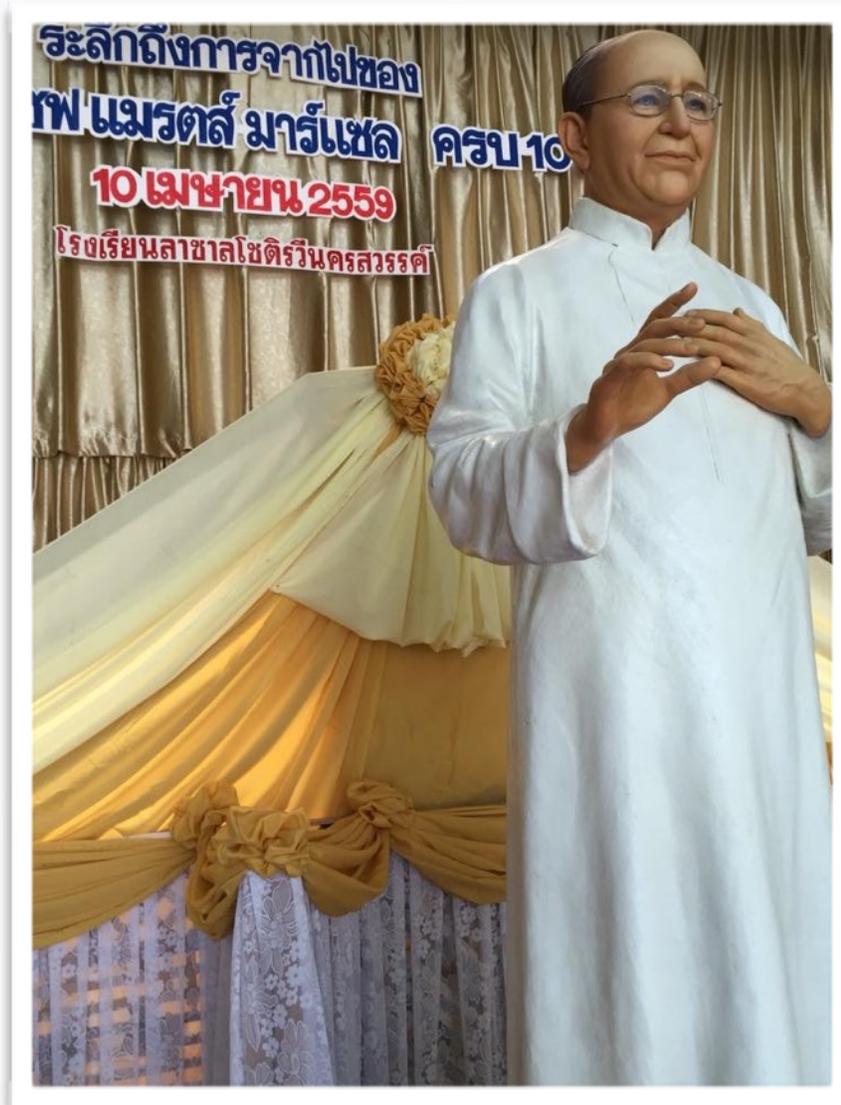
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Commemoration of the 10th Death Anniversary of Br. Joseph Mertz

The Brothers in Thailand commemorated the 10th death anniversary of Br. Joseph Mertz FSC in the Cathedral of the Immaculate Conception, Chantaburi. Br. Joe was one of the French Brothers who first came to Thailand. He started the building of Lasallian Schools. La Salle Nakhonsawan was the first school he built. (Br. John Niran FSC)



Health and Wellness

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

Sweet Potatoes. Rich in carbs, they have a low glycemic index when boiled (not baked), helping keep blood-sugar levels steady. A medium sweet potato also contains about the same runner-friendly potassium as a banana. EAT IT. Bake and drizzle with honey and cinnamon for a prerun snack.

Winter Squash. From butternut and acorn to spaghetti and Delicata, squashes include a wealth of potassium and beta-carotene. Winter squashes also supply fiber, vitamin C and various B vitamins. EAT IT. Use spaghetti squash just like you would pasta.

Fraternally,

Edmundo Fernandez FSC